## Used Expedition For Sale

This is a collection of stories by, and usually about, river guides and outfitters. The tales focus on river related events that usually have little to do with whitewater. Many don't even take place on a river. All say a lot about the culture of guiding and the people attracted to wild places and the odd things that happen once they get there. These are the stories shared around a campfire after a day on the water. Some are funny, some sad, some quirky, but they all come from personal river experiences and lifelong friendships. Join some guides on their day off when they decide to take a raft over a dam to see if they can make it right-side up. Dive into a vast garbage dump to find the \$500 drysuits you threw with the trash from a 21 day Grand Canyon trip. Try to explain how your employees set a Forest Service employee on fire during a torch-lit dance on a picnic table. Share an evening with an outfitter who is about to lose his business because one of his guests has disappeared on a hike and has been missing all night. Get ready to set your underwear on fire if precipitation stays below average because that's how you end a drought. Take the Vice President of the United States down a river but never get him or anyone else wet. Be part of the wedding of two guides who really only wanted to sleep together but found themselves ?together forever.? Steal a bus and lead a wild chase down a mountain cany highway looking for a group coming off the river. Drive home from the airport naked and try to sneak into the house without your wife noticing your lack of attire. Not every story is about good times. A few are tributes to friends who are longer with us but belong around our campfire. You probably never heard their names but you will enjoy meeting them here. They told great stories. There is an odd thing that brings folks back for river trips. They usually come the first times to the first times. because of the excitement of rapids and whitewater. They come back for another trip because of all the other stuff that happens. This book attempts to capture some of that magic, the memories and good times running a river with frier fosters.

"And I tell you, if you have the desire for knowledge and the power to give it physical expression, go out and explore," wrote Apsley Cherry-Garrard in the opening chapters of his now classic exploration narrative, The Worst Journey in the World. The incredible tale that he tells is of the fated last voyage of Captain Robert Scott and his crew to the outermost reaches of the South Pole on the Terra Nova. Chronicling the journey of the Terra Nova from England in 1910 to Nev Zealand in 1913, The Worst Journey in the World vividly describes the entirety of Scott's harrowing and tragic final expedition. Driven by a lust to investigate the untold scientific knowledge contained within the South Pole, these courageous pioneers embarked on a journey into previously unexplored territory, subjecting themselves to the ultimate physical and mental limits as they traveled the massive expanses of the icy tundra. Cherry-Garrard was a key member of the Terra Nova crew that, in addition to the desire to uncover scientific data, desperately sought to be the first Europeans to reach the South Pole. But the expedition was thwarted at every turn by punishing weather, extreme bad luc and the intense physical and mental decline of the crew on the final stages of their journey. Confronted by the shattering knowledge that rival explorer Roald Amundsen had reached the South Pole only a few weeks before them, Scott's team then had to negotiate the last stage of their voyage, a doomed attempt which has no equal in peril, disaster, and tragedy. Skyhorse Publishing, as well as our Arcade imprint, are proud to publish a broad range of books for readers interested in history--books about World War II, the Third Reich, Hitler and his henchmen, the JFK assassination, conspiracies, the American Civil War, the American Revolution, gladiators, Vikings, ancient Rome, medieval times, the old West, and much more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

This is Charles Darwin's chronicle of his five-year journey, beginning in 1831, around the world as a naturalist on the H.M.S. Beagle.

"Aurora Australis" by Sir Ernest Henry Shackleton, Frank Wild, Tannatt William Edgeworth David, George Marston, Alistair Mackay, James Murray, Douglas Mawson. Published by Good Press. Good Press publishes a wide range of titles that encompasses every genre. From well-known classics & literary fiction and non-fiction to forgotten?or yet undiscovered gems?of world literature, we issue the books that need to be read. Each Good Press edition has been meticulously edited and formatted to boost readability for all e-readers and devices. Our goal is to produce eBooks that are user-friendly and accessible to everyone in a high-quality digital format.

The Magic School Bus and the Science Fair Expedition

Love and terror in Hitler's Berlin Magical Jungle

Simple Skills for Peace and Productivity in the Classroom

Antarctic 1910-1913

The Secret

Endurance

"There must be more to the Christian life than this." If you've ever felt like your life is too safe and comfortable and easy, there's a reason you're not satisfied—we're created by God for adventure. In this book International Justice Mission president Gary Haugen shows how engaging in the fight for justice is the most deeply satisfying way of life.

On 9 March 1916, the forces of Doroteo Arango, better known as Francisco "Pancho" Villa, attacked the small border town of Columbus, New Mexico. In response to the raid, President Woodrow Wilson authorized Brig. Gen. John J. "Black Jack" Pershing to organize an expedition into Chihuahua, Mexico, in order to kill or capture Villa and those responsible for the assault. By 15 March, 4,800 Regular Army soldiers had assembled in Columbus and Camp Furlong, the Army garrison just outside of the town's center. These men fanned out into the Mexican countryside on horseback in small, highly mobile cavalry detachmentssometimes led by local guides or by the Army's Apache scouts-that could cover large swaths of sparsely populated and rough terrain. Cavalrymen employed skills and strategies developed in the preceding decades on frontier campaigns in the West and in warfare against irregular, guerrilla forces in the Philippines. The Mexican Expedition, popularly called the "Punitive Expedition," was to be one of the last operations to employ these methods of warfare and one of the first to rely extensively on trucks. It also provided a testing ground for another new technology-the airplane. During the eleven months that Pershing's expedition was in Chihuahua, U.S. troops failed to kill, capture, or even spot Pancho Villa, but the impact of the expedition reached far beyond the deserts of northern Mexico. The approximately 10,000 regulars that served in the Punitive Expedition gained experience in large, multiunit field operations at a time when small-unit actions were the norm. The Mexican Expedition, 1916-1917, by Julie Irene Prieto, examines the operation, led by General John Pershing, to search for, capture, and destroy Francisco "Pancho" Villa and his revolutionary army in northern Mexico in the year prior to the United States' entry into World War I. This campaign marked one of the final times cavalry was used on a large scale, and it was one of the first to use trucks and airplanes in the field. While Pershing's troops failed to capture Villa, both Regular Army troops and National Guardsmen stationed on the border gained valuable experience in these new technologies.

The Imperial Trans-Antarctic Expedition was perhaps the most ambitious, elaborate and confident of all the British attempts to master the South Pole. Like the others it ended in disaster, with the Endeavour first trapped and then crushed to pieces in the ice and its crew trapped in the Antarctic, seemingly doomed to a slow and horrible death. In the face of extraordinary odds, Shackleton, the expedition's leader, decided on the only course that might just save them: a 700 nautical mile voyage in a small boat across the ferocious Southern Ocean in the forelorn hope of reaching the only human habitation within range: a small whaling station on the rugged, ice-sheeted island of South Georgia. South tells the story both of the whole astonishing expedition and of Shackleton's journey to rescue his men - one of the greatest feats of navigation ever recorded.

The Voyage of the Beagle Sex

Disaster and Triumph on the World's Greatest Scientific Expedition

Shackleton's Incredible Voyage

Two Years and 40,000 Miles from Alaska to Argentina

Narrative of the Texan Santa Fé expedition

**The White Darkness** 

Weapons of the Lewis and Clark Expedition

When Dan set out to drive his Jeep from the Northern tip of Alaska to Tierra del Fuego on the Southern tip of South America, he had no idea how much the adventure would change his life. Over the course of two years, Dan's expedition spanned forty thousand miles through sixteen countries. Now he will never be the same. After years of saving, dreaming and planning, Dan wanted to find out if an ordinary guy can achieve the extraordinary. With no sponsorship, a modest savings account and a willingness to learn Spanish, Dan threw himself in. Going solo, with no GPS and sleeping in a ground tent, Dan wanted to experience everything the Americas have to offer. From poking lava with a stick and hiking among world-famous mountains to corrupt military and camping with Ecuadorian locals - every day provided something new. With his eyes and ears open to the world around him, Dan met many interesting and thought-provoking characters. With their guidance and prodding, and by using their unique perspective, Dan was able to learn many valuable life lessons. Running to the beat of a different drum, Latin America was the perfect classroom for Dan to view our modern work-a-day world through an entirely new lens.

Learning to survive in the harsh interior of Southern Africa, a former slave seeks shelter in the hollow of a baobab tree. For the first time is her own, her thoughts are her own. In solitude, she is finally able to reflect on her own existence and its meaning, bringing her a semblance of inner peace. Scenes from her former life shuttle through her mind: how owner after owner assaulted her, and how each of her babies were taken away as soon as they were weaned, their futures left to her imagination. We are the sole witnesses to her history: her capture as a child, her tortured days in a harbor city on the eastern coast as a servant, her journey with her last owner and protector, her flight, and the kaleidoscopic world of her baobab tree. Wilma Stockenstr ö m's profound work of narrative fiction, translated by Nobel Prize winner J.M. Coetzee, is a rare, haunting exploration of enslavement and freedom. From the internationally bestselling creator of Lost Ocean and Secret Garden comes a beautiful new adult coloring book that takes you on a wondrous expedition through the jungle Follow ink evangelist Johanna Basford down an inky trail through the Magical Jungle and discover a forgotten world of flora and fauna just waiting to be colored in this new coloring book for adults. Through intricate pen and ink illustrations, color-inners of all ages are invited to explore an exotic rainforest teeming with creatures large and small. Encounter speckled tree frogs and dainty hummingbirds, prowling tigers and playful monkeys. Let your imagination run wild in the leafy treetop canopy or find yourself drawn to the delicate world of sensational blossoms and tropical plants below. Now printed on specially selected ivory paper. This paper has been specifically created for Johanna Basford 's coloring books. It has a medium tooth which is perfect for creating beautiful colored pencil effects or chalk pastel backgrounds but also wonderful for pens, which will glide effortlessly over its surface. Filled with stunningly detailed illustrations, Magical Jungle is a blissful and relaxing at-home activity for people of all ages. "The colorists have a queen, and her name is Johanna Basford."—New York Magazine "Consider trading in your yoga mat for a set of markers and peruse the gorgeous gardens of Basford 's imagination." —The Huffington Post

From the New York Times bestselling author of Band of Brothers and D-Day, the definitive book on Lewis and Clark 's exploration in American history and one of the great adventure stories of all time. In 1803 President Thomas Jefferson selected his personal secretary, Captain Meriwether Lewis, to lead a voyage up the Missouri River to the Rockies, over the mountains, down the Columbia River to the Pacific Ocean, and back. Lewis and his partner, Captain William Clark, made the first map of the trans-Mississippi West, provided invaluable scientific data on the flora and fauna of the Louisiana Purchase territory, and established the American claim to Oregon, Washington, and Idaho. Ambrose has pieced together previously unknown information about weather, terrain, and medical knowledge at the time to provide a vivid backdrop for the expedition. Lewis is supported by a rich variety of colorful characters, first of all Jefferson himself, whose interest in exploring and acquiring the American West went back thirty years. Next comes Clark, a rugged frontiersman whose love for Lewis matched Jefferson 's. There are numerous Indian chiefs, and Sacagawea, the Indian girl who accompanied the expedition, along with the French-Indian hunter Drouillard, the great naturalists of Philadelphia, the French and Spanish fur traders of St. Louis, John Quincy Adams, and military figures of the turn of the century. High adventure, high politics, suspense, drama, and diplomacy combine with high romance and personal tragedy

to make this outstanding work of scholarship as readable as a novel. The Endurance Expedition

Wild Rescuers: Expedition on the Tundra

The Road Chose Me Volume 1

The Oxford English Dictionary The Mexican Expedition 1916-1917

Extreme Misadventures in the Search for Wellness

A Novel

Recounts the journey into the western United States conducted by explorers Lewis and Clark, outlining their routes, personal experiences, and encounters with the Native Americans.

Ms. Frizzle and her class visit with scientists from the past who explain their theories and the students utilize these ideas to design their own experiments for their upcoming science fair.

Clad in a doeskin, alone and unafraid, she stood straight and proud before the onrushing forces of America's destiny: Sacajawea, child of a Shoshoni chief, lone woman on Lewis and Clark's historic trek -- beautiful spear of a dying nation. She knew many men, walked many miles. From the whispering prairies, across the Great Divide to the crystal capped Rockies and on to the emerald promise of the Pacific Northwest, her story over flows with emotion and action ripped from the bursting fabric of a raw new land. Ten years in the writing, SACAJAWEA unfolds an immense canvas of people and events, and captures the eternal longings of a woman who always yearned for one great passion -- and always it lay beyond the next mountain.

The harrowing tale of British explorer Ernest Shackleton's 1914 attempt to reach the South Pole, one of the greatest adventure stories of the modern age. In August 1914, polar explorer Ernest Shackleton boarded the Endurance and set sail for Antarctica, where he planned to cross the last uncharted continent on foot. In January 1915, after battling its way through a thousand miles of pack ice and only a day's sail short of its destination, the Endurance became locked in an island of ice. Thus began the legendary ordeal of Shackleton and his crew of twenty-seven men. When their ship was finally crushed between two ice floes, they attempted a near-impossible journey over 850 miles of the South Atlantic's heaviest seas to the closest outpost of civilization. In Endurance, the definitive account of Ernest Shackleton's fateful trip, Alfred Lansing brilliantly narrates the harrowing and miraculous voyage that has defined heroism for the modern age.

The Mystery Man of the Franklin Expedition The Journals of Patrick Gass

Vol. 1-

Performed in the Years 1852, 1853, and 1854, Under the Command of Commodore M.C. Perry, United States Navy, by Order of the Government of the United States

God's Great Expedition for the Restless Christian

James Fitzjames

**Undaunted Courage** 

Describes the events of the 1914 Shackleton Antarctic expedition when, after being trapped in a frozen sea for nine months, Shackleton and his men were forced to abandon their ship and undertake a perilous journey to reach inhabited land.

Frustrated by his experiences on an expedition led by Captain Robert Scott, explorer Ernest Shackleton, in 1907, launched his own attempt to reach the South Pole. At the mercy of a hostile continent it was to become the most extreme test of endurance imaginable. This is his thrilling account of that expedition. NASA discovered the alien ship lurking in the asteroid belt in the 1960s. They kept the Target under intense surveillance for decades, letting the public believe they were exploring the solar system, while they worked feverishly to refine the technology needed to reach it.

A life worth living is lived at the edges where it is wild Early in his memoir, adventurer, mountaineer, writer, filmmaker, and environmentalist Rick Ridgeway faces an existential "fork in the road." "I was twenty-five years old, and somewhere in my reading I had run across a quote from Saint Thomas Aquinas: trust the authority of your instincts," he writes, his gut telling him to choose adventure over convention. What follows is a candid account of the many decision points in his life, from high school, when he pivoted away from family, to the events that led him to become part of The Do Boys, a "group of guys who go around having adventures." "We don't just talk about doing stuff," Rick remembers Yvon Chouinard saying. "We do it." The members of the posse expanded and contracted over the years, as did the activities they pursued, but always at the core were Yvon Chouinard, environmentalist and founder of Patagonia, and Doug Tompkins, environmentalist and founder of The North Face, and Rick. This story of Rick's life crosses continents, from North America to Asia, across South America and Africa, embracing adventures - climbing, surfing, kayaking, trekking - all along the way. It also chronicles Rick's growing love of the natural world, as well as his awareness of human proclivity to exploit it. "We all strive to protect what we love and protecting the beauty of wild nature from our species' aptitude to disfigure it would become a central focus for ... The Do Boys." It would also become the spine of this book, the thread that weaves through the friendships, the loves and the losses of a life lived "doing stuff" in the wildest and most remote corners of our planet. A master storyteller, this long-awaited memoir is the book end to Ridgeway's impressive list of publications, including Seven Summits (Grand Central Publishing, 1988), The Shadow of Kilmanjaro (Holt, 1999), and The Big Open (National Geographic, 2005).

Aurora Australis Sacajawea

A Picture Book of Lewis and Clark

Member of the Lewis and Clark Expedition

Leading at The Edge The Do Boys Spirit of Endurance

James Fitzjames was a hero of the early nineteenth-century Royal Navy. A charismatic man with a wicked sense of humour, he pursued his naval career with wily determination. When he joined the Franklin Expedition at the age of 32 he thought he would make his name. But instead the expedition completely disappeared and he never returned. Its fate is one of history ls last great unsolved mysteries, as were the origins and background of James Fitzjames and China. But Fitzjames was not what he seemed. He concealed several secrets, including the scandal of his birth, the source of his influence and his plans for after the Franklin Expedition. In this first complete biography of the captain of the HMS Erebus, William Battersby draws extensively on Fitzjames personal letters and journals a most never published before as well as official naval records, to strip away 200 years of misinformation and half-truths and enables us to understand for the first time this intriguing man and his significance for the Franklin Expedition.

This picture book chronicles the expedition across the American West conducted by Meriwether Lewis and William Clark, spawned by President Thomas Jefferson's Louisiana Purchase of 1803. Full color. Describes the Lewis and Clark Expedition

For the 100th anniversary of the Race to the South Pole, a fresh look at what Shackleton's legendary Antarctic sea for nearly two years, Sir Ernest Shackleton and his team of 27 polar explorers endured extreme temperatures, hazardous ice, dwindling food, and complete isolation. Despite these seemingly insurmountable obstacles, the group remained cohesive, congenial, and mercifully alive-a fact that speaks not just to luck but to an unparalleled feat of leadership. Drawing on this amazing story, Leading at The Edge demonstrates the importance of a strong leader in times of adversity, uncertainty, and change. The book reveals 10 timeless leadership lessons that show readers how to: I Instill optimism while staying grounded in reality I Have the courage to step up to risks worth taking I Consistently reinforce the team message I Set a personal example I Find something to celebrate and something to laugh about I Never give up. Part adventure tale, part leadership guide, the second edition features additional lessons, new case studies of the strategies in action, tools to uncover and resolve conflicts, and expanded resources. An updated epilogue compares the leadership styles of the famous polar explorers Shackleton, Amundsen, and Scott. Today's leaders have much to learn from this gripping account of survival against all odds. Leading at The Edge will help them bring order to chaos-and achieve success in the face of adversity.

In the Heart of the Antarctic Island of the Blue Foxes

In The Garden of Beasts

Mindfulness for Teachers Wellmania

Halfway to Halfway and Other River Stories

A New York Times bestselling series! From StacyPlays, the YouTube sensation with over 2 million subscribers, comes the exhilarating third book in her Minecraft-inspired adventure series about a girl raised by wolves. Stacy always knew that the intelligent, playful wolves who raised her weren't like other animals. Normal wolf packs don't spend their time rescuing animals and caring for an orphaned girl. But lately, Stacy's wolves have revealed to her just how special they are—supernaturally special. The wolves each have their own unique ability: they can breathe underwater, run at impossible speeds, heal wounds, and more. They're extraordinary—but how did they get that way? Determined to uncover the truth, Stacy leads the pack north. But the harsh tundra biome pushes the pack to its limits. Can they survive long enough to discover the truth? And is Stacy prepared for what the truth actually is? Fans of Minecraft: The Crash and PopularMMOs Presents: A Hole New World will love this illustrated, actionpacked series!

Teaching is one of the most rewarding professions, but also one of the most demanding. This book offers simple, ready-to-use, and evidence-proven mindfulness techniques to help educators manage the stresses of the classroom, cultivate an exceptional learning environment, and revitalize both their teaching and their students' knowledge acquisition. Drawing on basic and applied research in the fields of neuroscience, psychology, and education, as well as the author's extensive experience as a mindfulness practitioner, teacher, and scientist, it includes exercises in mindfulness, emotional awareness, movement, listening, and more, all with real-time classroom applications.

The tale begins over three-hundred years ago, when the Fair People—the goblins, fairies, dragons, and other fabled and fantastic creatures of a dozen lands—fled the Old World for the New, seeking haven from the ways of Man. With them came their precious jewels: diamonds, rubies, emeralds, pearls... But then the Fair People vanished, taking with them their twelve fabulous treasures. And they remained hidden until now... Across North America, these twelve treasures, over ten-thousand dollars in precious jewels in 1982 dollars, are buried. The key to finding each can be found within the twelve full-color paintings and verses of THE SECRET. Are you smart enough? THE SECRET: A TREASURE HUNT was published in 1982. The year before publication, the author and publisher Byron Preiss had traveled to 12 locations in the continental U.S. (and possibly Canada) to secretly bury a dozen ceramic casques. Each casque contained a small key that could be redeemed for one of 12 jewels Preiss kept in a safe deposit box in New York. The key to finding the casques was to match one of 12 paintings to one of 12 poetic verses, solve the resulting riddle, and start digging. Since 1982, only two of the 12 casques have been recovered. The first was located in Grant Park, Chicago, in 1984 by a group of students. The second was unearthed in 2004 in Cleveland by two members of the Quest4Treasure forum.

The story of the world's largest, longest, and best financed scientific expedition of all time, triumphantly successful, gruesomely tragic, and never before fully told The immense 18th-century scientific journey, variously known as the Second Kamchatka Expedition or the Great Northern Expedition, from St. Petersburg across Siberia to the coast of North America, involved over 3,000 people and cost Peter the Great over one-sixth of his empire's annual revenue. Until now recorded only in academic works, this 10-year venture, led by the legendary Danish captain Vitus Bering and including scientists, artists, mariners, soldiers, and laborers, discovered Alaska, opened the Pacific fur trade, and led to fame, shipwreck, and "one of the most tragic and ghastly trials of suffering in the annals of maritime and arctic history."

The Expedition to the Baobab Tree

A Panegyric on Macarius

The essential guidebook

The Lewis and Clark Expedition

An Inky Expedition and Coloring Book for Adults

The Worst Journey in the World

The Danish Expedition of 1761-1767

The Story of the First Black Man in America: a Novel

When Meriwether Lewis began shopping for supplies and firearms to take on the Corps of Discovery's journey west, his first stop was a federal arsenal. For the following twenty-nine months, from the time the Lewis and Clark expedition left Camp Dubois with a cannon salute in 1804 until it announced its return from the West Coast to St. Louis with a volley in 1806, weapons were a crucial component of the participants' tool kit. In Weapons of the Lewis and Clark Expedition, historian Jim Garry describes the arms and ammunition the expedition carried and the use and care those weapons received. The Corps of Discovery's purposes were to explore the Missouri and Columbia river basins, to make scientific observations, and to contact the tribes along the way for both science and diplomacy. Throughout the trek, the travelers used their guns to procure food—they could consume around 350 pounds of meat a day—and to protect themselves from dangerous animals. Firearms were also invaluable in encounters with Indian groups, as guns were one of the most sought-after trade items in the West. As Garry notes, the explorers' willingness to demonstrate their weapons' firepower probably kept meetings with some tribes from becoming violent. The mix of arms carried by the expedition extended beyond rifles and muskets to include pistols, knives, espontoons, a cannon, and blunderbusses. Each chapter focuses on one of the major types of weapons and weaves accounts from the expedition journals with the author's knowledge gained from field-testing the muskets and rifles he describes. Appendices tally the weapons carried and explain how the expedition's flintlocks worked. Weapons of the Lewis and Clark Expedition integrates original research with a lively narrative. This encyclopedic reference will be invaluable to historians and weaponry aficionados.

By the #1 New York Times bestselling author of Killers of the Flower Moon, a powerful true story of adventure and obsession in the Antarctic, lavishly illustrated with color photographs Henry Worsley was a devoted husband and father and a decorated British special forces of ficer who believed in honor and sacrifice. He was also a man obsessed. He spent his life idolizing Ernest Shackleton, the nineteenth-century polar explorer, who tried to become the first person to reach the South Pole, and later sought to cross Antarctica on foot. Shackleton never completed his journeys, but he repeatedly rescued his men from certain death, and emerged as one of the greatest leaders in history. Worsley felt an overpowering connection to those expeditions. He was related to one of Shackleton's men, Frank Worsley, and spent a fortune collecting artifacts from their epic treks across the continent. He modeled his military command on Shackleton's legendary skills and was determined to measure his own powers of endurance against them. He would succeed where Shackleton had failed, in the most brutal landscape in the world. In 2008, Worsley set out across Antarctica with two other descendants of Shackleton's crew, battling the freezing, desolate landscape, life-threatening physical exhaustion, and hidden crevasses. Yet when he returned home he felt compelled to go back. On November 13, 2015, at age 55, Worsley bid farewell to his family and embarked on his most perilous quest: to walk across Antarctica alone. David Grann tells Worsley's remarkable story with the intensity and power that have led him to be called "simply the best narrative nonfiction writer working today." Illustrated with more than fifty stunning photographs from Worsley's and Shackleton's journeys, The White Darkness is both a gorgeous keepsake volume and a spellbinding story of courage, love, and a man pushing himself to the extremes of human capacity.

"Illuminating, thought-provoking, and hilariously honest. You'll never look at fasting, yoga, or meditation the same way again." —Robyn Harding, USA Today bestselling author of The Swap Bridget Jones meets A. J. Jacobs in Wellmania, an in-depth, laugh-out-loud exploration of the best and worst of the wellness industry. Cold-pressed juices, "clean" eating, colonic vacations, mindfulness apps, and Paleo: health-care trends and miracle diets seem to be more plentiful each year. But do any of these tactics actually work? What does "wellness" even mean? In Wellmania, longtime journalist Brigid Delaney tackles the good, the bad, and the just-a-little-ridiculous of the wellness industry, using herself as the guinea pig. Starting with a brutal 101-day fast, she leaves behind her thirty-something-year-old lifestyle of late-night parties and all-day hangovers to test the things that are supposed to make us healthy and whole: yoga classes, meditation, CBT, Balinese healing, silent retreats, group psychotherapy, and more. Writing with self-deprecating wit and refreshing honesty, she sorts through the fads and expensive hype to find out what actually works, while asking, What does all this say about us? Is total wellness even possible? And why do you start to smell so bad when you haven't eaten in seven days? According to comedian Judith Lucy, the result is "a bloody entertaining read that leaves you wondering whether you want to do yoga or get mindlessly drunk and despair at the state of the world." "I laughed so hard, I choked on a doughnut reading this book. I'm so glad Brigid Delaney tried all of this crazy stuff so I never have to." —Jen Mann, New York Times bestselling author *The Voyage of the Beagle* 

Report on the Scientific Results of the Voyage of H.M.S. Challenger During the Years 1873-76 Under the Command of Captain George S. Nares ... and the Late Captain Frank Tourle Thomson, R.N.

Middle Fork of the Salmon River - a Comprehensive Guide (4th Edition)

Narrative of the Expedition of an American Squadron to the China Seas and Japan

South

Black Conquistador

Fluency

'A compelling tale... a narrative that makes such a brave effort to see history as it evolves and not as it becomes.' SPECTATOR Suffused with the tense atmosphere of the times, and with brilliant portraits of Hitler, Goebbels, Goering and Himmler amongst others, Erik Larson's new book sheds unique light on events as they unfold, resulting in an unforgettable, addictively readable work of narrative history. Berlin, 1933. William E. Dodd, a mild-mannered academic from Chicago, has to his own and everyone else's surprise, become America's first ambassador to Hitler's Germany, in a year that proves to be a turning point in history. Dodd and his family, notably his vivacious daughter, Martha, observe at first-hand the many changes - some subtle, some disturbing, and some horrifically violent - that signal Hitler's consolidation of power. Dodd has little choice but to associate with key figures in the Nazi party, his increasingly concerned cables make little impact on an indifferent U.S. State Department, while Martha is drawn to the Nazis and their vision of a 'New Germany' and has a succession of affairs with senior party players, including first chief of the Gestapo, Rudolf Diels. But as the year darkens, Dodd and his daughter find their lives transformed and any last illusion they might have about Hitler are shattered by the violence of the 'Night of the Long Knives' in the summer of 1934 that established him as supreme dictator . . .

A riveting account of a landmark expedition that left only one survivor, now back in print for the first time in decades. Arabia Felix is the spellbinding true story of a scientific expedition gone disastrously awry. On a winter morning in 1761 six men leave Copenhagen by sea—a botanist, a philologist, an astronomer, a doctor, an artist, and their manservant—an ill-assorted band of men who dislike and distrust one another from the start. These are the members of the Danish expedition to Arabia Felix, as Yemen was then known, the first organized foray into a corner of the world unknown to Europeans. The expedition made its way to Turkey and Egypt, by which time its members were already actively seeking to undercut and even kill one another, before disappearing into the harsh desert that was their destination. Nearly seven years later a single survivor returned to Denmark to find himself forgotten and all the specimens that had been sent back ruined by neglect. Based on diaries, notebooks, and sketches that lay unread in Danish archives until the twentieth century, Arabia Felix is a tale of intellectual rivalry and a comedy of very bad manners, as well as an utterly absorbing adventure. Arabia Felix includes 33 line drawings and maps. 52 Stories of Adventure

Arabia Felix Meriwether Lewis Thomas Jefferson and the Opening Bishop of Tkôw Just Courage