

Seconds To Snap One Explosive Day A Family Destroyed My Descent Into Anorexia

The oldest and most respected martial arts title in the industry, this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self-defense in the world - including techniques and strategies. In addition, Black Belt produces and markets over 75 martial arts-oriented books and videos including many about the works of Bruce Lee, the best-known marital arts figure in the world.

Bestselling author Lisa Alther's classic coming-of-age novel set amidst the changing times of the 1960s American South Growing up in Tennessee in a family of privilege, Ginny Babcock's world is seemingly idyllic. Her father, the Major, runs the local plant—and, thus, the town—and her mother works on beloved home movies, or “kinflicks,” as her children call them, documenting the quintessential moments of her children growing up. But her mother's camera isn't there to capture Ginny's growing rebellion against her prim Southern upbringing. From her backseat exploits as a popular high schooler, to her late night adventures at the moonshine joint with a greaser boyfriend, to her passionate days with a lover at the militant feminist commune in Vermont, Ginny throws herself into the moment—until, finally, she must return home and look after her ailing mother. Funny, wise, and filled with unforgettable characters, Kin flicks is a captivating novel that draws on the human fallout of turbulent times. This ebook features an illustrated biography of Lisa Alther, including rare photos from the author's personal collection.

More than simple cases of dieting gone awry, eating disorders such as anorexia and bulimia are among the most fatal of mental illnesses, responsible for more deaths each year than any other psychiatric disorder. These illnesses afflict millions of young people, especially women, all over the world. Carrie Arnold developed anorexia as an adolescent and nearly lost her life to the disease. In *Next to Nothing*, she tells the story of her descent into anorexia, how and why she fell victim to this mysterious illness, and how she was able to seek help and recover after years of therapy and hard work. Now an adult, Arnold uses her own experiences to offer practical advice and guidance to young adults who have recently been diagnosed with an eating disorder, or who are at risk for developing one. Drawing on the expertise of B. Timothy Walsh, M.D., one of America's leading authorities on eating disorders, she reveals in easy-to-understand terms what is known and not known medically about anorexia and bulimia. The book covers such difficult topics as how to make sense of a diagnosis, the various psychotherapies available to those struggling with an eating disorder, psychiatric hospitalization, and how to talk about these illnesses to family and friends. The result is both a compelling memoir and a practical guide that will help to ease the isolation that an eating disorder can impose, showing young people how to manage and maintain their recovery on a daily basis. Part of the Adolescent Mental Health Initiative series of books written specifically for teens and young adults, *Next to Nothing* will also be a valuable resource to the friends and family of those with eating disorders. It offers much-needed hope to young people, helping them to overcome these illnesses and lead productive and healthy lives.

'I can tell you exactly the day it all went wrong - the day my mum attacked my dad with a kitchen knife. In those few, short seconds, a black hole opened up in my life and I fell right in.' Tina McGuff's life was perfect - or so she thought. Living in Dundee with her devoted parents and three younger sisters, she was a happy, healthy and confident thirteen-year-old. But all that changed in one horrifying act of revenge and Tina's world collapsed overnight. Terrified, lost and confused, she turned to the one thing she thought she could control - food. And so began the biggest fight of her life. Tina's life-or-death struggle with anorexia is told with devastating honesty in this extraordinary account of a girl at war with herself. Through her years in and out of psychiatric wards, Tina takes us to some of the darkest places of the mind. But in the end her courage, conviction and sheer determination win out. It took Tina seconds to snap and a lifetime to recover - but today, as a passionate campaigner for mental health, she is living proof that there is always a reason to hope that one day, things will get better.

Three wise and witty novels of the sixties, sexuality, and the South by a New York Times—bestselling “strong, salty, original talent” (Doris Lessing). Kin flicks: “An ambitious, funny, lucid and unfailingly honest” coming-of-age novel set in the 1960s American South (The New Yorker). Tart-tongued Tennessean Ginny Babcock seems to live in an idyllic world—and her mother documents every moment for the family's home movies. But mother's “kin flicks” don't capture everything about Ginny. Not by a long shot. Original Sins: In this “thoroughly endearing” novel, Sally, Emily, Jed, Raymond, and Donny are friends who dream big in rural Tennessee (Chicago Tribune). But the road to reality isn't quite what they imagined. Some take the safe route; others drift away to reconsider their roots and traditions; and for Donny, an African American, fulfilling dreams is all about resilience. In the ever-shifting landscape of the 1950s and '60s, they grow up, grow apart, and have every good intention of coming back together. Five Minutes in Heaven: Raised in the Tennessee hills in the 1950s, Jude grows into a young woman who finds her soul mate in her new neighbor Molly. But when age and social convention intervene, she ventures north to pursue all that sixties New York has to offer—including a transitional comfort with a man in the midst of his own sexual discovery. With an endearing heroine and a smart consideration of what it means to love—and be loved—this coming-of-age novel is “a little bit of heaven” (Rita Mae Brown).

Psychiatrist Woody Wood, Americas love guru and renowned phobia specialist, persuaded his fiance to wait until their wedding night to consummate their relationship, because unbeknownst to her and the millions who read his syndicated sexual advice column, Woody is still a virgin due to a debilitating performance anxiety. Further complicating matters is the sudden arrival of Woodys 72-year-old- mother, Happy, and her one-legged psychopathic boyfriend who escaped from a locked mental ward and appeared at Woodys doorstep just in time to brew a potpourri of unimaginable trouble for the two love birds. Happys never-ending supply of laxatives, scathing truths, and a mysterious red shoebox wreak havoc on Rudd Waters, the fetching former beauty

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queen and fiancée of Woody, and Woodys three-legged incontinent and neurotic dog, Di. Woodys two million dollar mansion, not big enough for the four of them, becomes even smaller with the addition of Lucky, Happys slutty daughter, Luckys do-nothing husband, Jeep, and Ben, Luckys rotund lawyer friend and married lover. Julian, a promiscuous chef, and Christian, a conflicted and closeted heart surgeon and former lover of Rudd, round out this crazy mix. Told from the point of view of thirteen characters, 911 is a dark comedy based on real people and an incredible chain of real events that ultimately threaten not only Woodys sanity, but his life! Happy, Jewish American Princess and marionette mistress extraordinaire, possesses the uncanny ability to control the destiny of misfits, embroiled in a Gordian knot, in the end unveiling unexpected acumen and cunning talent.

In a remote village of eastern Nepal, lacking electricity and any other facilities, Chaturman, a farmer belonging to the Kulung Rai ethnic group, has for many years cultivated an original passion: photography. Chaturman fell in love with this art in his youth, as a result of a fortuitous encounter with travelling photographers, enigmatic characters who, until recently, used to wander through the remotest villages of Nepal working as “nomadic” professional portraitists. Despite the acrobatic split needed between his work as a farmer, herdsman, porter and father of a family, Chaturman, wholly self-trained, developed his passion tenaciously, also thanks to his simple and rudimentary equipment: an old-fashioned plastic “Made-in-China” camera and a few black-and-white films purchased and processed at a shop three days’ walk from his village. This work – created by the author over a timespan of about twenty years, thanks to a close personal friendship with Chaturman –, enriched by a wide selection of images, retraces the main steps in his multifaceted and highly experimental activity from the very beginning up to his later work as a documentary filmmaker. Through the life and artistic work of Chaturman, this book provides a glimpse of one of the most original and moving true stories from this distant and seductive corner of Asia.

Light is what photography is all about, but many photographers find that it poses their toughest technical and artistic challenge. Fortunately, this easy-to-grasp guide shows both new digital camera owners and those with more experience how to understand, modify, and control light to create more compelling images. Learn all about the color, direction, and quality of natural light and how to adjust lighting to flatter the subject. Find out about the best lighting strategies for portraits, close-ups, interiors, performances, and outdoor occasions. This illuminating book starts you off with the basics--but by the time you’re through, you’ll have the knowledge to become a true lighting master.

Former sergeant Vincent Peterson goes to work like any other person. But today is different. Unexpectedly, he’s approached by a woman Athena who insists that he is needed for a top-secret project, and in exchange, she can prove that his name and his reputation were destroyed. But before Athena can deliver what she has promised, she’s kidnapped in broad daylight right from Vincent’s grasp by a group of Russians, leaving Vincent worse off than ever. Events have been set in motion. Vincent is now part of something much larger, and only Athena has the answers that he needs. Being hunted by the FBI, the US Army, and a clandestine Russian operative, Vincent is in the ultimate fight of his life. To get out, Vincent will have to go further in than ever before in order to learn the truth about his past and save his future.

Award-winning screenwriter, journalist, and political insider Hilsman brings an inside knowledge of both politics and intelligence that makes "19 Angels" a gripping, ripped-from-the-headlines read.

Regarded in NFL circles as one of the nation’s leading independent draft analysts, spending thousands of hours evaluating talent each season, Nolan Nawrocki’s vast network of contacts allows him to gather intelligence regarding NFL prospects that is unparalleled in the industry. His annual book contains in-depth information on some 350 players eligible for the draft, with the history, strengths, and weaknesses of each player clearly documented. Nawrocki also quotes other scouts on their opinions of individual players and gives probable draft rounds in which they will be drafted and even some teams they would fit best. He ranks the top ten players at each position on both offense and defense and gives the latest measurables available from both the Combine and individual pro days. Nawrocki led Pro Football Weekly’s draft coverage from 2003 to 2013, then independently took over the writing and research on this book in the grand tradition of the iconic football analyst Joel Buchsbaum.

“Holly Roberts most thrilling series!” -Books with an Edge "Just tagged this as an all-time favorite book, this means this is so good." -Bookingly Yours Blog "A 5* read and I will be on the lookout for more" -AbFab Book Reviews "What happens when good and bad mix?? EXPLOSIONS!!!" -Michelle Loves to Read "It was funny, gritty, and sexy as hell. Holly S. Roberts is def on my authors to watch list!" -JJ Book Bangers The World: The Hotter Than Hell world is made up of criminals, outlaw motorcycle gangs and strong women who go after what they want. Arizona’s summer heat, where you can fry an egg on the sidewalk, is the setting. Cruz the streets of Phoenix where danger lurks behind a wall of fiery suspense and steamy romance fans the flames of deadly desire. The men behind the criminal empire: Catch Xavier Moon controls the criminal underworld of Arizona and safety has a price. Alex Gomez is Moon’s enforcer. His hands are covered in blood and the lines between right and wrong blurred. Dax Jonathan Montgomery rides for an outlaw motorcycle gang after spending years in prison for killing the man who murdered his wife and unborn child. His path crosses Moon’s and all hell breaks loose. The women who give the men a run for their money: Madison Kinlock has a dead-end job as a private investigator after an injury ends her career as a police officer. She knows who Moon is and she isn’t afraid. Maybe she should be! Celina Thomas has a deadly secret. When she crosses paths with Alex Gomez her world changes forever as they fight for the life of an innocent child. Sofia Guadalupe Acosta was born the bi-product of a drugged-out mother and a skinhead father who wanted her dead. Dax is everything she hates and she’s everything he wants. The Solution: Hang onto your eReader and take a wild ride through the hot streets of Moon’s empire!

This true story is more than one girl’s struggle against the mental illness of an eating disorder. Corinne’s journey propels the reader through teenage insecurities and doubts with honest and raw descriptions of the breakdown of the relationship with her twin brother, abandonment from her mother, the loss of her first love, the pain of isolation, and her resulting lack of self-worth. Corinne’s weaknesses and willingness to die manifest themselves as her illness grows. But through faith, friendship, and love, she finds the strength to claw her way to recovery, demonstrating the power of hope and healing in the midst of tragedy.

Philadelphia sports fans have a reputation as the roughest, toughest, most vocal and unruly fans in sports. Philly fans booed Santa, cheered, as Michael Irvin lay motionless on the Vet’s hard Astroturf. Sports radio personalities Glen Macnow and Anthony Gargano tell the story from the Philadelphia fan’s perspective. In part a Philadelphia sports memoir, The Great Philadelphia Fan Book is also a historical and anecdotal account of the nation’s passionate sports fans centering around Philadelphia’s four major league teams. The authors mount a sturdy apologia that will be sure to delight Philadelphia sports fans and remind them of their unique and unabashed dedication to their hometown teams.

They came from the night sky, lighting the heavens like the promise of salvation. But they didn’t bring deliverance...they brought something far, far worse. Something that turns people into mindless,

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cannibalistic monsters. And it's spreading. A reporter follows her story of unspeakable horror south of the border and finds it's worse than she imagined. A wounded fighter pilot finally gets his chance to return to duty but is faced with a mission that could cost him his wings, or his country its chance. A billionaire with dreams of space finds a crashed alien spacecraft unlike anything mankind has ever seen. A brilliant geneticist conducting outlawed research comes face to face with the nightmare consuming the world faster than anyone can comprehend...or stop in time. The government can't contain it. The military can't fight it. This is A Time To Die.

Storytelling at its best, this compelling memoir graphically portrays the scarred emotional landscape of young men who seek a place in the world by way of a military career. Exhausted shadows of the past are brought alive with uncommon eloquence as the author looks back on his youth brimming with innocence, idealism and patriotism. A page turner, the book explores the complex nature of a man whose brave, daring and sometimes foolhardy exploits led to the essential task; building a scaffold of choices and attitudes by rendering meaning from the intractable depths of experience. What in other hands might be a dreary tale of adolescent angst, betrayal and disillusion, takes on truly pyrotechnic energy, lifting his coming of age from the mundane to the profound.

Front line combat soldier in General Patton's Third Army WWII Stanford University--worked 40 hours a week and carried full load Invented flexible endoscope (fiber optics) 1952 Family practice 42 years in small town (Hollister) West Central California Had 12 foreign students live in my home, go to school and become part of my life Learned to fly. Joined Flying Doctors and made over 100 trips to Mexico over 30 years Earthquake West Yellowstone, Montana 1985. Flew in set up an aide station and cared for the injured Associate professor at Stanford Medical School and University of California at Davis, medical school Martin Luther King. Marched for freedom at Selma 1965 Earthquake Mexico 1985. Set up and led rescue team to care for the injured Returned with Rotary Club and Flying Doctors to help rebuild and totally re-equip hospital in Lazaro Cardenas, Mexico China: went there just after Tiananmen Square Returned to China several time to try to get Rotary Clubs accepted. Helped to bring equipment to large Chinese hospitals Developed a new mechanical theory about gravity and cosmology

This is the definitive reference work on the NFL's Oakland/Los Angeles Raiders. Part I is a season-by-season review, covering each game and player from every campaign. Part II includes a complete all-time roster of players and coaches, with biographical information, along with information on all draft picks, schedules, and individual awards and honors. Part III covers the characters, from executives to cheerleaders, who made the Raiders one of the most colorful organizations in professional sports, and details the franchise's historic stadiums and uniforms.

Private eye Sharon McCone receives an e-mail asking for help from her emotionally disturbed half brother Darcy Blackhawk. She replies . . . but gets no response. As Sharon digs deeper, she discovers that Darcy sent his message from an Internet café in San Francisco, a city he's never been to before. Sensing that her brother is in terrible danger, Sharon begins a search for him throughout the city. The investigation leads her to the body of a woman at the Palace of Fine Arts, where a witness had told her that Darcy was headed. Then, as she digs deeper, Sharon uncovers a connection to the unsolved murder of a young heiress to a multimillion-dollar banking fortune. Now Sharon must race to solve both murders and ensure her brother's safety, despite the imminent danger that lurks within her own family. Surveys the participants, circumstances, and play of the first forty-six Super Bowl games, and offers lists of the ten best and worst plays and players, game records, and statistics.

Popular Mechanics inspires, instructs and influences readers to help them master the modern world. Whether it's practical DIY home-improvement tips, gadgets and digital technology, information on the newest cars or the latest breakthroughs in science -- PM is the ultimate guide to our high-tech lifestyle.

'This is an important, searingly honest book that will change lives. Tina is one of the bravest women I've ever met' – Lorraine Kelly 'I can tell you exactly the day it all went wrong - the day my mum attacked my dad with a kitchen knife. In those few, short seconds, a black hole opened up in my life and I fell right in.' Tina McGuff's life was perfect - or so she thought. Living in Dundee with her devoted parents and three younger sisters, she was a happy, healthy and confident thirteen-year-old. But all that changed in one horrifying act of revenge and Tina's world collapsed overnight. Terrified, lost and confused, she turned to the one thing she thought she could control - food. And so began the biggest fight of her life. Tina's life-or-death struggle with anorexia is told with devastating honesty in this extraordinary account of a girl at war with herself. Through her years in and out of psychiatric wards, Tina takes us to some of the darkest places of the mind. But in the end her courage, conviction and sheer determination win out. It took Tina seconds to snap and a lifetime to recover - but today, as a passionate campaigner for mental health, she is living proof that there is always a reason to hope that one day, things will get better.

Solutions for navigating an ever-changing social media world Today's students face a challenging paradox: the digital tools they need to complete their work are often the source of their biggest distractions. Students can quickly become overwhelmed trying to manage the daily confluence of online interactions with schoolwork, extracurricular activities, and family life. Written by noted author and educator Ana Homayoun, Social Media Wellness is the first book to successfully decode the new language of social media for parents and educators and provide pragmatic solutions to help students: Manage distractions Focus and prioritize Improve time-management Become more organized and boost productivity Decrease stress and build empathy With fresh insights and a solutions-oriented perspective, this crucial guide will help parents, educators and students work together to promote healthy socialization, effective self-regulation, and overall safety and wellness. "Ana Homayoun has written the very book I've yearned for, a must-read for teachers and parents. I have been recommending Ana's work for years, but Social Media Wellness is her best yet; a thorough, well-researched and eloquent resource for parents and teachers seeking guidance about how to help children navigate the treacherous, ever-changing waters of social media and the digital world." —Jessica Lahey, New York Times Bestselling Author of The Gift of Failure "This is the book I've been waiting for. Ana Homayoun gives concrete strategies for parents to talk with their teens without using judgment and fear as tools. This is a guidebook you can pick up at anytime, and which your teen can read, too. I'll be recommending it to everyone I know." —Rachel Simmons, New York Times Bestselling Author of The Curse of the Good Girl Read About Ana Homayoun in the news: NYTimes, The Secret Social Media Lives of Teenagers Pacific Standard, Holier Than Thou IPO: Snapchat and Effective Parenting Parenttoolkit.com, Emojis, Streaks, Stories, and Scores: What Parents Need to Know About Snapchat Los Angeles Review of Books, Life and Death 2.0: When Your Grandmother Dies Online

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