

Mama Koko And The Hundred Gunmen

[#Mama Koko](#) [#hundred gunmen](#) [#action thriller](#) [#survival story](#) [#female protagonist](#)

Dive into the gripping tale of Mama Koko, a fearless individual unexpectedly facing the daunting threat of a hundred armed gunmen. This intense action-adventure thriller explores themes of survival, courage, and resilience against overwhelming odds, promising a thrilling narrative from start to finish.

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Mama Koko and the Hundred Gunmen

Driven by her family's devastating losses, Congolese expatriate Francisca Thelin embarks, with human rights activist Lisa J. Shannon, on a perilous journey back to her beloved homeland, now under the shadow of one of Africa's most feared militias -- Joseph Kony's Lord's Resistance Army. With gunmen camped at the edge of town, Francisca is forced to face a paralyzing clash between her life in America and her family's rapidly evaporating world -- and the reality that their rush to her family's aid may backfire. Mama Koko and the Hundred Gunmen weaves Francisca's journey with stories of the family's harrowing encounters with gunmen and tales from their past to create a vivid, illuminating portrait of a place and its people. We hear of Mama Koko's early life as a gap-toothed beauty plotting to escape her inevitable fate of wife and motherhood; of Papa Alexander's empire of wives, each of whom he married because she cooked and cleaned and made good coffee; and of Francisca's idyllic childhood, when she ran barefoot through the family's coffee plantation gorging herself on mangoes and fish that "were the size of small children." Offering compelling testimony to the strength of the human spirit and the beauty of human connection in the darkest of times, Mama Koko and the Hundred Gunmen also explores what it means and requires to truly make a difference in an unjust and often violent world.

Humbling Faith

This is a book hoping to embolden doubt and sharpen unanswerable questions, all in the context of loving the self and one another. Ridiculously, it believes the world can be healed through such a hope. It is especially addressed to those allergic to the word "faith," and others who feel confident and proud in the faith they profess or system of thought they live by. Humbling Faith helps us see how our beliefs, or non-beliefs, our belongings and identities, often remain flawed, myopic, self-absorbed, unredeemed. The hope is that such awareness of our brokenness can fuel greater ethical partnerships and dialogue, promoting peace from our recognized need for one another. Humbling Faith is not only a resource towards humbling other faiths, but most importantly, your own.

If you want to get published, read this book! Jeff Herman's Guide unmask's nonsense, clears confusion, and unlocks secret doorways to success for new and veteran writers! This highly respected resource is used by publishing insiders everywhere and has been read by millions all over the world. Jeff Herman's Guide is the writer's best friend. It reveals the names, interests, and contact information of thousands of agents and editors. It presents invaluable information about more than 350 publishers and imprints (including Canadian and university presses), lists independent book editors who can help you make your work more publisher-friendly, and helps you spot scams. Jeff Herman's Guide unseals the truth about how to outsmart the gatekeepers, break through the barriers, and decipher the hidden codes to getting your book published. Countless writers have achieved their highest aspirations by following Herman's outside-the-box strategies. If you want to reach the top of your game and transform rejections into contracts, you need this book! Jeff Herman's Guide will educate you, inspire you, and become your virtual entourage at every step along the exhilarating journey to publication. Ask anyone in the book business, and they will refer you to Jeff Herman's Guide. NEW for 2015: Comprehensive index listing dozens of subjects and categories to help you find the perfect publisher or agent.

They Poured Fire on Us From the Sky

The inspiring story of three young Sudanese boys who were driven from their homes by civil war and began an epic odyssey of survival, facing life-threatening perils, ultimately finding their way to a new life in America. Between 1987 and 1989, Alepho, Benjamin, and Benson, like tens of thousands of young boys, took flight from the massacres of Sudan's civil war. They became known as the Lost Boys. With little more than the clothes on their backs, sometimes not even that, they streamed out over Sudan in search of refuge. Their journey led them first to Ethiopia and then, driven back into Sudan, toward Kenya. They walked nearly one thousand miles, sustained only by the sheer will to live. *They Poured Fire on Us from the Sky* is the three boys' account of that unimaginable journey. With the candor and the purity of their child's-eye-vision, Alepho, Benjamin, and Benson recall by turns: how they endured the hunger and strength-sapping illnesses—dysentery, malaria, and yellow fever; how they dodged the life-threatening predators—lions, snakes, crocodiles and soldiers alike—that dogged their footsteps; and how they grappled with a war that threatened continually to overwhelm them. Their story is a lyrical, captivating, timeless portrait of a childhood hurled into wartime and how they had the good fortune and belief in themselves to survive.

Destination Casablanca

This rollicking and panoramic history of Casablanca during the Second World War sheds light on the city as a key hub for European and American powers, and a place where spies, soldiers, and political agents exchanged secrets and vied for control. In November 1942, as a part of Operation Torch, 33,000 American soldiers sailed undetected across the Atlantic and stormed the beaches of French Morocco. Seventy-four hours later, the Americans controlled the country and one of the most valuable wartime ports: Casablanca. In the years preceding, Casablanca had evolved from an exotic travel destination to a key military target after France's surrender to Germany. Jewish refugees from Europe poured in, hoping to obtain visas and passage to the United States and beyond. Nazi agents and collaborators infiltrated the city in search of power and loyalty. The resistance was not far behind, as shopkeepers, celebrities, former French Foreign Legionnaires, and disgruntled bureaucrats formed a network of Allied spies. But once in American hands, Casablanca became a crucial logistical hub in the fight against Germany -- and the site of Roosevelt and Churchill's demand for "unconditional surrender." Rife with rogue soldiers, power grabs, and diplomatic intrigue, *Destination Casablanca* is the riveting and untold story of this glamorous city--memorialized in the classic film that was rush-released in 1942 to capitalize on the drama that was unfolding in North Africa at the heart of World War II.

Brick by Brick

After a twenty-five-year career spent fighting for women's rights around the globe at the expense of time with her family, Karen Sherman looked around and realized she didn't really know her children and felt little connection to her husband. With her world—work, marriage, family—crashing down, she made the rash decision to move to Rwanda with her three sons. While her boys attended the international school, she worked to better the lives of women survivors of war. But as the survivors—Josephine, Ange, Grace, Euphrase, Debora, Yvette, and Teresa—shared their stories of grit and determination, building lives and raising families despite the brutal challenges of war, genocide, and inequality, Karen began to see how her work was connected to the abuse in her own past, and how it was preventing

her from becoming the woman she wanted to be. The struggles of these survivors, she realized, were the struggles of women everywhere, regardless of place or circumstance: striving to balance work and family, fighting for real options and choices, trying to make their voices heard. The strength of these women helped Karen find her own way through conflict zones and battles with corrupt politicians. In the end, the journey brings her home to her family and to a renewed commitment to fighting for women around the world to live free from violence and abuse, in peace and with dignity.

White Malice

Accra, 1958. Africa's liberation leaders have gathered for a conference, full of strength, purpose and vision. Newly independent Ghana's Kwame Nkrumah and Congo's Patrice Lumumba strike up a close partnership. Everything seems possible. But, within a few years, both men will have been targeted by the CIA, and their dream of true African autonomy undermined. The United States, watching the Europeans withdraw from Africa, was determined to take control. Pan-Africanism was inspiring African Americans fighting for civil rights; the threat of Soviet influence over new African governments loomed; and the idea of an atomic reactor in black hands was unacceptable. The conclusion was simple: the US had to 'recapture' Africa, in the shadows, by any means necessary. Renowned historian Susan Williams dives into the archives, revealing new, shocking details of America's covert programme in Africa. The CIA crawled over the continent, poisoning the hopes of 1958 with secret agents and informants; surreptitious UN lobbying; cultural infiltration and bribery; assassinations and coups. As the colonisers moved out, the Americans swept in—with bitter consequences that reverberate in Africa to this day

A Thousand Sisters

Lisa J. Shannon had a good life—a successful business, a fiancé, a home, and security. Then, one day in 2005, an episode of Oprah changed all that. The show focused on women in Congo, the worst place on earth to be a woman. She was awakened to the atrocities there—millions dead, women raped and tortured daily, and children dying in shocking numbers. Shannon felt called to do something. And she did. A Thousand Sisters is her inspiring memoir. She raised money to sponsor Congolese women, beginning with one solo 30-mile run, and then founded a national organization, Run for Congo Women. The book chronicles her journey to the Congo to meet the women her run sponsored, and shares their incredible stories. What begins as grassroots activism forces Shannon to confront herself and her life, and learn lessons of survival, fear, gratitude, and immense love from the women of Africa.

Dancing in the Glory of Monsters

A "tremendous," "intrepid" history of the devastating war in the heart of Africa's Congo, with first-hand accounts of the continent's worst conflict in modern times. At the heart of Africa is the Congo, a country the size of Western Europe, bordering nine other nations, that since 1996 has been wracked by a brutal war in which millions have died. In *Dancing in the Glory of Monsters*, renowned political activist and researcher Jason K. Stearns has written a compelling and deeply-reported narrative of how Congo became a failed state that collapsed into a war of retaliatory massacres. Stearns brilliantly describes the key perpetrators, many of whom he met personally, and highlights the nature of the political system that brought these people to power, as well as the moral decisions with which the war confronted them. Now updated with a new introduction, *Dancing in the Glory of Monsters* tells the full story of Africa's Great War.

Arthur and the Popularity Test

Arthur series/Chapter Books.

Atomic Africa

African Independence movements from former colonial powers were unsuccessful governments. But not because they lacked the skills. They were systematically undermined by one nation: the US. This is the sweeping history of how, over a few vital years, African Independence was strangled at birth. In 1958 in Accra, Ghana, the Hands Off Africa conference brought together the leading figures of African independence in a public show of political strength and purpose, inspired by the example of Ghana itself which, under the charismatic leadership of Kwame Nkrumah, had just thrown off the British colonial yoke - the first African nation to do so. It was moment heady with promise for independence movements across Africa, and for all those who believed colonialism was a moral aberration. Among the supporters

of African independence were some of the leading figures of the American Civil Rights movement. Malcolm X was in Accra and Martin Luther King used Nkrumah's speech as the basis for his own "Free At Last" speech, so clear were the parallels between their own struggle for political equality in the US with that of the African Nations. W. E. B. Du Bois moved to Ghana, inspired by the future of independent Africa. Yet among the many official messages of support received by the conference one nation was conspicuously quiet, despite its historic and public opposition to colonialism. America had vowed to dismantle the British Empire. Yet it was strangely silent about Hands Off Africa. Vice President Nixon did attend the celebrations in Ghana and asked a group of black people, "How does it feel to be free?" They answered: "We wouldn't know. We're from Alabama". The conference was also attended by a slew of strange societies, most promising support for African independence. They, however, were not all they seemed. Many were fronts, and behind them was the CIA. The CIA was in favor of the end of the British Empire but much less sure about what it wanted to replace it. A pan-African independence movement, one susceptible to Soviet entreaties, looked like a security threat. So the agency prepared to move in as Africa's colonizers moved out. Their baleful influence would be felt from South Africa (they tipped off the apartheid regime so that Nelson Mandela was arrested in 1962) to Congo (where the firebrand prime minister Patrice Lumumba was murdered, one of any Africa leaders who died prematurely).

Picasso

An award-winning study of Picasso by a prime authority on the artist.

Encyclopedia of Television Film Directors

From live productions of the 1950s like *Requiem for a Heavyweight* to big budget mini-series like *Band of Brothers*, long-form television programs have been helmed by some of the most creative and accomplished names in directing. *Encyclopedia of Television Film Directors* brings attention to the directors of these productions, citing every director of stand alone long-form television programs: made for TV movies, movie-length pilots, mini-series, and feature-length anthology programs, as well as drama, comedy, and musical specials of more than 60 minutes. Each of the nearly 2,000 entries provides a brief career sketch of the director, his or her notable works, awards, and a filmography. Many entries also provide brief discussions of key shows, movies, and other productions. Appendixes include Emmy Awards, DGA Awards, and other accolades, as well as a list of anthology programs. A much-needed reference that celebrates these often-neglected artists, *Encyclopedia of Television Film Directors* is an indispensable resource for anyone interested in the history of the medium.

Sky, Wind, and Stars

Born and raised in northern Manchuria during the colonial period of Korea, Yun Dong-ju was a poet of the utmost purity, beauty, and sincerity. His posthumously published collection of poems under the title *Sky, wind, stars, and poems* is one of the all-time favorites of Korean readers. Wishing not to have so much as a speck of shame toward heaven until the day I die, I suffered, even when the wind stirred the leaves. (From Foreword) In simple diction and straightforward expressions, his poems sing of his love for his people, his compassion for the poor and destitute, and his hopes for freedom and independence. These themes still resonate deep within the hearts of the Korean people. His imprisonment and eventual death in 1945 in a Japanese prison lend great poignancy to his work.

Cinema Studies: The Key Concepts

This is the essential guide for anyone interested in film. Now in its second edition, the text has been completely revised and expanded to meet the needs of today's students and film enthusiasts. Some 150 key genres, movements, theories and production terms are explained and analyzed with depth and clarity. Entries include: * auteur theory * Blaxploitation * British New Wave * feminist film theory * intertextuality * method acting * pornography * Third World Cinema * Vampire movies.

Achan: A Year of Teaching in Thailand

This lively collection of vignettes, pithy essays, profiles, humorous anecdotes and travel tales shares the experience of a seasoned American writer, traveler, and teacher who spent a year as a guest lecturer at a university in Chiang Mai, Thailand. It offers an entertaining and enlightening read for anyone who loves exploring other countries and cultures. A gem of a travel memoir!

Bioethics and Moral Decisions

An extended study of the writings of Lil' Kim, the multi-platinum selling Hip Hop artist. Examines Lil' Kim's anti-sexist, gender-defiant and ultra-erotic verse alongside issues of race and the politics of imprisonment. This is the first study to apply the tools of literary criticism to Hip Hop's lyrical writings.

Crossword Lists

The highly anticipated memoir from the daughter of Saddam Hussein's personal pilot is an unforgettable story of survival, strength, and one woman's struggle against tyranny.

Hip-Hop Revolution in the Flesh

LOGLISTED FOR THE INTERNATIONAL MAN BOOKER PRIZE 2019 A brilliant collection of fictions in the vein of Roald Dahl, Etgar Keret and Amy Hempel. These are stories of what the world looks like from a child's pure but sometimes vengeful or muddled perspective. These are stories of life in a war zone, life peppered by surreal mistakes, tragic accidents and painful encounters. These are stories of fantasist matadors, lost limbs and perplexed voyeurs. This is a collection about sex, death and the all-important skill of making life into a joke. These are unexpected stories by a very fresh voice. These stories are unforgettable.

Between Two Worlds

This publication offers an account of the unfolding of political and civilian conflict in Mali and the efforts to contain it, and an analysis of which efforts to restore peace were effective and why. It also examines the role of the international community, especially the United Nations, in helping the Malian Government to restore peace and to re-integrate its disaffected populations and refugees back into civilian life.--Publisher's description.

Jokes for the Gunmen

There's a competition at school to come up with the best design for a section of the playground. Poppy's design is beautiful, but will she be able to prove that she hasn't cheated? The third fab book in a new series about four friends who want to make the world a better place, from best-selling author Holly Webb. There's a competition at school to come up with the best design for a section of the playground. Poppy's design is beautiful, but will she be able to prove that she hasn't cheated? The third fab book in a new series about four friends who want to make the world a better place, from best-selling author Holly Webb.

Rido

NATIONAL BESTSELLER • The intimate true story of three of the greatest American generals of World War II, and how their intense blend of comradeship and competition spurred Allied forces to victory. "One of the great stories of the American military."—Thomas E. Ricks, Pulitzer Prize-winning author of *The Generals* Dwight Eisenhower, George Patton and Omar Bradley shared bonds going back decades. All three were West Pointers who pursued their army careers with a remarkable zeal, even as their paths diverged. Bradley was a standout infantry instructor, while Eisenhower displayed an unusual ability for organization and diplomacy. Patton, who had chased Pancho Villa in Mexico and led troops in the First World War, seemed destined for high command and outranked his two friends for years. But with the arrival of World War II, it was Eisenhower who attained the role of Supreme Commander, with Patton and Bradley as his subordinates. Jonathan W. Jordan's New York Times bestselling *Brothers Rivals* explores this friendship that waxed and waned over three decades and two world wars, a union complicated by rank, ambition, jealousy, backbiting and the enormous stresses of command. In a story that unfolds across the deserts of North Africa to the beaches of Sicily, from D-Day to the Battle of the Bulge and beyond, readers are offered revealing new portraits of these iconic generals.

A Peace of Timbuktu

Trailing a rare coyote through the Sierra Nevadas puts two old friends on the path to love in this "zesty romance" by the New York Times bestselling author (Publishers Weekly). To wildlife biologist Harley Stephens, landscape around Wishful, California, is exhilarating, untamed, and more than a little dangerous. The same could be said for wilderness guide T.J. Wilder, whose invited himself along on her

trek to study a rare coyote. But Harley's career is riding on this trip, and she doesn't need a stubborn, incredibly sexy distraction tagging along. For T.J., Harley is the one woman he's never been able to forget. But he's a professional guide who knows when to stay back and when to provide invaluable expertise—just like he's done since they were in high school. And Harley, as usual, is torn between throttling him and giving in to the raw attraction that's been smoldering all these years...

Poppy's Garden

This book explores the disturbing dimensions of the problem of insecurity in Nigeria, such as herdsmen violence, the Boko Haram insurgency, cybercrime, militancy in the Niger Delta, communal conflict and violence, as well as police corruption. It offers a comprehensive discussion of the theoretical foundations of internal security, the threats to internal security, the role of formal and informal agencies in internal security management and the challenges of internal security management.

Brothers, Rivals, Victors

Now a major motion picture nominated for nine Academy Awards. Narrative of Solomon Northup, a Citizen of New-York, Kidnapped in Washington City in 1841, and Rescued in 1853. Twelve Years a Slave by Solomon Northup is a memoir of a black man who was born free in New York state but kidnapped, sold into slavery and kept in bondage for 12 years in Louisiana before the American Civil War. He provided details of slave markets in Washington, DC, as well as describing at length cotton cultivation on major plantations in Louisiana.

Instant Temptation

Crude oil extraction in the Niger Delta region of Nigeria generates 96% of all foreign earnings and 85% of state revenues, making it crucial to the survival of the Nigerian state. Several generations of state neglect, corruption and mismanagement have ensured that the Delta region is one of the most socio-economically and politically deprived in the country. By the late 1990s there was a frightening proliferation of armed gangs and insurgent groups. Illegal oil bunkering, pipeline vandalism, disruption of oil production activities, riots, and demonstrations intensified and in 2003, insurgents began kidnapping oil workers at a frenetic pace. In late 2005, an uber-insurgent movement 'organization' was formed in Nigeria. Christened the Movement for the Emancipation of the Niger Delta (MEND), it operates as an amorphous, multifaceted amalgam of insurgent groups with an unprecedented clinical precision in execution of intents. By focussing on kidnappings that are putatively connected to the struggle for emancipating the Niger Delta, Oriola makes the case for analysing MEND as a social movement organization, rather than a terrorist or criminal gang by showing how political processes shape kidnappings in the Delta. The use of violent repertoires of contention has not garnered sufficient attention in the social movement literature, despite the fact that that around the world, many similar groups are adopting violent tactics without necessarily eschewing non-violent techniques. Based on multi-actor research, including interviews and focus group discussions with community members, military authorities, 42 ex-insurgents directly involved in illegal oil bunkering and kidnapping, and official email statements from 'Jomo Gbomo', the spokesperson of MEND, this book will be of interest to sociologists, political scientists and peace and security studies scholars.

Internal Security Management in Nigeria

Structured like an old-school mix-tape, *Stuff I've Been Feeling Lately* is Alicia Cook's lyric message to anyone who has dealt with addiction. "Side A" touches on all aspects of the human condition: life, death, love, trauma, and growth. "Side B" contains haunting black-out remixes of those poems.

Twelve Years a Slave

'All those excessive, useless regrets...' A collection of nostalgic, erotic poetry from one of the greatest Greek poets to have ever lived. Introducing Little Black Classics: 80 books for Penguin's 80th birthday. Little Black Classics celebrate the huge range and diversity of Penguin Classics, with books from around the world and across many centuries. They take us from a balloon ride over Victorian London to a garden of blossom in Japan, from Tierra del Fuego to 16th-century California and the Russian steppe. Here are stories lyrical and savage; poems epic and intimate; essays satirical and inspirational; and ideas that have shaped the lives of millions. C.P. Cavafy (1863-1933). The Selected Poems of Cavafy is available in Penguin Classics.

Criminal Resistance?

"A thoroughly satisfying love story with a big, beating heart."—Publishers Weekly (starred review)
"This book is emotional, steamy and sweet—a triple threat! De Cadenet tackles mental health, gender stereotypes, and interracial romance with care and creativity. I loved it!"—Chantel Guertin, author of *Instamom*
Khalil Sarda went through a rough patch last year, but now he's nearly back to his old self. All he has to do is keep his "stuff" in the past. Real men don't have depression and go to therapy—or, at least they don't admit it. He's ready to focus on his growing chain of barbershops, take care of his beloved Detroit community, and get back to being the ladies' man his family and friends tease him for being. It'll be easy . . . until Vanessa throws him completely off his game. Vanessa Noble is too busy building a multimillion-dollar tech career as a Black woman before age thirty to be distracted by a relationship. Not to mention, she's been burned before, still dealing with the lingering hurt of a past breakup. Besides, as her friends often remind her, she'll never find a man who checks all the boxes on her famous List. Yet when she desperately needs a shape-up and happens upon one of Khalil's barbershops, the Fade, he makes her reconsider everything. Khalil is charming, intelligent, sexy, and definitely seems like he'd treat a woman right . . . but he's not Black. Vanessa may be willing to take a chance on Khalil, but a part of him is frustratingly closed off, just out of her reach. Will old patterns emerge to keep them apart? Or have they both finally found a connection worth throwing away the playbook for?

Stuff I've Been Feeling Lately

Young Rachel Kalama, growing up in idyllic Honolulu in the 1890s, is part of a big, loving Hawaiian family, and dreams of seeing the far-off lands that her father, a merchant seaman, often visits. But at the age of seven, Rachel and her dreams are shattered by the discovery that she has leprosy. Forcibly removed from her family, she is sent to Kalaupapa, the isolated leper colony on the island of Moloka'i. In her exile she finds a family of friends to replace the family she's lost: a native healer, Haleola, who becomes her adopted "auntie" and makes Rachel aware of the rich culture and mythology of her people; Sister Mary Catherine Voorhies, one of the Franciscan sisters who care for young girls at Kalaupapa; and the beautiful, worldly Leilani, who harbors a surprising secret. At Kalaupapa she also meets the man she will one day marry. True to historical accounts, Moloka'i is the story of an extraordinary human drama, the full scope and pathos of which has never been told before in fiction. But Rachel's life, though shadowed by disease, isolation, and tragedy, is also one of joy, courage, and dignity. This is a story about life, not death; hope, not despair. It is not about the failings of flesh, but the strength of the human spirit.

Readings in New Guinea History

Romance seldom happens overnight. Sometimes we have to grow the roses before we can give them.
-- from back cover.

Remember, Body...

Monique Dembele saves lives and dispenses hope in a place where childbirth is a life-and-death matter. Her unquenchable passion to improve the lot of the women and children in her West African village is matched by her buoyant humour in the face of unhappy marriage and backbreaking work. This is the deeply compelling story of the rare friendship between a young development volunteer and this midwife who defies tradition and becomes - too early in her own life - a legend.

Getting His Game Back

An inspirational call to action against brutal warfare activities throughout the world reveals how people's movements and new policies have slowed the progress of genocide, child-soldier recruitment and rape as a war weapon in Sudan, Uganda and Congo. Original.

Moloka'i

From national bestselling author and humanitarian Zainab Salbi, a powerful look at what happens when we heal our shadows and align with our core values. "May this book help create bridges to a much bigger and kinder world." —Gloria Steinem, author of *My Life on the Road* and *Revolution from Within*
"If you want to know what true self-power is, then read this book. It will open your inner eye to the beauty of your own being." —Deepak Chopra, MD, author of *The Healing Self* and *The Seven Spiritual Laws of Success*
How can we transform our collective fear and the deep divisions between us into

meaningful change? In *Freedom Is an Inside Job*, bestselling author, humanitarian, and TV personality Zainab Salbi shares that to transform our outer world, we must turn towards our inner world. After years of working as a successful CEO and change-maker, Salbi realized that if she wanted to confront and heal the shadows of the world, she needed to face her own shadows first. Holding nothing back, Salbi shares pivotal moments from her personal life alongside poignant and fascinating stories from her encounters around the world. Through her stories, we learn that if we want to create real change, we need to heal the inconsistencies within our own values, actions, and goals. As Salbi explores her own riveting journey to wholeness, readers learn how embarking on such a journey enables each of us to create the world we want to live in. "So long as we are conflicted within, we will continue to have conflict without," writes Salbi. "If we want to change the world, we need to begin with ourselves. This is the path to freedom."

Smoke & Mirrors

"Please see the attached text file"--

Monique and the Mango Rains

The Enough Moment