# **Quit Bleeping Around**

#stop wasting time #productivity tips #overcome procrastination #time management strategies #increase focus

Are you tired of endlessly wasting time without making real progress? Our guide provides actionable productivity tips and proven time management strategies to help you overcome procrastination, enhance your focus, and achieve your most important goals efficiently.

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# Quit [Bleeping] Around

A superachiever is one who achieves more than most, with the mission of becoming their best self while in the process of positively impacting the world. In essence, we are the individuals that get things done; we achieve whatever goals we set, quickly and exceptionally well. Superachievers are able to achieve because we consider ourselves a work in progress. We understand and embrace that we are always learning. A big part of the learning process is daily reflection. So... it is time to quit [bleeping] around and to fully unleash your inner superachiever. You must do what you were put on this earth to do - to leave it a better place than you found it. Start that process with a daily reflection in this journal. This journal is meant as a companion to Quit [Bleeping] Around: 77 Secrets to Superachieving. It will help you maximize your achievement efforts through reflection and the knowledge this reflection brings.

# Quit [Bleeping] Around

A superachiever is one who achieves more than most, with the mission of becoming their best self while in the process of positively impacting the world. In essence, we are the individuals that get things done; we achieve whatever goals we set, quickly and exceptionally well. Superachievers are able to achieve because we consider ourselves a work in progress. We understand and embrace that we are always learning. This workbook is meant as a companion to Quit [Bleeping] Around: 77 Secrets to Superachieving. It will help you maximize your achievement efforts by giving you the space you need to reflect on the questions in the book and deepen the learning. So... you know the drill! It is time to quit [bleeping] around and to fully unleash your inner superachiever. You must do what you were put on this earth to do - to leave it a better place than you found it.

# Five Areas of Focus for Superachieving Guidebook

Unleash your inner superachiever! A superachiever is one who achieves more than most, with the mission of becoming their best self while in the process of positively impacting the world. In essence, we are the individuals that get things done; we achieve whatever goals we set, quickly and exceptionally well. Here is the thing though - sometimes we get sidetracked. Perhaps we feel beat down by trying to achieve our goals; or we become overwhelmed because there are so many things we want to

accomplish; or we neglect our health and temporarily lose the high energy we need to superachieve. There are many reasons a superachiever can get sidetracked - which is the entire reason for Quit Bleeping Around! It is time to quit bleeping around and to fully unleash your inner superachiever. You must do what you were put on this earth to do - to leave it a better place than you found it. This book is a companion to the course, Five Areas of Focus for Superachieving, and will help you identify the obstacles you've created for yourself and give you strategies for removing them.

# Polka King

Arguably the most important polka practitioner of his generation, reedist/vocalist Jimmy Sturr has won an eye-popping 18 Grammy Awards, and when you hear his exuberant brand of the music that is his heart and soul, you'll understand why. Blending the timeless elements of traditional polka music with hints of country, Cajun, and rock and roll, Sturr's unique sound has taken polka to new heights of accessibility and popularity, and his modernized renditions of polka standards and renditions of rock classics have captured the imagination (and feet) of listeners throughout the world. In his memoir Polka King, you'll meet the man behind the beer barrel. In his lively, oftentimes hilarious literary debut, Jimmy chronicles how a small-town boy from tiny Florida, N.Y., made good, ultimately becoming a respected bandleader, entrepreneur, and Grammy winner with guest appearances on Saturday Night Live. He'll take you into the recording studio and onto the stage, where he's shared the microphone with the likes of Willie Nelson, The Oak Ridge Boys, and Charlie Daniels. Featuring forewords by Willie Nelson, Bobby Vinton, and "Whispering" Bill Anderson, Polka King will introduce the world to a one-of-a-kind artist who has taken one of the world's most beloved musical genres and made it his own.

# Stop the Presses (so I Can Get Off)

For 31 years, Clyde Bolton wrote four sports columns per week for the Birmingham News. By his estimation, this makes him the most widely read Alabamian in history. He may be right. In Stop the Presses (So I Can Get Off) he takes the reader along on a joyride through more than three decades of Alabama sports. Unsurprisingly, tales of Bear Bryant and Shug Jordan, Roll Tide and War Eagle, dominate, but at one point or another, Clyde covered just about every type of sporting event in the state. Personalities and events from the realms of high school sports, minor league baseball, college basketball, and Nextel Cup Racing are just some of the many facets of his personal and professional life that he shares in this, his 17th book. In relating the outlines of his life, Bolton pays homage to his mentors, including famed sports editor Benny Marshall, and shares some insights he's gained after a lifetime in the newspaper game. But throughout the book, he never forgets that any good journalist--any good writer--is in the business of telling stories. And oh, what stories! Bolton writes of meeting Michael Jordan during the basketball star's year with the Birmingham Barons; of having dinner with Muhammad Ali at the Lambda Chi Alpha fraternity house at Auburn University; of walking incognito down sunny Birmingham sidewalks with Hall-of-Famer Johnny Unitas. He explains why Bear Bryant, in his opinion, is the greatest football coach ever, tells of interviewing Joe Namath in the men's bathroom, and reveals why his grandmother watched professional wrestling on her hands and knees on the floor in front of the television. Stop the Presses (So I Can Get Off) is a joyous romp through the SEC, the Nextel Cup Circuit, and, in the end, life itself.

## McLaren

McLaren: The Engine Company is the previously untold story of McLaren Engines, an American company founded in 1969 by Bruce McLaren and his partners to build engines for McLaren's legendary Can-Am and Indy Cars. From this base in suburban Detroit were born the mighty big-block Chevrolet V8s that powered the iconic orange cars to two of their five consecutive Cam-Am championships. McLaren's busy dyno rooms also spawned the howling turbo Offenhausers that put Mark Donahue and Johnny Rutherford in Victory Lane at Indianapolis three times between 1972 and 1976. For decades this non-descript shop was the hotbed of horsepower for factories and top independents alike. McLaren Engines developed the turbocharged Cosworth DFV Formula 1 engine that powered Indy cars for both Team McLaren and Penske Racing. It rendered BMW's turbo engine for U.S. IMSA racing that later became BMW's Formula 1 weapon. The long list of race engines developed here powered Buick Indy and IMSA cars, BMW GTP cars, Cadillac LeMans prototypes, Porsche Trans-Am 944s and David Hobbs' F5000 single seaters. There were McLaren-built big-block turbo V8s for offshore boat racing and even a Cosworth-Vega engine for American dirt tracks! Author Roger Meiners combines his life-long passion for motor racing and technology with his historian's sensibilities to make the engines, cars,

and key personalities come alive within this book's pages. Ride along with Meiners as he uncovers little-known details of the company's transition from a race shop to an engineering company, developing lust-worthy performance cars such as the sensational 1987 Buick GNX, the 1989 Pontiac Grand Prix Turbo, the FR500 Ford Mustang concept, and other projects that the public never saw. Today the company, known as McLaren Engineering, is a subsidiary of Canada-based Linamar Corporation, and is sought after by global automakers for its unrivaled testing, development and manufacturing capability.

# Granny Goes Hollywood

I'm Barbara Gold. Age: 70. Height: 5'5". Eyes: blue. Hair: gray. Weight: none of your business. Specialties: Undercover surveillance, small arms, chemical weapons, Middle Eastern and Latin American politics. Current status: Retired widow and grandmother. When a big Hollywood film production comes to Cheerville, the town goes into a tizzy over action star Cliff Armstrong. But when his stunt double is killed on set, Barbara quickly deduces it was no accident and Cliff was meant to be the target. To hunt the killer, Barbara infiltrates the movie set as an extra, but she quickly lands a speaking role against the handsome Cliff Armstrong himself. Can she protect Cliff from a dangerous murderer lurking on set, prevent the town from going up in smoke, and star in Hollywood's next blockbuster without blowing her cover? Read the hilarious 5th book (30,000 words) in the Secret Agent Granny mystery series. keywords: senior sleuths cozy mystery, secret agent thriller, CIA training, funny novella mystery, new cozy mystery series, quick read, Senior cozy mystery, Small town cozy mystery, Senior sleuths cozy mysteries, Senior cozy mysteries, Cozy funny senior mysteries, Senior sleuth mysteries in ebooks, Free senior mysteries ebooks, Free senior sleuths cozy mysteries

## The Mouth That Roared

From profanity-laced clubhouse tirades and outspoken opinions on the state of the game to tears at an emotional funeral for his murdered granddaughter, Dallas Green tells his story for the first time in this autobiography. In his nearly 60 years in baseball as a pitcher; manager of three franchises, including both New York squads, the Mets and Yankees; general manager; and executive, Dallas Green has never minced words or shied away from making enemies. Though many bristled at his gruff style, nobody could argue with the result of his leadership: as manager of the Philadelphia Phillies, he led the team to a World Series championship in 1980 and as general manger of the Chicago Cubs, he pulled off one of the most lopsided trades in the history of the sport by dealing journeyman Ivan DeJesus to the Phillies in exchange for Larry Bowa and future Hall of Famer Ryne Sandberg. This larger-than-life baseball personality shares insights from the mound, the dugout, and the front office as well as anecdotes of some of the game s biggest stars and encounters with the press, player agents, and the unions. Dallas Green also shares his feelings about his granddaughter, Christina-Taylor Green, who was shot and killed by a deranged stalker in Tucson, Arizona, during an assassination attempt on the life of Arizona Congresswoman Gabrielle Giffords. Knowing that the loss of his beloved granddaughter has irrevocably changed him, Green discusses how, in the wake of her death, baseball became a coping mechanism for him."

## Coach

Pat Burns was one of the great NHL coaches. He worked with the Montreal Canadiens, Toronto Maple Leafs, Boston Bruins and New Jersey Devils, and seemed always to enjoy instant success. He capped his extraordinary career by coaching the New Jersey Devils to a Stanley Cup victory in 2003. Cancer--his third bout--finally claimed him in 2010, aged 58. Rosie DiManno, who knew Burns well, has written a revealing, exhilarating and heartfelt account of his life: his childhood as a fatherless, solitary male surrounded by many women, his years as a police officer, his glorious coaching career and his long and characteristically valiant ending. Coach is both the first major biography of Burns and one that, with its revelations, personal insights and riveting prose, is--like the man himself--sure to be both controversial and hard to beat. Rosie DiManno knew, liked and admired Burns, and in the writing of this book has interviewed many, many people from every stage of his life. She is not blind to his less endearing qualities, but seeks to explain them. DiManno reveals a man of contradictions--gruff and crude, bullying and sentimental, and easily wounded. She shows, moreover, a man of hockey. The Burns who rode motorcycles, dressed like a cowboy, and sweet-talked the ladies was, says DiManno, a self-creation. His one indisputable, true talent was for coaching hockey. He was a pure coach. DiManno tells a compelling story and helps us to understand a complex man, one who gave little of himself to

the public and yet whose funeral was a spectacle. How did that happen? Who was Pat Burns? Rosie DiManno, who witnessed much of the story, has the answers.

# Life is an Escape Room

Developing Yourself Can Be Fun!Life is an Escape Room: Applying Lessons Learned from Successful Escapeletes to Achieving More in Life demonstrates how the skills you gain playing escape rooms with intention will make you more successful in all aspects of your life. Escape rooms are the fun way to learn about perception, communication, leadership, how to have better relationships, and so much more! Each chapter provides entertaining and insightful advice (and exciting stories!) to help you improve your professional and personal life skills. Find out how a booby-trapped Egyptian tomb, following a pirate's treasure map, and a Sherlock Holmes mystery with an obstacle course, a hedge maze, and a playground can make your life better and improve your self-awareness and personal skills. Author BiosChristina and Jeffrey Eanes are obsessed with escape rooms. Some of their escapes include from prison (many times); a cabin in the woods before a serial killer trapped them; and a mad scientist's lab where not only did they escape the lab, but they also saved humanity from the zombie virus by stealing the antidote (you're welcome!) Chris utilizes the learning from these escape rooms to enhance her speeches, workshops, coaching, and podcast series (Quit Bleeping Around). Jeff spends his days keeping our country safe with a great team of folks at that huge pentagon-shaped building near Washington, D.C.

# Boys' Life

Boys' Life is the official youth magazine for the Boy Scouts of America. Published since 1911, it contains a proven mix of news, nature, sports, history, fiction, science, comics, and Scouting.

#### 42 Faith

Jackie Robinson, Branch Rickey, and the hidden hand of God that changed history Journalist and baseball lover Ed Henry reveals for the first time the backstory of faith that guided Jackie Robinson into not only the baseball record books but the annals of civil rights advancement as well. Through recently discovered sermons, interviews with Robinson's family and friends, and even an unpublished book by the player himself, Henry details a side of Jackie's humanity that few have taken the time to see. Branch Rickey, the famed owner who risked it all by signing Jackie to his first contract, is also shown as a complex individual who wanted nothing more than to make his God-fearing mother proud of him. Few know the level at which Rickey struggled with his decision, only moving forward after a private meeting with a minister he'd just met. It turns out Rickey was not as certain about signing Robinson as historians have always assumed. With many baseball stories to enthrall even the most ardent enthusiast, 42 Faith also digs deep into why Jackie was the man he was and what both drove him and challenged him after his retirement. From his early years before baseball, to his time with Rickey and the Dodgers, to his failing health in his final years, we see a man of faith that few have recognized. This book will add a whole new dimension to Robinson's already awe-inspiring legacy. Yes, Jackie and Branch are both still heroes long after their deaths. Now, we learn more fully than ever before, there was an assist from God too.

# A Longview Wedding

It's been a long time coming, but Michelle Wilson and Dr. Cale Benjamin are finally ready to tie the knot. Of course, there's the usual pre-wedding mix-ups, and matchmaker Mary Cassidy seems to have her finger in everyone's pie. Michelle is wrapped up in wedding plans and worrying over her barrel horse's impending surgery. On top of all that she's hoping that her old flame's new wife can keep him from falling off the wagon and disrupting Michelle's wedding. Of course there is that old saying that true love never runs smooth, but it's what happens on the way to the church that really throws a wrench into the happy couple's plans.

## The Big Bleep: the Mystery of A Different Universe

The Big Bleep is a satirical tribute to Raymond Chandler's classic American noir detective story, The Big Sleep, that became the standard for crime stories featuring tough, cynical characters and bleak, noir scenarios. The principle characters in his book were portayed in film noir by Humphrey Bogart and Laren Bacall. The Big Bleep is the story of hard-boiled, Harley riding detective Sam Shovel, digging up

the truth on a comedic, existential journey of self-realization. It's an investigation into a universe where a fictional character can become self-aware -- just like in real life! And, it's the only book that tells the truth about what REALLY happened to the Earth dinosaurs... (really).

#### **Bitches Brew**

Bitches Brew: in the hands of Blackjack Nutmeg. the novel partly inspired by Miless Davis 1970s Jazz album, explores the bend riffs and hard-times many good men experience in turbulent relationships with their significant others (women) in their lives. Bitches Brew exposes and sheds light on many hidden agenda and wrongs the woman/women play in the role of the deconstruction of humanism along with exposing many of the things women might have always wanted to know in regards of a mans TRUE feelings. And although the project carries the authors of Kenny Attaway & Ghetto English Rock and primarily centers around the lives of Dallas (leading character) and his friends Sal, Aston and Justin, over 200 different men hardships and tribulations have been packed into the novel. Bitches Brew not only explores the troubled relations THE MEN share with their significant others/women in their lives, but the hardships with the other woman in their lives such as their mother (s), daughter (s), sisters and grandmothers. Written and encrusted in/with the life spices of compassionate, honest, wits, understanding and realism--Bitches Brew is one of the best-written, honest and most personal memoirs of our lifetime.

# **Pulling Power**

EARTHQUAKE HOSPITAL SUICIDE SHOCK. A group of patients rescued from the earthquake in California were discovered carrying out a bizarre suicide pact yesterday. By listening in on staff discussions the four had discovered that all of them needed a heart transplant in order to survive, but only one heart was available. Not wanting to leave the decision in the hands of others they began a twisted game of chance, in order to decide who received the heart. It was a temporary ward, explained Dr. Bowndes. There was a mass of wires on the floor that powered the radios, lamps, ECGs and ventilators by their beds. They went round, in turn, pulling out one plug at a time. They had no idea what was plugged in where it was Russian Roulette with power plugs. The nurse who discovered the aftermath described it as like something out of a horror movie. FULL STORY INSIDE

# Boys' Life

Boys' Life is the official youth magazine for the Boy Scouts of America. Published since 1911, it contains a proven mix of news, nature, sports, history, fiction, science, comics, and Scouting.

#### The Indecent Screen

The Indecent Screen explores clashes over indecency in broadcast television among U.S.-based media advocates, television professionals, the Federal Communications Commission, and TV audiences. Cynthia Chris focuses on the decency debates during an approximately twenty-year period since the Telecommunications Act of 1996, which in many ways restructured the media environment. Simultaneously, ever increasing channel capacity, new forms of distribution, and time-shifting (in the form of streaming and on-demand viewing options) radically changed how, when, and what we watch. But instead of these innovations quelling concerns that TV networks were too often transmitting indecent material that was accessible to children, complaints about indecency skyrocketed soon after the turn of the century. Chris demonstrates that these clashes are significant battles over the role of family, the role of government, and the value of free speech in our lives, arguing that an uncensored media is so imperative to the public good that we can, and must, endure the occasional indecent screen.

# Requiem for the Resolute

"And the name of the girl through to next week is..." says Stina, and I want to kill her for pausing once again. I want to see her bludgeoned to death with her own stupid mic, her even stupider skin tight dress all stained with oozing gore...' Thousands of wannabes are auditioning to be part of mega-girlband Purrfect in a new reality TV series. Among them are ice-queen Louise, who thinks she's got god on her side, foulmouthed Joni, desperate to hide the fact that she's got a baby, mousy teen Ella, obsessed with her stepmother's boyfriend, and cocky Riana, a stripper with a naughty penchant for coke. Each one is determined to be the new Purrfect girl. But as the show progresses it seems someone has a very different sort of agenda in mind - someone who's not afraid for things to get deadly... Will Davis,

author of the award-winning My Side of the Story, creates an explosive cocktail of comedy and pathos, in which four lives collide in the wretched pursuit of fame and fortune, spiralling towards a devastating conclusion that confronts the very nature of dreams, and ultimately questions the point of having them.

#### **Dream Machine**

A lot happened in baseball in 1980. After being stabbed with a penknife in Mexico during spring training, the Indians' "Super Joe" Charboneau captured Cleveland's heart--and Rookie of the Year. Nolan Ryan became baseball's first Million Dollar Man, Reggie Jackson twice found himself looking down the wrong end of a gun, and George Brett posted the highest single-season batting average since 1941. The Phillies and Expos battled up to the season's final weekend while the Dodgers tilted against the Astros in a one-game playoff for the division title. In the American League, Brett led Kansas City past the mighty Yankees and into the Series, where slugger Mike Schmidt and the Phillies awaited. This book covers it all.

#### Life Gift

John O'Kane delivers a gripping tale of a life dedicated to football violence and gives an unparalled insight into the reality of being a career hooligan. With 33 criminal convictions against him, plus a further 33 cases either dropped or with a not guilty verdict, O'Kane has been remanded nine times including one charge of attempted murder when he was aged just 18. He became rapidly embroiled in a life of violence and was in and out of prison just as many times as he was in and out of a hospital bed. His was a life dedicated to the gang he founded, the Celtic Soccer Crew. O'Kane describes the extraordinary struggle of a gang of football hooligans to survive, despite discovering an unexpected enemy: the indomitable Celtic support - a support that guarded its reputation and good name with a passion O'Kane hadn't reckoned with, even as a Celtic supporter himself. But out on the streets and causing mayhem, the Celtic Soccer Crew, including, incredibly, their girlfriends, showed they were not taking grief from anyone.

# Phinally!

«— –®#-lite)£9 at homage and a spiritual journey to our origins, our place of birth. I wanted to learn about our family's life in Kefalonia and its trials and tribulations in some very challenging times. Its occupation by the Axis Powers in WWII, the subsequent Greek Civil War, and the devasting earthquake that caused great damage to much of Kefalonia, aggravating the severe poverty that most Kefalonians were already experiencing. I also thought it would be a lost opportunity for us not to share our family's story with our descendants and the subsequent emigration to America. In addition to the family history, "Our Life" compares democracy versus communism, the American and Greek Civil Wars and their impact on each country, the fundamental issue of slavery and why it was so vile, criminal, and wrong, and the plight and betrayal of the American Indians as a result of the migration of the white men to the Americas. My book also outlines the seminal impact of the initial Greek victories over Italy in WWII and their significant ramifications to the world, and explains how a young Evzone's sacrifice reinforces and represents the strong and unconditional love of freedom of the Greek people. This book was hard for me to write as some of the discussions of our past were difficult and heart-wrenching, but our story had to be told for the benefit of our descendants. I hope you will feel these same emotions as you read Our Life and that my book will empower and motivate you and your descendants to be the best you can be. Bottom line, I want our Greek descendants not to forget us, and most important, never forget who they are and where we came from!

## Celtic Soccer Crew

When the body of a woman is found, strangled and with one of her fingers missing, Detective Inspector Fletcher Derrick and his Murder Investigation Team have no idea she is the first victim of a ruthless serial killer. But with the murderer seeming to strike at random, how many more women will die before they uncover his shocking motive and catch him? This is the second exciting novel in the series from the same author as 'Eye for an Eye'.

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Get the first three books of the Valerie Series together in one bundle. Book 1 - Valerie A taxi driver and a politician. Opposites attract, but can it last? Taxi driver Max Jarvis has never been one for falling

hard, especially when a woman as vibrant as politician Valerie Smythe crosses her path. As an election draws closer and loyalties are tested, will Max and Valerie make the right choices? Book 2 - Amy With an unexpected leadership election called in Westminster, the race is on to decide the next PM. Valerie Smythe MP is out of favour with her colleagues and has no desire to get involved in the campaign - until events make it unavoidable. Can Valerie make a difference to the leadership campaign and still come out of it with her relationships unscathed? Book 3 - Max Since leaving home as a teenager, Max has kept away from her bigoted parents, but now they're keen to make contact and not so keen on taking "no" for an answer. With a hidden agenda at play, Max and Valerie rely on their friends and family to help them unravel what the Jarvises really want, but will they manage to outsmart them?

# Finger of Guilt

Alistair D'Arcy McDermott has a great mum and a great dad who love him very much ... but aren't so keen on each other. He also has a best friend with a wicked laugh and a teacher who wears tight white trousers and likes humiliating kids. So when his mum decides that she's going on a blind date with the teacher from hell, Burke the Jerk, Al's worst nightmare has come true. And when she tells him that they're going on holiday with her new man, Al's got to do something drastic. He packs his bag of total destruction and heads off for the holiday of a lifetime ...

#### Valerie Series Books 1-3

9 billion people. Target: 100%...Cull Revolution concludes the Cull trilogy with an explosive science fiction. Now the government and Revolutionaries do battle on American soil. Take both sides as they overcome deception, lust, and the ultimate revenge. They're all puppets, and you'll never guess who's pulling the strings...

# Operation Itchy Bum

The blistering first book in the bestselling Dan 'Spider' Shepherd series. Dan 'Spider' Shepherd is used to putting his life on the line. Working for an elite undercover squad he has lied, cheated and conned in order to bring Britain's most wanted criminals to justice. But when a powerful drugs baron starts to kill off witnesses to his crimes, Shepherd is given his most dangerous assignment yet. He has to go undercover in a top security prison, a world where one wrong move will mean certain death. As Shepherd gambles everything to move in on his quarry, he soon realises that the man he is hunting is even more dangerous than the police realise. And that he is capable of striking outside the prison walls and hitting Shepherd where it hurts most. THE BRAND NEW SPIDER SHEPHERD THRILLER, CLEAN KILL, IS OUT NOW!

# Astounding Science-fiction

When Skye Sebring, a hospitality greeter inside the pearly gates of Heaven, meets lawyer Ryan Blaine during his brush with death after a motorcycle accident, she falls so deeply in love that she follows him back to Earth, a world with strange customs she knows nothing about -- until she discovers that all of life's lessons can be learned from the lyrics of five Beatles songs.

## Analog Science Fact/science Fiction

-Rachel Lynn Solomon, bestselling author of The Ex Talk 'Once you start reading, you won't be able to put it down' Lyssa Kay Adams 'Impossible to read without smiling - escapist romantic comedy at its finest' Lauren Layne 'A funny, sweet rom com from a fresh, sparkling new voice' Andie J. Christopher 'Sophie Sullivan's writing feels like a warm hug' Rachel Lynn Solomon 'This is a Hallmark movie in book form' Helen Hoang

#### **Cull Revolution**

'One of the most beautiful books you will ever read' Kate Mosse In this powerful memoir, Joanna Cannon tells her story as a junior doctor in visceral, heart-rending snapshots. We walk with her through the wards, facing extraordinary and daunting moments: from attending her first post-mortem, sitting with a patient through their final moments, to learning the power of a well- or badly chosen word. These moments, and the small sustaining acts of kindness and connection that punctuate hospital life, teach her that emotional care and mental health can be just as critical as restoring a heartbeat. In a profession where weakness remains a taboo, this moving, beautifully written book brings to life the vivid, human stories of doctors and patients - and shows us why we need to take better care of those who care for us.

## Hard Landing

Everyone has secrets...a novel of intrigue and mystery written by a renowned psychotherapist Lisa Harden has spent years polishing her image as a successful psychotherapist, highly respected and well known in her field. When a new patient appears in her office asking for therapy, Lisa is inexplicably unnerved and fights hard to keep up appearances. Only when the price of keeping her secret takes her to the brink of losing everything, including her marriage, does Lisa finally return to Canada to confront her past. But it may already be too late...

# **Earthly Pleasures**

Earth is a small blue world in a solar system barely hanging on to the edge of a galaxy between 200 and 400 billion stars. The race of beings that inhabit this world, the more ancient and evolved races of the galaxy consider to be quite primitive. They are isolated, still absorbed in themselves, and alone in their view of the universe. That was how their world was supposed to stay...until one of the most war-driven race s of the galaxy discovers a rare resource on this tiny, backwater planet, and they want it. Duke Ross is unusual for a brash young fighter pilot. Underneath the head strong and cocky exterior is the heart of a family man who loves his wife and child, and enjoys the peace presented by an unusual, non-aggressive martial art. As hostile invaders from the stars tear his world out from under him, Duke finds himself becoming the chosen champion of alien beings that wish to defend the Earth, and restore its rightful peace in the galaxy. They bestow upon him a secret which can unlock an unimaginable power, and grant the Earth and humanity it's salvation. But the journey to the mythical Air Force base in the Nevada desert, known to pilots as "Dreamland," will be long and dangerous for a pilot without wings... Accompanied by his faithful wingman, an incorrigible ex-girlfriend turned reporter, and a few other skilled allies, Duke must complete a sojourn across a devastated American landscape. They must fight their way past and elude a very persistent alien general, who has made it his mission to capture Duke and the technology he holds. But not even Duke knows the full extent of the secret power he carries, or what will be revealed when he reaches his goal. And in the shadows an even more sinister and ancient power plots the downfall of much more than just the tiny island fortress known as "Earth".

# Love, Naturally

'Thrilling' - The Financial Times 'Vivid, urgent and unsettling' - Tom Holland \_\_\_\_\_\_ What does it now mean to call yourself European? Who makes up this population of some 750 million, sprawled from Ireland to Ukraine, from Sweden to Turkey? Who has always called it home, and who has newly arrived from elsewhere? Who are the people who drive our long-distance lorries, steward our criss-crossing planes, lovingly craft our legacy wines, fish our depleted waters, and risk life itself in search of safety and a new start? In a series of vivid, ambitious, darkly visceral but always empathetic portraits of other people's lives, journalist Ben Judah invites us to meet them. Drawn from hours of painstaking interviews, these vital stories reveal a frenetic and vibrant continent which has been transformed by diversity, migration, the internet, climate change, Covid, war and the quest for freedom. Laid dramatically bare, it may not always be a Europe we recognize – but this is Europe. \_\_\_\_\_ 'An astonishing achievement' - Evening Standard 'Brilliantly told . . . highly readable' - The Times 'A hallucinatory tour de force .

. . life affirming' - The Jewish Chronicle 'Moving, poignant and compelling' - Jenny Kleeman 'Judah paints another Europe with tense and dramatic detail' - Andrey Kurkov 'Will make you lurch between fascination, laughter and tears' - Sophy Roberts

# Breaking & Mending

It's late in the fall in Edinburgh and late in the career of Detective Inspector John Rebus. As he is simply trying to tie up some loose ends before his retirement, a new case lands on his desk: a dissident Russian poet has been murdered in what looks like a mugging gone wrong. Rebus discovers that an elite delegation of Russian businessmen is in town, looking to expand its interests. And as Rebus's investigation gains ground, someone brutally assaults a local gangster with whom he has a long history. Has Rebus overstepped his bounds for the last time? Only a few days shy of the end to his long, controversial career, will Rebus even make it that far?

# Flyfisher's Guide to the Big Apple

"Melanie Hauser pulls together the best, most memorable, and most outrageous stories ever written about Texas golf and Texas golfers." "Where else but Texas could Titanic Thompson - a hustler so thorough that he'd dig up road signs to set up a bet - do the impossible whenever cash was on the line? Where else could "golf's angriest man," 1940s touring pro Lefty Stackhouse, get so angry at hooking his drive that he'd walk over to a thorny rose bush and begin whipping his right hand back and forth through it, drawing blood? Where else could Austin County Club legend Harvey Penick spin his wonderful tales about golf and life?" "Filled with profiles, commentaries, tournament reports, and the outrageous antics of some of golf's greatest hustlers and conmen, Under the Lone Star Flagstick is a must read for anyone who relishes a good Texas tale - or the best golf has to offer."--BOOK JACKET. Title Summary field provided by Blackwell North America, Inc. All Rights Reserved

**Telling Time** 

Fortress Earth

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