

Espresso For Your Spirit

[#espresso](#) [#coffee for spirit](#) [#mood-boosting coffee](#) [#daily espresso ritual](#) [#energizing coffee](#)

Awaken your senses and uplift your soul with the perfect espresso. This rich, invigorating brew offers more than just a jolt of caffeine; it's a daily ritual designed to refresh your mind and elevate your mood, providing that much-needed boost for your spirit.

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Espresso for Your Spirit

It's no secret that parenting is overwhelming and often exhausting. Nothing will ever change the daunting struggles parents face and the tears they often shed. The daily grind of dirty diapers, soccer games, fund-raisers, and bloody knees leaves parents needing a resource that will lift their spirits, charge their batteries, and refocus them on the source of their true strength. In engaging, humorous, and often poignant vignettes, bestselling author Pam Vredevelt serves up cup after cup of energizing espresso to encourage the spirit and souls of decaffeinated parents.

Espresso for the Spirit

Getting a good start each day requires some motivation and inspiration. We need fresh spiritual encouragement that stimulates our mind and heart, awakening us to the possibilities and opportunities God has planned for us. In Espresso For The Spirit, Second Serving, Dale A. O'Shields shares daily motivation and inspiration that will help you understand and apply God's Word to the unique challenges you are facing. It will also help you capture and enjoy the wonderful growth opportunities God presents to you each day. It will make a difference in the way you think, the way you feel and the way you live. If you want a practical spiritual growth plan for your life, this book will get you going and growing! In this book you will discover practical motivation and daily inspiration from the Bible that will help you: Make better decisions. Develop stronger relationships. Conquer tough problems. Improve your thoughts and attitudes. Manage your life more effectively. Cultivate Christ-like character. Avoid spiritual traps. Grow your faith. Deepen your most important commitments.

Espresso For The Spirit, First Serving

Getting a good start each day requires some motivation and inspiration. We need fresh spiritual encouragement that stimulates our mind and heart, awakening us to the possibilities and opportunities God has planned for us. In Espresso for the Spirit, Dale A. O'Shields shares daily motivation and inspiration that will help you understand and apply God's Word to the unique challenges you are facing. It will also help you capture and enjoy the wonderful growth opportunities God presents to you each day. It will make a difference in the way you think, the way you feel and the way you live. If you want a practical spiritual growth plan for your life, this book will get you going and growing.

Espresso for the Spirit

In Espresso for the Spirit, Third Serving, Pastor Dale O'Shields shares daily motivation and inspiration that will help you understand and apply God's Word to the unique challenges you are facing, and to help you capture and enjoy the wonderful growth opportunities God presents to you each day. This book will make a difference in the way you think, the way you feel and the way you live. If you want a practical, spiritual growth plan for your life, this book will get you going and growing!

Espresso

"The clamor of the cups hitting the saucers, the sounds of the coffee grinder, the machine and the steamer, the smells of coffee and fresh pastries, the counter filling with customers making a million different requests the "baristi" had no trouble remembering, the ordered chaos of people finishing their items and then moving along as the next group arrived, chatting, laughing, enjoying their short time together at the bar. Every espresso bar had its own characteristics, and some I sought purposely looking for a certain atmosphere or because I especially liked their "crema di caffè." Others I happened into because they caught my eye while I was heading somewhere else. When out and about with family and friends, there was never question of if we would "prendere un caffè" but there was usually some discussion about where. ESPRESSO explores the art and soul of Italy through the production, popular imagery, and ritual of coffee"--

Espresso Is My Spirit Animal

Most Beautifully Designed Lined Journal This is the best notebook for all Coffee lovers. Use this notebook for your desk at home, your work or in your bag on the go this professionally designed 6" x 9" notebook provides the perfect platform for you to record your thoughts. The pre-lined pages are ready and waiting to be filled! Details: *100 Pages Lined Sheets*White Pages *Simple, Stylish and Attractive Cover*Dimensions: 6" x 9"

Espresso Your Faith

One touch is all it takes. One touch and you have that perfect cup. That perfect cup of espresso to wake you up, energize you, and help you face the day. Just like a perfect cup of espresso, God's Word contains the perfect balance of ingredients to wake up believers spiritually, energize the soul, and help believers be spiritually alert as they face their day. Espresso Your Faith takes a daily-shot approach to God's espresso—His Word—as readers explore the 30 keys from God's Word to staying spiritually alert. Based on 1 Peter 5:8, which warns believers to stay alert, humorist Rhonda Rhea takes a perky approach to helping readers understand what that means and helps them drink in God's instructions as it relates to being spiritually alert. Her humor will warm readers hearts while her practical insight will have them paying attention to the world around them with a fresh biblical perspective. She promises that before you know it, God will be gloriously energizing lives and having believers feeling perkier, healthier, and stronger.

Spiritual Espresso

A compilation of devotionals written by Allen Domelle

Awakening to the Spirit World

Today, practicing shamanism doesn't mean you have to live in a rain forest or a desert. Thanks to a modern renaissance of shamanic spirituality, practitioners from all walks of life now use powerful indigenous techniques for healing, insight, and spiritual growth. With Awakening to the Spirit World, teachers Sandra Ingerman and Hank Wesselman bring together a circle of renowned Western shamanic elders Tom Cowan, Carol Proudfoot-Edgar, Jose Stevens, and Alberto Villoldo to present a comprehensive manual for making these practices accessible and available in our daily lives, including; How the original practice of shamanism shaped the world's spiritual traditions and why it is still relevant today The art of the shamanic journey a time-tested meditative method for experiencing important spiritual lessons and truths Guidance for avoiding common pitfalls of shamanic practice Instruction for working with your dreams, connecting to your spirit guides, healing yourself and your environment A CD of drumming to facilitate your shamanic journeys.

The Spirit of Collin County

This Morning My Soul Sipped Espresso is a daily devotional journal, designed to compliment the start of your day. Along with a great cup of coffee, the words of each day will awaken your Spirit to the endless possibilities of purpose. With each passage, may your mind be enlightened to all things beautiful, lovely and of good report. Enjoy journaling new ideas and answers to prayers deep in your heart. Experience a new way to experience mornings today!

This Morning My Soul Sipped Espresso

No one has limitless resources. Sooner or later, every one of us will find our cup of enthusiasm draining or even downright dry. But just as espresso jump-starts a sluggish mind, Espresso for a Woman's Spirit, Book 2 will reenergize the lagging spirit! Pam Vredevelt's funny and poignant real-life stories remind readers that God is always faithful, always at work, and always full of everything we lack, including guidance, love, compassion, and strength. Each "sip" of this heartwarming book provides just the right amount of get-up-and-go for those whose vigor has "gotten up and gone."

Espresso for a Woman's Spirit

This bestselling classic offers solutions and hope for those suffering from emotional tension and stress in the home and on the job.

Women and Stress

Excel at the Game of Life with Research-Backed Strategies We all understand the basics of physical fitness, and many resources teach mindfulness, business skills, and entrepreneurial chutzpah. But often undermining these goals are less-tangible roadblocks — mental and emotional baggage, deep-seated insecurity, self-judgment, and overwhelming stress and anxiety. In The Full Spirit Workout, Kate Eckman draws from her multifaceted training (as an athlete, executive leadership coach, and meditation teacher) to present a program that will empower you to break through these blocks and accomplish your goals. It's a rewarding workout made up of daily mind-body-spirit exercises and neuroscience-based practices that bolster resilience and inner strength. Best of all, Coach Eckman builds in creativity, flexibility, and delight so that each "rep" feels less like work and more like play.

Guided! How to communicate with your spirit guides

Are you frustrated in your current job? Are you unemployed? Does your employer recognize your personal value proposition? Do you recognize it? The process outlined in this book has been used successfully by hundreds of clients who came to recognize their worth, and then made significant changes in their lives. Your book was really great! Ive read many books on this topic, including What Color is Your Parachute, Rites of Passage, etc., and yours is the most succinct, easiest to use, very enjoyable to read, and extremely helpful. Diane Wiley, Senior Professional in Human Resources Luis your unique personal stories are the differentiating factor from everyone else out there that does what you do. Pam Sherman, Recovering Lawyer, Actor, Coach, Author-The Suburban Outlaw

The Full Spirit Workout

If we are lucky, there are moments in life when all of a sudden, we can take a step away from whatever it is that consumes our days-whether it's shuttling the kids to soccer, punching in at work, or picking up the dry cleaning-and we see a bigger picture. In these "ah-ha" moments, some of us have taken a hard look at our lives and wondered, this can't really be it, can it? And once we wake up and ask this question, we begin to have an inkling that there is something more, something deeper, more spiritual-that our lives can have meaning. This inspiring story of Michelle's own quest for meaning in her life is a welcome departure from the typical preachy self-help book. Always spiritual, sometimes dangerous, often exotic, her search is a powerful lesson for anyone who also finally asks the Big Questions and begins their own spiritual journey.

Getting There

God's Creative Gift is an in-depth study for the creative Christian. It is intended for both professional and lay artists, for the casual crafter and hobbyist, and for those in both sacred and secular settings. It is for those who see things where others do not and for those whose imaginations cannot be confined by religious dogma and tradition. It is for musicians, singers, painters, sculptors, dancers, dramatists, writers, poets, carvers, weavers, film editors, photographers, filmmakers, architects, designers--anyone

who finds inspiration in creativity. Focusing on the creative spirit within, it is designed to help you draw your inspiration from a Deeper Source. It is deeply rooted in Scripture--for the creative Christian must enter into the Word of God on a regular basis in order to know the choreographer of her steps, the crafter of her designs, the author and perfecter of her faith, and the sculptor of her creative heart, soul, mind, and body. And to know Him intimately.

Where Am I Going?

The CSB Ultrathin Bible is easy-to-carry and easy-to-read, featuring 9-point type, and an ultrathin design which slips easily into a purse, briefcase, or backpack. As America's oldest Bible Publisher, Holman is a pioneer in the development of Ultrathin Bibles, giving careful attention to breakthroughs in typography and paper manufacturing to produce a Bible that combines readability, portability, and durability. Features include: Smyth-sewn binding, presentation page, two-column text, topical subheadings, footnotes, Words of Christ in red, 9-point type, and full-color maps. The CSB Ultrathin Bible features the highly readable, highly reliable text of the Christian Standard Bible® (CSB). The CSB stays as literal as possible to the Bible's original meaning without sacrificing clarity, making it easier to engage with Scripture's life-transforming message and to share it with others.

God's Creative Gift--Unleashing the Artist in You

Realizing the importance of creating a practical guide for both ministers and congregations seeking to shift their congregational culture towards a progressive form of Christianity, Bruce Sanguin grounds The Emerging Church in the experience of his own congregation, Canadian Memorial United, as way to establish context and to share real-life examples. At the same time, he peppers the book with insights from leading edge science, including the science of emergence, chaos theory, quantum physics, field theory, spiral dynamics, and evolutionary science. Download the spiral dynamics charts Spiral Dynamics Chart and Spiral Dynamics by Don Beck. Written in language lay people can understand, The Emerging Church is filled with no-nonsense, realistic advice on the pitfalls and possibilities of following the vision of the emerging Christian way. Nudged by an evolutionary Spirit and drawn by the love of Christ into an emerging future, the church of the loving and living Christ may be the "best kept secret of our day." In The Emerging Church, Bruce Sanguin shares "the secret" with anyone and everyone willing to listen.

CSB Ultrathin Bible, Espresso/Black Leathertouch Indexed

Attention, chronic worriers: it is possible to reduce the intensity, frequency, and duration of painful episodes of anxiety without medication. Licensed counselor Pam Vredevelt draws from twenty years of clinical experience, scientific research, and scriptural insight to offer the reader tools for living a more peaceful and tranquil life. While worrying is for many a deeply embedded habit, because it was learned, it can be "unlearned," and with compassion and sound advice, Pam shows how.

The Emerging Church

A veteran teacher of anger management classes, John Vredevelt has answered that question countless times. Now he teams up with his wife, Pam, a Licensed Professional Counselor, to offer practical tools to readers who want to understand and constructively process feelings of frustration and anger. With compelling stories to reinforce their insights, the Vredevelts share the top twelve strategies they use in counseling to help people replace frustration and anger with peace and contentment. Discussion questions accompany each chapter, making it ideal for use in a twelve-week small group format.

Letting Go of Worry and Anxiety

'A handbook of classic cocktails essential to every host's repertoire' Vogue 'Simple to navigate and fun to read, it's the only book I reach for on a Friday evening. The weekend starts here.' Felicity Cloake 'I truly love this book. No one writes about drinks like Richard Godwin - I enjoy his prose as much as anything in the glass.' Marina Hyde Want to master the art of mixology from home? Of all the skills you might acquire in life, learning how to make exquisite cocktails is the least likely to be a waste of your time. In this classic guide to cocktailing, writer, columnist and founder of 'The Spirits' newsletter - "a book club but for cocktails" - Richard Godwin offers over 200 delicious, inventive and accessible recipes. Beautifully written, laugh-out-loud funny and full of practical good sense as well as fascinating historical snippets, this little book contains everything that an amateur needs to up their cocktailing

game - and increase the sum of human happiness. Praise for *The Spirits* 'The Spirits is debonair, indispensable and easy enough to use after a few' Damian Barr 'Richard Godwin is such a smart, funny and intoxicating drinks writer. And *The Spirits* - accessible, authoritative and crisply written - is the perfect companion for cocktail-curious drinkers looking to seriously up their game.' Jimi Famurewa 'Richard is a charming and fantastically engaging guide, and this marvellous book captures all that great and glamorous about drinking well-made drinks.' Sathnam Sanghera 'Full of interesting stories... witty, thoroughly researched.' Guardian 'This is the ultimate in cocktail books' Waitrose Weekend 'The best place to turn if you want to make drinks' Independent 'The ultimate guide to drinks-making for beginners. And the ultimate guide to making friends and influencing people.' Buzzfeed 'Offers a wealth of modern and classic recipes' Evening Standard 'Inspirational' Stephen Bayley, Spectator 'Intelligent, humorous, crammed full of recipes' Rebecca Dunphy, Sainsbury's Magazine 'If you're going to buy one cocktail book, you can't go far wrong with this one' BBC Good Food

Letting Go of Anger and Frustration

Now with updated content. "I'm not picking up a heartbeat." These are the most dreaded words an expectant mother can hear. As joy and anticipation dissolve into confusion and grief, painful questions refuse to go away: Why me? Did I do something wrong? How will this affect my ability to have a family? What do I say to my children without scaring them? With the warmth and compassion of a Licensed Professional Counselor and writing as a mother who has suffered the loss of a baby and a sixteen-year-old son, Pam Vredevelt offers sound answers and advice. As an expert in love and loss, Pam gives reassuring comfort to any woman fighting to maintain stability and faith in the midst of devastating heartbreak. *Empty Arms: Hope and Support for Those Who Have Suffered a Miscarriage, Stillbirth, or Tubal Pregnancy* is the essential guidebook for anyone suffering the agony of losing a baby.

The Spirits

When Martin Provost comes out to his family, his parents accept him but, surprisingly, his twin sister does not. On his way home, Martin's car is hit by a truck that crosses into his lane. He survives the accident, but barely -- he is unresponsive. Anthony Carsen is a widower trying to deal with his partner's suicide. He lives near the scene of Martin's accident and rushes to help, though he thinks he might be too late. Though Martin's body is in a coma, his spirit is drawn to Anthony, and soon the two fall in love. But Martin's isn't the only presence in Anthony's home, and soon other spirits make their presences known. Martin isn't dead, but his life is fading fast. Can Anthony convince his spirit to return to his body? Will Anthony's late partner leave him and Martin in peace to pursue their love? If the spirit is willing ...

Empty Arms

Prepare to revive your Jewish community with the transformative power of the Divine spirit. "Rabbi Baruch HaLevi and Ellen Frankel have correctly identified Ruakh as a key missing ingredient in Jewish institutional life, especially in the synagogue. Their call is for a revolution of spirit, a rejuvenation of our purpose, our worship, even our sacred spaces. It is recognition that the craving for community can bring people back to our institutions, if we welcome, engage and inspire them." —from the Foreword by Dr. Ron Wolfson In this practical and engaging guide to reinvigorating Jewish life, Rabbi Baruch HaLevi and Ellen Frankel identify the difference between a living synagogue and a dying one, and offer methods for reviving the Jewish spiritual centers—federations, community centers, institutions and synagogues—that serve as the heart of Jewish tradition and your life. They offer practical strategies for sustaining and expanding transformation, including tips for providing impassioned leadership, inspired programming and inviting sacred spaces. Whether you are clergy, congregant or community member, this guide will help you awaken your spirit and enliven your journey to a Ruakh-filled life.

If the Spirit Is Willing

Pastry chef Gerard opens a patisserie in Harrington NY, only to find out it's haunted. Yes, haunted! Apparently, there's a ghost in the back hallway, paranormal activity happens daily, orbs fly around at night, banging noises come from within the walls and shadows of ghostly figures appear before him. Ghost hunters and spiritual mediums become involved as one of the chefs finds herself being stalked by the madman who murdered the ghost twenty years ago, all the while Gerard is to compete in a pastry competition. Yep, just another day at Fiorello dolce Patisserie.

Revolution of the Jewish Spirit

ICE CREAM MIX-INS Easy Homemade Treats WHETHER IT'S A CASUAL COOL TREAT for kids on a hot summer day or a dressed-up dessert for the fanciest occasion, everyone loves the delicious taste of homemade ice cream but now there is a twist-recipes that show how to "mix-in" some favorite ingredients into softened premium ice cream. With mix-ins from espresso, bourbon, and Mexican vanilla to cinnamon, toasted coconut, or crushed Oreo cookies, anyone can dress up the plainest premium ice cream to make it a truly exquisite treat. In Ice Cream Mix-ins, favorite treats are easy to make with a few simple ingredients and include steps for being creative with recipes such as Orange Blossom Honey Vanilla, Fresh Pear Sorbet, and New Orleans Crème Brûlée.

The Baker's Ghost

Divine Destiny Is A Path Not A Place Soul Survival invites you to take a fresh look at corporate culture and your everyday work life. Author Lynne Leahy has demonstrated the power of Soul Survival principles for 30 years. "I was as low as a human being can go; a welfare mom, broke, sick, depressed, uneducated, addicted to drugs, filled with fear, hopeless and helpless." Now I am President/CEO of a successful company, a devoted mother, and grandmother. I love and am loved by a multitude of friends. I live most days filled with peace, joy, and a sense of divine purpose. What Amazon readers say about Soul Survival in Corporate America: - "readers will learn ways to integrate their work life with their personal values" - "provided me with peace and confirmation that I am on the right path with my personal beliefs in corporate work world" - "principles based on the author's real life work experiences told through entertaining stories with amazing honesty" Since the first publication of Soul Survival in 2004 Lynne sold her corporation for several million dollars and has written a new workbook "Fearless Vision Project" to help others visualize and achieve their dreams. www.fearlessvisionproject.com

Ice Cream Mix-ins

Where are you in life? Are you where you want to be? Are you who you want to be? If not, H.S. Reed, is ready to help you get there! Based on his experiences, this motivational book is loaded with all the tools you need to work toward living a successful life. Find the ways to: bull; Face your fears bull; Find your purpose bull; Set goals bull; Deal with those negative 'bubble busters' bull; Actively work toward goals bull; Learn from failure bull; Have faith in yourself bull; Succeed financially And much more! With relatable examples, applications, and encouraging but honest writing, Reed's words can get any reader off the couch and out changing their lives in no time. Reed will teach you how to change your thinking so you too can tap into the greatness within you. You're Either a Part of the Problem, or You're a Part of the Solution, so Find a Way to Make a Way and begin solving your problems today!

SOUL SURVIVAL IN CORPORATE AMERICA

Oregon Off the Beaten Path features the things travelers and locals want to see and experience—if only they knew about them. From the best in local dining to quirky cultural tidbits to hidden attractions, unique finds, and unusual locales, Oregon Off the Beaten Path takes the reader down the road less traveled and reveals a side of Oregon that other guidebooks just don't offer.

Find a Way to Make a Way!

The menú del día is Spain's equivalent of the prix fixe menu of the bistros of France. On it are good, no-nonsense dishes that are as long on flavor and tradition as they are short on pretension and fuss. Influenced by a unique blend of culinary and cultural influences -- wine from the Romans; rice, cinnamon, saffron, and cumin from the Moors; slow-cooked stews from the Jews; tomatoes, peppers, chocolate, and chilies from the New World -- these are the tastes that have made Spanish cooking as vibrant as it is today. To start, there might be Gazpachuelo, the mayonnaise-enriched shrimp and monkfish soup straight from Mediterranean Málaga, followed by a main course of Fabada, the gloriously sticky stew of pork and white beans from mountainous Asturias, and Bienmesabe ("Tastes good to me!"), the almond, cinnamon, honey, and lemon cream so beloved by the people of Canary Islands. A menú in northerly Navarra, which borders France, might begin with Menestra Riojana, a delicate dish of spring vegetables with extra virgin olive oil, and continue with Pichón Estofado, a robust dish of pigeon stewed with red wine. Arroz con Leche, creamy rice pudding with a burnt-sugar crust, makes a sweet ending.

Oregon Off the Beaten Path®

Not a one-size-fits-all approach, this book provides the reader with healthy and clear parameters for sharing faith applicable to differing cultural contexts in today's world.

The Publishers Weekly

"Stories of Prayer for a Healthy Soul" is a collection of inspiring stories of the power of prayer and the wonderful ways God answers His people when they cry out to Him. This attractive gift book combines Scripture verses from the NIV with stories and quotations from Christian authors. With colorful photography, this book creates a lovely gift providing the strength and courage to believe that God will hear and answer prayers.

Menu Del Dia

This Anthology "Eunoia: The Rhythm Of Mind" is a collection of poems, quotes, and stories written in English and Hindi by a group of spectacular writers from all over India. All Write-ups in this Book are Unique and Original. In case of any plagiarism detected, neither the Compiler nor the Publishers are Responsible. The Co-Authors will be solely responsible for their own content. The compiler has worked hard to analyze the content and make it free from plagiarism and spelling mistakes.

Evangelism

An invitation to embrace a spirituality of beauty. Grounded in the foundational writings of Hans Urs von Balthasar, it explores the ability of beauty to introduce components of prayer, joy, and spirituality into our lives today.

Stories of Prayer for a Healthy Soul

Genetics professor Michelle Murphy loses her husband under mysterious circumstances and without warning, while their brilliant eight year old daughter Avalon, adopted in Kazakhstan, stubbornly believes she is a mutant. As if this were not enough she soon finds herself thrown into the middle of a quickly thickening plot, where the legacy of Genghis Khan meets the hunt for FOXP5, a genetic transcription factor that could herald the dawn of new human species. Initially caught helplessly between well-meaning fellow scientists, the government and more sinister agents, Michelle, with the help of a host of unlikely heroes, eventually takes control and finds the courage to confront the decision of whether to save human lives or humanity. The scientific and technical aspects underlying the plot - in particular aspects of FOX proteins, genetic mutations, viruses and cancer as well as the relation between intelligence and cortical complexity - are introduced and discussed by the authors in an extensive non-technical appendix.

Eunoia: The Rhythm Of Mind

Orange Coast Magazine is the oldest continuously published lifestyle magazine in the region, bringing together Orange County's most affluent coastal communities through smart, fun, and timely editorial content, as well as compelling photographs and design. Each issue features an award-winning blend of celebrity and newsmaker profiles, service journalism, and authoritative articles on dining, fashion, home design, and travel. As Orange County's only paid subscription lifestyle magazine with circulation figures guaranteed by the Audit Bureau of Circulation, Orange Coast is the definitive guidebook into the county's luxe lifestyle.

Beauty

All three Cross novels—plus two new stories—in one volume! "What comes across most sharply when reading the Cross novels is a sheer joy in storytelling." —National Post This collection brings together the first three books of the Cross series. In *The Mona Lisa Sacrifice*, Cross has wandered the world for centuries, until he is drawn into a modern-day war between the angels over the fate of humanity. *The Dead Hamlets* finds Cross in a race against time to solve the mystery of why a strange and deadly ghost is haunting plays put on by the faerie court. And *The Apocalypse Ark* sees Cross trying to make up for past sins by chasing down Noah, who has gone mad and sails the seas in search of the Sunken City, which he plans to raise in order to unleash the end of the world. Cross is accompanied by a cast of characters as strange and fantastic as he is: the faerie queen Morgana; the quirky and unpredictable Alice, escapee of Wonderland; Captain Nemo and his crew of Atlanteans; a legion of angels who all have their own reasons to want Cross dead; and the ancient trickster god Judas, who is waging his

own secret wars through the ages. This collection includes two new stories never before published: “A Different Kind of Wolf” and “The World Will Drown in Tears,” finding Cross caught up again in ancient struggles that only he seems destined to mitigate. Read the series today and find out why it’s been called “one of the strongest, and strangest, literary creations” (Vancouver Sun), “deliriously unhinged” (National Post), and “two-fisted, angel-punching action” (Quill & Quire).

The Hunt for FOXP5

Orange Coast Magazine