

The Fear Bubble Harness Fear And Live Without Limits

[#fear bubble](#) [#harness fear](#) [#live without limits](#) [#overcome anxiety](#) [#personal empowerment](#)

Discover how "The Fear Bubble" offers a transformative approach to mastering your anxieties. This concept empowers you to effectively harness fear, converting it from a barrier into a powerful tool, thereby enabling you to break free from self-imposed constraints and truly live a life without limits and boundless potential.

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The Fear Bubble: Harness Fear and Live Without Limits

The brilliant, inspirational next book by the author of the incredible No. 1 bestseller FIRST MAN IN.

The Fear Bubble

The brilliant, inspirational next book by the author of the incredible No. 1 bestseller FIRST MAN IN. Without fear, there's no challenge. Without challenge, there's no growth. Without growth, there's no life. Ant Middleton is no stranger to fear: as a point man in the Special Forces, he confronted fear on a daily basis, never knowing what lay behind the next corner, or the next closed door. In prison, he was thrust into the unknown, cut off from friends and family, isolated with thoughts of failure and dread for his future. And at the top of Everest, in desperate, life-threatening conditions, he was forced to face up to his greatest fear, of leaving his wife and children without a husband and father. But fear is not his enemy. It is the energy that propels him. Thanks to the revolutionary concept of the Fear Bubble, Ant has learned to harness the power of fear and understands the positive force that it can become. Fear gives Ant his edge, allowing him to seek out life's challenges, whether that is at home, pushing himself every day to be the best father he can be, or stuck in the death zone on top of the world in a 90mph blizzard. In his groundbreaking new book, Ant Middleton thrillingly retells the story of his death-defying climb of Everest and reveals the concept of the Fear Bubble, showing how it can be used in our lives to help us break through our limits. Powerful, unflinching and an inspirational call to action, The Fear Bubble is essential reading for anyone who wants to push themselves further, harness their fears and conquer their own personal Everests.

The Fear Bubble: Harness Fear and Live Without Limits

The brilliant, inspirational next book by the author of the incredible No. 1 bestseller FIRST MAN IN.

Break Point

DON'T MISS OLLIE OLLERTON'S MUST-HAVE SURVIVAL GUIDE, HOW TO SURVIVE (ALMOST) ANYTHING! PRE-ORDER YOUR COPY NOW. THE SUNDAY TIMES BESTSELLER OLLIE OLLERTON CO-HOSTS SAS: WHO DARES WINS ALONGSIDE ANT MIDDLETON, JASON FOX and MARK BILLINGHAM. THIS IS HIS INCREDIBLE TRUE STORY Where is your break point? Is it here? Facing the gruelling SAS selection process on one leg, with a busted ankle and the finish line nowhere in sight? Or here? Under heavy fire from armed kidnappers while protecting journalists en route to Baghdad. Or is it here? At the bottom of a bottle, with a family in pieces, unable to adapt to a civilian lifestyle, yearning for a warzone? Ex-Special Forces soldier and star of TV's SAS: Who Dares Wins, Ollie Ollerton has faced many break points in his life and now he tells us the vital lessons he has learnt. His incredible story features hardened criminals, high-speed car chases, counter-terrorism and humanitarian heroics - freeing children from a trafficking ring in Thailand. Ollie has faced break points in his personal life too, surviving a freak childhood attack, run-ins with the law as a teenager rebelling against a broken home, his self-destructive battles with alcohol and drug addiction, and his struggles with anxiety and depression. His final redemption as an entrepreneur and mental health charity ambassador has seen him overcome adversity to build a new and better life. 'Everyone has the capacity for incredible achievement, because it's only when it's crunch time, when you're down to your last bullet - when you're at break point - that you find out who you really are.'

Zero Negativity: The Power of Positive Thinking

NO.1 BESTSELLER ANT MIDDLETON SHARES HIS SECRETS ABOUT HIS POSITIVE MINDSET AND TEACHES YOU TO LIVE A LIFE WITH ZERO NEGATIVITY

The Fear Bubble: Beat Your Fears and Embrace Your Future

PRE-ORDER NOW The brilliant, inspirational next book by the author of the incredible No. 1 bestseller FIRST MAN IN. Without fear, there's no challenge. Without challenge, there's no growth. Without growth, there's no life. Ant Middleton is no stranger to fear: as a point man in the Special Forces, he confronted fear on a daily basis, never knowing what lay behind the next corner, or the next closed door. In prison, he was thrust into the unknown, cut off from friends and family, isolated with thoughts of failure and dread for his future. And at the top of Everest, in desperate, life-threatening conditions, he was forced to face up to his greatest fear, of leaving his children and wife without a father and husband. But fear is not his enemy. It is the energy that propels him. Thanks to the revolutionary concept of the Fear Bubble, Ant has learned to harness the power of fear and understands the positive force that it can become. Fear gives Ant his edge, allowing him to seek out life's challenges, whether that is at home, pushing himself every day to be the best father he can be, or stuck in the death zone on top of the world in a 90mph blizzard. In his groundbreaking new book, Ant Middleton thrillingly retells the story of his death-defying climb of Everest and reveals the concept of the Fear Bubble, showing how it can be used in our lives to help us break through our limits. Powerful, unflinching and an inspirational call to action, The Fear Bubble is essential reading for anyone who wants to push themselves further, harness their fears and conquer their own personal Everests.

Mental Fitness: 15 Rules to Strengthen Your Body and Mind

THE SUNDAY TIMES BESTSELLER The brilliant new book from the multiple Sunday Times bestselling author that will explain the principles behind maintaining a healthy mind and body.

SAS: Who Dares Wins

Life and leadership lessons from the Special Forces, from the stars of Channel 4 series SAS: Who Dares Wins - including Sunday Times bestselling author of FIRST MAN: LEADING FROM THE FRONT, Ant Middleton Are you up to the challenge of SAS leadership? Only the best will succeed... Britain's SAS (Special Air Service) has an unparalleled reputation for soldiering excellence. Their skills and techniques have been perfected in the most demanding environments imaginable, but many of these can also be used in our everyday lives. This book takes situations all of us will experience during our lives and presents tactical lessons drawn from SAS training and battlefield experience. Its four authors - stars of the hit Channel 4 show SAS: Who Dares Wins - how their finely honed understanding of how to handle extreme challenges can be applied in any environment. Their advice on negotiation, people management, self-motivation and resilience, among other things, can transform your performance in a whole range of scenarios: from buying a house, nailing a job interview, and the experience of dealing

with rejection, to maintaining a diet, or managing that pushy colleague at work. This is the ultimate guide to leadership and personal achievement.

Cold Justice

THE HIGHEST-SELLING DEBUT THRILLER OF 2021 - IT'S SO REAL, IT HURTS It's here: the landmark debut thriller from superstar Ant Middleton, million-selling, number one Sunday Times author of *First Man In* and *Mental Fitness* and star of *SAS: Who Dares Wins*. Mallory - he was the best of the best, a Special Forces leader and a hero. But then he made a fatal decision, gambling with the lives of his men with terrible consequences: two dead, and his young friend Donno left in a coma. Back on the streets, with nothing to lose, Mallory has a darkness growing inside him, a dangerous need to seek out trouble. Then Donno's mother asks him for help: her other son, Scott, has gone missing in South Africa, and she wants Mallory to find him. Perhaps it's redemption, perhaps he's looking for revenge on the world, but suddenly Mallory has a purpose, and nothing and no one is going to stand in his way. 'A white-knuckler' -- GREGG HURWITZ 'A real page-turner with a bang of a finish' -- SIMON KERNICK 'A pressure cooker of thrills, excitement and fear' -- MARK DAWSON *Hardback sales of hardback thriller debuts published in 2021 as measured by Nielsen Bookscan

Hard Times

Robots may one day rule the world, but what is a robot-ruled Earth like? Many think that the first truly smart robots will be brain emulations or ""ems."" Robin Hanson draws on decades of expertise in economics, physics, and computer science to paint a detailed picture of this next great era in human (and machine) evolution - the age of em.

The Age of Em

TV superstar Ant Middleton challenges YOU to supercharge your self-esteem, maximise your potential and turn setbacks into opportunities for growth!

Mission Total Resilience

Fear is a form of torment the enemy tries to plague people with in order to paralyze them, to steal their purpose and destiny from God's best. None of us is immune to these attacks. Jesus came to destroy fear and set the captives free. Speaking as one whom Jesus Christ set free from the devil's grip, John Ramirez, once a satanic high priest, exposes the tormenting weapons of fear of our number one spiritual enemy, the devil, and equips and arms believers with the weapons of our warfare that God has given us through his Son, Jesus Christ, to abort the enemy's mission. In this book, *Destroying Fear*, you will learn how to get back your peace and purpose and walk fearless into your destiny by dismantling every stronghold and stopping the enemy's attacks once and for all, for a life of freedom!

Destroying Fear

Soldier Spy is the first true story told by an MI5 officer. A shocking, honest account revealing never-before-seen detail into MI5's operation. 'I do it because it is all I know. I'm a hunter of people and I'm damn good at it.' Bestselling author Tom Marcus is the first MI5 officer to tell the true story of British counter terrorism operations on our streets. Recruited after the 7/7 attacks on London, Tom quickly found himself immersed in the tense world of watching, following and infiltrating networks of terrorists, spies and foreign agents. It was a job that took over his life for months at a time and cost him dear, taking him to the limit of physical and mental endurance. Filled with extraordinary, searing accounts of operations that saved countless lives, *Soldier Spy* is the only authentic account by an ex-MI5 officer of the round-the-clock battle to keep this country's streets safe. 'Very well written, gives a startling amount of operational detail, the biggest shock of all - MI5 agreed to its publication' Sunday Times 'A blistering, visceral insight into life on the front line against terror, revealed in remarkable detail' Daily Telegraph 'Startling, absolutely fascinating. A footsoldier's account out on the street. A vivid picture of surveillance' Midweek, Radio 4 'Gripping. One of the most successful MI5 undercover surveillance officers of his time' Sun

Soldier Spy

"DLP, Developmental Leadership Program; Australian Aid; Oxfam."

How Change Happens

When third generation Northern Territory cattleman Rob Cook set out on a routine mustering job in a chopper it was a day in the outback like any other. When the chopper suddenly fell out of the sky, it was the day that changed everything. Seven hours later he was rescued from the wreck on one of Australia's most remote cattle stations. The crash left him paralysed. This is also the story of Suplejack Downs Station and one of Australia's most remarkable and resilient bush dynasties.

When the Dust Settles

A moving Australian story about the power of brotherly love over poverty and circumstance, a tale of playing the hand you've been dealt. At the age of twenty-one, James Dack found himself alone and responsible for raising his younger brother Stephen when their cherished mother lost her battle with cancer. Long estranged from their abusive father, the pair became homeless and took up residence at the local Police Citizens Youth Club. Through determination and loyalty to each other - and with the memory of their mother's love as the compass by which they kept their bearings - the brothers survived the often brutal culture of the inner-city public housing estates they had always called home and found their places in the world. James obtained work as a hospital orderly to keep his brother at school, but soon found some influential mentors who led him to becoming one of the most successful and respected figures in Australian real estate today. Stephen - always battling the alcoholism he shared with his father - became a professional boxer, then a street sweeper to support his studies and eventually a criminal lawyer who earned the loyalty of many. The brothers always remained true to the neighbourhood that shaped them, spending much of their time supporting young people in difficult circumstances. That was until Stephen - wanting most to avoid hurting those who loved him - took the ultimate step to destroy his demons. In *Sunshine & Shadow*, James and Stephen tell their remarkable story, with both searing honesty and heartfelt emotion.

Sunshine & Shadow

THE EXTRAORDINARY NUMBER ONE BESTSELLER. 'The most important book you'll ever read... Battle Scars will save lives.' TOM MARCUS, author of *SOLDIER SPY* Battle Scars tells the story of Jason Fox's career as an elite operator, from the gunfights, hostage rescues, daring escapes and heroic endeavours that defined his service, to a very different kind of battle that awaited him at home. After more than two decades of active duty, Foxy was diagnosed with complex PTSD, forcing him to leave the military brotherhood and confront the hard reality of what follows. What happens when you become your own enemy? How do you keep on fighting when life itself no longer feels worth fighting for? Unflinchingly honest, *Battle Scars* is a breathtaking account of Special Forces soldiering: a chronicle of operational bravery, and of superhuman courage on and off the battlefield. --- 'A vivid, searing account of a life at war.' BEAR GRYLLS 'A must read.' ANT MIDDLETON, bestselling author of *FIRST MAN IN*. --- What readers are saying: 'Outstanding' ***** 'Inspiring' ***** 'Courageous' ***** 'Remarkable' ***** 'An absolute must-read' ***** --- *Life Under Fire*, Jason Fox's powerful and inspiring new book is OUT NOW

Battle Scars

YOU ARE THE FIRST GENERATION RAISED WITHOUT RELIGION What happens if we are raised without religion or beliefs? As we grow older, the beauty and disenchantments of the world temper our souls. We all have spiritual impulses, yet where do these impulses flow in a world of commodities and consumerism? *LIFE AFTER GOD* is a compellingly innovative collection of stories responding to these themes. Douglas Coupland takes us into worlds we know exist but rarely see, finding rare grace amid our pre-millennium turmoil.

Life After God

Despite their differing values, Tyler Johnson, an ambitious hotel management student, tries to console his mother, a former hippie, when Dan, his land-developer stepfather, decides to get a divorce.

Shampoo Planet

The collective principle asserts that... no society can legitimately call itself civilised if a sick person is denied medical aid because of lack of means. — Aneurin Bevan.

In Place of Fear

Forensic Counsellor, John Merrick spent 20 years in working at the Institute of Forensic Medicine at the Office of the State Coroner in Glebe, Sydney - more commonly known as the 'city morgue'. This book describes, first hand, coping with mutilated or decomposed bodies and the carnage of large-scale disasters like the Bali bombings.

True Stories from the Morgue

Legendary leadership and elite performance expert Robin Sharma introduced The 5am Club concept over twenty years ago, based on a revolutionary morning routine that has helped his clients maximize their productivity, activate their best health and bulletproof their serenity in this age of overwhelming complexity. Now, in this life-changing book, handcrafted by the author over a rigorous four-year period, you will discover the early-rising habit that has helped so many accomplish epic results while upgrading their happiness, helpfulness and feelings of aliveness. Through an enchanting—and often amusing—story about two struggling strangers who meet an eccentric tycoon who becomes their secret mentor, The 5am Club will walk you through: How great geniuses, business titans and the world's wisest people start their mornings to produce astonishing achievements A little-known formula you can use instantly to wake up early feeling inspired, focused and flooded with a fiery drive to get the most out of each day A step-by-step method to protect the quietest hours of daybreak so you have time for exercise, self-renewal and personal growth A neuroscience-based practice proven to help make it easy to rise while most people are sleeping, giving you precious time for yourself to think, express your creativity and begin the day peacefully instead of being rushed “Insider-only” tactics to defend your gifts, talents and dreams against digital distraction and trivial diversions so you enjoy fortune, influence and a magnificent impact on the world Part manifesto for mastery, part playbook for genius-grade productivity and part companion for a life lived beautifully, The 5am Club is a work that will transform your life. Forever.

The 5AM Club

Captain Bunn founded SOAR to develop effective methods for dealing with flight anxiety. Therapists who have found this phobia difficult to treat will find everything they need to give their clients success. Anxious flyers who have “tried everything” to no avail can look forward to joining the nearly 10,000 graduates of the SOAR program who now have the whole world open to them as they fly anxiety free wherever they want. This approach begins by explaining how anxiety, claustrophobia, and panic are caused when noises, motions—or even the thought of flying—trigger excessive stress hormones. Then, to stop this problem, Captain Bunn takes the reader step-by-step through exercises that permanently and automatically control these feelings. He also explains how flying works, why it is safe, and teaches flyers how to strategically plan their flight, choose the right airlines, meet the captain, and so on. Through this program, Captain Bunn has helped thousands overcome their fear of flying. Now his book arms readers with the information they need to control their anxiety and fly comfortably.

Soar

This book is specifically for men who are struggling in life right now. The overwhelming chaos of life is almost unbearable, and amongst it all you're neglecting yourself. Many men wake up one day and wonder how their life has turned into a disaster zone, full of responsibilities and obligations, and no time to truly have fun and be themselves. How much longer are you going to keep waking up to "Groundhog Day"?

It's a State of Mind

Hugo and Shirley Jackson award-winning Peter Watts stands on the cutting edge of hard SF with his acclaimed novel, *Blindsight* Two months since the stars fell... Two months of silence, while a world held its breath. Now some half-derelict space probe, sparking fitfully past Neptune's orbit, hears a whisper from the edge of the solar system: a faint signal sweeping the cosmos like a lighthouse beam. Whatever's out there isn't talking to us. It's talking to some distant star, perhaps. Or perhaps to something closer, something en route. So who do you send to force introductions with unknown and unknowable alien intellect that doesn't wish to be met? You send a linguist with multiple personalities, her brain surgically partitioned into separate, sentient processing cores. You send a biologist so radically interfaced with machinery that he sees x-rays and tastes ultrasound. You send a pacifist warrior in the

faint hope she won't be needed. You send a monster to command them all, an extinct hominid predator once called vampire, recalled from the grave with the voodoo of recombinant genetics and the blood of sociopaths. And you send a synthesist—an informational topologist with half his mind gone—as an interface between here and there. Pray they can be trusted with the fate of a world. They may be more alien than the thing they've been sent to find. At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

Blindsight

Blind Americans writing about their everyday lives in these true short stories that take the mastery out of blindness.

Not Much of a Muchness

Hailed by many as the major experimental novel of the post-war period, Gravity's Rainbow is a bizarre comic masterpiece in which linguistic virtuosity creates a whole other world.

Gravity's Rainbow

Ever met someone who has actually been to Timbuktu and back... on a motor bike? Alan Roberts rode a motor bike through Timbuktu and all through Africa, Asia and the Middle East over the course of two years. Experience first-hand the incredible adventures Roberts experienced as he travelled through exotic locations, finding love, friendship and adventure. Riding "The Mothership" a Honda Africa Twin 750cc motorbike some 102,000 kilometres through 50 countries across four continents he finds maggots growing in his leg, he ends up on the floor of a police station in Angola with Malaria. From London to Cape Town via the Sahara and through East Africa to Yemen; then to Central Asia, Russia, Mongolia and China before heading to South East Asia with a detour to ride the Abu Dhabi Desert Challenge rally in Dubai.

The Hard Way Home

Now shortlisted for the 2012 Financial Times Business Book of the Year Award and the Wellcome Trust Book Prize, The Hour Between Dog and Wolf is a resonant exploration of economic behaviour and its consequences.

The Hour Between Dog and Wolf: Risk-taking, Gut Feelings and the Biology of Boom and Bust

The brave and inspiring memoir of one of Australian Swimming's Golden Girls, whose extraordinary achievements masked her private battles with anxiety and depression. Australians know Libby Trickett as one of our golden girls of swimming. Winner of multiple Olympic gold medals and setter of world records, Libby wasn't just a champion, she was Australia's girl next door, the humble superstar from suburban Brisbane with the infectious grin and sunny nature. Yet what we saw on the surface - the confidence, competitiveness and warmth that were her hallmarks - belied the very private battles she fought in her own head. Beneath the incredible achievements and that trademark smile, Libby suffered from crippling depression. During her swimming career she managed to keep her demons more or less at bay, but when an injury forced her to retire in 2013 Libby was suddenly thrust into an unfamiliar world. With few, if any, qualifications to handle it, her self-doubts began to overwhelm her. The birth of her first baby added further complications to her fragile mental health, and she suffered intense postnatal depression. When she finally recognised the depression for what it was, and sought help for it, it was a major turning point in her life. Libby's memoir is an extraordinarily candid, revealing and inspiring account of both her public life as one of our greatest swimming champions, and her struggle to overcome her mental health challenges.

Beneath the Surface

A BBC Summer Read "Must-read . . . [Mysterium] ascends, literally and figuratively, vividly capturing the outer edge of physical, mental, emotional and spiritual travail." --The Washington Post Inspired by the true story of Nanda Devi Unsoeld's tragic 1976 death while climbing her namesake mountain, Susan Froderberg's novel Mysterium tells the tale of a courageous woman's ascent to the summit of India's highest peak to honor her fallen mother. Mysterium, known as Mount Sarasvati, looms over the Indian Himalayas as the range's tallest peak in the dazzling fictional world Susan Froderberg has created. Sarasvati "Sara" Troy is determined to reach the peak for which she was christened, and to

climb it in honor of her mother, who perished in a mountaineering accident when Sara was just a child. She asks her father, a celebrated mountaineer and philosophy professor, to organize and lead the expedition. The six climbers he recruits are an uneasy mix. They include his longtime friend Dr. Arun Reddy, a recent widower, and Reddy's son, who often challenges his father; Wilder Carson, the acclaimed climber who is tormented by the death of his brother; Wilder's wife, Vida, a former lover of Dr. Reddy; and the distinguished scholar of climbing Virgil Adams and his wife, Hillary. Porters and Sherpas are recruited in India to assist and be part of the team. The party's journey is harrowing, taking them from the mountain's gorge, into its sanctuary, and finally onto the summit, a path that evokes the hell, purgatory, and heaven of Dante's *Inferno*. As the air thins and this unforgettable journey unfolds, Sara emerges as a Beatrice-like figure, buoying her companions up the mountain through the sheer strength and beauty of her being. Both monumental quest and dreamlike odyssey, *Mysterium* is infused with the language of climbing and profound existential insight.

Mysterium

****Winner of the Financial Times and Goldman Sachs Business Book of the Year Award**** 'Brad Stone's definitive book on Amazon and Bezos' *The Guardian* 'A masterclass in deeply researched investigative financial journalism . . . riveting' *The Times* The definitive story of the largest and most influential company in the world and the man whose drive and determination changed business forever. Though Amazon.com started off delivering books through the mail, its visionary founder, Jeff Bezos, was never content with being just a bookseller. He wanted Amazon to become 'the everything store', offering limitless selection and seductive convenience at disruptively low prices. To achieve that end, he developed a corporate culture of relentless ambition and secrecy that's never been cracked. Until now... Jeff Bezos stands out for his relentless pursuit of new markets, leading Amazon into risky new ventures like the Kindle and cloud computing, and transforming retail in the same way that Henry Ford revolutionised manufacturing. Amazon placed one of the first and largest bets on the Internet. Nothing would ever be the same again.

The Everything Store: Jeff Bezos and the Age of Amazon

DON'T MISS OLLIE OLLERTON'S MUST-HAVE SURVIVAL GUIDE, HOW TO SURVIVE (ALMOST) ANYTHING! PRE-ORDER YOUR COPY NOW. How do you make a commitment and achieve your goals? How do you end procrastination and hesitation that feeds self-doubt? How do you learn to be courageous in all aspects of your life? Ex-Special Forces soldier Ollie Ollerton knows more than his fair share about keeping going. As a recruit he survived the infamously tough SAS selection process on a busted ankle with the Directing Staff pleading with him to give up. But it's in Ollie's personal life that he really had to dig deep. At his lowest he was battling a failed relationship, substance abuse, depression and a reckless disregard for his own life. In his new book Ollie tells the story of how he turned his life around and passes on the lessons he has learned. In *Battle Ready* Ollie shares the step-by-step plan that changed his life. From finding purpose and visualising an outcome, to breaking bad habits and establishing positive new routines, his advice will help readers to overcome their own obstacles; to become ready for any battle.

Battle Ready

Undrowned is a book-length meditation for social movements and our whole species based on the subversive and transformative guidance of marine mammals. Our aquatic cousins are queer, fierce, protective of each other, complex, shaped by conflict, and struggling to survive the extractive and militarized conditions our species has imposed on the ocean. Gumbs employs a brilliant mix of poetic sensibility and naturalist observation to show what they might teach us, producing not a specific agenda but an unfolding space for wondering and questioning. From the relationship between the endangered North Atlantic Right Whale and Gumbs's Shinnecock and enslaved ancestors to the ways echolocation changes our understandings of "vision" and visionary action, this is a masterful use of metaphor and natural models in the service of social justice.

Undrowned

For those who know... that something is going on... The witnesses are legion, scattered across the world and dotted through history, people who looked up and saw something impossible lighting up the night sky. What those objects were, where they came from, and who—or what—might be inside them is the subject of fierce debate and equally fierce mockery, so that most who glimpsed them came to

wish they hadn't. Most, but not everyone. Among those who know what they've seen, and—like the toll of a bell that can't be unrung—are forever changed by it, are a pilot, an heiress, a journalist, and a prisoner of war. From the waning days of the 20th century's final great war to the fraught fields of Afghanistan to the otherworldly secrets hidden amid Nevada's dusty neverlands—the truth that is out there will propel each of them into a labyrinth of otherworldly technology and the competing aims of those who might seek to prevent—or harness—these beings of unfathomable power. Because, as it turns out, we are not the only ones who can invent and build...and destroy. Featuring actual events and other truths drawn from sources within the military and intelligence community, Tom DeLonge and A.J. Hartley offer a tale at once terrifying, fantastical, and perhaps all too real. Though it is, of course, a work of... fiction?

Sekret Machines Book 1: Chasing Shadows

'Billy is inspirational and always humble. A giant of a man!' – Bear Grylls 'The most experienced Special Forces soldier in recent memory. The Hard Way is brutally brilliant.' – Tom Marcus, Number One bestselling author of Soldier Spy Billy Billingham grew up tough; a grim future ahead of him offering little respite from the hostile streets he walked. Leaving school at eleven years of age, the threat of borstal hanging over his head, running with gangs in Birmingham, and almost being killed in a knife fight eventually led to Billy discovering the British armed forces at sixteen years of age. It would be the making of him. Billingham would graduate from the Royal Marine cadets to enlisting with the Parachute Regiment in 1983, where he would serve with distinction as a Patrol Commander and expert sniper. In 1991 he took on an even bigger challenge – taking the SAS course – the fearsome and secretive elite special forces unit with a well-won reputation for excellence in operating in extreme and hazardous conditions. He excelled in this life, rising to the rank of sergeant major for the regiment, and undertaking dozens of classified and extremely dangerous missions. He would ultimately serve seventeen years with the SAS, serving in countless war zones, winning a commendation for bravery and being awarded the MBE. After leaving the army he would embrace the life of a bodyguard to Hollywood stars such as Angelina Jolie, Brad Pitt, Sir Michael Caine, Tom Cruise and Russell Crowe, before being recruited as one of the lead instructors on SAS - Who Dares Wins for television. Billy is a highly-decorated veteran; with a reputation for excellence, honesty and integrity not only supporting his comrades Ant Middleton, Jason Fox and Ollie Ollerton, but equally intimidating and inspiring the contestants who take on the gruelling challenges each week. The Hard Way details Billy's story thus far, but will also educate and enthrall those wishing to seek a challenge and conquer it – the SAS way.

The Hard Way

"Emily and Austin have a reputation for delivering heartwarming, provoking, and real contemporary YA novels."--BuzzFeed A reflective, romantic coming-of-age novel that explores life after high school--perfect for fans of Fangirl and Emergency Contact A boy desperate to hold on, a girl ready to let go. Fitz Holton waits in fear for the day his single mother's early-onset Alzheimer's starts stealing her memory. He's vowed to stay close to home to care for her in the years to come--never mind the ridiculous college tour she's forcing him on to visit schools where he knows he'll never go. Juniper Ramirez is counting down the days until she can leave home, a home crowded with five younger siblings and zero privacy. Against the wishes of her tight-knit family, Juniper plans her own college tour of the East Coast with one goal: get out. When Fitz and Juniper cross paths on their first college tour in Boston, they're at odds from the moment they meet-- while Juniper's dying to start a new life apart from her family, Fitz faces the sacrifices he must make for his. Their relationship sparks a deep connection--in each other's eyes, they glimpse alternate possibilities regarding the first big decision of their adult lives. Time of Our Lives is a story of home and away, of the wonder and weight of memory, of outgrowing fears and growing into the future.

Time of Our Lives

'Incredible individual, incredible book, incredible story.' CHRIS HEMSWORTH 'A hero who is as humble as he is resilient... testament to a "never give up" spirit!' BEAR GRYLLS 'From reading this book, the message that comes shining through is this: you can achieve anything.' ANT MIDDLETON

The Art of Resilience: Strategies for an Unbreakable Mind and Body

The year is 1999, and for the first time since World War II, Europe is witnessing scenes of mass murder. The forces of Serbian strongman Slobodan Milosevic have swept into Kosovo on the Balkan Peninsula

leaving a trail of death and heartbreak. Scenes of Milosevic's 'ethnic cleansing' play out on television screens all over the world; haunted figures huddled behind barbed wire fences, bodies heaped in ditches. Adelaide surgeon, Craig Jurisevic, recalls his grandfather's ordeal in a Nazi concentration camp and resolves to honour his memory by offering his skills as a surgeon to the victims of the conflict. Leaving his wife and son in Adelaide, Jurisevic flies to the Balkans under the auspices of the International Medical Corps. Although no stranger to the battlefield, he is appalled at the unparalleled savagery of the Kosovo war. Jurisevic's determination to put his skills to the best possible use leads him closer and closer to the front line, and deeper into danger. Sickened by scenes of murder and massacre, he sets aside his non-partisan status and joins forces with the Kosovo Liberation Army, operating on the injured at the front and leading night-time missions behind the lines to retrieve injured Kosovar villagers. Struggling to maintain his moral bearings, Jurisevic's journey from Adelaide to the hell of Kosovo has become a descent into the heart of darkness. *Blood on My Hands*, co-written with award-winning author Robert Hillman, tells a story of terrible suffering, of extraordinary heroism, and of the savagery that lies coiled in the human heart. It is an incredibly powerful and moving account from a remarkable Australian and one that will stay with you long after you have put the book back on the shelf.

Blood on My Hands: A Surgeon at War