

The Perfect Spiral

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Explore the essence of 'The Perfect Spiral,' from mastering the precise technique in sports to appreciating its mathematical beauty in the golden ratio. Unlock insights into achieving this elusive ideal, whether on the field or in design.

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Perfect Spiral

I had the perfect life. Getting paid millions to play the sport I love and spending most of my nights with all the adoring female fans, what more could I possibly want? I sure as hell didn't want the baby boy someone dropped on me before running, leaving behind a note saying he's mine. If that's true, then I don't have a freakin' clue who his mother could be. Until I get the paternity test results, though, the kid's my responsibility. The sleepless nights with a crying baby have me crashing and burning on the football field, putting my superstar career in jeopardy. And suddenly, the only woman I want hates me with a fiery passion. I knew Callie wasn't going to be easy to win over. Not when she blames me for her sister's death. Oh, and if this baby turns out to be my son, Callie's determined to take him away from me. Somehow I'll have to find a way to prove to her that there's more to me than my perfect spiral.

The Perfect Spiral

Jason S. Hornsby has meticulously created a dark literary world unlike any other. Combining elements of science fiction, satire, surrealism, and horror, Hornsby has written a novel that crosses every boundary while establishing all new ones. The winter never ends. Buildings are randomly consumed by flames. The B-52s play symbolically on every stereo. Everyone is in on it. The world Hornsby's "protagonist" inhabits is a satirically dark one indeed. Deploing the small-town idiosyncracies while simultaneously embracing them, Lynn Pierson is the quintessential anti-hero of a world gone mad. In The Perfect Spiral, first-time novelist Jason S. Hornsby both subtly and audaciously explores themes of alienation, small-town oppression over the individual, denial, and escape, while asking the question: what if it all fell apart? With one keen eye for detail and stark realism and another for surreal imagery and intriguing allegory, Hornsby has authored the ultimate winter novel.

The Perfect Shape

This book uses the spiral shape as a key to a multitude of strange and seemingly disparate stories about art, nature, science, mathematics, and the human endeavour. In a way, the book is itself organized as a spiral, with almost disconnected chapters circling around and closing in on the common theme. A particular strength of the book is its extremely cross-disciplinary nature - everything is fun, and

everything is connected! At the same time, the author puts great emphasis on mathematical and scientific correctness, in contrast, perhaps, with some earlier books on spirals. Subjects include the mathematical properties of spirals, sea shells, sun flowers, Greek architecture, air ships, the history of mathematics, spiral galaxies, the anatomy of the human hand, the art of prehistoric Europe, Alfred Hitchcock, and spider webs, to name a few.

A Bull Named Ubring and the Perfect Spiral

Ubring is a wonderful bull. He doesn't charge into you with his horns. He charges your human spirit as he looks through his great bull's-eye and sees into your infinite potential. And when his massive heart beats in time with yours, the Perfect Spiral will appear in between his horns, so that you can behold all of your gifts right in front of you. You are what UBRING and what UBRING is your gift to the world.

Becoming Selfish

ELI This is it. My senior year. My last shot to get called up to play in the National Hockey League. This season is about me. Though every season is about me. I'm the captain of my university's hockey team-the top scorer both on and off the ice-and everyone on campus knows my name. I feel the pressure every single day. I can't afford to get distracted. At least, that's what I keep reminding myself because my mind keeps straying to a certain redhead-my brother's best friend. She is nothing like I had expected. She's beautiful, smart, and too sweet for her own good. But I can't think about her. This is the year to focus on myself and my dream. I need to be selfish like I always am. So, why can't I get her out of my head? LOGAN This year is all about me. I've never put myself first, but for once, I'm going to. I'm in a new city, at a new school, and with my best friend. Everything will be different here. Minnesota is a fresh start for me-I can finally leave my past behind. I don't have to think about anyone else. I shouldn't be thinking about anyone else. Except I've finally met my best friend's brother. He's tall, athletic, and the most gorgeous man I've ever laid eyes on. He's sex on legs and charming as hell. His reputation, though? A glaring red flag, telling me to stay away. But no matter what I do, I just can't stop thinking about him...

The Palmer Pletsch Complete Guide to Fitting

Includes text from the previously published title, *Fit for real people*.

Spiral

The first bio-tech thriller from acclaimed Cornell professor, Paul McEuen, the new Michael Crichton. Pacific Ocean 1946: Liam Connor of the British Army, a global expert on germ warfare, is sent to help the US Navy foil an attempt by a Japanese submarine to unleash the world's first biological super-weapon. Code-name: Uzumaki. Translation: Spiral. The devastating decision is made to annihilate Spiral by releasing the world's fourth atomic bomb, obliterating the weapon before it can release its catastrophic payload. New York, present day: Connor, now a world-renowned Nobel prize-winner working on the cutting edge of nano-science technology, prayed that the spectre of Spiral would never return. But now it is back and the stakes are exponentially higher. Spiral would be virtually unstoppable with current technological advances and only Connor holds the key to its cure. Those who seek Spiral will stop at nothing to obtain Connor's knowledge, even if it means his death and that of everyone he holds dear. As the race begins for Spiral, will the world survive the Doomsday scenario about to unfold?

Star, Branch, Spiral, Fan

Nature's design magic is found in its perfect ratios. This illustrated drawing book focuses on four natural designs--Star, Branch, Spiral, and Fan--and why they work.

Meander, Spiral, Explode

"How lovely to discover a book on the craft of writing that is also fun to read . . . Alison asserts that the best stories follow patterns in nature, and by defining these new styles she offers writers the freedom to explore but with enough guidance to thrive." Maris Kreizman, *Vulture* A Publishers Weekly Best Book of 2019 | A Poets & Writers Best Books for Writers As Jane Alison writes in the introduction to her insightful and appealing book about the craft of writing: "For centuries there's been one path through fiction we're most likely to travel one we're actually told to follow and that's the dramatic arc: a situation arises, grows tense, reaches a peak, subsides . . . But something that swells and tautens until climax, then collapses?"

Bit masculosexual, no? So many other patterns run through nature, tracing other deep motions in life. Why not draw on them, too?" W. G. Sebald's *Emigrants* was the first novel to show Alison how forward momentum can be created by way of pattern, rather than the traditional arc--or, in nature, wave. Other writers of nonlinear prose considered in her "museum of specimens" include Nicholson Baker, Anne Carson, Marguerite Duras, Gabriel García Márquez, Jamaica Kincaid, Clarice Lispector, Susan Minot, David Mitchell, Caryl Phillips, and Mary Robison. *Meander, Spiral, Explode* is a singular and brilliant elucidation of literary strategies that also brings high spirits and wit to its original conclusions. It is a liberating manifesto that says, Let's leave the outdated modes behind and, in thinking of new modes, bring feeling back to experimentation. It will appeal to serious readers and writers alike.

The Spiral

ENTER THE SPIRAL. FIND THE TRUTH. The utterly original and brilliantly gripping thriller for fans of *BEHIND HER EYES* by Sarah Pinborough and *THE SEVEN DEATHS OF EVELYN HARDCASTLE* by Stuart Turton. 'Gripping, inventive and utterly unpredictable' - Alex Pavesi, bestselling author of *EIGHT DETECTIVES*. 'Ambitious and well executed' - GUARDIAN '[A] rollercoaster crime noir thriller' - INDEPENDENT Erma Bridges Erma Bridges' life is far from perfect, but entirely ordinary. So when she is shot twice in a targeted attack by a colleague, her quiet existence is shattered in an instant. With her would-be murderer dead, no one can give Erma the answers she needs to move on from her trauma. Why her? Why now? So begins Erma's quest for the truth - and a dangerous, spiralling journey into the heart of darkness. With all the inventiveness of *The Seven Deaths of Evelyn Hardcastle* and the raw brutality of *Mulholland Drive*, *THE SPIRAL* is a unique crime thriller with killer twists - and 2021's most jaw-dropping ending. WHAT YOUR FAVOURITE AUTHORS ARE SAYING ABOUT THE SPIRAL: 'I suspect this is one that I'll be thinking about for some time' - ALEX PAVESI, author of *EIGHT DETECTIVES* 'A frenzied, twisted fever dream of a book' - MIRANDA DICKINSON, author of *OUR STORY*

Big Book of Beginner's Piano Classics

Eighty-three popular piano classics arranged for the beginning student are accompanied by a short history of each piece and advice on playing each arrangement.5NjBwBT

The Science of a Spiral

This book discusses the science behind various elements of football, particularly a spiral. The chapters examine case studies of famous sports moments, explain how the athletes perform these actions, and document the history of how scientists, doctors, and coaches have been working to make these sports safer. Sidebars include thought-provoking trivia. Questions in the backmatter ask for text-dependent analysis. A timeline provides history, key developments, and advancements associated with the sport.

Spiral of Need

Ally Marshall is a wolf shifter-- and a Seer. But a girl doesn't exactly need special powers to know that Derren Hudson despises her entire kind. But in this case, his disdain is mixed with a healthy dose of desire. And no matter how much the ruggedly handsome male appeals to her, this is one call of the wild she's determined to ignore. When Derren is forced into acting as her protector, he finds himself intensely and passionately drawn to the woman who incites his primal instinct to claim. And when enemies target the pack, Ally's gift may be just what the Mercury Pack needs....

Hyperbole and a Half

#1 New York Times Bestseller "Funny and smart as hell" (Bill Gates), Allie Brosh's *Hyperbole and a Half* showcases her unique voice, leaping wit, and her ability to capture complex emotions with deceptively simple illustrations. FROM THE PUBLISHER: Every time Allie Brosh posts something new on her hugely popular blog *Hyperbole and a Half* the internet rejoices. This full-color, beautifully illustrated edition features more than fifty percent new content, with ten never-before-seen essays and one wholly revised and expanded piece as well as classics from the website like, "The God of Cake," "Dogs Don't Understand Basic Concepts Like Moving," and her astonishing, "Adventures in Depression," and "Depression Part Two," which have been hailed as some of the most insightful meditations on the disease ever written. Brosh's debut marks the launch of a major new American humorist who will surely make even the biggest scrooge or snob laugh. We dare you not to. FROM THE AUTHOR: This is a book

I wrote. Because I wrote it, I had to figure out what to put on the back cover to explain what it is. I tried to write a long, third-person summary that would imply how great the book is and also sound vaguely authoritative—like maybe someone who isn't me wrote it—but I soon discovered that I'm not sneaky enough to pull it off convincingly. So I decided to just make a list of things that are in the book: Pictures Words Stories about things that happened to me Stories about things that happened to other people because of me Eight billion dollars* Stories about dogs The secret to eternal happiness* *These are lies. Perhaps I have underestimated my sneakiness!

Little Spiral

He may be small but he loves exploring. Join Little Spiral on his journey through the rainforest. Stay safe, Little Spiral.

Ascending Spiral

Join us on an epic journey older than civilization itself Dr. Pip Lipkin has lived for 12,000 years, incarnated many times as man, woman, and even as species beyond our world and senses. But he's here for a reason: to pay restitution for an ancient crime by working to save humanity from certain destruction. "Ascending Spiral" is a book that will take the reader to many different places and times, showing, ultimately, that our differences and divisions, even at their most devastating, are less important than our similarities. Reviewers' Acclaim: "Bob Rich powerfully evokes the wounded healer archetype in "Ascending Spiral," taking readers on Pip's painful and insightful journey through lifetimes that serve as a shining example of how to turn misery into virtue." --Diane Wing, author, Coven: Scrolls of the Four Winds "Dr. Bob Rich's "Ascending Spiral" is a true genre-buster, incorporating elements of historical fiction, literary fiction, science fiction, and even a hint of nonfiction to create an entertaining novel with an important message." Magdalena Ball, CompulsiveReader.com "The way of karma rings true for many people, and this book is a very well written and thoughtful explanation of its message. It is also an exciting, historically accurate series of linked stories that will hold the reader in his chair for a single sitting. Highly recommended." Frances Burke, author of Endless Time From Marvelous Spirit Press www.MarvelousSpirit.com "Books that maximize empowerment of mind and spirit"

Renegade

One thousand years after Earth was destroyed in an unprovoked attack, humanity has emerged victorious from a series of terrible wars to assure its place in the galaxy. But during celebrations on humanity's new homeworld, the legendary Captain Pantillo of the battle carrier Phoenix is court-martialed then killed, and his deputy, Lieutenant Commander Erik Debogande, the heir to humanity's most powerful industrial family, is framed for his murder. Assisted by Phoenix's marine commander Trace Thakur, Erik and Phoenix are forced to go on the run as they seek to unravel the conspiracy behind their captain's demise, pursued to the death by their own fleet. What they discover about the truth behind the wars and the nature of humanity's ancient alien allies will shake the sentient galaxy to its core.

The Spiral Draw Book

Our specially-engineered drawing wheels make it easy to create perfect spiral designs right on the pages of the book. Colorchanging gel pens add depth to the patterns, giving them a nifty 3-D look. Spiral Draw spins a retro-cool classic into an imaginative new orbit.

Spiral Impact

Eliminate struggle. Harness the power of the spiral to achieve your desired outcomes - and do "it" with grace and ease. Karen Valencic blends her expertise in the martial art Aikido, with performance improvement, and science. She illustrates how to use conflict creatively, focus energy and make solid decisions to generate the power to get what you want done with grace. "Keep moving and bend your knees." These words echo in my head whenever I begin to struggle. In the early days of my martial arts practice, I would frequently feel overwhelmed by my big, sweaty opponents. But if I suddenly appeared immobilized by my opponent's greater strength, my teacher's voice in the background would ring out, "Keep moving and bend your knees." The martial art "aikido" mimics life. Movement gives us energy and creativity; struggle and fear make us feel stuck. The choices you make either create or stop momentum, both on the aikido practice mat and in life and work. "Keep moving and bend your knees" in everyday life

means be flexible and ask questions for continuous learning. Movement gives us energy and creativity; struggle and fear make us feel stuck.

Spiral of Bliss: The Complete Collection

"Give me a kiss, beauty." The intense, erotic romance of a medieval history professor and the love of his life...

Whistleblower

When Laurel Cates uncovers a shocking story about Garland's football coach, it takes all of her courage to publish the story in the school's paper. And when it reverberates around the country, the ramifications are both personal and professional. But nowhere are the repercussions stronger than in Laurel's everyday life as she can't seem to avoid Bodie St. James, the star quarterback, whose own career now hangs on the brink as a result of her article. Whistleblower is fresh, contemporary, new adult fiction--with #metoo at its heart.

The Quilt Block Book

Provides instructions for creating seventy-five different quilting blocks using three sewing methods: traditional piecing, foundation piecing, and appliqué.

Spiral Trace

With one eye unflinchingly trained on his own mortality, a soulful philosopher-poet laments a ravaged planet.

Into The Never

Ushering in a new era of confessional music that spoke openly about experiences of trauma, depression, and self-loathing, Nine Inch Nails' seminal album, *The Downward Spiral*, changed popular music forever—bringing transgressive themes of heresy, S&M, and body horror to the masses and taking music technology to its limits. Released in 1994, the album resonated across a generation, combining elements of metal, industrial, synth-pop, and ambient electronica, and going on to sell over four million copies. Now, *Into the Never* explores the creation and cultural impact of *The Downward Spiral*, one of the most influential and artistically significant albums of the twentieth century. Inspired by David Bowie's *Low* and Pink Floyd's *The Wall*, the album recounts one man's disintegration as he descends into nihilism and nothingness. Blurring the lines between autobiography and concept album, creation and decay, it is also the story of Trent Reznor (who is Nine Inch Nails) as he pushed himself to the edge of the abyss, trapped in a cycle of addiction and self-destruction. *The Downward Spiral* also presents a reflection of America and a wider culture of violence, connecting the Columbine High School shooting, the infamous Manson family murders, and the aftermath of Vietnam and the Gulf War. Featuring new interviews with collaborators and artists inspired by the album, *Into the Never* sets *The Downward Spiral* in the context of music of the era and brings the story up to date, from Reznor's recovery to his reinvention as an Oscar-winning soundtrack artist.

The Upward Spiral

Depression can feel like a downward spiral, pulling you into a vortex of sadness, fatigue, and apathy. In *The Upward Spiral*, neuroscientist Alex Korb demystifies the intricate brain processes that cause depression and offers a practical and effective approach to getting better. Based on the latest research in neuroscience, this book provides dozens of straightforward tips you can do every day to rewire your brain and create an upward spiral towards a happier, healthier life. Whether you suffer from depression or just want a better understanding of the brain, this book offers an engaging and informative look at the neuroscience behind our emotions, thoughts, and actions. The truth is that there isn't one big solution to depression, but there are numerous simple steps you can take to alter brain activity and chemistry. Some are as easy as relaxing certain muscles to reduce anxiety, or getting more sunlight to improve your mood. Small steps in the right direction can have profound effects—giving you the power to become your best self as you literally reshape your brain, one small change at a time.

Spiral, Vol. 1

"I'm going to uncover the mystery of the 'Blade Children.'" World-class detective Kiyotaka Narumi's last words prior to his sudden disappearance continue to haunt his younger brother, Ayumu. The cheeky 10th-grader becomes further embroiled in the mystery when he is mistaken for the prime suspect in a murder at his school. Led by Ayumu's sister-in-law, Kiyotaka's wife and fellow detective, Madoka, the investigation into the murder gives Ayumu a chance to clear his name. But in doing so, he not only uncovers ties to the Blade Children but also more questions than answers about who and what they are.

Spirals in Time

The beautifully written story of shells and their makers, and our relationships with them. Seashells are the sculpted homes of a remarkable group of animals: the molluscs. These are some of the most ancient and successful animals on the planet. But watch out. Some molluscs can kill you if you eat them. Some will kill you if you stand too close. That hasn't stopped people using shells in many ways over thousands of years. They became the first jewelry and oldest currencies; they've been used as potent symbols of sex and death, prestige and war, not to mention a nutritious (and tasty) source of food. *Spirals in Time* is an exuberant aquatic romp, revealing amazing tales of these undersea marvels. Helen Scales leads us on a journey into their realm, as she goes in search of everything from snails that 'fly' underwater on tiny wings to octopuses accused of stealing shells and giant mussels with golden beards that were supposedly the source of Jason's golden fleece, and learns how shells have been exchanged for human lives, tapped for mind-bending drugs and inspired advances in medical technology. Weaving through these stories are the remarkable animals that build them, creatures with fascinating tales to tell, a myriad of spiralling shells following just a few simple rules of mathematics and evolution. Shells are also bellwethers of our impact on the natural world. Some species have been overfished, others poisoned by polluted seas; perhaps most worryingly of all, molluscs are expected to fall victim to ocean acidification, a side-effect of climate change that may soon cause shells to simply melt away. But rather than dwelling on what we risk losing, *Spirals in Time* urges you to ponder how seashells can reconnect us with nature, and heal the rift between ourselves and the living world.

English Mechanic and World of Science

Celebrates the shape of a spiral in nature, from rushing rivers to flower buds and even the shape of an ear.

Swirl by Swirl

Powerful, wry essays offering modern takes on a primitive practice, from one of our most widely read death penalty abolitionists As Ruth Bader Ginsburg has noted, people who are well represented at trial rarely get the death penalty. But as Marc Bookman shows in a dozen brilliant essays, the problems with capital punishment run far deeper than just bad representation. Exploring prosecutorial misconduct, racist judges and jurors, drunken lawyering, and executing the innocent and the mentally ill, these essays demonstrate that precious few people on trial for their lives get the fair trial the Constitution demands. Today, death penalty cases continue to capture the hearts, minds, and eblasts of progressives of all stripes—including the rich and famous (see Kim Kardashian's advocacy)—but few people with firsthand knowledge of America's "injustice system" have the literary chops to bring death penalty stories to life. Enter Marc Bookman. With a voice that is both literary and journalistic, the veteran capital defense lawyer and seven-time Best American Essays "notable" author exposes the dark absurdities and fatal inanities that undermine the logic of the death penalty wherever it still exists. In essays that cover seemingly "ordinary" capital cases over the last thirty years, Bookman shows how violent crime brings out our worst human instincts—revenge, fear, retribution, and prejudice. Combining these emotions with the criminal legal system's weaknesses—purposely ineffective, arbitrary, or widely infected with racism and misogyny—is a recipe for injustice. Bookman has been charming and educating readers in the pages of *The Atlantic*, *Mother Jones*, and *Slate* for years. His wit and wisdom are now collected and preserved in *A Descending Spiral*.

A Descending Spiral

Captain Amos January and his rivals struggle to obtain an ancient pre-human artifact of great power that incites murderous actions in those who seek it.

The Principles of Nature

Time is Running Out! The planeswalker Teferi at last returns to his home plane only to find it devastated and barren. Time itself is fracturing, and it's up to Teferi and his companions to find a way to halt the collapse. It won't be easy when his allies are poised to turn against him. About the Author Scott McGough recently moved to farm country and can now compare the urban, suburban, and agrarian lifestyles. Not surprisingly, his first choice hasn't changed since childhood: all things being equal, he'd rather be down the shore. Scott worked on The Duelist magazine before joining the Creative Team for MAGIC: THE GATHERING®. He worked on almost all the Urza/Phyrexia saga and has since written eight novels and a handful of short stories for MAGIC: THE GATHERING. All this, and yet he has only ever appeared on one Magic card. Though he finds this burden bitter and onerous, he will at least admit that that it's a really good picture. From the Paperback edition.

The Principles of Nature, Her Divine Revelations

Standalone M/M romance. I was afraid to fly. He made me soar. After years of climbing the ladder of success in the music industry, I finally had everything I could want. Yet I still found myself wandering through life alone. Captain Evan Roth was the one man I never saw coming. Tall, dark, mysterious... Straight. We were both damaged beyond repair and searching for something so elusive we weren't sure it even existed. But, when two broken souls collide in midair, falling is a given. I just never expected to crave the spiral down.

The January Dancer

Explores the growth, suppression, and modern reemergence of witchcraft as a religion, demystifying a misunderstood and maligned tradition and pointing out its relationship to feminism.

Time Spiral

After breaking her back, fifteen-year-old Abby tries everything to take away her pain before finding the answer in a patient horse called Charlie and a faith in herself.

The Spiral Down

Obituary notices of deceased fellows were included in v. 7-64; v. 75 is made up of "obituaries of deceased fellows, chiefly for the period 1898-1904, with a general index to previous obituary notices"; the notices have been continued in subsequent volumes as follows: v. 78a, 79b, 80a-b- 86a-b, 87a 88a-b.

The Spiral Dance

Art Foliage, for Sculpture and Decoration