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JACKSON BRIGHT

Slow Days, Fast Company HarperCollins
 The incredible bestselling book from the author of *No Barriers* and *The Adversity Advantage* Erik Weihenmayer was born with retinoschisis, a degenerative eye disorder that would leave him blind by the age of thirteen. But Erik was determined to rise above this devastating disability and lead a fulfilling and exciting life. In this poignant and inspiring memoir, he shares his struggle to push past the limits imposed on him by his visual impairment—and by a seeing world. He speaks movingly of the role his family played in his battle to break through the barriers of blindness: the mother who prayed for the miracle that would restore her son's sight and the father who encouraged him to strive for that distant mountaintop. And he tells the story of his dream to climb the world's Seven Summits, and how he is turning that dream into astonishing reality (something fewer than a hundred mountaineers have done). From the snow-capped summit of McKinley to the towering peaks of Aconcagua and Kilimanjaro to the ultimate challenge, Mount Everest, this is a story about daring to dream in the face of impossible odds. It is about finding the courage to reach for that ultimate summit, and transforming your life into something truly miraculous. "An inspiration to other blind people and plenty of us folks who can see just fine."—Jon Krakauer, New York Times bestselling author of *Into Thin Air*
Guinness World Records 2022 Dark Horse Comics
 This report issues a call for urgent action to combat the growing epidemic of obesity, which now affects developing and industrialized countries alike. Adopting a public health approach, the report responds to both the enormity of health problems associated with obesity and the notorious difficulty of treating this complex, multifactorial disease. With these problems in mind, the report aims to help policy-makers introduce strategies for prevention and management that have the greatest chance of success. The importance of prevention as the most sensible strategy in developing countries, where obesity coexists with undernutrition, is repeatedly emphasized. Recommended lines of action, which reflect the consensus reached by 25 leading authorities, are based on a critical review of current scientific knowledge about the causes of obesity in both individuals and populations. While all causes are considered, major attention is given to behavioural and societal changes that have increased the energy density of diets, overwhelmed sophisticated regulatory systems that control appetite and maintain energy balance, and reduced physical activity. Specific topics discussed range from the importance of fat content in the food supply as a

cause of population-wide obesity, through misconceptions about obesity held by both the medical profession and the public, to strategies for dealing with the alarming prevalence of obesity in children. "... the volume is clearly written, and carries a wealth of summary information that is likely to be invaluable for anyone interested in the public health aspects of obesity and fatness, be they students, practitioner or researcher." - Journal of Biosocial Science
No Shortcuts to the Top Kensington Publishing Corp.
 Winner of the National Book Award • "Marvelous . . . You get lost in *World's Fair* as if it were an exotic adventure. You devour it with the avidity usually provoked by a suspense thriller."—The New York Times Hailed by critics from coast to coast and by readers of all ages, this resonant novel is one of E.L. Doctorow's greatest works of fiction. It is 1939, and even as the rumbles of progress are being felt worldwide, New York City clings to remnants of the past, with horse-drawn wagons, street peddlers, and hurdy-gurdy men still toiling in its streets. For nine-year-old Edgar Altschuler, life is stoopball and radio serials, idolizing Joe DiMaggio, and enduring the conflicts between his realist mother and his dreamer of a father. The forthcoming *World's Fair* beckons, an amazing vision of American automation, inventiveness, and prosperity—and Edgar Altschuler responds. A marvelous work from a master storyteller, *World's Fair* is a book about a boy who must surrender his innocence to come of age, and a generation that must survive great hardship to reach its future. Praise for *World's Fair* "Something close to magic."—Los Angeles Times "World's Fair is better than a time capsule; it's an actual slice of a long-ago world, and we emerge from it as dazed as those visitors standing on the corner of the future."—Anne Tyler "Doctorow has managed to regain the awed perspective of a child in this novel of rare warmth and intimacy. . . . Stony indeed in the heart that cannot be moved by this book."—People "Fascinating . . . exquisitely rendered details of a lost way of life."—Newsweek "Wonderful reading."—USA Today
My Body Random House
 Now a Netflix film starring Julia Roberts, Mahershala Ali, Ethan Hawke, Myha'la, Farrah Mackenzie, Charlie Evans and Kevin Bacon. Written for the Screen and Directed by Sam Esmail. Executive Producers Barack and Michelle Obama, Tonia Davis, Daniel M. Stillman, Nick Krishnamurthy, Rumaan Alam A Read with Jenna Today Show Book Club Pick! Finalist for the 2020 National Book Award in Fiction One of Barack Obama's Summer Reads A Best Book of the Year From: The Washington Post * Time * NPR * Elle * Esquire * Kirkus * Library Journal * The Chicago Public Library * The New York Public Library * BookPage * The Globe and Mail * EW.com * The LA Times * USA Today * InStyle * The New Yorker * AARP * Publisher's Lunch * LiHub * Book Marks

* Electric Literature * Brooklyn Based * The Boston Globe A magnetic novel about two families, strangers to each other, who are forced together on a long weekend gone terribly wrong. From the bestselling author of *Rich and Pretty* comes a suspenseful and provocative novel keenly attuned to the complexities of parenthood, race, and class. *Leave the World Behind* explores how our closest bonds are reshaped—and unexpected new ones are forged—in moments of crisis. Amanda and Clay head out to a remote corner of Long Island expecting a vacation: a quiet reprieve from life in New York City, quality time with their teenage son and daughter, and a taste of the good life in the luxurious home they've rented for the week. But a late-night knock on the door breaks the spell. Ruth and G. H. are an older couple—it's their house, and they've arrived in a panic. They bring the news that a sudden blackout has swept the city. But in this rural area—with the TV and internet now down, and no cell phone service—it's hard to know what to believe. Should Amanda and Clay trust this couple—and vice versa? What happened back in New York? Is the vacation home, isolated from civilization, a truly safe place for their families? And are they safe from one other?
Moby Dick Hachette UK
Alice in Wonderland (also known as *Alice's Adventures in Wonderland*), from 1865, is the peculiar and imaginative tale of a girl who falls down a rabbit-hole into a bizarre world of eccentric and unusual creatures. Lewis Carroll's prominent example of the genre of "literary nonsense" has endured in popularity with its clever way of playing with logic and a narrative structure that has influenced generations of fiction writing.
The Wild Blue Scholastic Inc.
 They slime, they ooze, they kill One female slug can lay 1.5 million eggs a year—a fact which holds terrifying consequences for the people of Merton. As the town basks in the summer heat, a new breed of slug is growing and multiplying. In the waist-high grass, in the dank, dark cellars they are acquiring new tastes, new cravings. For blood. For flesh. Human flesh.
State of Wonder Canongate Books
 Speaking out when it's unpopular. Back in the day, Henry David Thoreau raged at the robber barons—the big shots of their age, despoiling the environment in the name of progress. Deep in the throes of the seemingly unstoppable growth of tech, a modern-day Thoreau has emerged in the guise of Gerry McGovern—decrying the massive, hidden negative impacts of tech on the environment. McGovern has thoroughly documented in *World Wide Waste* how tech damages the Earth—and what we should be doing about it. It is not just the acres of discarded computer hardware conveniently dumped in Third World countries. Every time an email is downloaded it contributes to global warming. Every tweet, search, check of a webpage creates pollution. Digital

is physical. Those data centers are not in the Cloud. They're on land in massive physical buildings packed full of computers hungry for energy. It seems invisible. It seems cheap and free. It's not. Digital costs the Earth.

Dump Your Toxic Waist Penguin

Stephen E. Ambrose, acclaimed author of *Band of Brothers* and *Undaunted Courage*, carries us along in the crowded and dangerous B-24s as their crews fought to destroy the German war machine during World War II. The young men who flew the B-24s over Germany in World War II fought against horrific odds, and, in *The Wild Blue*, Ambrose recounts their extraordinary heroism, skill, daring, and comradeship with vivid detail and affection. Ambrose describes how the Army Air Forces recruited, trained, and selected the elite few who would undertake the most demanding and dangerous jobs in the war. These are the boys—turned pilots, bombardiers, navigators, and gunners of the B-24s—who suffered over fifty percent casualties. With his remarkable gift for bringing alive the action and tension of combat, Ambrose carries us along in the crowded, uncomfortable, and dangerous B-24s as their crews fought to the death through thick black smoke and deadly flak to reach their targets and destroy the German war machine. Twenty-two-year-old George McGovern, who was to become a United States senator and a presidential candidate, flew thirty-five combat missions (all the Army would allow) and won the Distinguished Flying Cross. We meet him and his mates, his co-pilot killed in action, and crews of other planes. Many went down in flames. As *Band of Brothers* and *Citizen Soldiers* portrayed the bravery and ultimate victory of the American soldiers from Normandy on to Germany, *The Wild Blue* illustrates the enormous contribution that these young men of the Army Air Forces made to the Allied victory.

Obesity A&C Black

The unmissable new book from the bestselling, prize-winning author of *Landmarks*, *The Old Ways* and *The Lost Words* Discover the hidden worlds beneath our feet... In *Uderland*, Robert Macfarlane takes a dazzling journey into the concealed geographies of the ground beneath our feet - the hidden regions beneath the visible surfaces of the world. From the vast below-ground mycelial networks by which trees communicate, to the ice-blue depths of glacial moulins, and from North Yorkshire to the Lofoten Islands, he traces an uncharted, deep-time voyage. *Uderland* a thrilling new chapter in Macfarlane's long-term exploration of the relations of landscape and the human heart. 'He is the great nature writer, and nature poet, of this generation' *Wall Street Journal* 'Packed with stories based in geography, history, myth, gossip, legend, religion, geology and the natural world. Macfarlane's writing moves and enralls' *The Times* on *The Old Ways* 'Irradiated by a profound sense of wonder... Few books give such a sense of enchantment; it is a book to give to many, and to return to repeatedly' *Independent on Landmarks*

World Wide Waste: How Digital Is Killing Our Planet and **What We Can Do About It** Random House

A young Native American woman remembers her volatile childhood as she searches for her lost brother in the Canadian wilds in an extraordinary, critically acclaimed debut novel As she races along Canada's Douglas Channel in her speedboat—heading toward the place where her younger brother Jimmy, presumed drowned, was last seen—twenty-year-old Lisamarie Hill recalls her younger days. A volatile and precocious Native girl growing up in Kitamaat, the Haisla Indian reservation located five hundred miles north of Vancouver, Lisa came of age standing with her feet firmly planted in two different worlds: the spiritual realm of the Haisla and the sobering "real" world with its dangerous temptations of violence, drugs, and despair. From her beloved grandmother, Ma-ma-oo, she learned of tradition and magic; from her adored, Elvis-loving uncle Mick, a Native rights activist on a perilous course, she learned to see clearly, to speak her mind, and never to bow down. But the tragedies that have scarred her life and ultimately led her to these frigid waters cannot destroy her indomitable spirit, even though the ghosts that speak to her in the night warn her that the worst may be yet to come. Easily one of the most admired debut novels to appear in many a decade, *Eden Robinson's Monkey Beach* was immediately greeted with universal acclaim—called "gripping" by the *San Diego Union-Tribune*, "wonderful" by the *Milwaukee Journal Sentinel*, and "glorious" by the *Globe and Mail*, earning nominations for numerous literary awards before receiving the *Ethel Wilson Fiction Prize*. Evocative, moving, haunting, and devastatingly funny, it is an extraordinary read from a brilliant literary voice that must be heard.

Beautiful World, Where Are You Simon and Schuster

It is the year 4022; all of the ancient country of Usa has been buried under many feet of detritus from a catastrophe that occurred back in 1985. Imagine, then, the excitement that Howard Carson, an amateur archeologist at best, experienced when in crossing the perimeter of an abandoned excavation site he felt the ground give way beneath him and found himself at the bottom of a shaft, which, judging from the DO NOT DISTURB sign hanging from an archaic doorknob, was clearly the entrance to a still-sealed burial chamber. Carson's incredible discoveries, including the remains of two bodies, one of them on a ceremonial

bed facing an altar that appeared to be a means of communicating with the Gods and the other lying in a porcelain sarcophagus in the Inner Chamber, permitted him to piece together the whole fabric of that extraordinary civilization.

The Versions of Us Hay House, Inc

'This book rewarded me with dark, dry chuckles on every page' *Reni Eddo-Lodge* 'Hilarious . . . This original approach to discussing race is funny, intellectual and timely' *Independent* 'The work of a true mastermind' *Benjamin Zephaniah* I learned early on that, for me as a black professional, to rise through the ranks and really attain power, I needed to adopt the most ruthless of mindsets possible: the mindset of the White Man who would tear your cheek from your face before he even considered turning his one first.

Waist Away: The Chantel Ray Way: The Inspirational Guide to Lose Weight Through Intermittent Fasting anboco

No one burned hotter than Eve Babitz. Possessing skin that radiated "its own kind of moral laws," spectacular teeth, and a figure that was the stuff of legend, she seduced seemingly everyone who was anyone in Los Angeles for a long stretch of the 1960s and '70s. One man proved elusive, however, and so Babitz did what she did best, she wrote him a book. *Slow Days, Fast Company* is a full-fledged and full-bodied evocation of a bygone Southern California that far exceeds its mash-note premise. In ten sun-baked, Santa Ana wind-swept sketches, Babitz re-creates a Los Angeles of movie stars distraught over their success, socialites on three-day drug binges holed up in the Chateau Marmont, soap-opera actors worried that tomorrow's script will kill them off, Italian femmes fatales even more fatal than Babitz. And she even leaves LA now and then, spending an afternoon at the house of flawless Orange County suburbanites, a day among the grape pickers of the Central Valley, a weekend in Palm Springs where her dreams of romance fizzle and her only solace is Virginia Woolf. In the end it doesn't matter if Babitz ever gets the guy—she seduces us.

The 4-Hour Body Beacon Press

Medical research continues to highlight the central role of abdominal fat in the causation of heart disease and diabetes. Whether you want to look like a beauty queen, lower your blood pressure, beat diabetes or avoid a heart attack, this book and its 28-day plan will help you break the metabolic vicious cycle and lose weight for good.

Waist-High in the World Hachette UK

This book will redefine how you approach losing weight. Based on over 15 years of research and with personal stories, amazing before and after photos, recipes and sidebars, *The 4-Hour Body*, from international bestselling author Tim Ferriss, will give unbelievable results and change the way you look forever. 'Mr. Ferriss makes difficult things seem very easy' -- *NY Times* 'The Superman of Silicon Valley' - *Wired* 'This book has changed my life' -- ***** *Reader review* 'An uncommon genius' -- ***** *Reader review* 'This book is awesome' -- ***** *Reader review* 'Educational and mind blowing' -- ***** *Reader review*

Whatever your physical goal, *The 4-Hour Body* eclipses every other health manual by sharing the best kept secrets in the latest science and research to provide new strategies for redesigning the human body. And you don't need to exhaust yourself. International bestselling author, Timothy Ferriss, helps you reach your true genetic potential in 3-6 months with a commitment of less than four hours per week. You can pick and choose from a menu of options, from simple to extreme, for dramatic body changes. Packed full of personal case studies, before and after photos, recipes and top tips, this book will help you achieve your body goals in record time.

The Big Trip Hachette UK

THE NEW YORK TIMES BESTSELLER A deeply honest investigation of what it means to be a woman and a commodity from Emily Ratajkowski, the archetypal, multi-hyphenate celebrity of our time. _____ 'This is the book for every woman trying to place their body on the map of consumption vs control, and every woman who wants to better understand her impulses. It left me much changed' - *Lena Dunham* 'I read these pages, breathless with recognition, and the thrill of reading a new voice telling it like it is' - *Dani Shapiro* 'Emily Ratajkowski's first essay collection needs to be read by everyone [...] both page-turning and moving as hell' - *Amy Schumer* 'A slow, complicated indictment of a profession and the people who propel it [...] it will deliver a more nuanced and introspective rendering of her interior than those who come to it with those surface interests might expect' - *Vogue* 'Dazzling' - *Observer* 'Ratajkowski brings nuanced insight to questions about empowerment versus commodification of women's bodies and sexuality. Blending cultural criticism and personal stories, *My Body* is smart and powerful' - *Time Magazine* 'Raw, nuanced and beautifully written. A moving and enlightening experience to join a woman openly exploring such deep parts of her physical self via the written word. A truly impressive debut' - *Emma Gannon* 'Excellent [...] Ratajkowski writes with curiosity, intellect and acute awareness' - *Harper's Bazaar* 'Superb [...] it feels revolutionary' - *Telegraph* 'I admire and envy her artistry' - *Guardian* _____ Emily Ratajkowski is an acclaimed model

and actress, an engaged political progressive, a formidable entrepreneur, a global social media phenomenon, and now, a writer. Rocketing to world fame at age twenty-one, Ratajkowski sparked both praise and furor with the provocative display of her body as an unapologetic statement of feminist empowerment. The subsequent evolution in her thinking about our culture's commodification of women is the subject of this book. *My Body* is a profoundly personal exploration of feminism, sexuality, and power, of men's treatment of women and women's rationalizations for accepting that treatment. These essays chronicle moments from Ratajkowski's life while investigating the culture's fetishization of girls and female beauty, its obsession with and contempt for women's sexuality, the perverse dynamics of the fashion and film industries, and the grey area between consent and abuse. Nuanced, unflinching, and incisive, *My Body* marks the debut of a fierce writer brimming with courage and intelligence.

Monkey Beach The Floating Press

AN INSTANT #1 NEW YORK TIMES BESTSELLER *Beautiful World, Where Are You* is a new novel by Sally Rooney, the bestselling author of *Normal People* and *Conversations with Friends*. Alice, a novelist, meets Felix, who works in a warehouse, and asks him if he'd like to travel to Rome with her. In Dublin, her best friend, Eileen, is getting over a break-up, and slips back into flirting with Simon, a man she has known since childhood. Alice, Felix, Eileen, and Simon are still young—but life is catching up with them. They desire each other, they delude each other, they get together, they break apart. They have sex, they worry about sex, they worry about their friendships and the world they live in. Are they standing in the last lighted room before the darkness, bearing witness to something? Will they find a way to believe in a beautiful world?

Slugs Courier Corporation

The first book by Matt Morsia, the UK's #1 Fitness Vlogger*** THE SUNDAY TIMES TOP TEN BESTSELLER AS SEEN IN BBC ONE'S GLADIATORS TV SERIES AS LEGEND 'Powerfully dispels myths with science and humour - every gym bag deserves a copy' ROSS EDGELY, #1 bestselling author of *The Art of Resilience* and *The World's Fittest Book* 'More fitness viewers than Joe Wicks . . . Matt Morsia trained for the Olympics, beat an eating disorder and overcame depression. Now he has published *The 24/7 Body*, a book based on cutting-edge science which dispels the myths about fad diets and workouts' THE SUN 'Shatters diet myths and clears up a wealth of misinformation' SUNDAY TIMES

_____ Whatever your goals or your level of fitness, this book offers you a plan to make you look and feel great 24/7. I've tried every workout and fad diet so you don't have to. As a former PE teacher, athlete, personal trainer and now one of the biggest fitness YouTubers in the World (a.k.a an absolute weirdo who films themselves doing stuff), the most common question I get from followers and even people in the street is, 'How do I get a body like yours?' People will almost whisper it, as if I'm going to usher them into a dark alleyway and reply with some kind of mystical secret. Like they're expecting to be told that they need to drink 263ml of maple syrup three times a day whilst reading the complete works of Shakespeare to their dog. Other times they seem to want me to reveal a protocol of supplements, with an inference that I must be taking steroids or other drugs, because having a good body without chemicals is now seen by some as almost impossible. It's not. This book is my attempt to shatter all of those myths and give it to you entirely straight. It is about understanding how to live your life in a more healthy, sustainable and happy way-and how to maintain that forever. And I'm not talking about becoming a monk and only eating lettuce. If you want to eat McDonald's, go for it. Eating crappy food doesn't make you fat and by the time you're done with the book you'll understand why. I want to arm you with your own set of tools so that you can tailor my methods and experiences to you and your own unique situation.

The 24/7 Body Open Road Media

In a blend of intimate memoir and passionate advocacy, Nancy Mairs takes on the subject woven through all her writing: disability and its effect on life, work, and spirit.

Waist Disposal Anthem Press

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