

Seconds To Snap One Explosive Day A Family Destroyed My Descent Into Anorexia

'This is an important, searingly honest book that will change lives. Tina is one of the bravest women I've ever met' – Lorraine Kelly 'I can tell you exactly the day it all went wrong - the day my mum attacked my dad with a kitchen knife. In those few, short seconds, a black hole opened up in my life and I fell right in.' Tina McGuff's life was perfect - or so she thought. Living in Dundee with her devoted parents and three younger sisters, she was a happy, healthy and confident thirteen-year-old. But all that changed in one horrifying act of revenge and Tina's world collapsed overnight. Terrified, lost and confused, she turned to the one thing she thought she could control - food. And so began the biggest fight of her life. Tina's life-or-death struggle with anorexia is told with devastating honesty in this extraordinary account of a girl at war with herself. Through her years in and out of psychiatric wards, Tina takes us to some of the darkest places of the mind. But in the end her courage, conviction and sheer determination win out. It took Tina seconds to snap and a lifetime to recover - but today, as a passionate campaigner for mental health, she is living proof that there is always a reason to hope that one day, things will get better.

They came from the night sky, lighting the heavens like the promise of salvation. But they didn't bring deliverance...they brought something far, far worse. Something that turns people into mindless, cannibalistic monsters. And it's spreading. A reporter follows her story of unspeakable horror south of the border and finds it's worse than she imagined. A wounded fighter pilot finally gets his chance to return to duty but is faced with a mission that could cost him his wings, or his country its chance. A billionaire with dreams of space finds a crashed alien spacecraft unlike anything mankind has ever seen. A brilliant geneticist conducting outlawed research comes face to face with the nightmare consuming the world faster than anyone can comprehend...or stop in time. The government can't contain it. The military can't fight it. This is A Time To Die.

Seconds to Snap - One Explosive Day. A Family Destroyed. My Descent into Anorexia. Kings Road Publishing

Young Jedi Knight Anakin Skywalker, his new Padawan Ahsoka, and his Master, Obi-Wan Kenobi, are on a mission to rescue the kidnapped son of Jabba the Hutt. But Count Dooku and the Separatists also want to rescue the baby Hutt -- because whoever succeeds in returning Jabba's son to him will gain the support of the Hutts in the war between the Republic and the Separatists.

Three Mind-Jarring Space Operas Marooned: Four giant ships made of the wonder element synthium crash the asteroid belt and brave the cold of Jupiter's moons in man's last reckless dash to adventure. All: The Chinese have brutally conquered the Earth and out of their ruthless tyranny evolves the last great religious war, and the first God of Nuclear Divinity. The Space Beyond: When you wake up 75 billion miles from Earth in a crippled ship hurtling towards a blistering Mega-Sun, with a crew of insane gangsters and a Texan, what you don't need to run into is a galactic war. Or was that their only chance of survival?

This is the definitive reference work on the NFL's Oakland/Los Angeles Raiders. Part I is a season-by-season review, covering each game and player from every campaign. Part II includes a complete all-time roster of players and coaches, with biographical information, along with information on all draft picks, schedules, and individual awards and honors. Part III covers the characters, from executives to cheerleaders, who made the Raiders one of the most colorful organizations in professional sports, and details the franchise's historic stadiums and uniforms.

Meet Doctor Jens. She hasn't had a decent cup of coffee in fifteen years. The first part of her job involves jumping out of perfectly good space-ships. The second part requires developing emergency treatments for sick aliens of species she's never seen before. She loves it. But her latest emergency is also proving a mystery: Two ships, one ancient and one new, locked in a dangerous embrace. A mysterious crew suffering from an even more mysterious ailment. A shipmind trapped in an inadequate body, much of her memory pared away. A murderous virus from out of time. Unfortunately, Dr. Jens can't resist a mystery. Which is why she's about to discover that everything she's dedicated her life to . . . is a lie. Praise for Elizabeth Bear 'Like the best of speculative fiction, Bear has created a fascinating and complete universe that blends high-tech gadgetry with Old World adventure and political collusion' Publishers Weekly 'This is certainly the best science fiction novel I've read in 2019 so far and I look forward to see how Bear develops the characters and her impressively rich universe' (POPULAR SCIENCE) 'Elizabeth Bear is just as comfortable writing steampunk and fantasy as she is hard science fiction, and Ancestral Night, first half of a duology, brims with heady concepts and sleek far-future hardware. There is a mordant wit at work' (FINANCIAL TIMES) 'Awesome, awe-inspiring space opera. Fittingly, it shifts from weighty themes to lighter humour with dexterity, grace and crackling dialogue' (Daily Mail) 'Bear has constructed a fascinating, absorbing universe populated with compelling and intelligent characters who conform to neither clichés nor stereotypes. It's sci-fi of the top order' (pophatters.com)

Three wise and witty novels of the sixties, sexuality, and the South by a New York Times–bestselling “strong, salty, original talent” (Doris Lessing). Kinflcks: “An ambitious, funny, lucid and unfailingly honest” coming-of-age novel set in the 1960s American South (The New Yorker). Tart-tongued Tennessean Ginny Babcock seems to live in an idyllic world—and her mother documents every moment for the family's home movies. But mother's “kinflcks” don't capture everything about Ginny. Not by a long shot. Original Sins: In this “thoroughly endearing” novel, Sally, Emily, Jed, Raymond, and Donny are friends who dream big in rural Tennessee (Chicago Tribune). But the road to reality isn't quite what they imagined. Some take the safe route; others drift away to reconsider their roots and traditions; and for Donny, an African American, fulfilling dreams is all about resilience. In the ever-shifting landscape of the 1950s and '60s, they grow up, grow apart, and have every good intention of coming back together. Five Minutes in Heaven: Raised in the Tennessee hills in the 1950s, Jude grows into a young woman who finds her soul mate in her new neighbor Molly. But when age and social convention intervene, she ventures north to pursue all that sixties New York has to offer—including a transitional comfort with a man in the midst of his own sexual discovery. With an endearing heroine and a smart consideration of what it means to love—and be loved—this coming-of-age novel is “a little bit of heaven” (Rita Mae Brown).

'The Devil's Advocate makes your palms sweat and your blood run cold; the terrific trial scenes out-Grisham John Grisham.' The Times 'This guy is the real deal. Trust me.' LEE CHILD 'Top notch thrills and courtroom drama' SHARI LAPENA 'A terrific writer. He has talent to burn.' DON WINSLOW A DEADLY PROSECUTOR They call him the King of Death Row. Randal Korn has sent more men to their deaths than any district attorney in the history of the United States. A TWISTED RITUALISTIC KILLING When a young woman, Skylar Edwards, is found murdered in Buckstown, Alabama, a corrupt sheriff arrests the last person to see her alive, Andy Dubois. It doesn't seem to matter to anyone that Andy is innocent. A SMALL TOWN BOILING WITH RAGE Everyone in Buckstown believes Andy is guilty. He has no hope of a fair trial. And the local defense attorney assigned to represent him has disappeared. A FORMER CON-ARTIST Hot shot New York lawyer Eddie Flynn travels south to fight fire with fire. He plans to destroy the prosecutors case, find the real killer and save Andy from the electric chair. But the murders are just beginning. Is Eddie Flynn next? 'Addictive, unpredictable and timely' WILL DEAN 'Gripping, twisty and smart' JANE FALLON 'THE beach read of the summer of 2021' ADRIAN MCKINTY 'Like a binge-worthy boxset in book form' PHILIPPA PERRY 'This is Steve Cavanagh's best yet' JO SPAIN

Former sergeant Vincent Peterson goes to work like any other person. But today is different. Unexpectedly, he's approached by a woman Athena who insists that he is needed for a top-secret project, and in exchange, she can prove that his name and his reputation were destroyed. But before Athena can deliver what she has promised, she's kidnapped in broad daylight right from Vincent's grasp by a group of Russians, leaving Vincent worse off than ever. Events have been set in motion. Vincent is now part of something much larger, and only Athena has the answers that he needs. Being hunted by the FBI, the US Army, and a clandestine Russian operative, Vincent is in the

ultimate fight of his life. To get out, Vincent will have to go further in than ever before in order to learn the truth about his past and save his future.

Light is what photography is all about, but many photographers find that it poses their toughest technical and artistic challenge. Fortunately, this easy-to-grasp guide shows both new digital camera owners and those with more experience how to understand, modify, and control light to create more compelling images. Learn all about the color, direction, and quality of natural light and how to adjust lighting to flatter the subject. Find out about the best lighting strategies for portraits, close-ups, interiors, performances, and outdoor occasions. This illuminating book starts you off with the basics--but by the time you're through, you'll have the knowledge to become a true lighting master.

Contains all-new images and a new Appendix by Charles E. Gannon! 2105, September: Intelligence Analyst Caine Riordan uncovers a conspiracy on Earth's Moon—a history-making clandestine project—and ends up involuntarily cryocelled for his troubles. Twelve years later, Riordan awakens to a changed world. Humanity has achieved faster-than-light travel and is pioneering nearby star systems. And now, Riordan is compelled to become an inadvertent agent of conspiracy himself. Riordan's mission: travel to a newly settled world and investigate whether a primitive local species was once sentient enough so to have built a lost civilization. However, arriving on site in the Delta Pavonis system, Caine discovers that the job he's been given is anything but secret or safe. With assassins and saboteurs dogging his every step, it's clear that someone doesn't want his mission to succeed. In the end, it takes the keen insights of an intelligence analyst and a matching instinct for intrigue to ferret out the truth: that humanity is neither alone in the cosmos nor safe. Earth is revealed to be the lynchpin planet in an impending struggle for interstellar dominance, a struggle into which it is being irresistibly dragged. Discovering new dangers at every turn, Riordan must now convince the powers-that-be that the only way for humanity to survive as a free species is to face the perils directly—and to fight fire with fire. At the publisher's request, this title is sold without DRM (Digital Rights Management).

Popular Mechanics inspires, instructs and influences readers to help them master the modern world. Whether it's practical DIY home-improvement tips, gadgets and digital technology, information on the newest cars or the latest breakthroughs in science -- PM is the ultimate guide to our high-tech lifestyle.

Solutions for navigating an ever-changing social media world Today's students face a challenging paradox: the digital tools they need to complete their work are often the source of their biggest distractions. Students can quickly become overwhelmed trying to manage the daily confluence of online interactions with schoolwork, extracurricular activities, and family life. Written by noted author and educator Ana Homayoun, *Social Media Wellness* is the first book to successfully decode the new language of social media for parents and educators and provide pragmatic solutions to help students: Manage distractions Focus and prioritize Improve time-management Become more organized and boost productivity Decrease stress and build empathy With fresh insights and a solutions-oriented perspective, this crucial guide will help parents, educators and students work together to promote healthy socialization, effective self-regulation, and overall safety and wellness. "Ana Homayoun has written the very book I've yearned for, a must-read for teachers and parents. I have been recommending Ana's work for years, but *Social Media Wellness* is her best yet; a thorough, well-researched and eloquent resource for parents and teachers seeking guidance about how to help children navigate the treacherous, ever-changing waters of social media and the digital world." —Jessica Lahey, *New York Times* Bestselling Author of *The Gift of Failure* "This is the book I've been waiting for. Ana Homayoun gives concrete strategies for parents to talk with their teens without using judgment and fear as tools. This is a guidebook you can pick up at anytime, and which your teen can read, too. I'll be recommending it to everyone I know." —Rachel Simmons, *New York Times* Bestselling Author of *The Curse of the Good Girl* Read About Ana Homayoun in the news: *NYTimes*, *The Secret Social Media Lives of Teenagers* *Pacific Standard*, *Holier Than Thou* *IPO: Snapchat and Effective Parenting* *Parenttoolkit.com*, *Emojis, Streaks, Stories, and Scores: What Parents Need to Know About Snapchat* *Los Angeles Review of Books*, *Life and Death 2.0: When Your Grandmother Dies Online*

4 of 5 stars: Some moments made my heart warm and others made me grit my teeth. The ending blew my mind! Not what I expected at all and I know that it was a powerful ending for a stand alone, BUT I'm hoping that the story doesn't end here! Rachael Sizemore's GoodReads review. Following promises of change, in a grand affirmative action, the Provider usurped control and created Our State. Across the frigid, snow covered lands; brilliant domed cities called Progressives were erected. For the inhabitants within, life is complete bliss. They are kept ignorant, bestowed rights by the Provider, all they could ever want, a simple exchange for their allegiance. They are the Served, they are the Progs. The Servers, however, are afforded no such luxuries. Their ability, their genetic make-up that predisposes them to productive endeavors and creative expression is their bane, but as the Provider has conditioned them to believe, it is also their freedom, the freedom to serve. Wooden bunks strewn with straw, barbed wire fence, and machine gun towers make up their tenement, their home. Their guards, the Black Cats, provide order and discipline, motivation. For one Server, Medical Provider Blair Huxley, questions continue to plague him. He suffers from the treasonous ailment termed individual thought. A chance encounter with a Prog at the Medical Rights Facility adds to Huxley's questions, questions concerning the morality of the system of which he is a part. His journey towards answers brings him face to face with the true meaning of Change. "Knowledge creates choice; choice leads to chaos. Chaos begets pain, strife, conflict, and the insidious act of thought. We offer the people something far better: ignorance. The body is but an easel, ignorance the blank slate of the mind, an empty canvas upon which we freely paint, in brush strokes of various hues, the images of bliss. Rest assured, Server Huxley, we are not tyrants or villains, we are not despots or dictators; we are visionaries, we are emancipators, and we are artists. A person cannot want what they do not know exists. We keep the Served blissful by keeping them ignorant. It is as though the Served are a donkey following a carrot on a stick. We keep a simple pleasure before them. They will always go the direction we wish for them to go, for we are the carrot. " Andrei Zamyatin *Overseer of Bliss and Harmony Progressive* 17 While paying homage to the likes of Orwell's *1984*, Huxley's *Brave New World*, Zamyatin's *We*, and Rand's *Anthem*, *Change* depicts the story of a Server who has the strength to question a system, a system devoid of logic and draped in twisted morality.

Front line combat soldier in General Patton's Third Army WWII Stanford University--worked 40 hours a week and carried full load Invented flexible endoscope (fiber optics) 1952 Family practice 42 years in small town (Hollister) West Central

California Had 12 foreign students live in my home, go to school and become part of my life Learned to fly. Joined Flying Doctors and made over 100 trips to Mexico over 30 years Earthquake West Yellowstone, Montana 1985. Flew in set up an aide station and cared for the injured Associate professor at Stanford Medical School and University of California at Davis, medical school Martin Luther King. Marched for freedom at Selma 1965 Earthquake Mexico 1985. Set up and led rescue team to care for the injured Returned with Rotary Club and Flying Doctors to help rebuild and totally re-equip hospital in Lazaro Cardenas, Mexico China: went there just after Tienanmen Square Returned to China several time to try to get Rotary Clubs accepted. Helped to bring equipment to large Chinese hospitals Developed a new mechanical theory about gravity and cosmology

This unique and encyclopedic reference work describes the evolution of the physics of modern shock wave and detonation from the earlier and classical percussion. The history of this complex process is first reviewed in a general survey. Subsequently, the subject is treated in more detail and the book is richly illustrated in the form of a picture gallery. This book is ideal for everyone professionally interested in shock wave phenomena.

Award-winning screenwriter, journalist, and political insider Hilsman brings an inside knowledge of both politics and intelligence that makes "19 Angels" a gripping, ripped-from-the-headlines read.

The oldest and most respected martial arts title in the industry, this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self-defense in the world - including techniques and strategies. In addition, Black Belt produces and markets over 75 martial arts-oriented books and videos including many about the works of Bruce Lee, the best-known marital arts figure in the world.

'I can tell you exactly the day it all went wrong - the day my mum attacked my dad with a kitchen knife. In those few, short seconds, a black hole opened up in my life and I fell right in.' Tina McGuff's life was perfect - or so she thought. Living in Dundee with her devoted parents and three younger sisters, she was a happy, healthy and confident thirteen-year-old. But all that changed in one horrifying act of revenge and Tina's world collapsed overnight. Terrified, lost and confused, she turned to the one thing she thought she could control - food. And so began the biggest fight of her life. Tina's life-or-death struggle with anorexia is told with devastating honesty in this extraordinary account of a girl at war with herself. Through her years in and out of psychiatric wards, Tina takes us to some of the darkest places of the mind. But in the end her courage, conviction and sheer determination win out. It took Tina seconds to snap and a lifetime to recover - but today, as a passionate campaigner for mental health, she is living proof that there is always a reason to hope that one day, things will get better.

Following the events of *The Last Colony*, John Scalzi tells the story of the fight to maintain the unity of the human race. The people of Earth now know that the human Colonial Union has kept them ignorant of the dangerous universe around them. For generations the CU had defended humanity against hostile aliens, deliberately keeping Earth an ignorant backwater and a source of military recruits. Now the CU's secrets are known to all. Other alien races have come on the scene and formed a new alliance—an alliance against the Colonial Union. And they've invited the people of Earth to join them. For a shaken and betrayed Earth, the choice isn't obvious or easy. Against such possibilities, managing the survival of the Colonial Union won't be easy, either. It will take diplomatic finesse, political cunning...and a brilliant "B Team," centered on the resourceful Lieutenant Harry Wilson, that can be deployed to deal with the unpredictable and unexpected things the universe throws at you when you're struggling to preserve the unity of the human race. Being published online from January to April 2013 as a three-month digital serial, *The Human Division* will appear as a full-length novel of the Old Man's War universe, plus—for the first time in print—the first tale of Lieutenant Harry Wilson, and a coda that wasn't part of the digital serialization. Old Man's War Series #1 Old Man's War #2 The Ghost Brigades #3 The Last Colony #4 Zoe's Tale #5 The Human Division #6 The End of All Things Short fiction: "After the Coup" Other Tor Books The Android's Dream Agent to the Stars Your Hate Mail Will Be Graded Fuzzy Nation Redshirts Lock In The Collapsing Empire (forthcoming) At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

Bestselling author Lisa Alther's classic coming-of-age novel set amidst the changing times of the 1960s American South Growing up in Tennessee in a family of privilege, Ginny Babcock's world is seemingly idyllic. Her father, the Major, runs the local plant—and, thus, the town—and her mother works on beloved home movies, or "kinflicks," as her children call them, documenting the quintessential moments of her children growing up. But her mother's camera isn't there to capture Ginny's growing rebellion against her prim Southern upbringing. From her backseat exploits as a popular high schooler, to her late night adventures at the moonshine joint with a greaser boyfriend, to her passionate days with a lover at the militant feminist commune in Vermont, Ginny throws herself into the moment—until, finally, she must return home and look after her ailing mother. Funny, wise, and filled with unforgettable characters, *Kinflicks* is a captivating novel that draws on the human fallout of turbulent times. This ebook features an illustrated biography of Lisa Alther, including rare photos from the author's personal collection.

Psychiatrist Woody Wood, Americas love guru and renowned phobia specialist, persuaded his fiance to wait until their wedding night to consummate their relationship, because unbeknownst to her and the millions who read his syndicated sexual advice column, Woody is still a virgin due to a debilitating performance anxiety. Further complicating matters is the sudden arrival of Woodys 72-year-old- mother, Happy, and her one-legged psychopathic boyfriend who escaped from a locked mental ward and appeared at Woodys doorstep just in time to brew a potpourri of unimaginable trouble for the two love birds. Happys never-ending supply of laxatives, scathing truths, and a mysterious red shoebox wreak havoc on Rudd Waters, the fetching former beauty queen and fiance of Woody, and Woodys three-legged incontinent and neurotic dog, Di. Woodys two million dollar mansion, not big enough for the four of them, becomes even smaller with the addition of Lucky, Happys slutty daughter, Luckys do-nothing husband, Jeep, and Ben, Luckys rotund lawyer friend and married

lover. Julian, a promiscuous chef, and Christian, a conflicted and closeted heart surgeon and former lover of Rudd, round out this crazy mix. Told from the point of view of thirteen characters, 911 is a dark comedy based on real people and an incredible chain of real events that ultimately threaten not only Woodys sanity, but his life! Happy, Jewish American Princess and marionette mistress extraordinaire, possesses the uncanny ability to control the destiny of misfits, embroiled in a Gordian knot, in the end unveiling unexpected acumen and cunning talent.

"Holly Roberts most thrilling series!" -Books with an Edge "Just tagged this as an all-time favorite book, this means this is so good." -Bookingly Yours Blog "A 5* read and I will be on the lookout for more" -AbFab Book Reviews "What happens when good and bad mix?? EXPLOSIONS!!!" -Michelle Loves to Read "It was funny, gritty, and sexy as hell. Holly S. Roberts is def on my authors to watch list!" -JJ Book Bangers The World: The Hotter Than Hell world is made up of criminals, outlaw motorcycle gangs and strong women who go after what they want. Arizona's summer heat, where you can fry an egg on the sidewalk, is the setting. Cruz the streets of Phoenix where danger lurks behind a wall of fiery suspense and steamy romance fans the flames of deadly desire. The men behind the criminal empire: Catch Xavier Moon controls the criminal underworld of Arizona and safety has a price. Alex Gomez is Moon's enforcer. His hands are covered in blood and the lines between right and wrong blurred. Dax Jonathan Montgomery rides for an outlaw motorcycle gang after spending years in prison for killing the man who murdered his wife and unborn child. His path crosses Moon's and all hell breaks loose. The women who give the men a run for their money: Madison Kinlock has a dead-end job as a private investigator after an injury ends her career as a police officer. She knows who Moon is and she isn't afraid. Maybe she should be! Celina Thomas has a deadly secret. When she crosses paths with Alex Gomez her world changes forever as they fight for the life of an innocent child. Sofia Guadalupe Acosta was born the biproduct of a drugged-out mother and a skinhead father who wanted her dead. Dax is everything she hates and she's everything he wants. The Solution: Hang onto your eReader and take a wild ride through the hot streets of Moon's empire!

In the dark days of WWII, a special unit was commissioned by Lieutenant James Dunmore, an intelligence officer on General George Patton's staff. Made up of tough volunteers, the unit had only one purpose-to hit first, hit hard, and kill without hesitation. This band of elite warriors would become known as the Mohawkers-and the last thing the enemy would see would be Recon Force Thunderbolt. Two days before the allied invasions of Sicily, Lt. John "Red" Parnell and this Blue Team are put ashore for a high-risk mission-to find and rescue powerful Mafia capo who can aid the allies in taking the island. But a bloody war erupts between Mob strongmen and Blue Team is sucked into it, fighting against bloodthirsty Mafiosi armed to the teeth by a brutal German Waffen-SS officer, Captain Karl Keppler. Obsessed by his hatred for Blue Team and their partisan guides, Keppler grimly continues hunting them throughout the invasion of Salerno, through the bloody guerrilla fighting on the Volturno River and the great Liri Valley, to the final, deadliest event of the Italian campaign, the assault on Monte Cassino.

The inside story of today's Dambusters, 617 Squadron RAF, at war in Afghanistan. In May 1943, 617 Squadron RAF executed one of the most daring operations in military history as bombers mounted a raid against hydro-electric dams in Germany. 617 Squadron became a Second World War legend. Nearly 70 years later, in April 2011, a new generation of elite flyers, now flying supersonic Tornado GR4 bombers, was deployed to Afghanistan - their mission: to provide close air support to troops on the ground. Tim Bouquet was given unprecedented access to 617's pre-deployment training and blistering tour in Afghanistan. From dramatic air strikes to the life-and-death search for IEDs and low-flying shows of force designed to drive insurgents from civilian cover, he tracked every mission - and the skill, resilience, banter and exceptional airmanship that saw 617 through.

Her Imperial Highness Empress Irene is in trouble. She needs to prevent the take over of the universe by the power hungry Mortimer Jones . . .

Philadelphia sports fans have a reputation as the roughest, toughest, most vocal and unruly fans in sports. Philly fans booed Santa, cheered, as Michael Irvin lay motionless on the Vet's hard Astroturf. Sports radio personalities Glen Macnow and Anthony Gargano tell the story from the Philadelphia fan's perspective. In part a Philadelphia sports memoir, The Great Philadelphia Fan Book is also a historical and anecdotal account of the nation's passionate sports fans centering around Philadelphia's four major league teams. The authors mount a sturdy apologia that will be sure to delight Philadelphia sports fans and remind them of their unique and unabashed dedication to their hometown teams.

Surveys the participants, circumstances, and play of the first forty-six Super Bowl games, and offers lists of the ten best and worst plays and players, game records, and statistics.

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