

Beyond Impossible From Reluctant Runner To Guinness World Record Breaker

Beyond Impossible [European Dream and Reluctant Integration in the 21st Century](#) **Eat & Run** *The Incomplete Book of Running* **Take the Cardio Challenge** *The Reluctant Journey* *The Reluctant Cannibals* **Sins of the Demon** *Reluctant Editor: The Singapore Media as Seen Through the Eyes of a Veteran Newspaper Journalist* **Runner's World Train Smart, Run Forever** **Song of the Township** *Powerful Language for Reluctant Learners* *Runner's World Performance Nutrition for Runners* *Not Me! The World War II Memoir of a Reluctant Rifleman* **Short Fat Chick in Paris** **Healthy Running Step by Step** *Runner's World* **The Reluctant Wife** *Just a Little Run Around the World* *Raising Our Hands* **The Reluctant Warrior** *Running the World* **A Reluctant Belle (Daughtry House Book #2)** **Journal of Biological Psychology; Or, Worm Runner's Digest** *Bleeding Nipples: What it takes to be a successful runner* *Reluctant Technophiles* *Reluctant Readers* *The Reluctant Leader* [WARP Book 1](#) *The Reluctant Assassin* **Run to the Finish** **Reluctant Prophets and Clueless Disciples** *The Reluctant Father* *The Reluctant Civilian* *Her Reluctant Hero* *I Run, Therefore I am STILL Nuts!* **Running Free Cold as Ice** *The Age of Reagan: The Fall of the Old Liberal Order* *Golden Kicks*

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[Reluctant Readers](#) Aug 01 2020 "This detailed book outlines the characteristics of reluctant readers, strategies for reading success, how to overcome barriers and more" Cf. Our choice, 1999-2000.

Eat & Run Aug 25 2022 Traces the author's remarkable career while revealing the influence of his vegan lifestyle, describing his transition from a Midwestern hunter to a record-breaking athlete.

Journal of Biological Psychology; Or, Worm Runner's Digest Nov 04 2020

Run to the Finish Mar 28 2020 Inspiration and practical tips for runners who prioritize enjoyment over pace and embrace their place as an "average" runner In her first book, popular runner blogger Amanda Brooks lays out the path to finding greater fulfillment in running for those who consider themselves "middle of the pack runners" -- they're not trying to win Boston (or even qualify for Boston); they just want to get strong and stay injury-free so they can continue to enjoy running. Run to the Finish is not your typical running book. While it is filled with useful strategic training advice throughout, at its core, it is about embracing your place in the middle of the pack with humor and learning to love the run you've got without comparing yourself to other runners. Mixing practical advice like understanding the discomfort vs. pain, the mental side of running, and movements to treat the most common injuries with more playful elements such as "Favorite hilarious marathon signs" and "Weird Thoughts We all Have at the Start Line," Brooks is the down-to-earth, inspiring guide for everyone who wants to be happier with their run.

[Just a Little Run Around the World](#) Apr 09 2021 "Heartbroken when she lost her husband to cancer, Rosie set off from Wales with nothing but a small cart of food and equipment, funded by the rent from her little cottage. So began a five-year solo journey that would take Rosie 20,000 miles around the world in memory of the man she loved. Followed by wolves, knocked down by a bus, confronted by bears, chased by a naked man with a gun and stranded with severe frostbite, Rosie's gripping story is a rollercoaster adventure of epic proportions." -- Back cover.

Healthy Running Step by Step Jul 12 2021 Don't let an old injury keep you from enjoying races, morning runs, or attaining fitness goals. In the first part of Healthy Running Step by Step, authors Robert Forster, PT and Roy M. Wallack recommend the best training based on your fitness goals, including strength training, cross training, sprints, yoga, and rest. Part two goes a step further from other books by addressing the most modern methods of treatment—including current studies on the amount of rest required, new and controversial surgical operations and injections, the newest and most effective gear, and barefoot/minimalist running as a form of healing. If you are recovering from an injury or want to prevent becoming injured in the first place, Healthy Running Step by Step is a must-have guide.

Reluctant Editor: The Singapore Media as Seen Through the Eyes of a Veteran Newspaper Journalist Feb 19 2022 PN Balji is a veteran journalist with more than 40 years' experience in Singapore journalism

and has worked in five newspapers, three of them as Editor. His experience spans print, broadcast and digital journalism. He is one of Singapore's most well-known media personalities and has provided communications advisory services to both public and private sector organisations in Singapore, including government ministries, statutory boards and tertiary institutions.

A Reluctant Belle (Daughtry House Book #2) Dec 05 2020

Impoverished Southern belle Joelle Daughtry has a secret. By day she has been helping her sisters in their quest to turn the run-down family plantation into a resort hotel after the close of the Civil War. But by night and under a male pseudonym, she has been penning articles for the local paper in support of the construction of a Negro school. With the Mississippi arm of the Ku Klux Klan gaining power and prestige, Joelle knows she is playing a dangerous game. When childhood enemy and current investor in the Daughtry house renovation Schuyler Beaumont takes over his assassinated father's candidacy for state office, Joelle finds that in order to protect her family and her home, she and Schuyler will have to put aside their longstanding personal conflict and develop a united public front. The trouble is, what do you do when animosity becomes respect--and even love--if you're already engaged to someone else?

Running the World Jan 06 2021 Never before in the history of mankind have so few people had so much power over so many. The people at the top of the American national security establishment, the President and his principal advisors, the core team at the helm of the National Security Council, are without question the most powerful committee in the history of the world. Yet, in many respects, they are among the least understood. A former senior official in the Clinton Administration himself, David Rothkopf served with and knows personally many of the NSC's key players of the past twenty-five years. In Running the World he pulls back the curtain on this shadowy world to explore its inner workings, its people, their relationships, their contributions and the occasions when they have gone wrong. He traces the group's evolution from the final days of the Second World War to the post-Cold War realities of global terror -- exploring its triumphs, its human dramas and most recently, what many consider to be its breakdown at a time when we needed it most. Drawing on an extraordinary series of insider interviews with policy makers including Condoleezza Rice, Colin Powell, Henry Kissinger, senior officials of the Bush Administration, and over 130 others, the book offers unprecedented insights into what must change if America is to maintain its unprecedented worldwide leadership in the decades ahead.

Song of the Township Dec 17 2021 The true stories that follow describe what life was like in South Africa towards the end of the Apartheid regime. During the civil war and the struggle for freedom, 'The Song of the Township' is the sound of life - the sound coming from a battle-torn Black school where 1,500 young boys and girls were struggling to find a future. It is the story of the many peoples of our 'Rainbow Nation' who lived in the heart of a very poor township. The

story begins in 1987, but one can't help but wonder if the song of the township is not exactly the same 30 years later in 2020! Umlazi Township in Durban is typical of all townships in South Africa. Here we find a quarter of a million African people struggling to survive from one meal to the next. They are caught relentlessly in the grip of protest marches, forced strikes and the ruthless killings of the innocent in the middle of a civil war. All the characters of this book are fictitious and the names of places have been changed but they are based on real people. When King Solomon wrote his immortal words in the Holy Bible, he could have been speaking about one of our little townships: "A time to be born and a time to die. A time to plant and a time to uproot. A time to love and a time to hate. A time for war and a time for peace. For everything under the sun There is a season." (Extract from Ecclesiastes 3:2-8)

Runner's World Performance Nutrition for Runners Oct 15 2021 Up-to-date nutrition advice for runners, based on the latest science Runners have different nutrition and recovery needs than other endurance athletes. Yet until now, they've had no nutritional resource specifically addressing their concerns. This comprehensive guide distills the newest thinking in the science of exercise nutrition into practical, hands-on tips that will help runners stay healthy, recover faster, enjoy better workouts, and race successfully. Readers will learn: • detailed information on nutritional topics important to runners, from balancing internal energy stores to proper hydration • how to customize their diets to their individual training needs • shopping tips and dining-out strategies to help runners maximize their nutritional intake • the top 5 pre-race meals and top 5 healthiest snacks for runners • nutritional tips for special populations, including women, children, diabetics, and older runners

Take the Cardio Challenge Jun 23 2022 This book reminds students that there are many ways to exercise. From walking to running, cycling to boxing, high-intensity interval training to swimming, this guidebook provides readers with a variety of cardiovascular training exercises. Students will receive sample exercises and stretches to add to their repertoire and learn about the importance of cardiovascular exercise. This book demonstrates the physical benefits, such as increased blood circulation, improved stamina, and stronger heart and lungs, that exercise has on the body.

The Age of Reagan: The Fall of the Old Liberal Order Jul 20 2019 The Age of Reagan brings to life the tumultuous decade and a half that preceded Ronald Reagan's ascent to the White House. Drawing on scores of interviews and years of research, Steven F. Hayward takes us on an engrossing journey through the most politically divisive years the United States has had to endure since the decade before the Civil War. Hayward captures an America at war with itself—and an era whose reverberations we feel to this very day. He brings new insight into the profound failure of Lyndon Johnson's Great Society, the oddly liberal nature of Richard Nixon's administration, the significance of Reagan's years as California's governor, the sudden-death drama of his near defeat of Gerald Ford in the 1976 Republican primary, the listlessness of Jimmy Carter's leadership, and the political earthquake that was Reagan's victorious presidential campaign in 1980. Provocative, authoritative, and majestic in scope, *The Age of Reagan* is an unforgettable account of the rebirth and triumph of the American spirit.

The Reluctant Leader Jun 30 2020 Taking on a leadership role does not always come naturally. Lack of confidence, self-doubt, apprehension and fear of failure all hold many gifted people back. In *The Reluctant Leader*, coaching experts Peter Shaw and Hillary Douglas share wisdom gained from working extensively with leaders across all sectors, helping you turn your natural hesitation into a confident use of your leadership gifts. Recognising the importance of humility, they offer many practical tips for gaining confidence by adopting good role models, building support, experimenting with a wider repertoire of skills, celebrating success and growing through failure. With many examples and tips for good practice, *The Reluctant Leader* explores reluctance at emotional, intellectual and practical levels, asking such questions as: - Why do I not want to stand out from others? - Why do I dwell on risks and fears? - Why do I shy away from conflict? - Why do I have to be 100 per cent sure before taking a step forward? - How can I overcome a fear of public speaking?

The Incomplete Book of Running Jul 24 2022 Peter Sagal, the host of NPR's *Wait Wait...Don't Tell Me!* and a popular columnist for *Runner's World*, shares "commentary and reflection about running with a deeply felt personal story, this book is winning, smart, honest, and affecting. Whether you are a runner or not, it will move you" (Susan Orlean). On the verge of turning forty, Peter Sagal—brainiac Harvard grad, short bald Jew with a disposition towards heft, and a sedentary star of public radio—started running seriously. And much to his own surprise, he kept

going, faster and further, running fourteen marathons and logging tens of thousands of miles on roads, sidewalks, paths, and trails all over the United States and the world, including the 2013 Boston Marathon, where he crossed the finish line moments before the bombings. In *The Incomplete Book of Running*, Sagal reflects on the trails, tracks, and routes he's traveled, from the humorous absurdity of running charity races in his underwear—in St. Louis, in February—or attempting to "quiet his colon" on runs around his neighborhood—to the experience of running as a guide to visually impaired runners, and the triumphant post-bombing running of the Boston Marathon in 2014. With humor and humanity, Sagal also writes about the emotional experience of running, body image, the similarities between endurance sports and sadomasochism, the legacy of running as passed down from parent to child, and the odd but extraordinary bonds created between strangers and friends. The result is "a brilliant book about running...What Peter runs toward is strength, understanding, endurance, acceptance, faith, hope, and charity" (P.J. O'Rourke).

Powerful Language for Reluctant Learners Nov 16 2021 Gary A. Hughes takes you into the mind of reluctant learners and shares how to help them succeed in this resource for educators. As a veteran teacher, Hughes has a wealth of experience helping reluctant learners, and he's gained even more experience as the father of Jeremiah Hughes, who was a reluctant learner in his early years of school. Gary A. Hughes was also once a reluctant learner himself as a high school student. In looking back at how he's helped his son and others succeed, he shares how to: help students build self-esteem; appreciate the impact that spoken words have on reluctant learners; use words that celebrate and affirm student academic life; He also breaks down the categories that reluctant learners typically fall into, shares four common reasons that students are reluctant to learn, and explores how to break down barriers so students can bolster achievement. Moreover, he highlights the importance of simple things, such as getting the names of students right, telling them the truth, and making sure they know they're valued. Build trust with students, help them overcome a fear of failure, and encourage them to embrace learning in this invaluable resource.

Runner's World Jun 11 2021 *Runner's World* magazine aims to help runners achieve their personal health, fitness, and performance goals, and to inspire them with vivid, memorable storytelling.

Runner's World Train Smart, Run Forever Jan 18 2022 From the experts at the Furman Institute of Running and Scientific Training (FIRST), *Runner's World Train Smart, Run Forever* goes beyond traditional training programs and addresses the issues that prevent runners from reaching their full potential. This book will teach you how to become a fit, fast, and healthy lifelong runner by following the authors' innovative 7-hour workout week. In this new approach, Bill Pierce and Scott Murr show how overall fitness and total body health are the secret to longevity as a runner. *Runner's World Train Smart, Run Forever* is appropriate for all runners, but is especially helpful if you're frustrated by injuries or looking to maintain your healthy lifestyle as you age. This book addresses the controversies surrounding the dangers of over training and the stress associated with the constant craving for faster race times. Complete with a comprehensive program to enhance overall fitness, improve race times, and support healthy aging, this book will show you how to achieve your fitness goals at any stage.

Cold as Ice Aug 21 2019 "This book has everything I like! Hot hero, strong heroine, kidnapping, a second chance, set in Alaska, and enough suspense to keep me turning the pages as fast as I can!" -New York Times bestselling author Susan Stoker. Daphne Du Maurier Award For Excellence In Mystery/Romantic Suspense finalist. When Darby O'Roarke wakes up in a strange house with a dead man - with no memory of what happened - she knows who she has to call: FBI Supervisory Special Agent Eban Winters...the man she fell for, and who rejected her, last summer. A negotiator isn't supposed to get involved with kidnap victims, and Eban has been trying to avoid the temptation that is Darby O'Roarke ever since they met. One frantic phone call has him racing to Alaska to uncover the truth, but he faces stubborn opposition from the local police, and a growing media frenzy. Getting Darby released from jail and keeping her safe is his first priority. When another woman is brutally slain, evidence emerges that suggests Darby is being framed, and that the culprit is a vicious serial killer who has eluded the FBI for more than a decade...and, now, the killer has Darby in their sights.

The Reluctant Warrior Feb 07 2021 The shocking true story of Edmund Ciriello, an intelligence operative, who had a license to kill and the compassion to save lives. A compelling memoir about covert live in the shadows as only an insider can tell it. From his first mission behind

enemy lines during the Korean War, to his rescue attempt of two kidnapped girls held in Saudi Arabia during Desert Storm, Cirello takes us inside his mysterious world. His many years in Chicago and Hollywood are an exciting and hilarious journey through the real world of private investigations. An explosive book relevant to the crises facing the world and the real reasons behind them.

The Reluctant Father Jan 26 2020 New York Times bestselling author Diana Palmer brings readers back to the range with a reader-favorite tale of love, family and cattlemen! Blake Donovan has one nemesis—love. He's spent so many years building a wall between himself and the outside world that he doubts anyone could ever thaw the ice around his heart. But he gets the surprise of a lifetime when a little girl with his green eyes shows up on his doorstep. He's a daddy! What's a rancher to do? Little Sarah is accompanied home by Meredith Calhoun, who isn't so eager to see Blake. Although she was once a thorn in Blake's side, Meredith is now a stunningly beautiful woman. She's spent time away from home and matured, becoming a successful author. But can she melt Blake's hardened heart to create a forever family with the man of her dreams and his newfound daughter? Look for Diana Palmer's tale of love born in Big Sky County with Wyoming Rugged.

Reluctant Technophiles Sep 02 2020 The past was glorious. A future disrupted by technology is almost here. But India still awaits its technology-based prosperity. With deep-rooted inequalities, disinformation and corruption running through the veins of the Indian society, it's hypocritical to pretend that technological solutions can solve all our problems. We are also relatively unprepared for the genuine challenges technology presents. While the benefits of technology are numerous, the challenges have the potential to magnify existent biases, exacerbate social and economic inequality, and break the social fabric. *Reluctant Technophiles: India's Complicated Relationship with Technology* sheds light on what technology can solve and what it can't. Drawing from the discussions of ancient religious text, quantum computing, Greek mythology and current events, the book tries to find the sweet spot at the intersection of technology, policy and society.

Not Me! The World War II Memoir of a Reluctant Rifleman Sep 14 2021

Bleeding Nipples: What it takes to be a successful runner Oct 03 2020

Golden Kicks Jun 18 2019 Many iconic shoes, such as the adidas Stan Smith, Nike Air Jordan and Puma Suede are worn by millions as everyday footwear, but were originally born to bring victory on court, track and field. *Golden Kicks* reveals the stories behind some of the greatest shoes in sporting history, the roles they played in sport's most significant moments, and how they have made the transition from classic sportswear to mainstream streetwear. Discover the amazing stories behind the shoes, the people who made them, and the athletes who wore them.

The Reluctant Wife May 10 2021 *The Reluctant Wife* by Bronwen Evans Abby Taylor walked out on her irresistible husband three years ago. Now she has no choice but to return to Italy to ask him for a favor. To pay for her grandmother's heart operation she needs his money, but it comes with strings attached. Conte Dante Lombardi has it all—an Italian villa, a successful family business, and a noble title. But he needs a child to carry on his legacy and time is running out. He also hopes to satisfy the desire Abby rouses in him. As Abby uncovers why he's in such a hurry for a child, she falls in love with him again ... just as she realizes it might be impossible to keep her end of the deal.

I Run, Therefore I am STILL Nuts! Oct 23 2019 Whether you are just getting acquainted with the joys of running or you can recite the brand and model number of your last 12 pairs of running shoes, you'll identify with this book as runners did with the popular first volume, *I Run, Therefore I Am—Nuts!* Best-selling running humorist Bob Schwartz—the Dave Barry of running—is back and will once again have you laughing as he captures the humor, craziness, and obsessions of runners—new and old—with this new collection of 43 hilarious stories. *I Run, Therefore I Am— STILL Nuts!* brings out the humor in situations that every runner can relate to: • Suffering from RWIA, otherwise known as running watch information addiction • The addictive nature of high-intensity interval training • The depths of despair upon learning your favorite shoe will be discontinued • Embracing the saving grace of age-graded race time calculators • Attempting to run with a reluctant canine companion • Trying out running in the oxymoron of barefoot shoes If you know that the iliotibial band is not an alternative rock group, wear bruised toenails like badges of honor, and know the feeling of having an elephant resting on your shoulders as you've hit the wall—this book is for you!

Short Fat Chick in Paris Aug 13 2021 A book for chicks of all ages who sometimes get it wrong but keep on trying anyway . . . When celebrity broadcaster and columnist Kerre Woodham became the Short Fat Chick

who runs marathons, she changed lives. Hugely successful, her first book is now followed by a funny, inspiring and devastatingly honest continuation of her personal story. this time Kerre shares more of her physical and emotional journey through a life lived out loud - the highs and lows of a woman who has privately battled flab, the piss fairy and depression behind a public life of glitz and glamour. After the euphoria of the New York Marathon, Kerre set her sights on London - and failed miserably. Did that stop her? Hell no. With training and personal weight-loss programmes designed for her by long-term trainer, friend and co-author, Gareth (aka Gaz) Brown, the Short Fat Chick decided to go French. With a group of friends and fellow runners, Kerre went to Paris... nothing will ever be the same.

□□□□ May 30 2020

European Dream and Reluctant Integration in the 21st Century Sep 26 2022 To avoid a repeat of those nationalist nightmares, a common European Dream emerged after WWII, which has since developed into some essential doctrines of European integration. This dream-inspired institutionalist context has framed intergovernmental bargaining, sectoral spillovers and transnational cooperation in European integration. The powerful European Dream has even encouraged Europeans toward closer integration, though they were, quite often, very reluctant to go further. This dream-driven approach and reluctant runner's model have highlighted some fundamental realities of European integration, extremely inspiring for the future of the EU and the ongoing Asian regionalism. This book consists of three parts and thirteen chapters. It aims to explain European integration, the EU's role in global governance and the EU's impact upon Asian regionalism with the help of the European Dream approach and reluctant runners' model. Trump's unilateralism, the rising tensions between the US and PRC and the COVID-19 pandemic may be a turning point for world politics. Both globalization and global governance have consequently slowed down, giving place to regionalism and inter-regionalism. This book hopes to contribute to the rising debate over European integration, Asian regionalism and EU-Asian inter-regionalism.

The Reluctant Civilian Dec 25 2019 Frank is a decorated Vietnam combat soldier who returns to civilian life with few skills and an uncertain future. An orphan with no ties, he embarks on an itinerant journey doing odd jobs to support a meagre existence. During his travels, he finds himself caught unwittingly in an armed roadhouse hold-up resulting in murder. Unarmed and unable to assist, he flees in the bandits' unattended getaway vehicle. In fear for his life, he finds himself ensconced in a sub-alpine wilderness, sparking a police manhunt. During his lonely eight year self-imposed incarceration, he witnesses a light plane crash and rescues the sole survivor, Skye, a young female graphic artist and nurses her back to health. Romance blossoms so they resolve to leave the wilderness together. As they set out, they're confronted by the bandits from the roadhouse incident eight years prior in search of missing loot. With help from an unlikely alliance, they escape to an iconic regional guest house where they meet celebrated journalist Libby Lucero who pledges to clear Frank's name. Whilst there, the guest house is held up by the same desperados and a short siege ensues but Frank is instrumental in thwarting them. The incident makes headlines and the two crimes, eight years apart are successfully linked.

Reluctant Prophets and Clueless Disciples Feb 25 2020 A retelling of fascinating Bible stories--including Beginnings, Moses, Solomon, Parables of Jesus, Peter, and Paul--offers a unique way for individuals to get to the know the Bible, bringing out the original humor, inspiration, and pathos within each story. Original.

Beyond Impossible Oct 27 2022 When Mimi first started jogging on a treadmill as an unfit 36-year-old mother-of-three, she never imagined she would go on to become a World-Record-breaking ultrarunner. After coming to terms with the anorexia, Mimi begins to reassess her relationship with food and finds a new resolve in running. With a renewed sense of purpose, she decides to take the sport that saved her life to the next level, by entering the epic Marathon De Sables in the Sahara desert, despite still being a novice runner. One startling success leads to another, as she finds herself taking on ever-more-challenging races - from the Badwater Ultramarathon in Death Valley, USA, to the 6633 Extreme Ultramarathon in the Arctic - all building up to her biggest challenge yet, attempting to gain the Guinness World Record for the fastest time by a female running 840 miles from John O'Groats to Land's End. This incredible story of how an ordinary mum ran her way into the record books will inspire beginner runners and die-hard marathon devotees alike, proving that no matter where life takes you it's never too late to achieve your dreams and do the impossible.

Sins of the Demon Mar 20 2022 Louisiana homicide detective Kara Gillian is doing her best to cope with everything that's happened to her over the past year, all while continuing to hone her skills as a demon summoner. But lately she's beginning to wonder if there's a little too much demon in her world. She has a demon for a roommate, the demonic lord Rhyzkahl is still interested in her for reasons she can't fathom, and now someone in the demon realm is trying to summon her. And there's no way that can end well. Meanwhile, people who've hurt Kara in the past are dropping dead. Kara is desperate to find the reasons for the deaths to clear her own name, but when she realizes there's an arcane pattern to the deaths, she knows that both the human and the demon worlds may be at risk unless she finds out who's behind it all. She's in a race against the clock and in a battle for her life that just may take her to hell and back. *Sins of the Demon* is the exciting fourth installment of the Kara Gillian series.

Her Reluctant Hero Nov 23 2019 Three men who don't think of themselves as heroes. Three women who don't see them any other way. Three complete award-winning novels *Breaking Daylight* Sergeant Alex Shepard is all about getting the job done. That single-minded purpose helps him forget the fact he hates the jungle as he leads his Special Forces team in search of Honduran drug lord Santiago Saldana. His quarry eludes him, but the woman left behind in the compound is the next best thing. Saldana's mistress—an American woman who clearly puts her own pleasure over right and wrong. Isabella Canales has been Saldana's prisoner for four long years. Worse, he's taken away her most precious possession. Except Alex doesn't believe a word of it. The clock is ticking, and she's frantic to do anything to convince him to take her home. Even agree to serve as bait to draw Saldana out. As they push through the tangled jungle dodging bullets and ambushes, Alex fights his growing respect for Isabella's determination—and an attraction that's impossible to resist, whatever she's done. But Saldana never lets go of what's his. And betrayal is his deadliest weapon. *Beneath the Surface* In retrospect, perhaps archaeologist Mallory Reeves shouldn't have delivered the divorce papers to her estranged husband mere weeks before her marriage to another man. She knew seeing Adrian again would stir up memories, but she didn't expect so many of them to be good, not after the mess they both made three years ago. She also didn't expect to want to stay at the dig site on the Yucatan Peninsula. But the lure of the ancient ship and, yes, her sexy ex provide more of a draw than the white picket fence she thought she wanted. *Marine* archaeologist Adrian Reeves has good reason to trust no one. His former partner—and former best friend—made off with his last archaeological find. And his wife left him, frustrated by his obsession for professional revenge. Now both Mallory and his nemesis have returned, and it can't be an accident that they've turned up in the middle of the most important excavation of his career. Seeing her again unearths old pain—and rekindles never-forgotten desire. Now he has to decide if he can trust Mallory again. More importantly, if he can trust himself with her. *Hot Shot* Peyton Michaels expected her assignment to be simple—write an article about everyday heroes. Heroes like Hot Shot firefighter Gabe Cooper. She never expected to find herself running up a mountain, a wildfire nipping at her heels, her life in his hands. And she never expected to be drawn to Gabe. After the loss of her husband in the line of duty, the last thing she wants is to fall in love with yet another man who routinely puts his life at risk. Gabe has had enough of women who want to make him into someone he's not. Women like his ex, who couldn't handle the heat of his job. Like Peyton, who sees him as a hero when he's just a man doing a job. Except time after time, the pesky reporter proves her mettle. And gets deeper under his skin. But there's an arsonist at work, and danger is closing in with the speed of a raging brush fire. Peyton and Gabe have to dig deep for what it takes to be a real hero—to find the courage to reach out and grab a forever kind of love. Before it's too late.

The Reluctant Journey May 22 2022 Imagine the God of the universe whispering in your ear, "What shall we create out of your life that will serve My purpose?" The path of authenticity is not a solo endeavor but a calling to a partnership with God that requires utter honesty, trust, commitment, and wisdom. God guides your path with a two-fold promise, "You know I love you as you are, but together, we can make of your life what I created you to be." Following the petitions of our Lord's Prayer, Dr. Richard Parrott examines a family of authentic partners, the family of Abraham and Sarah, their son Isaac, grandson Jacob, and great-grandson

Joseph. This fresh telling of the story reveals practical answers to the question, "How can my partnership with God be genuine, mature, and significant?" *The Reluctant Journey* is an honest and practical guide for relating to God. As authentic Christians, we can live true in Christ and our love for him each day, choosing His best for us so that together, we advance His kingdom "on earth as it is in heaven." Features include: Truths from the Lord's Prayer Stories of the founders of our faith Thought-provoking questions for spiritual conversation or reflection *The Reluctant Cannibals* Apr 21 2022 'A truly compelling read with a shocking climax. Well written and incredibly descriptive, the author of this particular work has clearly done homework about the field of gastronomy to produce a wonderful and memorable read.' Publishers Weekly 'I was going to say a brilliant debut novel, but it needs no qualification. A brilliant novel, full stop.' Paula Leyden When a group of food-obsessed academics at Oxford University form a secret dining society, they happily devote themselves to investigating exotic and forgotten culinary treasures. Until a dish is suggested that takes them all by surprise. Professor Arthur Plantagenet has been told he has a serious heart problem and decides that his death should not be in vain. He sets out his bizarre plan in a will, that on his death, tests the loyalty of his closest friends, the remaining members of this exclusive dining society. A dead Japanese diplomat, police arrests and charges of grave robbing. These are just some of the challenges these culinary explorers must overcome in tackling gastronomy's ultimate taboo: cannibalism.

WARP Book 1 The Reluctant Assassin Apr 28 2020 Riley, a teen orphan boy living in Victorian London, has had the misfortune of being apprenticed to Albert Garrick, an illusionist who has fallen on difficult times and now uses his unique conjuring skills to gain access to victims' dwellings. On one such escapade, Garrick brings his reluctant apprentice along and urges him to commit his first killing. Riley is saved from having to commit the grisly act when the intended victim turns out to be a scientist from the future, part of the FBI's Witness Anonymous Relocation Program (WARP) Riley is unwittingly transported via wormhole to modern day London, followed closely by Garrick. In modern London, Riley is helped by Chevron Savano, a nineteen-year-old FBI agent sent to London as punishment after a disastrous undercover, anti-terrorist operation in Los Angeles. Together Riley and Chevie must evade Garrick, who has been fundamentally altered by his trip through the wormhole. Garrick is now not only evil, but he also possesses all of the scientist's knowledge. He is determined to track Riley down and use the timekey in Chevie's possession to make his way back to Victorian London where he can literally change the world.

Raising Our Hands Mar 08 2021 White women are one of the most influential demographics in America—we are the largest voting bloc, with purchasing power that exceeds anybody else's, and when we unify to demand change, we are a force to be reckoned with. Yet, so many of us sit idly on the sidelines, opting out of raising our hands to do, learn, and engage in ways that could make a difference. Why? White American women are no monolith. Yet, as Women's March national organizer Jenna Arnold has learned over the past few years criss-crossing the US in conversations with white women about their identity and role in the country, we do possess common characteristics—ones that get in the way of us becoming more engaged as citizens. We're so focused on checking off our to-do lists, or so afraid of getting it wrong, or so busy trying to avoid conflict, that we are actively avoiding the urgent conversations we need to have. We are confused about how we got here and unsure how to do better. *Raising Our Hands* is the reckoning cry for white women. It asks us to step up and join the new frontlines of the fight against complacency—in our homes, in our behaviors, and in our own minds. Consider *Raising Our Hands* your starting place, your "Intro to Being a White Woman in Today's World" freshman-year class. In these pages, Jenna peels back the history that's been kept out of textbooks and the cultural norms that are holding us back, so we can finally start really listening to marginalized voices and doing our part to promote progress. The American white woman is a powerful force—an essential participant—to mobilize alongside the rest of humanity on behalf of the world, and we can no longer make excuses for why we don't have time or don't know enough.

Running Free Sep 21 2019 A thorough review of running for women covers sports medicine and its implications for women, training principles, products, running with children, reasons for running, benefits, effects on relationships and work, and related topics