

Hood Rat

MEET THE ULTIMATE HOODRAT Sierra is a trifling hoe that cares only for herself despite the fact that she has three children who depend on her. Sucking, fucking, scheming, and living off of her children consume her life as she attempts to skate through life for free. When a scheme goes wrong and things come to a screeching halt, Sierra soon learns that every bridge she's crossed has burned and no one is coming to her rescue. Walk with us, talk with us, and see things, through the eyes of a Hoodrat. Hoodrat- A female that exhibits trifling behavior and partakes in scandalous activity.

Four very different young women--larcenous Yoshi, who possesses a talent for playing with men's hearts as well as their pockets; Billy, a former sports star who seeks comfort in the arms of other women; promiscuous Reese, pregnant and desperate to stand on her own; and Rhonda, a single mother looking for the easy life--turn their Harlem neighborhood upside down. Original. 50,000 first printing.

After he finds fame and fortune as a recording artist in Texas, Animal returns home to his girlfriend, Gucci, bringing with him a hidden agenda that will have life-altering consequences, while Malika meets the man of her dreams, who happens to be married, and bad-blooded Jada Butler meets her match. By the #1 Essence best-selling author of Section 8. Original.

The Feds labeled her the Queen of Tax Fraud, and accused her of defrauding the United States government out of twenty-one million dollars. The streets called her the 1\$ Lady. BET gave her the title TRAP QUEEN. Whatever the label, RASHIA WILSON wore it well because she was undisputedly a BO\$\$ CHICK and Tampa Bay's most well-known female HOOD STAR. Like many around the way girls, Rashia was born into a desultory struggle of which she saw no way out of but to hustle and grind. Along the way, she was used by man after man, and she was in and out of jail for an array of crimes and money schemes. But, when she crosses paths with a particular street entrepreneur, Rashia quickly goes from hood rat status and groupie to SUPASTAR. With her newfound celebrity and ill-gained wealth, Rashia is courted by many of your favorite rappers, entertainers and professional athletes, and she's giving up the tea in her steamy relationships with many of them. Unfortunately, with the fame comes a plethora of haters and the Feds, who are always watching. When Rashia's rock star life takes a drastic turn for the worst, will THE LIFE OF A HOOD STAR be worth the long prison sentence that awaited her?

Dopeman: Memoirs of a Snitch is a complex tale about the life and times of one the biggest drug traffickers the Midwest has ever seen. The FBI has launched an intricate plot to take down one of the most prolific drug organizations in the summer of 2009, and Seven Smith is their main target. Seven establishes a relationship with an up and coming hustler and takes him under his wing. Unbeknownst to Seven, his protégé works for the authorities. The young hustler falls in love with a woman who is off-limits, and he has to make a difficult decision that puts many people's lives at risk. Lola Banks is the daughter of a well-known hit man and street legend in Ohio. When she lays her eyes on the out-of-towner/snitch, it becomes a forbidden love. She is caught in a web of lies and deceit, only to get the hurtful truth on the last page. This is a hustler's love story at its absolute finest. The conclusion to this story is so unpredictable and intelligent that no one will see it coming--no one.

In the hood, a woman can make a man successful—or destroy him. The black community has a wide variety of women, good and bad, and now author McGregor Philippe seeks to help men watch out for those who can damage them. Philippe describes five particular types of women in the hood that men should try to identify at first meeting so that they can then run for dear life: the thot, the mammy, the hood rat, the bad bitch, and the educated ratchet. He explains how these women can be disastrous to a man's life; no matter how mean a man is, even if he is a thug, an armed robber, or an assassin, he can never be as mean as these women. Philippe's goal is to save men from falling in traps that would lead to their downfall and to inspire women on taking a positive change in their behavior. In this self-help guide, one man provides a description of five types of toxic women that inhabit the hood and hopes to aid men in avoiding them.

In these four vignettes you'll encounter several characters whose lives are connected by a common thread that will place them on a collision course of epic proportions. "Little Girl Lost" It's been several weeks since the abuse Dena suffered at the hands of her former lover Black Ice. The older man had promised her heaven, but instead had delivered her into hell. Since escaping the nightmare, she's been trying to put the pieces of her life back together, but it's been hard with the police breathing down her back with questions about a murder. "Don't Feed The Animals" The Outlaw known as Tech-9 was raised by the jungle creed: the strong must feed on any prey at hand. His latest potential meal is an underworld bank lousy with dirty money, ripe for the plucking. This is a big job and it won't be an easy one, so he recruits his young protegee Animal to ride out with him. The job is supposed to be simple; get in, snatch the money and get out but things get complicated and the two young stick-up kids find themselves in a fight for their lives. "Good Cop/Bad Cop" On the streets of New York, Detectives Brown and Alvarez are known as the Minority Report. They're just as notorious for their dirty tactics when it comes to catching bad guys, as they are for their high conviction rates. Their latest case involves a new player in the game who has set up shop in Harlem. He's just another dealer and will fall just like the rest, or so they think. What they discover is that this new player is nothing like the others. "O.T." Duhan is an up and coming young hustler, born and raised on the streets of Harlem. He's known for his since of honor as well as his violent temper. When Duhan's connect gets locked up and he's cut off from the drug supply, it threatens to undo all the progress Duhan has made in during his rise to power. This is when he's offered a deal from an out of town source that's too sweet to pass up. This is Duhan's opportunity to finally seize the reins of power, but in his quest to be king he'll be taught a hard lesson: nothing given in the game is without costs. There goes the neighborhood...again.

Wacky middle-grade hijinks in Trudi Trueit's third title in the well reviewed Secrets of a Lab Rat series.

From USA Today bestselling author K Webster comes a MM high school bully romance called Hood River Rat! Hood River was supposed to be the change I needed.A fresh start.An escape from my painful past.Better in every way. I'm a popular guy.

Approachable. I make friends easily.Cool car. Nice clothes. Good attitude. Everything will be fine. School is school. I'll keep my head down until graduation and try not to stick out.College will be here before I know it. Yet my first day proves to be anything but easy.The Hood River Hoodlums-our school's most notorious group of bad boys-have put a target on my back.Their leader, Roan, hates me.He calls me Rat.To him and his friends, I'm a loser who doesn't belong at their school.I could pretend I don't care about their hate.If only Roan wasn't so hot.He's mean, cruel, and sexy as hell.My nemesis is impossible to ignore...and a secret part of me doesn't want to. Here I thought being gay was the worst of my problems.Turns out, being gay and crushing on your enemy takes the cake. This is a full-length high school enemies-to-lovers and new adult romance with high angst, suspense, and gutting emotion. It's book one in the Hood River Hoodlum series that will have interlinking storylines. Hood River Rat can be read as a standalone and starts off a four-book planned series that gives each Hoodlum a book. This is the only MM story. The others are MF.

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Vince Luca is just like any other high school guy. His best friend, Alex, is trying to score vicariously through him; his brother is a giant pain; and his father keeps bugging him to get motivated. There is just one thing that really sets him apart from other kids—his father happens to be the head of a powerful crime organization. Needless to say, while Vince's family's connections can be handy for certain things (like when teachers are afraid to give him a bad grade), they can put a serious crimp in his dating life. How is he supposed to explain to a girl what his father does for a living? But when Vince meets a girl who finally seems to be worth the trouble, her family turns out to be the biggest problem of all. Because her father is an FBI agent—the one who wants to put his father away for good.

Love, Betrayal and Loyalty on the Streets of Harlem Daruis, a.k.a. Rio, the only child of a singer turned alcoholic, feels he has nothing to hold on to except the idea of escaping the ghetto. Years ago, he took a gun charge for a friend and did some prison time. Unable to find a job when he gets out, Rio turns to hustling as a way out. In the meantime, Rio finds escape in the arms of his soulmate, Trinity. When Trinity's mother died, her abusive father looks to her to play the role of house wife and bedmate. Trinity finds strength to endure in Rio's arms. Together they vow to do whatever it takes to make it out of the ghetto. But soon they find their backs against the wall when the streets come to claim their due.

After they discover that Indie, the man who raised them, had a hand in their father's death, twins Khalil and Hadji plot revenge and throw their mother Tressa's life into chaos.

Ralph the rat learns what his best qualities really are when his friend Bing needs help after a big bunch of balloons carries him away. Lists the birth years and characteristics of individuals born in the Chinese Year of the Rat.

#1 Essence bestselling author K'Wan returns with *The Diamond Empire*, the explosive, hard-hitting follow-up novel to the street love story *Diamonds and Pearl*. It's about to be an all-out war. While an ambitious rival has taken over Diamonds's crew, Diamonds lies in wait in exile, carefully planning his next move to comeback and reclaim his position as king of the streets of New York for good. But when an unexpected enemy from the past one-ups Diamonds and beats him at his own game, Diamonds needs to dig deep into his bag of tricks—and make an unlikely alliance—in order to climb back to the top. After opening her heart to Diamonds and then having him disappear, Pearl lives her days in a very dark place. But when her father's empire is toppled and a gaping power vacuum needs to be filled, Pearl is drawn into the very life her father so desperately wanted to shield her from. Pearl needs to fight tooth and nail to become queen of her father's kingdom, as Diamonds claws his way back to Pearl.

Tiger has been acting like a bully, but Rat shows him how important it is to share and play fair. Rat and Tiger are best friends. They have lots of fun playing together, even though when they play cowboys, Rat always has to be the bad guy. When they share a snack, Rat always gets the smaller piece. But one day, Tiger takes the bullying too far, and Rat decides that he's not going to take it anymore. Rat stands up for himself and refuses to be Tiger's friend until Tiger learns to play fair and square. With appealing illustrations and a simple text, Keiko Kasza delivers an important message about friendship in this heartwarming story.

After the deaths and arrests of his entire crew and an informant-fueled investigation into his past, the man known on the streets as Animal relocates to Texas and finds fame and stardom as the newest act signed to the notorious Big Dawg Entertainment. His girlfriend, Gucci, is thrilled when she gets the news that he's coming back to New York on a promotional tour, but when she discovers the hidden agenda behind his homecoming nothing can prepare her for the life-altering consequences that will come of it. There goes the neighborhood . . . again.

Hood Rat Chick is about the adversities Dion Little has faced. She was raised in an impoverished environment by an older sister and an uncle. It is a story filled with violence, heartache, love, and redemption. Dion matures from a confused child into a woman who receives understanding that allows her to face her future in a clear light. A diamond goes through many processes before its true beauty is revealed. You can't see that light if you constantly live in darkness. With God, all things are possible. Dion was introduced to that light through her times of tragedy and hardship. Written in a hip-hop flava, the author embraces the lives of the characters to show the world that there is a diamond within all of us.

Nominated as one of America's best-loved novels by PBS's *The Great American Read*. Renowned hip-hop artist, writer, and activist Sister Souljah brings the streets of New York to life in a powerful and utterly unforgettable first novel. I came busting into the world during one of New York's worst snowstorms, so my mother named me Winter. Ghetto-born, Winter is the young, wealthy daughter of a prominent Brooklyn drug-dealing family. Quick-witted, sexy, and business-minded, she knows and loves the streets like the curves of her own body. But when a cold Winter wind blows her life in a direction she doesn't want to go, her street smarts and seductive skills are put to the test of a lifetime. Unwilling to lose, this ghetto girl will do anything to stay on top. *The Coldest Winter Ever* marks the debut of a gifted storyteller. You will never forget this Winter's tale.

Elana K. Arnold, author of the Printz Honor book *Damsel*, returns with a dark, engrossing, blood-drenched tale of the familiar threats to female power—and one girl's journey to regain it. You are alone in the woods, seen only by the unblinking yellow moon. Your hands are empty. You are nearly naked. And the wolf is angry. Since her grandmother became her caretaker when she was four years old, Bisou Martel has lived a quiet life in a little house in Seattle. She's kept mostly to herself. She's been good. But then comes the night of homecoming, when she finds herself running for her life over roots and between trees, a fury of claws and teeth behind her. A wolf attacks. Bisou fights back. A new moon rises. And with it, questions. About the blood in Bisou's past, and on her hands as she stumbles home. About broken boys and vicious wolves. About girls lost in the woods—frightened, but not alone.

When Animal returns to Harlem and learns of the attempt on his soul mate's life, he wages a personal war against those responsible, only to discover the frightening truth in the process.

USA Today Bestselling Author Geri Glenn returns with an unforgettable story of hardship, strength, determination and love in the most unlikely of places. A rich girl trying to save the world. A hood rat living by a moral code of his own creation. Georgia knew the south side was going to be rough, but she never dreamed she'd come up against anyone quite like Tripp. When Tripp's kid brother gets caught up with a local street gang, the two of them have no choice but to set aside their differences and work together. You've read the novella in the *Wanted* Anthology, but *Hood Rat* is back

and better than ever. Now with added scenes and an extended ending! Prepare yourself to fall in love with Tripp and Georgia all over again.

Your astrological makeup is no f*cking joke. Amelia Wood's *What's Your F*cking Sign?* is your opportunity to better relate to your managers, coworkers, love interests, friends, and family and know why they do all the sh*t they do. If you have ever wondered why your Aries boss is such a hard-ass, been convinced that a Virgo in your life sleeps with a label maker under their pillow, or tried to get your Capricorn friend to lighten the f*ck up, just look to the stars. Full of sun-sign-specific details about all twelve members of the zodiac, you can discover all the right ways to attract, befriend, love, and otherwise handle the people in your life based on their cosmic DNA. When your Pisces friend is emoting, show them a little love! When that Aquarius in your social feed is on their soapbox, have a listen! And when your Leo lover wants the spotlight, know they'll give you plenty of warmth from that glow, too. Embrace all the incredible ways astrology is there to guide you through your batsh*t interactions, curious crossroads, and sweetest moments with each and every sign. So, *What's Your F*cking Sign?*

THE APOCALYPSE CODEX PROPHEZIES THE COMING OF THE APOCALYPSE, UNLESS, OF COURSE, THE UNDERGROUND APOCALYPSE RESISTANCE CAN PREVENT THE APOCALYPSE FROM HAPPENING. HOWEVER, IN THE TRICKY PROCESS OF TRYING TO PREVENT THE APOCALYPSE, THE APOCALYPSE RESISTANCE INSTEAD CAUSES THE APOCALYPSE TO BEGIN. IS THE ZOMBIE DOOMSDAY UPON US: IN SHADOW OF TOMORROW, HELLREBEL AND HELLDEVIL ARE ORPHANED TWINS RAISED AS DAY-WALKING VAMPIRE HUNTERS BY THE BROTHERHOOD OF BLOOD, OTHERWISE KNOWN DOWN THE ROAD AS THE UNDERGROUND APOCALYPSE RESISTANCE. WALKING DEAD MEN WANTED AS VIGILANTE OUTLAWS HUNTED DOWN BY THE LAW, HELLREBEL AND HELLDEVIL MUST HUNT DOWN THE DEVIL INCARNATE BEFORE THE DEVIL INCARNATE HUNTS DOWN SIN INCARNATE. OTHERWISE, SIN INCARNATE WILL GIVE BIRTH TO DEATH INCARNATE ~~~~~ DID YOU KNOW ROBERT LOUIS STEVENSON PENNED DR. JECKYLL AND MR. HYDE ON A SIX-DAY COCAINE BINGE? LIKE DR. JECKYLL AND MR. HYDE, EACH ONE OF US HAS A SPLIT PERSONALITY. THE GOOD SIDE THAT WE SHOW OFF DURING THE DAY, AND THEN THAT DARK SIDE THAT WE TRY TO KEEP HIDDEN IN THE DARKEST CORNER OF OUR CLOSET. I HIDE THESE EPISODES INSIDE THE CLOSET. WE ALL HAVE SKELETONS BURIED IN OUR CLOSET. BUT ME, I HAVE A CEMETERY BURIED IN MINE. HOWEVER, I FEAR SOMEONE WILL UNLOCK MY CLOSET. I SEE IT EVERY NIGHT IN MY NIGHTMARES, NIGHTMARES THAT WAKE ME EVERY NIGHT. LIKE FRANKENSTEIN, I SEE MYSELF FLEEING IN FEAR, RUNNING FASTER AND FASTER, RUSHING DOWN A DARK ROAD DISAPPEARING THROUGH THE SNOW-SWEPT WOODS GROWING DARKER AMIDST A BITTER WINTER, RUNNING FARTHER AND FURTHER AWAY, RUSHING THROUGH THE WIND-SWEPT WILD. IT WANDERS WAYWARD ACROSS UNFOLDING VIRGIN VISTAS AS IT WONDERS TO GOD IN HEAVEN, WHY THE HELL IN THE WORLD ARE THE RABID DOGS IN SUCH RUTHLESS, PITILESS, RELENTLESS PURSUIT? THERE ARE SOME DOGS THAT BARK. HOWEVER, THERE ARE OTHER DOGS THAT BITE. SAVE ME FROM MY SINS BEFORE THEY CATCH UP TO ME. MAN MAKES HIS HELL AND MY MIND IS MINE. SAVE ME FROM THE DEVIL AND FREE MY SOUL FROM THIS LIVING HELL. AS A WALKING DEAD MAN HUNTED DOWN IN THE DEAD MANS LAND, YUPPIE CITY WAS HOOKED ON MALE FUEL. MALE FUEL TURNED YOU INTO A MAN. MALE FUEL TURNED YOU INTO A MACHINE. MALE FUEL TURNED YOU INTO A MONSTER. HOWEVER, WHEN BIO/CIDE WENT UNDER, BIO/CIDE CITY NO LONGER MASS-PRODUCED MALE FUEL. THE ALICE-IN-WONDERLAND WITHDRAWAL SYMPTOM OF MALE FUEL WAS THAT YOU DEVELOPED VIOLENT ZOMBIE-LIKE BEHAVIOR THAT TURNED YOU INTO A HUMAN BEAST THAT BEHAVED LIKE A ZOMBIE. WHAT WAS STILL LEFT AT THE BIO/CIDE CITY WAS HORDED BY HUMANS THAT TOOK REFUGE UNDERGROUND. HOWEVER, FOR THOSE THAT WERE STILL ALIVE, THE UNDERWORLD WAS NOT ANY BETTER THAN THE WORLD THEY LEFT BEHIND. FOLLOWING THE GRAVEYARD WARS, THE WORLD OF HORROTICA WAS RECLAIMED BY THE OUTCASTS AND THE OUTLAWS WHO WEATHERED THE STORM WHILE LIVING UNDERGROUND WHERE THE REMAINING REMNANTS OF THE HUMAN CIVILIZATION RETURNED TO THE MORTAL WORLD WHERE THE OUTCASTS AND THE OUTLAWS TOOK CONTROL OF THE HUMAN WORLD, WHICH BECAME KNOWN AS THE LAWLESS LAND.

Some extraordinary rats come to the aid of a mouse family in this Newbery Medal Award-winning classic by notable children's author Robert C. O'Brien. Mrs. Frisby, a widowed mouse with four small children, is faced with a terrible problem. She must move her family to their summer quarters immediately, or face almost certain death. But her youngest son, Timothy, lies ill with pneumonia and must not be moved. Fortunately, she encounters the rats of NIMH, an extraordinary breed of highly intelligent creatures, who come up with a brilliant solution to her dilemma. And Mrs. Frisby in turn renders them a great service.

BBC RADIO 4 BOOK OF THE WEEK SHORTLISTED FOR THE ORWELL PRIZE 2012 SHORTLISTED FOR THE CRIME WRITERS ASSOCIATION NON-FICTION DAGGER AWARD 'THE MOST IMPORTANT CRIME STORY OF THE DECADE' Scottish Mail Manchester. London. Glasgow. In the summer of 2011 violence erupted in our inner cities and many blamed gang culture. But is the truth so simple? Hood Rat tells the human stories that the media miss: of young men who have fallen through the system, and of one young woman with a vision for change. 'Unflinching. It penetrates environments that most of us only ever glimpse' Observer 'Impressive. Knight uncovers the sort of stories that never make the news' Scotsman 'This British sensation is a must. Disturbingly compelling' Marie Claire 'A gripping novelistic immersion in the lives of young criminals' Louis Theroux 'The British Wire' BBC Radio 5 Live

Every little girl dreams of a happy ending: a home, children, and a man who loves her enough to share his life and last name. When Billy's longtime boyfriend, Marcus, finally pops the question, it's one of the happiest moments of her life. To stand with her on her special day, Billy calls on her childhood friends, Reese and Yoshi. Several years have passed since they last came together. Some unresolved issues have driven a wedge between the girls, but they agree to put their difference aside for the sake

of Billy's wedding. The truce is a short one when Billy has to decide on a maid of honor, and both friends expect the position to fall to them. Just when things seem to be coming together, they quickly begin to fall apart, and at a time when Billy is supposed to be basking in the sunshine of her approaching wedding, she finds herself the target of shade being thrown from the most unlikely places. While Billy is going through her drama, Marcus is dealing with issues of his own. An old crime partner blows into town unexpectedly, and his presence threatens to destroy the legitimate life Marcus has worked so hard to build. Even with the universe seemingly working against them, Billy and Marcus are determined to have their dream wedding, but first they have to survive the nightmare of planning it. There goes the neighborhood . . . again.

In this Newbery Honor-winning novel, Gary D. Schmidt tells the witty and compelling story of a teenage boy who feels that fate has it in for him, during the school year 1968-69. Seventh grader Holling Hoodhood isn't happy. He is sure his new teacher, Mrs. Baker, hates his guts. Holling's domineering father is obsessed with his business image and disregards his family. Throughout the school year, Holling strives to get a handle on the Shakespeare plays Mrs. Baker assigns him to read on his own time, and to figure out the enigmatic Mrs. Baker. As the Vietnam War turns lives upside down, Holling comes to admire and respect both Shakespeare and Mrs. Baker, who have more to offer him than he imagined. And when his family is on the verge of coming apart, he also discovers his loyalty to his sister, and his ability to stand up to his father when it matters most.

Tyler isn't nice to the other kids at school. He doesn't care about anyone...until he gets to know the class pet, a white rat named Snowball. Then Tyler tells everyone his new name is Rat Boy! Now all the kids are afraid of him. His teacher tries to talk to him about how he can be a better friend. But Bully Rat Boy doesn't need any friend but Snowball. Then one day Snowball chews the string on his cage door and escapes. The children can't find Snowball anywhere. Rat Boy feels awful. He even hangs reward posters around the school. When the cook finds Snowball in the storage closet, she tells Rat Boy to grab a friend and catch the rat. But who will help Rat Boy? He has no friends.

A bestselling modern classic—both poignant and funny—about a boy with autism who sets out to solve the murder of a neighbor's dog and discovers unexpected truths about himself and the world. Nominated as one of America's best-loved novels by PBS's The Great American Read Christopher John Francis Boone knows all the countries of the world and their capitals and every prime number up to 7,057. He relates well to animals but has no understanding of human emotions. He cannot stand to be touched. And he detests the color yellow. This improbable story of Christopher's quest to investigate the suspicious death of a neighborhood dog makes for one of the most captivating, unusual, and widely heralded novels in recent years.

Experience life in the hood through the eyes of four friends, known around the way as The Hood Rats. As the girls go through the ups and downs of friendship and life on the streets, you'll be taken on a roller coaster ride of love, heartache and pain. When tragedy strikes the group, the bond of friendship is tested and easily broken by lies, deceit and betrayal. Open your mind, and see that sometimes a Hood Rat is just a girl trying to live her life the best she can with what she has. You can't judge a book by the cover, but is there more to a "Hood Rat" than her reputation? You be the judge!

With his trademark Rock 'N Roll hair and snakeskin spandex pants, plus a hot rod and a Harley, Lüc Carl fit the part as a bar manager based in New York City's gritty Lower East Side. And life was good for this Omaha, Nebraska, transplant—a talented drummer who originally moved to the big city to pursue his Rock 'N Roll dreams—until, suddenly, it wasn't. Fast forward through seven years of working long hours, bingeing on late-night Chinese food, and drinking excessively; life had found Lüc forty pounds overweight and completely out of shape. But when he turned to the "experts" for advice—reading countless fitness and weight-loss books in the process—he discovered that they all made the same claim: "You can't drink alcohol if you want to lose weight." Lüc decided to take matters into his own hands to transform his body and his life his way—a sort of "f*ck you" to all those so-called experts. Full of charismatic wit and raucous stories about his life, *The Drunk Diet* will inspire and challenge you to become fitter, healthier, and happier. Lüc's fitness philosophy isn't about following a list of rigid rules or traditional "do this, not that" charts, but gaining a better understanding of how the body works and discovering what you're personally willing to change about your lifestyle in order to reach your goals. For him, that meant trading in the crap he was eating for unprocessed, natural foods and embracing a newfound love for exercise, but never sacrificing his social life (or his love for cold beer). This is the story of how one chain-smoking, cheeseburger-eating, hard-partying Rock 'N Roller—a self-proclaimed "out-of-shape, bloated asshole"—grew into an avid runner and cyclist and, ultimately, a happier version of himself. He will be the first to tell you: If he could do it, so can you.

While Porsha, Frankie and Sahara try to avoid eviction and get caught up in a crime war, police search for a killer known as The Animal, and The Animal's lover, Gucci, tries to put her life back together. Original. By the #1 Essence best-selling author of *Welfare Wifey*s.

Two headache specialists offer their innovative Headache Reduction Program, for treating and preventing recurring headaches. Twenty-eight million people in the United States suffer from chronic, recurrent, often disabling headaches—half of them forgoing medical attention in favor of analgesics that do nothing to prevent the next one. In *Breaking the Headache Cycle*, the authors—migraine sufferers themselves—present the integrated Headache Reduction Program (HARP) that they developed at the Princeton Headache Clinic. Based on the central insights that the predisposition to headaches is a sign of an unusually sensitive nervous system and that drugs are only one component of the most successful treatment plans, this remarkable program instructs readers in a range of techniques, including: - how to relieve the pain of migraines - how to detect and ward off oncoming headaches - how to prevent migraines from even threatening. The innovative solutions detailed in *Breaking the Headache Cycle* range from simple breathing exercises and dietary changes to support groups and the latest medications. In this thorough and accessible guide, the authors promise new relief for those already being treated for recurring headaches and for those who currently suffer in silence.

The bestselling author of *Going to Pieces Without Falling Apart* combines a memoir of his own journey as a student of Buddhism and psychology with a powerful message about how cultivating true self-awareness and adopting a Buddhist understanding of change can free the mind. "Meditation was the vehicle that opened me up to myself, but psychotherapy, in the right hands, has similar potential. It was actually through my own therapy and my own studies of Western psychoanalytic thought that I began to understand what meditation made possible. As compelling as the language of Buddhism was for me, I needed to figure things out in Western concepts as well. Psychotherapy came after meditation in my life, but it reinforced what meditation had shown me." Before Mark Epstein became a medical student at Harvard and began training as a psychiatrist, he immersed himself in Buddhism through experiences with such influential Buddhist teachers as Ram Dass, Joseph Goldstein, and Jack Kornfield. The positive outlook of Buddhism and the meditative principle of living in the moment came to influence his study and practice of psychotherapy profoundly. *Going on Being* is Epstein's memoir of his early years as a student of Buddhism and of how Buddhism shaped his approach to therapy. It is also a practical guide to how a Buddhist understanding of psychological problems makes change for the better possible. In psychotherapy, Epstein discovered a vital interpersonal parallel to meditation, but he also recognized Western psychology's tendency to focus on problems, either by attempting to eliminate them or by going

into them more deeply, and how this too often results in a frustrating “paralysis of analysis.” Buddhism opened his eyes to another way of change. Drawing on his own life and stories of his patients, he illuminates the concept of “going on being,” the capacity we all have to live in a fully aware and creative state unimpeded by constraints or expectations. By chronicling how Buddhism and psychotherapy shaped his own growth, Mark Epstein has written an intimate chronicle of the evolution of spirit and psyche, and a highly inviting guide for anyone seeking a new path and a new outlook on life. From the Hardcover edition.

While Jah worries about his stylist girlfriend Yoshi's possible relationships with her high-powered clients, True has finally made it as a musician, until he discovers that someone wants him dead, and Dena Jones, new to the streets, becomes caught up in the Harlem underworld and in the stable of notorious pimp Black Ice. Original. 75,000 first printing.

The Penwith Peninsula in Cornwall is where the land ends. In *The Swordfish and the Star* Gavin Knight takes us into this huddle of grey roofs at the edge of the sea at the beginning of the twenty-first century. He catches the stories of a whole community, but especially those still working this last frontier: the Cornish fishermen. These are the dreamers and fighters who every day prepare for battle with the vast grey Atlantic. Cornwall and its seas are brought to life, mixing drinking and drugs and sea spray, moonlit beaches and shattering storms, myth and urban myth. The result is an arresting tapestry of a place we thought we knew; the precarious reality of life in Cornwall today emerges from behind our idyllic holiday snaps and picture postcards. Even the quaint fishermen's pubs on the quay at Newlyn, including the *Swordfish* and its neighbour the *Star*, turn out to be places where squalls can blow up, and down again, in an instant. Based on immersive research and rich with the voices of a cast of remarkable characters, this is an eye-opening, dramatic, poignant account of life on Britain's most dangerous stretch of coast. Praise for *Hood Rat* 'A gripping novelistic immersion' Louis Theroux 'A must-read' Owen Jones 'Britain's Gomorrah' Independent

Since she was a little girl, Tionna's on and off addicted mother taught her to get hers by any means necessary. Tionna's heart is as cold as a December chill, but she holds a warm place in it for Duhan, the father of her two sons, and her on-again-off-again boyfriend since they were teenagers. Duhan becomes her knight in shining armor until the government turns their dream into a nightmare. With Duhan behind bars and everything she loves seized she finds herself starting over in the same neighborhood she swore she'd never come back to. With two kids, a man in prison and no back up plan, Tionna is once again living by her wits in order to maintain the lifestyle she'd become so accustomed to. Back in the thick of things with her best friends Gucci, Boots and Tracy, she finds herself rediscovering her old life and suddenly begins to wonder if she's really cut out to be a prisoner's wife.

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