

Beyond Impossible: From Reluctant Runner To Guinness World Record Breaker

A major question facing therapists today is how to treat psychosis effectively while maintaining patients' dignity, self-respect and their psychological and social functioning. This book provides important and engaging accounts of the special personal and interpersonal care offered by the Arbours Crisis Centre and kindred facilities.

In 2008, 140 years after it had annexed Ainu lands, the Japanese government shocked observers by finally recognizing Ainu as an Indigenous people. In this moment of unparalleled political change, it was Uzawa Kanako, a young Ainu activist, who signalled the necessity of moving beyond the historical legacy of "Ainu studies." Mired in a colonial mindset of abject academic practices, Ainu Studies was an umbrella term for an approach that claimed scientific authority vis-à-vis Ainu, who became its research objects. As a result of this legacy, a latent sense of suspicion still hangs over the purposes and intentions of non-Ainu researchers. This major new volume seeks to re-address the role of academic scholarship in Ainu social, cultural, and political affairs. Placing Ainu firmly into current debates over indigeneity, Beyond Ainu Studies provides a broad yet critical overview of the history and current status of Ainu research. With chapters from scholars as well as Ainu activists and artists, it addresses a range of topics including history, ethnography, linguistics, tourism, legal mobilization, hunter-gatherer studies, the Ainu diaspora, gender, and clothwork. In its ambition to reframe the question of Ainu research in light of political reforms that are transforming Ainu society today, this book will be of interest to scholars and students in Indigenous studies as well as in anthropology and Asian studies. Contributors: Misa Adele Honde, David L. Howell, Mark J. Hudson, Deriha Koji, ann-elise Iewallen, Tessa Morris-Suzuki, Hans Dieter Ölschlegler, Kirsten Refsing, Georgina Stevens, Sunazawa Kayo, Tsuda Nobuko, Uzawa Kanako, Mark K. Watson, Yuki Koji.

Olympus and Beyond by Allan Lawrence is the story of sport (running) told against the backdrop of the bigger human story of atmosphere, emotions, and relationships from the beginning, where a young Australian boy watched a newsreel and saw an American Naval Ensign become the first human in history to exceed 15' in the pole vault in Madison Square Garden. He vowed that one day he would compete in Madison Square Garden and break a world record. True to his word, seventeen years later, almost to the day, he succeeds, although in a different event. This is the fascinating tale of a young boy's rise in the athletic field and his coming to the United States, where he won several NCAA titles (both individual and team), and won All-American selection ten times, while winning AAU titles in cross-country, indoor, and track running. He struggled along the way with citizenship and health issues, but his determination and persistence allowed him to overcome these obstacles. Allan Lawrence is a true competitor.

Peter Hutchings's Hammer and beyond remains a landmark work in British film criticism. This new, illustrated edition brings the book back into print for the first time in two decades. Featuring Hutchings's socially charged analyses of genre classics from Dead of Night (1945) and The Curse of Frankenstein (1957) to The Sorcerers (1967) and beyond, it also includes several of Hutchings's later essays on British horror, as well as a new critical introduction penned by film historian Johnny Walker and an afterword by Russ Hunter. Hammer and beyond deserves a spot on the bookshelf of anyone with a serious interest in the development of Britain's contribution to the horror genre.

(A Story of Life, Sport, and Love on Four Continents)

The Reluctant Wolf

The British horror film

Brain, Mind, and Body in the Healing of Trauma

Beyond Book Indexing

How an Ordinary Mum Became a Record-Breaking Ultrarunner

The #1 International Bestseller! A Science Fiction & Fantasy Book to Keep on Your Radar by io9 and Gizmodo A powerful post-apocalyptic thriller, perfect for fans of The Martian. When the sky begins to fall, one man finds himself separated from his family, his best hope is to run—or risk losing what he loves forever. When the world ends and you find yourself stranded on the wrong side of the country, every second counts. No one knows this more than Edgar Hill: over five hundred miles of devastated wasteland stretch between him and his family. To get back to them, he must push himself to the very limit—or risk losing them forever. His best option is to run. But what if his best isn't good enough? End of the World Running Club is an otherworldly yet extremely human story of hope, love, and the endurance of both body and spirit. Praise for The End of the World Running Club: "Harrowing and heartrending, this is a novel that is almost impossible to put down." —Library Journal, STARRED REVIEW "Walker's ability to imagine a post-apocalyptic world in crisp detail is on full display in the early pages of The End of World Running Club." — Maximum Shelf "...a beautifully written postapocalyptic tale of a flawed man's struggle for survival and redemption." — Booklist "A fresh and frighteningly real take on what "the end" might be...quite an exciting and nerve-wracking 'run', with characters

For fans of Mexican Gothic, from three-time Bram Stoker Award-winning author Gwendolyn Kiste comes a novel inspired by the untold stories of forgotten women in classic literature—from Lucy Westnera, a victim of Stoker’s Dracula, and Bertha Mason, Mr. Rochester’s attic-bound wife in Charlotte Brontë’s Jane Eyre—as they band together to combat the toxic men bent on destroying their lives, set against the backdrop of the Summer of Love, Haight-Ashbury, 1967. Reluctant Immortals is a historical horror novel that looks at two men of classic literature, Dracula and Mr. Rochester, and the two women who survived them, Bertha and Lucy, who are now undead immortals residing in Los Angeles in 1967 when Dracula and Rochester make a shocking return in the Haight-Ashbury district of San Francisco. Combining elements of historical and gothic fiction with a modern perspective, in a tale of love and betrayal and coercion, Reluctant Immortals is the lyrical and harrowing journey of two women from classic literature as they bravely claim their own destiny in a man’s world.

An honest and inspiring account of one woman’s unstoppable endurance in the face of seemingly insurmountable setbacks Don't limit your challenges. Challenge your limits. At the age of 55, record-breaking ultrarunner Mimi Anderson embarked on her most ambitious adventure yet. She wanted to become the fastest woman in history to run across America from Los Angeles to New York. Her journey would cover 2,850 miles, 12 states and four time zones, dealing with extreme changes in terrain, weather and altitude along the way. For 40 days, the determined mother of three pushed herself on and on for more than 2,000 miles across the vast continent, despite the onset of severe pain, until she was forced to make a crushing decision: carry on and risk never being able to run again or give up on her all-time goal. What happened next set Mimi on a new, unexpected journey. She learned to face her fears and bounce back from defeat by taking up the new challenge of becoming a triathlete. Mimi’s inspiring story proves that when one door closes, another opens - you just need the courage to swim, cycle and run through it.

Once the mighty fortress had stood strong, defended by the mightiest of all Drenai heroes, Druss, the Legend. But now a tyrannical, mad emperor had seized control of the fortress, and his twisted will was carried throughout the land by the Joinings --- abominations that were half-man, half-beast. Tenaka Khan was a half-breed himself, hated by the Drenai for his Nadir blood and despised by the Nadir for his Drenai ancestry. But he alone had a plan to destroy the emperor. The last heroes of the Drenai joined with him in a desperate gamble to bring down the emperor -- even at the cost of their own destruction.

Freelancing for Journalists

Running Out Of Time

Swim, Bike, Bonk

Beyond the Harbour Lights

Behamd the Throne

Hammer and Beyond

The King Beyond the Gate

Kane Matthews, Alpha of his small wolf pack in Cloverleaf has been raised to believe that mates are not possible for gay men and has lived his life accordingly. Kicked out of his home pack years before because of his sexual orientation Kane has built a solid and comfortable life for himself in the small town of Cloverleaf. Imagine his surprise when an unscheduled visit to the small town's diner unleashes a flood of emotions in the man he didn't think possible - not least of all, lust. But finding out it is possible for wolf shifters to have gay mates is just one of the things that Kane has to overcome if he is to have the forever future he has been hoping for. Shawn Bailey never expected to find his mate. He is just too different - an "Other" who has the power to instill fear in any other shifter. After spending ten years on the run from his Alpha father he spends most days just trying to stay alive. When a chance encounter brings him face to face with his mate Shawn has to decide if the man in front of him is worth staying for. But with hunters, Alpha challenges, Kane's parents and a smitten Alpha from another pack all interfering in Kane and Shawn's budding romance, not to mention some surprising answers about Shawn's two true mates find the happily ever after they are looking for? Warning: Some people may find the content of this book objectionable. Includes m/m, graphic sexual situations, a short BDSM scene, strong language and shifter/magic themes.

Just as George Plimpton had his proverbial cup of coffee in the NFL as the un-recruited and certainly unwanted fourth-string quarterback for the Detroit Lions, so, too, did Will McGough immerse himself in a sport he had no business trying. Like Plimpton, whose football folly turned into the bestselling Paper Lion, travel and outdoor writer McGough writes of his participation in, around, and over the course of one of the world's premier triathlons, the annual 140.6-mile Ironman in Tempe, Arizona. McGough chronicles the Ironman's history, his unorthodox training, the pageantry of the race weekend, and his attempt to finish the epic event. The narrative follows not just his race but also explores the cult and habits of the triathlete community, beginning with the first Ironman competition in Hawaii in 1978. This is a light-hearted, self-deprecating, and at times hilarious look at one man's attempt to conquer the ultimate endurance sport, with a conclusion that will surprise and delight both dedicated triathletes as well as strangers to the sport.

Freelancing for Journalists offers an authoritative, practical and engaging guide for current and aspiring journalism freelances, exploring key aspects of the role including pitching a story, networking, branding and navigating freelance laws and rights. Featuring case studies from experienced freelance journalists working in the UK, US, Asia and Australia, the book addresses the evolving media landscape and provides valuable tips on how to become established as a successful journalist across a variety of platforms. The authors also explore practical aspects of the trade including tips for setting up a business, managing tax and legal issues, getting paid and earning additional income in related sectors. This book is an invaluable resource for both students and professionals who are interested in taking the next step into freelance journalism work.

True stories from the time when ocean steamers plied their trade across the globe

Living with ADHD and Asperger Syndrome

The Rise of the Ultra Runners

A New Testament Vision for Justice, Crime, and Punishment

Inside The World's Deadliest Hurricanes, Tornadoes, And Blizzards

Changing Academic and Public Perspectives

Life at the Edge and Beyond

The Incomplete Book of Running

Parenting a child with Asperger’s syndrome is never easy, and adding ADHD to the psychological mix makes life even more difficult. In this searingly honest account of bringing up her son, Luke, Jan Greenman challenges common perceptions of a ‘life with labels’, and recalls her family’s 18 year journey to the edge and back. Writing frankly about the medical issues of Luke’s early years, including the impact of MMR and Ritalin, Jan recalls how Luke’s diagnoses came about, and how life at The Edge, their aptly named family home, changed as a result. She describes the causes and effects of the behaviours associated with Luke’s conditions, and the impact they had on each family member, including his younger sister, Abbi. The only predictable thing about Luke is his unpredictability, and Jan also takes a light-hearted look at some of his more unusual habits and obsessions. The book includes tips and advice from Jan, Abbi, and Luke himself, and the final chapters go beyond Luke’s early years to look at his life as a teenager - his solo trip to Dubai, and subsequent encounter with customs, his expulsion from school, and the inspirational Headteacher who helped him to turn his life around. Life at the Edge and Beyond is a must for anyone involved in bringing up a child with Asperger’s syndrome, ADHD - or both. Parents will take from the family’s successes, learn from their mistakes, and realize that, no matter how close to the edge they may feel, they are never alone.

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 Orleans) 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 four-hour 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).

A literary becomes psychological thriller from a highly original talent (Beyl Bainbridge) Ruby Robinson drifts through life stacking shelves at the library—quite solitary, invisible, invisibility makes it easier to notice things, though, and Ruby has always valued the importance of knowledge. She watches the world go by from her place amongst the bookshelves. The bored students, the domestic dramas, and her colleague Martha—vivacious, wild, enduring. Drawn in by Martha’s light, Ruby finds herself watching, observing . . . which is how she spots the cracks in Martha’s shiny new relationship before anyone else. An unsettling feeling. A flinch. Forced to intervene, Ruby is drawn out of the shadows. But all actions have consequences, particularly for someone with a past she’d rather forget . . . The Stopping Place is a smart, suspenseful tale by an author who ‘reels you in, teases you and rewards you’ (The Scotsman).

NEW YORK TIMES BESTSELLER • A NEW YORK TIMES NOTABLE BOOK NAMED ONE OF THE BEST BOOKS OF THE YEAR By The Miami Herald • Newsday • The Huffington Post • Financial Times • GQ • State • Men’s Journal • Washington Examiner • Publishers Weekly • Kirkus Reviews • National Post • The Toronto Star • BookPage • Bookreporter Before Gabrielle Hamilton opened her acclaimed New York restaurant Prune, she spent twenty hard-living years trying to find purpose and meaning in her life. Blood, Bones & Butter follows an unconventional journey through the many kitchens Hamilton has inhabited through the years: the rural kitchen of her childhood, where her adored mother stood over the six-burner with an oily wooden spoon in hand; the kitchens of France, Greece, and Turkey, where she was often fed by complete strangers and learned the essence of hospitality; Hamilton’s own kitchen at Prune, with its many unexpected challenges; and the Kitchen of her Italian mother-in-law, who serves as the link between Hamilton’s idyllic past and her own future family—the result of a prickly marriage that nonetheless yields lasting dividends. By turns epic and intimate, Gabrielle Hamilton’s story is told with uncommon honesty, grit, humor, and passion. Features a new essay by Gabrielle Hamilton at the back of the book Look for special features inside. Join the Circle for author chats and more.

Explorers of the Infinite

Beyond Impossible

Cloud Atlas

A Journey to the Edge of Human Endurance

The Body Keeps the Score

Foundations in Early Childhood Education

Burn the Place

Beginnings & Beyond is the tool students need to develop vital skills necessary to become successful teachers and caregivers. They will come to thoroughly understand the fundamentals of early childhood education through a discussion of the topic from an historical perspective, present-day issues and future trends. In this sixth edition, the authors have emphasized multiculturalism and NAEYC’s developmentally appropriate practice to support the viewpoint that there is more than one correct way to care for and educate young children.

Hailed as a "writer of subtlety and depth," Hilary Mantel turns her dark genius on the world of psychics in this smart, unsettling novel (Joyce Carol Oates) A paragon of efficiency, Colette took the next natural step after finishing secretarial school by marrying a man who would do just fine. After a sobering, do-it-yourself divorce, Colette is at a loss for what to do next. Convinced that she is due an out-of-hand, life-affirming revelation, she strays into the realm of psychics and clairvoyants, hungry for a whisper to set her off in the right direction. At a psychic fair in Windsor she meets the charismatic Alison. Alison, the daughter of a prostitute, beleaguered during her childhood by the pressures of her connection to the spiritual world, lives in a different kind of solitude. She cannot escape the dead who speak to her, least of all the constant presence of Morris, her low-life spiritual guide. An expansive presence onstage, Alison at once feels her bond with Colette, inviting her to join her on the road as her personal assistant and companion. Troubles spiral out of control when the pair moves to a suburban wasteland in what was once the English countryside and take up with a spirit guide and his drowned therapist. It is not long before Alison's connection to the place beyond black threatens to uproot their lives forever. This is Hilary Mantel at her finest-insightful, darkly comic, unorthodox, and thrilling to read.

In July 1978, Dr. Wilbert Williams Jr. was standing on a street corner in Brooklyn, New York, afraid for his life. It had been less than three months since he was awarded a medical degree from Albany Medical College in upstate New York; yet there he wasenduring racial slurs from a group of angry white people who hated him simply because of the color of his skin. Even as the police stood guarding him, the group continued to taunt him with the words, He can go back where he came from. In his poignant memoir, Williams narrates the story of how he beat overwhelming odds, as an African American youth growing up in a public housing project in Brooklyn, New York, to eventually become a physician. While chronicling a journey that took him from the streets of New York through the challenges of medical school to the beautiful Caribbean island of St. Croix, he details how he learned to prevail over racism, anxiety, and depression in order to achieve his dream of becoming a doctor. Dr. Williams inspiring story offers motivation to soar over the challenges of life and reach for the stars.

#1 New York Times bestseller “Essential reading for anyone interested in understanding and treating traumatic stress and the scope of its impact on society.” —Alexander McFarlane, Director of the Centre for Traumatic Stress Studies A pioneering researcher transforms our understanding of trauma and offers a bold new paradigm for healing in this New York Times bestseller Trauma is a fact of life. Veterans and their families deal with the painful aftermath of combat; one in five Americans has been molested; one in four grew up with alcoholics; one in three couples have engaged in physical violence. Dr. Bessel van der Kolk, one of the world's foremost experts on trauma, has spent over three decades working with survivors. In The Body Keeps the Score, he uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments—from neurofeedback and meditation to sports, drama, and yoga—that offer new paths to recovery by activating the brain's natural neuroplasticity. Based on Dr. van der Kolk's own research and that of other leading specialists, The Body Keeps the Score exposes the tremendous power of our relationships both to hurt and to heal—and offers new hope for reclaiming lives.

Olympus and Beyond

Beyond the Fire and the Rain

Beyond the Postcard

Just a Little Run Around the World

A Thousand Splendid Suns

No Vacancy: A Forced Proximity Erotic Romance

Classic Tales of Richard M. Hallé

Reckless rogue man of honor? Riding on a Sussex beach, Alexander Ellerdine fights through the waves to rescue a young lady trapped by the tide. He’s instantly captivated by her beautiful face and dauntless spirit—but as a smuggler with a tarnished reputation Zan has nothing to offer a woman such as her. Marie-Claude is determined to unravel the mystery of her brooding rescuer. His passionate kisses are as dangerous as his reputation. The integrity in his eyes indicates he’s a gentleman—but the sea and rumors say that he’s a rake beyond redemption.

Moving on from his previous book, Superstructuralism , Richard Harland argues that the focus on single words in the structuralist theory of language is its key weakness and that the next advance beyond post-structuralism depends upon replacing word-based with syntagm-based theories. In a lucid way he develops a new syntagmatic theory which shows that the effect of combining words grammatically can transform the very nature of meaning. The wide breadth of coverage in the book covers both post-Chomskyan' linguistics and Derrida, and sets up an opposition to analytic and speech-act views of language. By presenting a systematic critique and counter-proposal, Harland challenges the very foundation of recent literary and language based theory.

Beyond the Postcard is a collection of one man’s world-spanning travel stories. From the humorous to the heart-warming, these tales each show how travel, despite the inevitable surprises, is rewarding in so many ways. It stirs emotions that reinforce and affect what we know about the world, about each other, and even about ourselves. Travel is one of the best safeguards against war, racism, and indifference to the less fortunate. Through quotes, stories, short philosophical comments, and his own pictures, Swaridge sketches a rich landscape that anybody with a sense of adventure will enjoy. Whether you love to travel or have never left your own backyard, you can experience the joy, challenge, and adventure of a life on the road through these stories.

LOWELLSTEAD FOR THE NATIONAL BOOK AWARD “A blistering yet tender” memoir that chronicles one chef’s journey from foraging on her family’s Midwestern farm to running her own Michelin-starred restaurant and finding her place in the world. Hiliana Regan grew up the youngest of four headstrong girls on a small farm in Indiana. While gathering raspberries as a toddler, Regan learned to only pick the ripe fruit. In the nearby fields, the orange-fluted cherted mushrooms beckoned her while they eluded others. Regan’s profound connection with food and the earth began in childhood, but connecting with people was more difficult. She grew up gay in an intolerant community, was an alcoholic before she turned twenty, and struggled to find her voice as a woman working in an industry dominated by men. But food helped her navigate the world around her—learning to cook in her childhood home, getting her first restaurant job at age fifteen, teaching herself cutting-edge cuisine while hosting an underground supper club, and working her way from front-of-house staff to running her own kitchen. Regan’s culinary talent is based on instinct, memory, and an almost otherworldly connection to ingredients, and her writing comes from the same place. Raw, filled with startling imagery and told with uncommon emotional power, Burn the Place takes us from Regan’s childhood farmhouse kitchen to the country’s most elite restaurants in a galvanizing tale that is entirely original, and unforgettable.

My Life Behind the Spiral

Blood, Bones & Butter

One Man’s Travel Adventures

Lindlens

Confessions of a Reluctant Triathlete

Beyond the Tides

Beyond Madness

A fascinating look at extreme weather and the men and women who are risking their lives to give us a better understanding of this meteorological phenomenon.

How to get started in web indexing, embedded indexing, and other computer-based media.

By the New York Times bestselling author of The Bone Clocks! Shortlisted for the Man Booker Prize A postmodern visionary and one of the leading voices in twenty-first-century fiction, David Mitchell combines flat-out adventure, a Nabokovian love of puzzles, a keen eye for character, and a taste for mind-bending, philosophical and scientific speculation in the tradition of Umberto Eco, Haruki Murakami, and Philip K. Dick. The result is brilliantly original fiction as profound as it is playful. In this groundbreaking novel, an influential favorite among a new generation of writers, Mitchell explores with daring artistry fundamental questions of reality and identity. Cloud Atlas begins in 1850 with Adam Ewing, an American notary voyaging from the Channel Isles to his home in California. Along the way, Ewing is befriended by a physician, Dr. Goose, who begins to treat him for a rare species of brain parasite. . . . Abruptly, the action jumps to Belgium in 1931, where Robert Frobisher, a disinherited bisexual composer, contrives his way into the household of an infirm maestro who has a beguiling wife and a noble daughter. . . . From there we jump to the West Coast in the 1970s and a troubled reporter named Luisa Rey, who stumbles upon a web of corporate greed and murder that threatens to claim her life. . . . And onward, with dazzling virtuosity, to an inglorious present-day England; to a Korean superstate of the near future where neocapitalism has run amok; and, finally, to a postapocalyptic Iron Age Hawaii in the last days of history. But the story doesn’t end even there. The narrative then boomerangs back through centuries and space, returning by the same route, in reverse, to its starting point. Along the way, Mitchell reveals how his disparate characters connect, how their fates intertwine, and how their souls drift across time like clouds across the sky. As wild as a videogame, as mysterious as a Zen koan, Cloud Atlas is an unforgettable tour de force that, like its incomparable author, has transcended its cult classic status to become a worldwide phenomenon. Praise for Cloud Atlas “[David] Mitchell is, clearly, a genius. He writes as though at the helm of some perpetual dream machine, can evidently do anything, and his ambition is written in magma across this novel’s every page.”—The New York Times Book Review “One of those how-the-holy-hell-did-he-do-it? modern classics that no doubt is—and should be—read by any student of contemporary literature.”—Dave Eggers “Wildly entertaining. . . a head rush, both action-packed and chillingly ruminative.”—People “The novel as series of nested dolls or Chinese boxes, a puzzle-book, and yet—not just dazzling, amusing, or clever but heartbreaking and passionate, too. I’ve never read anything quite like it, and I’m grateful to have lived, for a while, in all its many worlds.”—Michael Chabon “Cloud Atlas ought to make [Mitchell] famous on both sides of the Atlantic as a writer whose fearlessness is matched by his talent.”—The Washington Post Book World “Thrilling . . . One of the biggest joys in Cloud Atlas is watching Mitchell sashay from genre to genre without a hitch in his dance step.”—Boston Sunday Globe “Grand and exhilarat. . . [Mitchell] creates a world and language at once foreign and strange, yet strikingly familiar and intimate.”—Los Angeles Times

In the most candid and compelling sports memoir since Andre Agassi’s riveting bestseller Open, former San Francisco 49er, Super Bowl champion, NFL MVP, and Hall of Famer Steve Young gives readers an unprecedented and stunning inside look at what it takes to become a super-elite professional quarterback. Steve Young produced some of the most memorable moments in NFL history. But his most impressive victories have been deeply personal ones that were won when no one was watching. His remarkably revealing memoir is the story of a Mormon boy with a 4.0 GPA, a photographic memory, and a severe case of separation anxiety. As an eighth-string quarterback at Brigham Young University, it was doubtful that he would ever see any playing time. But Young became an All-American, finished second in the Heisman voting, and was the top draft choice out of college. Then, after signing the largest contract in sports history, anxiety nearly drove him to walk away from football completely. In short, Young’s quest in life was always about grit. Now, he shares the experience of being inside his helmet while he faces down his toughest adversaries, both on and off the field. “This book is gold.”—Peter King “Intense.”—San Francisco Chronicle “Steve Young is a hero of mine, and his story is a source of inspiration for me. His perseverance, intelligence, and, most of all, grace under pressure, NFL-style, make this book a fascinating read. Thanks, Steve, for sharing your story with one of your biggest fans!”—Tom Brady

Beyond Black

Beyond Blue

Beyond Alnu Studies

An Ultrarunner’s Story of Pain, Perseverance and the Pursuit of Success

The Secret Spiritual Lives of Extreme Athletes-and What They Reveal About Near-Death Experiences, Psychic Communication, and Touching the Beyond

Reluctant Immortals

5 Years, 3 Packs of Wolves and 53 Pairs of Shoes

A riveting and powerful story of an unforgiving time, an unlikely friendship and an indestructible love

"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.

An electrifying look inside the wild world of extreme distance running. Once the reserve of only the most hardcore enthusiasts, ultra running is now a thriving global industry, with hundreds of thousands of competitors each year. But is the rise of this most brutal and challenging sport—with races that extend into hundreds of miles, often in extreme environments—an antidote to modern life, or a symptom of a modern illness? In The Rise of the Ultra Runners, award-winning author Adharanand Finn travels to the heart of the sport to investigate the reasons behind its rise and discover what it takes to join the ranks of these ultra athletes. Through encounters with the extreme and colorful characters of the ultramarathon world, and his own experiences of running ultra everywhere from the deserts of Oman to the Rocky Mountains, Finn offers a fascinating account of people testing the boundaries of human endurance.

Behind the Throne begins K. B. Wagers’s action-packed science fiction adventure, with a heroine as rebellious as Han Solo, as savvy as Leia, and as skilled as Rey. *Hail Bristol* has made a name for herself as one of the most fearsome gunrunners in the galaxy. But she can’t escape her past forever: twenty years ago, she was a runaway princess of the *Indranan Empire*. Now, her mother’s people have finally come to bring her home. But when *Hail* is dragged back to her *Indrana* to take her rightful place as the only remaining heir, she finds that trading her ship for a palace is her most dangerous move yet. In a world where the only safe options are *fight* or *flight*, *Hail* must rage. “Excellent SF adventure debut.” -- Publishers Weekly, starred review. *The Indranan War*Behind the Throne*After the Crown*Behind the Empire

The End of the World Running Club

The Stopping Place

Beyond Retribution

Beyond Superstructuralism

A Memoir

Qb

Psychosocial Interventions in Psychosis

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 follows another: 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.

Beyond ImpossibleHow an Ordinary Mum Became a Record-Breaking Ultrarunner

A forced proximity erotic romance. The setting? A rural motel on Manitoba's Highway Five, a safe haven at the center of a ruthless Canadian Prairie blizzard. The greater predicament? One last hotel room key, and two travelers from different worlds in need of shelter from the storm. Yet despite their misfortune, fortune still favors the bold strangers: Summer, in all her radiance is bold enough to unsettle him, and Grant is far too damned intrigued by her to resist.

Real-life psychic, near-death, and paranormal experiences are combined with cutting-edge science and vivid adventure stories in this energetic look at why extreme athletes and mountaineers take the risks that allow them to push the limits of consciousness, and what they encounter there. In the life-or-death world of extreme adventure sports, there is one thing that athletes often keep quiet about: the "forbidden" territory of paranormal experiences. Ranging from fleeting moments of transcendence to full-blown epiphanies, extreme athletes have experienced these moments of connection with the beyond, but have been reluctant to talk about them. In *Explorers of the Infinite*, award-winning outdoors journalist and lifelong adventure sports devotee Maria Coffey probes the mystical and paranormal experiences of mountaineers, snowboarders, surfers, and more. She reviews cutting-edge science and consults the history of philosophy and spirituality to answer the question: Could the state of intense "aliveness" that is the allure of extreme sports be explained? Explanations for mystical phenomena, ranging from simple explanations to theories from consciousness studies and quantum physics, and leaves us wondering where science ends and spirituality begins. An energetic, you-are-there look at the spiritual lives of extreme athletes, *Explorers of the Infinite* asks why extreme athletes take the risks that allow them to push the limits of consciousness, what they encounter there, and what we can learn from them.

The Search for Ethics in Leadership, Business, and Beyond

Eye Of The Storm

Beginnings & Beyond

Rake Beyond Redemption

Runners : & Soft Targets

The Inadvertent Education of a Reluctant Chef

This book brings together a wide range of topics in leadership ethics and business ethics. It approaches these topics from the perspective of the humanities as well as the social sciences. About half of the book is on leadership and the other half on topics in business ethics. Besides these general areas of research, the book explores how to teach and study ethics in both business ethics and leadership studies. Specifically, it examines issues ranging from the nature of ethical leadership, to studies of authenticity, virtue, and the public and private morality of leaders. In business ethics, the subjects covered span from moral imagination, to casuistry, meaningful work, and workplace ethics. The book includes a section on the importance of liberal arts for studying and teaching ethics in business and professional schools. It concludes with a reflection on the ethical challenges of leaders and followers in a world where some leaders have inverted moral values.

Recently a growing number of Christians have actively promoted the concept of "restorative justice" and attempted to develop programs for dealing with crime based on restorative principles. But is this approach truly consistent with the teaching of Scripture? To date, very little has been done to test this claim. *Beyond Retribution* fills a gap by plumbing the New Testament on the topics of crime, justice, and punishment. Christopher Marshall first explores the problems involved in applying ethical teachings from the New Testament to mainstream society. He then surveys the extent to which the New

Testament addresses criminal justice issues, looking in particular at the concept of the justice of God in the teachings of Paul and Jesus. He also examines the topic of punishment, reviewing the debate in social thinking over the ethics and purpose of punishment -- including capital punishment -- and he advocates a new concept of "restorative punishment." The result of this engaging work is a biblically based challenge to imitate the way of Christ in dealing with both victims and offenders.

The NEXT TIME series is back with another gripping adventure across time. After narrowly cheating death, our favorite time-travelling twins, Dani and Daric, are back in action. With no clue how to find their way back home, the siblings attempt to navigate life in a period of history they've only ever read about. Each jump in time takes them to a more foreign and ancient place in the world's timeline, causing the twins to doubt whether they will ever see their home again. In the present, Professor Quinn Delaney struggles to complete his work, to have any chance of bringing his children back from the past, but he runs into serious complications of his own. Richard, meanwhile, remains a man fueled by a feverish desire to take everything from Quinn's wife, Sandra. But just how far will Richard go to ensure his devious plan succeeds? As the Delaney family will soon discover, a once close family friend has unexpectedly become an unstoppable adversary. From the author that brought you LOST IN TIME comes the second journey in the NEXT TIME trilogy, *RUNNING OUT OF TIME*. Allow yourself to be transported into the past as the Delaney family attempt to fight their way back to each other.

Before passing up a career in law for the writing life, Richard Matthews Hallett lived an exciting life of adventure, that included a stint as a police officer, and as a seaman aboard a schooner bound for Australia. He then trekked across that country and lived by his wits in England for a time before returning to the States. Later, he was a deck officer on warships conveying soldiers and horses across the Atlantic in WW I, and facing U-boat attacks. Over is life, Hallett wrote several novels and more than 200 short stories that were published in the most widely read magazines of the day, including the Saturday Evening Post, Harper's, Atlantic, Collier's, Everybody's, and American Legion Monthly. The stories gathered here, published in the first half of the twentieth century, include vivid tales of the sea, both in the days of sail and in the midst of war, often built around ship-board tensions and tumult; and stories of Maine and New England and their small town values and rivalries.