

Run Fat Bitch Run

A science journalist's provocative exploration of how biology, psychology, media, and culture come together to shape our ongoing obsession with our bodies, while also tackling the myths and realities of the "obesity epidemic."

John Updike's *Rabbit, Run* is a classic story of dissatisfaction and restlessness. Harry 'Rabbit' Angstrom was a star basketball player in high school. Now twenty-six, his life seems full

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of traps, the biggest being his pregnant wife and two-year-old son. He sets out to escape, but it's not clear if Rabbit is really following his heart or only chasing his tail. Powerfully written, Rabbit, Run gave American literature one of its most enduring characters.

Journalist Walls grew up with parents whose ideals and stubborn nonconformity were their curse and their salvation. Rex and Rose Mary and their four children lived like nomads, moving among Southwest desert towns,

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camping in the mountains. Rex was a charismatic, brilliant man who, when sober, captured his children's imagination, teaching them how to embrace life fearlessly. Rose Mary painted and wrote and couldn't stand the responsibility of providing for her family. When the money ran out, the Walls retreated to the dismal West Virginia mining town Rex had tried to escape. As the dysfunction escalated, the children had to fend for themselves, supporting one another as they found the

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resources and will to leave home. Yet Walls describes her parents with deep affection in this tale of unconditional love in a family that, despite its profound flaws, gave her the fiery determination to carve out a successful life. -- From publisher description. Challenging America's confusing standard of beauty, a humorous look at life from the perspective of a large woman shares her own experiences as well as her thoughts on eating, sex, dating, exercise, and other

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topics.

Gay, Glam, and Gritty

Travels in South America

The 4-Hour Body

The Incomplete Book of
Running

The Run Fat Bitch Run

Marathon Plan

The Path to Making Peace
with Your Pace

The Psychosocial
Implications of Disney
Movies

8 starred reviews · Goodreads Choice Awards Best of the Best · William C. Morris Award Winner · National Book Award Longlist · Printz Honor Book · Coretta Scott King Honor Book · #1 New York Times Bestseller! "Absolutely riveting!" —Jason Reynolds "Stunning." —John Green "This story is necessary.

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This story is important." —Kirkus (starred review) "Heartbreakingly topical." —Publishers Weekly (starred review) "A marvel of verisimilitude." —Booklist (starred review) "A powerful, in-your-face novel." —Horn Book (starred review) Sixteen-year-old Starr Carter moves between two worlds: the poor neighborhood where she lives and the fancy suburban prep school she attends. The uneasy balance between these worlds is shattered when Starr witnesses the fatal shooting of her childhood best friend Khalil at the hands of a police officer. Khalil was unarmed. Soon afterward, his death is a national headline. Some are calling him a thug, maybe even a drug dealer and a gangbanger. Protesters are taking to the streets in Khalil's name. Some cops and the local drug lord try to intimidate Starr and her family. What everyone wants to know is: what really

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went down that night? And the only person alive who can answer that is Starr. But what Starr does—or does not—say could upend her community. It could also endanger her life. Want more of Garden Heights? Catch Maverick and Seven’s story in Concrete Rose, Angie Thomas’s powerful prequel to The Hate U Give. A New York Times Bestseller From the author of the New York Times bestseller All the Bright Places comes a heart-wrenching story about what it means to see someone—and love someone—for who they truly are. Everyone thinks they know Libby Strout, the girl once dubbed “America’s Fattest Teen.” But no one’s taken the time to look past her weight to get to know who she really is. Following her mom’s death, she’s been picking up the pieces in the privacy of her home, dealing with her heartbroken father and her own grief. Now, Libby’s ready: for

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high school, for new friends, for love, and for EVERY POSSIBILITY LIFE HAS TO OFFER. In that moment, I know the part I want to play here at MVB High. I want to be the girl who can do anything. Everyone thinks they know Jack Masselin, too. Yes, he's got swagger, but he's also mastered the impossible art of giving people what they want, of fitting in. What no one knows is that Jack has a newly acquired secret: he can't recognize faces. Even his own brothers are strangers to him. He's the guy who can re-engineer and rebuild anything in new and bad-ass ways, but he can't understand what's going on with the inner workings of his brain. So he tells himself to play it cool: Be charming. Be hilarious. Don't get too close to anyone. Until he meets Libby. When the two get tangled up in a cruel high school game—which lands them in group counseling and community

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service—Libby and Jack are both pissed, and then surprised. Because the more time they spend together, the less alone they feel. . . . Because sometimes when you meet someone, it changes the world, theirs and yours. Jennifer Niven delivers another poignant, exhilarating love story about finding that person who sees you for who you are—and seeing them right back. "Niven is adept at creating characters. . . . [Libby's] courage and body-positivity make for a joyful reading experience." --The New York Times "Holding Up the Universe . . . taps into the universal need to be understood. To be wanted. And that's what makes it such a remarkable read."

—Teen Vogue.com, "Why New Book Holding Up the Universe Is the Next The Fault in Our Stars" "Want a love story that will give you all the feels? . . . You'll seriously melt!"—Seventeen Magazine

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This fascinating book is the first volume in a projected cultural history of the United States, from the earliest English settlements to our own time. It is a history of American folkways as they have changed through time, and it argues a thesis about the importance for the United States of having been British in its cultural origins. While most people in the United States today have no British ancestors, they have assimilated regional cultures which were created by British colonists, even while preserving ethnic identities at the same time. In this sense, nearly all Americans are "Albion's Seed," no matter what their ethnicity may be. The concluding section of this remarkable book explores the ways that regional cultures have continued to dominate national politics from 1789 to 1988, and still help to shape attitudes toward education, government, gender,

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and violence, on which differences between American regions are greater than between European nations.

Draws on Zen philosophies to counsel runners on how to achieve better results by aligning the body and mind for success, providing case testimonials while providing coverage of topics ranging from staying committed and training mindfully to visualizing goals and accepting limitations. Original.

The Glass Castle

Bitch

Carrie

You Have the Right to Remain Fat

Stories from a South African Childhood

Run Catch Kiss

A Jungian analyst explores the feminine psyche through stories of "wild women"--the mythological archetype of the

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*strong, primitive woman
Jude Deveraux's marvelous
New York Times bestseller is a
touching and delightful
exploration of the longings that
live deep inside every woman's
heart, featuring three friends who
get a once-in-a-lifetime chance
to find out what might have
been... Have you ever wanted to
rewrite your past? Three best
friends, all with the same
birthday, are about to turn forty.
Celebrating at a summerhouse in
Maine, Leslie Headrick, Madison
Appleby, and Ellie Abbott are
taking stock of their lives and
loves, their wishes and choices.
But none of them expect the gift*

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that awaits them at the summerhouse: the chance for each of them to turn their “what-might-have-beens” into reality... Leslie, a suburban wife and mother, follows the career of a boy who pursued her in college wonders: what if she had chosen differently? Madison dropped a modeling career to help her high school boyfriend recover from an accident, even though he’d jilted her. But what if she had said “no” when her old boyfriend had called? Ellie became a famous novelist, but a bitter divorce wiped out her earnings—and shattered her belief in herself. Why had the “justice” system

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failed her? And could she prevent its happening the second time around? Now, a mysterious "Madame Zoya," offers each of them a chance to relive any three weeks from the past. Will the road not taken prove a better path? Each woman will have to decide for herself as she follows the dream that got away...and each must choose the life that will truly satisfy the heart's deepest longings.

Not your typical boring diet book, this is a tart-tongued, no-holds-barred wakeup call to all women who want to be thin. With such blunt advice as, Soda is liquid Satan and You are a total moron

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if you think the Atkins Diet will make you thin, it's a rallying cry for all savvy women to start eating healthy and looking radiant. Unlike standard diet books, it actually makes the reader laugh out loud with its truthful, smart-mouthed revelations. Behind all the attitude, however, there's solid guidance. Skinny Bitch espouses a healthful lifestyle that promotes whole grains, fruits, and vegetables, and encourages women to get excited about feeling clean and pure and energized.

From Machu Picchu to a cocaine purchase in a Bolivian jail—and

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beyond! How do you rough it in extreme South American travels and still dare to be different? You Can Run: Gay, Glam, and Gritty Travels in South America follows the intrepid and fantastic—and totally true—adventures of flamboyant gay men through the gritty rough and tough of South America. Author Jesse Archer and his American boyfriend Zane spent nearly two years traveling the continent in search of adventure. And find it they did. Discover incredible individuals like Patricia the pink lady, the Wolfman of Borneo, and Santusa the fanged Chola of a different color. Thrill to the astounding

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experiences of dodging crocodiles, doing a striptease for a Colombian bathroom bitch, admiring exultant transsexuals caught in a rainstorm, and navigating the most dangerous road in the world. This wild travel chronicle takes you through the real South America with wit, wisdom—and a hot pink wig! An excerpt from You Can Run: Gerardo runs off to buy the meat for baiting piranha and then we're in his tin boat out on the choppy Amazon. The humidity and heat on the earth's surface here seems to bounce back into the sky and burst, returning a downpour of rain. Luckily

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Gerardo's tin can has a roof. Yet for some reason we aren't headed to the jungle, but downriver to a shantytown along the bank. I ask where we are going and Gerardo feebly utters something in Portuguese. I can't make it out. Zane is now convinced I've employed a waterfront gangster. We pull up to a shoddy pier of three planks supported by timbers that rot in the lapping water. "We should have gone with the other one!" Zane decries my flagrant frugality. "See? There's his accomplice." When Gerardo reappears outside the shack with another man Zane announces he

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hates to be killed with a cheapskate like me. "I'm gonna die, washed up over there with all that trash, my body all white and fat and . . . bloated!" zane has exercised too much in his life to die bloated. Dying bloated has just become the worst of all fates. Zane gasps earnestly to his active imagination. "Oh God, please not bloated!" You Can Run is a funny, piercing, and poignant examination of memorable outcasts in the third world. Follow some of travel's most different adventure seekers—extreme travelers with a lot of sparkle!

Zen and the Art of Running

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In Praise of Difficult Women
The Hate U Give
The Bitch in Your Head
Run Mummy Run
Women who Run with the
Wolves

In the tradition of novels of Gayle Forman and John Green comes this extraordinary YA debut about a blind teen girl navigating life and love in high school. Parker Grant doesn't need 20/20 vision to see right through you. That's why she created the Rules: Don't treat her any differently just because she's blind, and never take advantage. There will be no second chances. Just ask Scott Kilpatrick, the boy who broke her heart. When Scott suddenly reappears in her life after being gone for years, Parker knows there's only

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one way to react--shun him so hard it hurts. She has enough on her mind already, like trying out for the track team (that's right, her eyes don't work but her legs still do), doling out tough-love advice to her painfully naive classmates, and giving herself gold stars for every day she hasn't cried since her dad's death three months ago. But avoiding her past quickly proves impossible, and the more Parker learns about what really happened--both with Scott, and her dad--the more she starts to question if things are always as they seem. Maybe, just maybe, some Rules are meant to be broken. Combining a fiercely engaging voice with true heart, debut author Eric Lindstrom's *Not If I See You First* illuminates those blind spots that we all have in life, whether

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visually impaired or not.

In this chronicle of one person's poignant and harrowing road to fulfillment, Mike celebrates his chosen life in the comedy business with personal tales of romantic calamities, celebrity run-ins, professional misfortunes, and triumphs. He reinforces the notion that you can accomplish (almost) anything you want if you're willing to get your ass kicked along the way. It's a Funny Thing solidifies Michael Rowe's reputation as not just an all around nice guy, but also a skilled observer in self, the human condition, and dogged perseverance. MICHAEL ROWE, a former comedian now comedy writer/producer, has been nominated for six Emmys for his work on

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Futurama and Family Guy, earning one along the way. Mike's also been nominated for two Annie Awards, earning two; a Writers Guild Award, and a Gemini Award. He has earned a Webby Award for his original animated series The Paranormal Action Squad. His writing has also appeared in Vanity Fair magazine. He lives in Los Angeles with his wife, twin sons and a silly dog named Marty Allen. "If you've ever had any interest in comedians, like what went wrong in our lives to make us so deeply disturbed, you will devour Mike Rowe's insightful, personal, and yes, very funny book. Such a great read for smart people—and morons will like it, too." — Larry David "During long, grueling nights working way too late in

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the writers' room, when everyone had grown snarly and surly and silent, Mike would continue to pepper us with hilarious jokes. He was that cruel. And now he's written a book that's not only funny, but also sweet and sensitive. What is it with this guy?" — Matt Groening "Why would I want to read Mike's book that highlights the struggles of coming up the ranks in the New York comedy club scene? I was there with him! I could write that book myself!! Then I read it and realized...I can't write like this! Son of a bitch." — Ray Romano "Having witnessed only a part of Mike's life, I can tell you the whole thing is a doozy of a read. He is as much a fan of comedy as he is a fixture in it. The best always are." — Sarah Silverman "We expected Mike

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Rowe to be a dick because he's a big fancy Hollywood guy and he doesn't smoke dope, and we weren't wrong. But the book is pretty fu@king funny.”

— The Trailer Park Boys

From the author of the bestselling Prozac Nation comes one of the most entertaining feminist manifestos ever written. In five brilliant extended essays, she links the lives of women as demanding and disparate as Amy Fisher, Hillary Clinton, Margaux Hemingway, and Nicole Brown Simpson. Wurtzel gives voice to those women whose lives have been misunderstood, who have been dismissed for their beauty, their madness, their youth. Bitch is a brilliant tract on the history of manipulative female behavior. By

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looking at women who derive their power from their sexuality, Wurtzel offers a trenchant cultural critique of contemporary gender relations. Beginning with Delilah, the first woman to supposedly bring a great man down (latter-day Delilahs include Yoko Ono, Pam Smart, Bess Myerson), Wurtzel finds many biblical counterparts to the men and women in today's headlines. She finds in the story of Amy Fisher the tragic plight of all Lolitas, our thirst for their brief and intense flame. She connects Hemingway's tragic suicide to those of Sylvia Plath, Edie Sedgwick, and Marilyn Monroe, women whose beauty was an end, ultimately, in itself. Wurtzel, writing about the wife/mistress dichotomy, explains how

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some women are anointed as wife material, while others are relegated to the role of mistress. She takes to task the double standard imposed on women, the cultural insistence on goodness and society's complete obsession with badness: what's a girl to do? Let's face it, if women were any real threat to male power, "Jennifer Flowers would be sitting behind the desk of the Oval Office," writes Wurtzel, "and Bill Clinton would be a lounge singer in the Excelsior Hotel in Little Rock." Bitch tells a tale both celebratory and cautionary as Wurtzel catalogs some of the most infamous women in history, defending their outsize desires, describing their exquisite loneliness, championing their take-no-prisoners approach to life and

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to love. Whether writing about Courtney Love, Sally Hemings, Bathsheba, Kimba Wood, Sharon Stone, Princess Di--or waxing eloquent on the hideous success of *The Rules*, the evil that is *The Bridges of Madison County*, the twisted logic of *You'll Never Make Love in This Town Again*--Wurtzel is back with a bitchography that cuts to the core. In prose both blistering and brilliant, *Bitch* is a treatise on the nature of desperate sexual manipulation and a triumph of pussy power.

#1 NEW YORK TIMES

BESTSELLER • The game-changing author of *Tribe of Mentors* teaches you how to reach your peak physical potential with minimum effort. "A practical crash course in how to

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reinvent yourself.”—Kevin Kelly, Wired

Is it possible to reach your genetic potential in 6 months? Sleep 2 hours per day and perform better than on 8 hours? Lose more fat than a marathoner by bingeing? Indeed, and much more. *The 4-Hour Body* is the result of an obsessive quest, spanning more than a decade, to hack the human body using data science. It contains the collective wisdom of hundreds of elite athletes, dozens of MDs, and thousands of hours of jaw-dropping personal experimentation. From Olympic training centers to black-market laboratories, from Silicon Valley to South Africa, Tim Ferriss fixated on one life-changing question: For all things physical, what are the tiniest changes that produce the biggest

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results? Thousands of tests later, this book contains the answers for both men and women. It's the wisdom Tim used to gain 34 pounds of muscle in 28 days, without steroids, and in four hours of total gym time. From the gym to the bedroom, it's all here, and it all works. You will learn (in less than 30 minutes each):

- How to lose those last 5-10 pounds (or 100+ pounds) with odd combinations of food and safe chemical cocktails
- How to prevent fat gain while bingeing over the weekend or the holidays
- How to sleep 2 hours per day and feel fully rested
- How to produce 15-minute female orgasms
- How to triple testosterone and double sperm count
- How to go from running 5 kilometers to 50 kilometers in 12 weeks
- How to

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reverse “permanent” injuries • How to pay for a beach vacation with one hospital visit And that's just the tip of the iceberg. There are more than 50 topics covered, all with real-world experiments, many including more than 200 test subjects. You don't need better genetics or more exercise. You need immediate results that compel you to continue. That's exactly what The 4-Hour Body delivers.

Myths and Stories of the Wild Woman
Archetype

The Unapologetic Fat Girl's Guide to
Exercise and Other Incendiary Acts

Fugly

We Are Not Like Them

A Hidden Tribe, Superathletes, and the
Greatest Race the World Has Never
Seen

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Motivation, Training, Nutrition: The
Grit Doctor Way

In this volume of 15 articles, contributors from a wide range of disciplines present their analyses of Disney movies and Disney music, which are mainstays of popular culture. The power of the Disney brand has heightened the need for academics to question whether Disney's films and music function as a tool of the Western elite that shapes the views of those less empowered. Given its global reach, how the Walt Disney Company handles the role of race, gender, and sexuality in social structural inequality merits serious reflection according to a number of the articles in the volume. On the other hand, other authors argue that Disney productions can help individuals cope

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with difficult situations or embrace progressive thinking. The different approaches to the assessment of Disney films as cultural artifacts also vary according to the theoretical perspectives guiding the interpretation of both overt and latent symbolic meaning in the movies. The authors of the 15 articles encourage readers to engage with the material, showcasing a variety of views about the good, the bad, and the best way forward.

#1 NEW YORK TIMES BESTSELLER •
More than one million copies sold! A “brilliant” (Lupita Nyong’o, Time), “poignant” (Entertainment Weekly), “soul-nourishing” (USA Today) memoir about coming of age during the twilight of apartheid “Noah’s childhood stories are told with all the hilarity and intellect that

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characterizes his comedy, while illuminating a dark and brutal period in South Africa's history that must never be forgotten."—*Esquire Winner of the Thurber Prize for American Humor and an NAACP Image Award • Named one of the best books of the year by The New York Time, USA Today, San Francisco Chronicle, NPR, Esquire, Newsday, and Booklist Trevor Noah's unlikely path from apartheid South Africa to the desk of The Daily Show began with a criminal act: his birth. Trevor was born to a white Swiss father and a black Xhosa mother at a time when such a union was punishable by five years in prison. Living proof of his parents' indiscretion, Trevor was kept mostly indoors for the earliest years of his life, bound by the extreme and often*

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absurd measures his mother took to hide him from a government that could, at any moment, steal him away. Finally liberated by the end of South Africa's tyrannical white rule, Trevor and his mother set forth on a grand adventure, living openly and freely and embracing the opportunities won by a centuries-long struggle. Born a Crime is the story of a mischievous young boy who grows into a restless young man as he struggles to find himself in a world where he was never supposed to exist. It is also the story of that young man's relationship with his fearless, rebellious, and fervently religious mother—his teammate, a woman determined to save her son from the cycle of poverty, violence, and abuse that would ultimately threaten her own life. The

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stories collected here are by turns hilarious, dramatic, and deeply affecting. Whether subsisting on caterpillars for dinner during hard times, being thrown from a moving car during an attempted kidnapping, or just trying to survive the life-and-death pitfalls of dating in high school, Trevor illuminates his curious world with an incisive wit and unflinching honesty. His stories weave together to form a moving and searingly funny portrait of a boy making his way through a damaged world in a dangerous time, armed only with a keen sense of humor and a mother's unconventional, unconditional love.

For every Skinny Bitch, there's a kick-ass man just as eager to take control of his weight and health. The New York Times

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bestselling authors now share their tips for turning Dad bods into Skinny Bastards. What's good for the bitch is good for the bastard. Hundreds of thousands of women have been inspired to "use their head" and get real about the food they eat after reading the best-selling manifesto Skinny Bitch. But it turns out some men have been reading over their girlfriends' shoulders. Professional athletes such as Milwaukee Brewers' Prince Fielder and the Dallas Mavericks' Jerry Stackhouse have adopted a whole new eating plan because of the book. Now authors Rory Freedman and Kim Barnouin think it's time for the guys to have a book of their own. In Skinny Bastard, they'll explain why the macho "meat and potatoes" diet is total crap, why having a gut is un-cool

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(and a turn-off), and how to get buff on the right foods. Eating well shouldn't be a "girlie" thing-and the Bitches will whip any man into shape with their straight-talk, sound guidance, and locker room language.

A young woman in the advertising world in New York City knows all the terminology of the New York scene. Her problem is that she is overweight and her personal and professional life are influenced by her weight and appearance. She wins and loses professional positions and boyfriends.

One to Watch

It's A Funny Thing - How the Professional Comedy Business Made Me Fat & Bald

A Tough-Love Running Program for Losing the Excuses and the Weight

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Fat Chick

Run Fat Bitch Run

Four British Folkways in America

An inspiring account of one woman's mission to lose six dress sizes and change her life for good. For Lisa Delaney, being a "fat girl" wasn't just a matter of weight, it was a state of mind. At one hundred eighty-five pounds, she was despondent over diets that never worked and disappointed by her dull job and lack of a love life—until a late-night epiphany involving a half-gallon of ice cream convinced her that

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becoming a former fat girl, in body and spirit, was the key to creating a life she truly loved. Today, seventy pounds lighter, Lisa is a successful writer at a national magazine. She is married to a man she loves. And she wears a size two. Eye-opening, accessible, and filled with practical advice, this book reveals the seven secrets of Delaney's success, and explores how shifting from "wannabe Former Fat Girl" to actual Former Fat Girl is as much about seeing yourself as a

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confident, desirable woman as it is about achieving an ideal weight.

Diet.

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

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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

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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

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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).

Run Fat Bitch Run

Holding Up the Universe

Secrets of a Former Fat
Girl

Get Off Your Ass and Run!

Bitch Witch

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Body of Truth

"First published in the United Kingdom in 2012 as Run Fat Bitch Run by Sphere, an imprint of Little, Brown Book Group."

If you're a mum who wants to run, there's nothing stopping you! When busy mum Leanne Davies set up a social media group for her and a couple of friends to encourage one another to go running, she never imagined it would quickly become a nationwide network of thousands of women, all sharing a passion for the sport and a penchant for colourful compression socks. Gathering the very best of the advice and tips from the Run Mummy Run network, Leanne and co-writer Lucy have created this comprehensive beginner's guide to running that includes sections on:

- From starting with a Couch To 5k

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plan to building up the confidence to race•Fitting in running around work and family life•Overcoming barriers to exercise•How to keep on running when motivation wanes, and much more!Not just your average practical go-to, this book is filled with down-to-earth advice, training schedules and inspirational stories that'll help you to be fit, healthy and happy.

A GOOD MORNING AMERICA BOOK CLUB PICK Named a Best Book Pick of 2021 by Harper's Bazaar and Real Simple Named a Most Anticipated Book of Fall by People, Essence, New York Post, PopSugar, New York Newsday, Entertainment Weekly, Town & Country, Bustle, Fortune, and Book Riot Told from alternating perspectives, this "propulsive, deeply felt tale of race and friendship" (People) follows two women, one

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Black and one white, whose friendship is indelibly altered by a tragic event. Jen and Riley have been best friends since kindergarten. As adults, they remain as close as sisters, though their lives have taken different directions. Jen married young, and after years of trying, is finally pregnant. Riley pursued her childhood dream of becoming a television journalist and is poised to become one of the first Black female anchors of the top news channel in their hometown of Philadelphia. But the deep bond they share is severely tested when Jen's husband, a city police officer, is involved in the shooting of an unarmed Black teenager. Six months pregnant, Jen is in freefall as her future, her husband's freedom, and her friendship with Riley are thrown into uncertainty. Covering this career-

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making story, Riley wrestles with the implications of this tragic incident for her Black community, her ambitions, and her relationship with her lifelong friend. Like Tayari Jones's *An American Marriage* and Jodi Picoult's *Small Great Things*, *We Are Not Like Them* takes "us to uncomfortable places—in the best possible way—while capturing so much of what we are all thinking and feeling about race. A sharp, timely, and soul-satisfying novel" (Emily Giffin, *New York Times* bestselling author) that is both a powerful conversation starter and a celebration of the enduring power of friendship.

Recounts the author's experiences with the reclusive Tarahumara Indians, whose techniques allow them to run long distances with ease, and describes his training for a fifty-mile

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race with the tribe and a number of ultramarathoners.

Big Boned

A No-Nonsense, Tough-Love Guide for Savvy Girls Who Want to Stop Eating Crap and Start Looking Fabulous!

Notes of a Big Girl in a Small-Minded World

The Summerhouse

An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman

How to Finally Squash Your Inner Critic

Be sure to check out IRON AMBITION: My Life with Cus D'Amato by Mike Tyson

“Raw, powerful and disturbing—a head-spinning take on Mr. Tyson's

***life.”—Wall Street Journal
Philosopher, Broadway
headliner, fighter,
felon—Mike Tyson has
defied stereotypes,
expectations, and a lot of
conventional wisdom during
his three decades in the
public eye. Bullied as a boy
in the toughest, poorest
neighborhood in Brooklyn,
Tyson grew up to become
one of the most ferocious
boxers of all time—and the
youngest heavyweight
champion ever. But his
brilliance in the ring was
often compromised by
reckless behavior. Yet—even***

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after hitting rock bottom—the man who once admitted being addicted “to everything” fought his way back, achieving triumphant success as an actor and newfound happiness and stability as a father and husband. Brutal, honest, raw, and often hilarious, Undisputed Truth is the singular journey of an inspiring American original. In a world where the League and its assassins rule, where betrayal and treachery are everywhere, the only survivors are those ones who are...born of shadows.

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For Cailen Dagan, a defiant soldier of fortune, survival isn't a right, it's a brutal daily battle. Moving through the Ichidaian universe like a wraith, his brushes with the law and death are legendary. But when an act of rare heroism reveals his hidden birthright, he's forced into a world much more dangerous and cold-hearted than the bloody streets where he was raised—one of obscene wealth and lethal politics. Ferocious and determined, Desideria serves as an official bodyguard for her queen.

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Born of questionable genetics, she will do anything to prove herself worthy of the weapons she carries and the position she's won by combat. But when she uncovers a ruthless plot to assassinate the queen and overthrow her country's government, Desideria is caught in the crosshairs. With assassination contracts out on both of them, Cailen and Desideria must learn to fight together or die alone. And if they fail, their governments will fall into the hands of an unimaginable evil.

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Do you ever find yourself thinking, how could you be so stupid, you look fat, or you're a horrible mother? Are you afraid people will find out you've fooled them into thinking you're competent? If you're guilty of expressing these types of discouraging messages, then you have a bitch in your head. This self-critical behavior can wreak havoc with your life—it can keep you from getting the love you want, the raise you deserve, or even a good night's sleep. Dr. Plumez began to notice a pattern

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with her patients being too hard on themselves. She found that gentler approaches didn't work, but when she told them they were being a bitch—to themselves!—they finally recognized their self-defeating attitude and how much it was weighing them down. With this book, Dr. Plumez can help you banish the bitch. It identifies the different types of “bitches”—work, marriage, parenting, and so on—and provides effective tools and techniques to combat the forms of self-destruction

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described. Once you begin to encourage rather than criticize, you will find that your career, social life, and relationships almost magically improve. This empowering exercise guide is big on attitude, giving plus-size women the motivation and information they need to move their bodies and improve their health. Hanne Blank—a fellow plus-size girl who's been there and has the worn-out sports bras to show for it—will help you discover activity that works for you no matter what your size or

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current fitness level.

Whether you choose to do yoga, pump iron, walk your dog, play Wii Fit, hire a personal trainer, or just run errands by bicycle, Hanne will provide specifically tailored advice on:

- Finding movement that feels great, physically and emotionally***
- Choosing a gym***
- Facing the trail, pool, park, or locker room***
- Overcoming fear and shame***
- Sourcing plus-size workout gear***
- Getting the nutrition you need and avoiding common injuries***
- Fighting fat prejudice and uninvited comments***

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Featuring incendiary acts like “Flail proudly,” and “Claim the right to be unattractive (just like anybody else),” Hanne serves up years of hard-won fitness advice with humor and self-acceptance. With motivating lists like “30 Things to Love About Exercise (None of Which Have Anything to Do with Your Weight, Your Size, or What You Look Like),” this call to action will get you up and moving in no time!

**Not If I See You First
Undisputed Truth
Born a Crime**

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Skinny Bitch ***A Memoir*** ***You Can Run***

Can she be herself in a one-size-fits-all world? Lori Palmer is the new girl at Bay Water High, where students prize glossy hair, “beach” bodies, and thigh gaps above all else, which is so not her. She misses her old school, where her artistic talent was more important to her peers than a chia smoothie recipe ever was. Uncomfortable in her own size-sixteen skin, Lori decides to survive senior year as best she can by blending into the background while she melts in the summer heat. But her plans go completely awry when she discovers popular jock Jake

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volunteering at her brother Zac's school. When her brother befriends Jake's sister, Lori is suddenly thrust into Jake's unfamiliar world of water polo, parties, and stargazing. As she grows closer to Jake, and her relationship with her mother starts to deteriorate, Lori's old anxieties resurface and she throws herself into her art. It's a wildly new direction for Lori, and through it she realizes that finding her voice might get her into a world of trouble, but standing up for what she believes in is as important as standing up for herself.

Can good triumph over evil...when evil runs in your veins?The problem is Sarah Elizabeth Archer doesn't have to put up with anybody's

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crap. Coming from a long line of witches who lost their souls to dark energy, Sarah is determined to change her fate. Turning her back on her birthright, she smothers her natural instincts with a boring job and quiet life. But when Sarah gets pissed off, all bets are off. And anything can happen when you piss off a witch.

“In this bold new book, Tovar eviscerates diet culture, proclaims the joyous possibilities of fatness, and shows us that liberation is possible.” —Sarai Walker, author of *Dietland* Growing up as a fat girl, Virgie Tovar believed that her body was something to be fixed. But after two decades of dieting and constant guilt, she was over it—and

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gave herself the freedom to trust her own body again. Ever since, she's been helping others to do the same. Tovar is hungry for a world where bodies are valued equally, food is free from moral judgment, and you can jiggle through life with respect. In concise and candid language, she delves into unlearning fatphobia, dismantling sexist notions of fashion, and how to reject diet culture's greatest lie: that fat people need to wait before beginning their best lives. "This book feels like spending a margarita-soaked day at the beach with your smartest friend. Virgie Tovar shares juicy secrets and makes revolutionary ideas viscerally accessible. You'll be left

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enlightened, inspired, happier, and possibly angrier than when you started.” —Joy Nash, actress

“Tovar is a vital voice in contemporary activism, media, and feminism. The joy she takes in her own body and life, combined with the righteous anger she expresses at an oppressive world is a truly radical act. She is deeply thoughtful, but does not equivocate. She confronts bigotry, but does not engage with bullshit.” —Kelsey Miller, author of *Big Girl*

“Long-time body positive writer, speaker and activist Virgie Tovar is gifting brown round girls the book we’ve been hungry for.” —Mit ú

NATIONAL BESTSELLER • Real love . . . as seen on TV. A plus-size

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bachelorette brings a fresh look to a reality show in this razor-sharp, “divinely witty” (Entertainment Weekly) debut. “Effortlessly fun and clever . . . I found the tension impeccable . . . and that made my reading experience incredibly propulsive. Read it in a day and a half.”—Emily Henry, #1 bestselling author of *Beach Read* and *The People We Meet on Vacation*

NAMED ONE OF THE BEST BOOKS OF THE YEAR BY Time • NPR • Marie Claire • Mashable

Bea Schumacher is a devastatingly stylish plus-size fashion blogger who has amazing friends, a devoted family, legions of Insta followers—and a massively broken heart. Like the rest of America, Bea

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indulges in her weekly obsession: the hit reality show *Main Squeeze*. The fantasy dates! The kiss-off rejections! The surprising amount of guys named Chad! But Bea is sick and tired of the lack of body diversity on the show. Since when is being a size zero a prerequisite for getting engaged on television? Just when Bea has sworn off dating altogether, she gets an intriguing call: *Main Squeeze* wants her to be its next star, surrounded by men vying for her affections. Bea agrees, on one condition—under no circumstances will she actually fall in love. She's in this to supercharge her career, subvert harmful beauty standards, inspire women across America, and get a free hot air

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balloon ride. That's it. But when the cameras start rolling, Bea realizes things are more complicated than she anticipated. She's in a whirlwind of sumptuous couture, Internet culture wars, sexy suitors, and an opportunity (or two, or five) to find messy, real-life love in the midst of a made-for-TV fairy tale. In this joyful, wickedly observant debut, Bea has to decide whether it might just be worth trusting these men—and herself—for a chance to live happily ever after.

Skinny Women Are Evil

Skinny Bastard

Inspiring Women to Be Fit, Healthy
and Happy

Rabbit, Run

A Novel

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Albion's Seed

"I was only twenty-two and already I was infamous..." So begins Amy Sohn's hilarious and wise debut novel, Run Catch Kiss. When the saucy Ariel Steiner returns home to New York City to be an actress, she is buoyed by daydreams of becoming Hollywood's hottest ingenue. Nothing can stand in her way -- nothing, that is, but her freshman-fifteen pounds, a senile talent agent, and the fact that she's living back home with her parents in Brooklyn. While waiting for the ever-elusive big break, Ariel discovers a hidden talent for channeling her erotic

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fantasies and becomes a sex columnist at New York's hottest downtown weekly. Soon, art and life are imitating one another, and the junkies, commitmentphobes, and other subjects of Ariel's columns are wreaking havoc on her life. But when she finally falls in love, the real Ariel must stand up. Is she a nice Jewish girl who wants to settle down or a brazen sex kitten who'd rather meet a deadline than the man of her dreams? Sharp, savvy, and irresistible, Run Catch Kiss is a tongue-in-cheek commentary on that dangerous turn-of-the-century phenomenon: the single

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girl who wants it all.

Defined as nothing but fat in the real world, Beth Soames specializes in trolling beautiful girls online until two new friendships, one online and one offline, make her question her behavior.

Stephen King's legendary debut, the bestselling smash hit that put him on the map as one of America's favorite writers "Gory and horrifying. . . . You can't put it down." —Chicago Tribune

Unpopular at school and subjected to her mother's religious fanaticism at home, Carrie White does not have it easy. But while she may be

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picked on by her classmates, she has a gift she's kept secret since she was a little girl: she can move things with her mind. Doors lock. Candles fall. Her ability has been both a power and a problem. And when she finds herself the recipient of a sudden act of kindness, Carrie feels like she's finally been given a chance to be normal. She hopes that the nightmare of her classmates' vicious taunts is over . . . but an unexpected and cruel prank turns her gift into a weapon of horror so destructive that the town may never recover.

The marathon . . . a word to

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strike fear into the hearts of all weekend runners; a challenge like no other; a hell of a long way. And you've just signed up. Bugger. But never fear, you are not alone. The Grit Doctor is back with a vengeance and she's determined to whip you into shape. With THE RUN FAT B!TCH RUN MARATHON PLAN you'll . . .

- * Find the MOTIVATION to transform yourself from casual jogger to elite (ish) athlete*
- * Create simple TRAINING plans to help you increase distance, stamina and speed*
- * Cook fuss-free, tasty food which will provide all the NUTRITION your aching*

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body needs 26 miles? BRING IT ON. Plus: race-day strategies, useful resources, fundraising tips and plenty of The Grit Doctor's trademark honesty, humour and tough-love.

How to Lose Two, Four (or More!) Dress Sizes--And Find Yourself Along the Way

Born to Run

Born of Shadows

How Science, History, and Culture Drive Our Obsession with Weight--and What We Can Do about It