

Shoot The Damn Dog A Memoir Of Depression

'I Had a Black Dog says with wit, insight, economy and complete understanding what other books take 300 pages to say. Brilliant and indispensable.' - Stephen Fry
'Finally, a book about depression that isn't a prescriptive self-help manual. Johnston's deftly expresses how lonely and isolating depression can be for sufferers. Poignant and humorous in equal measure.' Sunday Times
There are many different breeds of Black Dog affecting millions of people from all walks of life. The Black Dog is an equal opportunity mongrel. It was Winston Churchill who popularized the phrase Black Dog to describe the bouts of depression he experienced for much of his life. Matthew Johnstone, a sufferer himself, has written and illustrated this moving and uplifting insight into what it is like to have a Black Dog as a companion and how he learned to tame it and bring it to heel.

One day Sophie comes home from school to find two questions in her mail: "Who are you?" and "Where does the world come from?" Before she knows it she is enrolled in a correspondence course with a mysterious philosopher. Thus begins Jostein Gaarder's unique novel, which is not only a mystery, but also a complete and entertaining history of philosophy.

Now with a forward by Sean Hannity, this powerful story of brotherhood, bravery, and patriotism exposes the true stories behind some of the Army's darkest secrets. The Army does not want you to read this book. It does not want to reveal its detention system that coddles enemy fighters while putting American soldiers at risk. It does not want to reveal the new lawyered-up Pentagon war ethic that prosecutes U.S. soldiers and Marines while setting free spies who kill Americans. This very system ambushed Captain Roger Hill and his men. Hill, a West Point grad and decorated combat veteran, was a rising young officer who had always followed the letter of the military law. In 2007, Hill got his dream job: infantry commander in the storied 101st Airborne. His new unit, Dog Company, 1-506th, had just advertised stateside from the hell of Ramadi. The men were brilliant in combat but unpolished at home, where paperwork and inspections filled their days. With tough love, Hill and his First Sergeant, an old-school former drill instructor named Tommy Scott, turned the company into the top performers in the battalion. Hill and Scott then led Dog Company into combat in Afghanistan, where a third of their men became battlefield casualties after just six months. Meanwhile, Hill found himself at war with his own battalion commander, a charismatic but difficult man who threatened to relieve Hill at every turn. After two of his men died on a routine patrol, Hill and a counterintelligence team busted a dozen enemy infiltrators on their base in the violent province of Wardak. Abandoned by his high command, Hill suddenly faced an excruciating choice: follow Army rules the way he always had, or damn the rules to his own destruction and protect the men he'd grown to love.

In 1997, Oxford graduate, working mother and Times journalist Rachel Kelly went from feeling mildly anxious to being completely unable to function within the space of just three days. Prescribed antidepressants by her doctor, and supported by her husband and her family, Rachel slowly began to get better, but her anxiety levels remained high, and six years later, as a stay-at-home mother, she suffered a second collapse even worse than the first. Throughout both of Rachel's periods of severe depression, the healing power of poetry became an integral part of her recovery. As someone who had always loved poetry, it became something for Rachel to cling on to in times of need - from repeating short mantras to learning and reciting entire poems - these words and verses became a powerful force for change in her life. In Black Rainbow Rachel analyses why poetry can be one answer to depression, and the book contains a selected 40 of the poems that provided Rachel with solace and comfort during her breakdown and recovery. At a time when mental health problems and depression are becoming more common, and the stigma around such issues is finally being lifted, this book offers a lifeline for anyone seeking to understand depression and seek new ways to treat it. Poetry is free, has no side-effects and, as Rachel can attest, 'prescribing words instead of pills' can be an incredibly powerful remedy.

The Road
Good Grief
Black Rainbow
Brown Dog
Odyssey
Cesar's Way

Shoot the Damn Dog: A Memoir of Depression

Marty Preston wonders why it is that despite Judd Traver's attempts to redeem himself everyone is still so willing to think the worst of him. Marty's friend David is sure that Judd will be named as the murderer of a man who has been missing. Others are sure that Judd is behind a series of burglaries in the area. But Marty's parents and, with some trepidation, Marty himself persist in their attempts to be good neighbors and to give Judd a second chance. Now that Marty has Shiloh, maybe he can help Judd to take better care of his other dogs. Then again, maybe folks are right -- there's no way a Judd Travers can ever change for the good. Then a terrifying life-or-death situation brings this dilemma into sharp focus. Saving Shiloh is a powerful novel that brings this trilogy to a close.

This is a frank, compassionate book written to those who contemplate suicide as a way out of their situations. The author issues an invitation to life, helping people accept the imperfections of their lives, and opening eyes to the possibilities of love.

Lloyd Kaufman, the writer/producer/director of such cult-classic films as The Toxic Avenger, Class of Nuke 'Em High, and Tromeo and Juliet, offers a guide to movie-making unlike any other available anywhere. In 25 years, Kaufman, along with partner Michael Herz, has built Troma Studios up from a company struggling to find its voice in a field crowded with competitors to its current--and legendary--status as a lone survivor, a bastion of true cinematic independence, and the world's greatest collection of camp on film. As entertaining and funny as it is informative and insightful, Make Your Own Damn Movie! places Kaufman's radically low-budget, independent-studio style of filmmaking directly in the reader's hands. Thus we learn how to: develop and write a knock-out screenplay; raise funding; find locations and cast actors; hire a crew; obtain equipment, permits, and music rights (all for little or no money); make incredible special effects for \$0.79 each; charm, schmooze, and network while on the film-festival circuit; and, finally, make a bad actor act so bad it's actually good. From scriptwriting and directing to financing and marketing, this book is brimming with utterly off-the-wall, decidedly maverick, yet consistently proven advice on how to fully develop one's idea for an independent film.

A Way Out gives an unfiltered look into the life and thoughts of a young woman, Michelle, experiencing depression and social anxiety. She shares her experiences in a way that allows others to go along for the ride with her: the highs, the lows, and the amusingly unexpected. Beyond the haunting honesty, A Way Out delivers heart, humour, and hope.

Novellas

How Words Healed Me, My Journey Through Depression

The Intricate Bond Between People and Dogs

How My Dog Saved Me from Myself

Saving Shiloh

Shoot the Damn Dog

A New Approach to Life's Challenges

It is November 25, 1960, and three beautiful sisters have been found near their wrecked Jeep at the bottom of a 150-foot cliff on the north coast of the Dominican Republic. The official state newspaper reports their deaths as accidental. It does not mention that a fourth sister lives. Nor does it explain that the sisters were among the leading opponents of Gen. Rafael Leonidas Trujillo's dictatorship. It doesn't have to. Everybody knows of Las Mariposas—“The Butterflies.” In this extraordinary novel, the voices of all four sisters—Minerva, Patria, María Teresa, and the survivor, Dedé—speak across the decades to tell their own stories, from hair ribbons and secret crushes to gunrunning and prison torture, and to describe the everyday horrors of life under Trujillo's rule. Through the art and magic of Julia Alvarez's imagination, the martyred Butterflies live again in this novel of courage and love, and the human cost of political oppression.

NATIONAL BESTSELLER • WINNER OF THE PULITZER PRIZE • A searing, post-apocalyptic novel about a father and son's fight to survive, this “tale of survival and the miracle of goodness only adds to McCarthy's stature as a living master. It's gripping, frightening and, ultimately, beautiful” (San Francisco Chronicle). A father and his son walk alone through burned America. Nothing moves in the ravaged landscape save the ash on the wind. It is cold enough to crack stones, and the snow falls it is gray, though they don't know what, if anything, awaits them there. They have nothing; just a pistol to defend themselves against the lawless bands that stalk the road, the clothes they are wearing, a cart of scavenged food—and each other. The Road is the profoundly moving story of a journey. It boldly imagines a future in which no hope remains, but in which the father and his son, “each the other's world entire,” are sustained by love. Awesome in the totality of its vision, it is an unflinching meditation on the worst and the best that we are capable of: ultimate destructiveness, desperate tenacity, and the tenderness that keeps two people alive in the face of total devastation.

In this instant and tenacious New York Times bestseller, Nike founder and board chairman Phil Knight “offers a rare and revealing look at the notoriously media-shy man behind the swoosh” (Booklist, starred review), illuminating his company's early days as an intrepid start-up and its evolution into one of the world's most iconic, game-changing, and profitable brands. Bill Gates named Shoe Dog one of his five favorite books of 2016 and called it “an amazing tale, a refreshingly honest reminder of what the path to business success really looks like. It's a messy, perilous, and chaotic journey, riddled with mistakes, endless struggles, and sacrifice. Phil Knight opens up in ways few CEOs are willing to do.” Fresh out of business school, Phil Knight borrowed fifty dollars from his father and launched a company with one simple mission: import high-quality, low-cost running shoes from Japan. Selling the shoes from the trunk of his car in 1963, Knight grossed eight thousand dollars that first year. Today, Nike's annual sales top \$30 billion. In this age of start-ups, Knight's Nike is the gold standard, and its swoosh is one of the few icons instantly recognized in every corner of the world. But Knight, the man behind the swoosh, has always been a mystery. In Shoe Dog, he tells his story at last. At twenty-four, Knight decides that rather than work for a big corporation, he will create something all his own, new, dynamic, different. He details the many risks he encountered, the crushing setbacks, the ruthless competitors and hostile bankers—as well as his many thrilling triumphs. Above all, he recalls the relationships that formed the heart and soul of Nike, with his former track coach, the irascible and charismatic Bill Bowerman, and with his first employees, a ragtag group of misfits and savants who quickly became a band of swoosh-crazed brothers. Together, harnessing the electrifying power of a bold vision and a shared belief in the transformative power of sports, they created a brand—and a culture—that changed everything.

An honest and deeply moving debut memoir about a young woman's battle with depression and how her dog saved her life A New York Times Bestseller “Dog Medicine simply has to be your next must-read.” —Cheryl Strayed At twenty-two, Julie Barton collapsed on her kitchen floor in Manhattan. She was one year out of college and severely depressed. Summoned by Julie's incoherent phone call, her mother raced from Ohio to New York and took her home. Haunted by troubling childhood memories, Julie continued to sink into suicidal depression. Psychiatrists, therapists, and family tried to intervene, but nothing reached her until the day she decided to do one hopeful thing: adopt a Golden Retriever puppy she named Bunker. Dog Medicine captures the anguish of depression, the slow path to recovery, the beauty of forgiveness, and the astonishing ways animals can help heal even the most broken hearts and minds.

The View on the Way Down

Secrets of a Renegade Director

Dog Medicine

The Natural. Everyday Guide to Understanding and Correcting Common Dog Problems

The Hate U GIVE

The Story of an Unbreakable Bond

A searing, raw memoir of depression that is ultimately uplifting and inspiring. A successful magazine editor and prize-winning journalist, Sally Brampton launched Elle magazine in the UK in 1985. But behind the successful, glamorous career was a story that many of her friends and colleagues knew nothing about:her ongoing struggle with severe depression and alcoholism. Brampton's is a candid, tremendously honest telling of how she was finally able to "address the elephant in the room," and of a culture that sends the overriding message that people who suffer from depression are somehow responsible for their own illness. She offers readers a unique perspective of depression from the inside that is at times wrenching, but ultimately inspirational, as it charts her own coming back to life. Beyond her personal story, Brampton offers practical advice to all those affected by this illness. This book will resonate with any person whose life has been haunted by depression, at the same time offering help and understanding to those whose loved ones suffer from this debilitating condition.

Recounts the lonely, harrowing life of a diagnosed schizophrenic Sylvia Frumkin, whose experience has included frequent hospitalizations from childhood on, bouts with insulin comas, electroshock treatments, and drug therapy

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, 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 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.

Tells a story about the strange relationship of two migrant workers who are able to realize their dreams of an easy life until one of them succumbs to his weakness for soft, helpless creatures and strangles a farmer's wife.

Furiously Happy

Lovesick

I Had a Black Dog

An Andy Carpenter Novel

Of Nice and Men

Dog Company

The Compassionate Mind

Special edition slipcase edition of John Green's Paper Towns, with pop-up paper town. From the bestselling author of The Fault in our Stars. Quentin Jacobsen has always loved Margo Roth Spiegelman, for Margo (and her adventures) are the stuff of legend at their high school. So when she one day climbs through his window and summons him on an all-night road trip of revenge he cannot help but follow. But the next day Margo doesn't come to school and a week later she is still missing. Q soon learns that there are clues in her disappearance . . . and they are for him. But as he gets deeper into the mystery - culminating in another awesome road trip across America - he becomes less sure of who and what he is looking for. Masterfully written by John Green, this is a thoughtful, insightful and hilarious coming-of-age story.

An anthology of all of the Brown Dog novellas includes a previously unpublished story and follows the down-on-his-luck Michigan Native American's misadventures with an overindulgent lifestyle, his two adopted children and an ersatz activist who steals his bearskin. 35,000 first printing.

For starters, there's his impending marriage to Lily. There's also the matter of a quarter million dollars' worth of diamonds that he mislaid, along with what appears to be a shadowy conspiracy that is buying up land around the Cross-Florida Canal (and which may or may not be a product of Adam's alcohol-infused imagination). Despite his own troubles—and a brief stay in Chattahoochee—Adam looks to mentor his son, Addison, in the ways of love. Awkward, unsure, and employed as the world's least accurate obituary writer, Addison pines for a beautiful and painfully earnest linguistic student but must compete for her attention with his older and more sophisticated half brother from Evelyn's first marriage. But if anybody can set these worlds in order, it is Adam, who has an uncanny knack for being in the right place at the right time and allowing others to believe he's someone he's not. Whether it's delivering a baby, rescuing a marriage, or exposing a Communist conspiracy, our protagonist is up for the job. Paradise Dogs, from Georgia Author of the Year Award winner Man Martin, is a farcical tale of paradise lost, the American Dream, and the true measures of love

Now in it's fourth edition and thoroughly updated to ensure all content is mapped to the new 2018 NMC standards, this book is a practical and readable guide to undertaking a research project plan or a literature review for final year assessment. The book guides readers from start to finish, beginning with choosing a nursing topic and developing questions about it, then accessing and critically reviewing research literature, considering ethical issues, proposing research where applicable, and finally, writing up and completing the literature review or research proposal. The authors also explore how to translate evidence into practice and how this can improve day to day decision-making, as well as feeding into assessments.

Pack of Two

The Shooting of Dan McGrew

They Shouldn't Have Killed His Dog

Sophie's World

Succeeding in Literature Reviews and Research Project Plans for Nursing Students

In the Time of the Butterflies

The Forever Decision : for Those Thinking about Suicide and for Those who Know, Love, Or Counsel Them

"Time travel, UFOs, mysterious planets, stigmata, rock-throwing poltergeists, huge footprints, bizarre rains of fish and frogs-nearly a century after Charles Fort's Book of the Damned was originally published, the strange phenomenon presented in this book remains largely unexplained by modern science. Through painstaking research and a witty, sarcastic style, Fort captures the imagination while exposing the flaws of popular scientific explanations. Virtually all of his material was compiled and documented from reports published in reputable journals, newspapers and periodicals because he was an avid collector. Charles Fort was somewhat of a recluse who spent most of his spare time researching these strange events and collected these reports from publications sent to him from around the globe. This was the first of a series of books he created on unusual and unexplained events and to this day it remains the most popular. If you agree that truth is often stranger than fiction, then this book is for you"--Taken from Good Reads website.

*For only \$6.99: Lawyer Andy Carpenter will have to pull out all of his tricks to get to the bottom of this cold case turned white hot In One Dog Night, the latest in David Rosenfelt's popular mystery series. For six years Noah Galloway has lived with a horrible secret and the fear that his rebuilt life could be shattered at any moment. Now his dread has become a certainty, and he has been arrested for the arson murder of twenty-six people. What he needs is defense lawyer Andy Carpenter, who most definitely is not in the market for a new client. So Noah plays his hole card: a shared love for Andy's golden retriever, Tara, and the knowledge that Andy wasn't her first owner--Noah rescued Tara first. When Noah wasn't able to care for her any longer, he did everything in his power to make sure that she was placed in the right home: Andy's. Andy soon learns that the long-ago event that may destroy Noah's life is only the beginning of an ongoing conspiracy that grows more deadly by the day. ***BONUS CONTENT:** This edition of One Dog Night includes a new introduction from the author and a discussion guide*

At the age of 36, Caroline Knapp, author of the acclaimed bestseller Drinking:A Love Story, found herself confronted with a monumental task: redefining her world. She had faced the loss of both her parents, given up a twenty-year relationship with alcohol, and, as she writes, "I was wandering around in a haze of uncertainty, blinking up at the biggest questions: Who am I without parents and without alcohol? How to form attachments, and where to find comfort, in the face of such daunting vulnerability?" An answer materialized in the most unlikely form: that of a dog. Eighteen months to the day after she quit drinking, Knapp stumbled upon an eight-week-old puppy at a local animal shelter, took her home, and named her Lucille. Now two years old, Lucille has become a central force in Knapp's life: "In her," she writes, "I have found solace, joy, a bridge to the world." Caroline Knapp has been celebrated as much for her fresh insight into emotional and psychological issues as she has been for her gifts as a writer. In Pack of Two, she brings the same perception and talent to bear on the rich, complicated terrain of human-animal relationships. In addition to mining her own experience with Lucille, Knapp speaks to a wide variety of dog people—from animal behaviorists and psychologists to other owners whose dogs have deeply affected their lives—about this emotionally complex, sometimes daunting, often profoundly healing alliance. Throughout, she explores the shift in canine roles from working partners to intimate companions and looks, too, at how this new kinship, this wordless bond, becomes a template for what we most desire ourselves.

But the story didn't end there. Emma used to have two brothers, but five years ago Kit died and on the day of his funeral Jamie left home and never came back. Their parents never talk about what happened, but now Emma is older she is beginning to ask questions - and she's never given up hope that she will see Jamie again . . . Told with honesty and warmth, The View on the Way Down is the story of a devastating act of brotherly love that will open your eyes even as it breaks your heart. 'This is a book that leaves you contemplating many things. The complexity of sibling relationships, the hidden contagiousness of mental illness, the long shadows cast by childhood and the pain that is the price of love' Matt Haig, Guardian 'So compassionate, so heartbreaking . . . the story wouldn't let me go' Shelley Harris 'A wonderfully moving portrayal of love and pain with a mystery right at its heart. I defy anybody to read this book and not be touched in some way' Sally Brampton

A Novel

The Book of the Damned

A Funny Book About Horrible Things

How Doing Less and Noticing More Can Help Us Thrive in a Stressed-Out World

The Complete Uncensored Ass-Kicking Oral History of John Wick, Gun Fu, and the New Age of Action

A Way Out

Between the World and Me

There have been iconic moments in the action movie genre over the years, but nothing has come close to matching the kinetic, balletic gun-fu of the John Wick films. In They Shouldn't Have Killed His Dog The Complete Uncensored Ass-Kicking Oral History of John Wick, Gun-Fu and The New Age of Action, bestselling authors Mark A. Altman and Edward Gross take you behind the scenes of a franchise that includes three films with more on the way, while exploring the action classics that led to John Wick as well as the inspiration, like Atomic Blonde. They bring you right into the middle of the action of the John Wick films, detailing how the seemingly impossible was achieved through exclusive interviews with the cast, writers, directors, producers, stuntmen, fight choreographers, cinematographers, studio executives, editors, critics, and more. Together, they break down key action sequences while also providing a look back at the road the action genre has taken that led to John Wick, and a look at the character itself, an anti-hero who on the grand tradition of Clint Eastwood's Man with No Name, but with a twist — and a never-ending supply of ammo — while showcasing the enduring appeal of the action movie as well as John Wick's unique reinvention of the genre.

The most-loved comic thriller by the author of the Edgar Award-winning The Butchers Boy is now, by popular demand, back in print, featuring a new introduction by bestselling author Earl Hissanes. When Leroy "Chinese" Gordon breaks into a professor's lab at the University of Los Angeles, he's after some pharmaceutical cocaine, worth plenty of money. Instead, he finds the papers the professor has compiled for the CIA, which include a blueprint for throwing a large city into chaos. But how is the CIA to be persuaded to pay a suitable ransom, unless course someone actually uses the plan to throw a large city into chaos—Los Angeles, for instance? Assigned to cope with the crisis and restore the peace, veteran agent Ben Porterfield steps onto the scene to remind us that the CIA's middle name is, after all, Intelligence. Encalvenating the mix are Gordon's beautiful girlfriend, Margaret, his temperamental cat, Dr. Henry Metzger, and Metzger's friend, an enormous half-wild dog with huge teeth.

Shoot the Damn Dog Memoir of Depression&C Black

"Jenny made me laugh so hard I feared for my safety! I think that's how she was able to get past my defenses and make me feel more okay about myself." -Allie Brosh, author ofHyperbole and a Half
For fans of David Sedaris, Tina Fey, and Mindy Kaling-the new book from Jenny Lawson, author of the #1New York Times bestseller LET'S PRETEND THIS NEVER HAPPENED... In LET'S PRETEND THIS NEVER HAPPENED, Jenny Lawson baffled readers with stories about growing up the daughter of a taxidermist. In her new book,FURIOUSLY HAPPY, Jenny explores her lifelong battle with mental illness. A hysterical, ridiculous book about crippling depression and anxiety? That sounds like a terrible idea. And terrible ideas are what Jenny does best. According to Jenny: "Some people might think that being 'furiously happy' is just an excuse to be stupid and irresponsible and invite a herd of kangaroos over to your house without telling your husband first because you suspect he would say no since he's never particularly liked kangaroos. And that would be ridiculous because no one would invitea herd of kangaroos into your house. Two is the limit. I speak from personal experience. My husband says thatnone is the new limit. I say he should have been clearer about that before I rented all those kangaroos." "Most of my favorite people are dangerously fucked-up but you'd never guess because we've learned to bare it so honestly that it becomes the new normal. Like John Hughes wrote inThe Breakfast Club, 'We're all pretty bizarre. Some of us are just better at it.' Except go back and cross out the word 'hiding.'" Jenny's first book, LET'S PRETEND THIS NEVER HAPPENED, was ostensibly about family, but deep down it was about celebrating your own weirdness.FURIOUSLY HAPPY is a book about mental illness, but under the surface it's about embracing joy in fantastic and outrageous ways-and who doesn't need a bit more of that?

A Memoir of Depression

Make Your Own Damn Movie!

One Dog Night

A True Story of American Soldiers Abandoned by Their High Command

Metzger's Dog

Is There No Place on Earth for Me?

Suicide

Stress is endemic in our culture. We live in a speedy, pressurized world, and there's often little time to really experience and enjoy our lives. Rather than constantly trying to keep up, perhaps it's time for us to stop and pay attention, to our bodies, minds, and the world. For thousands of years Eastern traditions have taught meditation to help people lead healthier, happier lives. Now, scientific research is confirming that mindfulness can help us all improve our mental and physical well-being. Written by Dr. Jonty Heaveredge and Ed Halliwell, The Mindful Manifesto integrates the latest scientific and medical research on mindfulness with meditation's historical context. We will see how mindfulness can:
• treat mental health problems such as depression and anxiety
• help us cope with the busyness of everyday life
• improve our physical health and manage chronic illness
• help us let go of unwanted behaviors and improve how we function in our relationships and jobs.
And why stop there? With examples of how the mindfulness movement is already well underway, we see that encouraging governments and other powerful institutions to take a mindful approach could make a massive difference to the health and happiness of the whole world.
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. 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 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 Sevens's story in Concrete Rose. Angie Thomas's powerful prequel to The Hate U Give.

As beautifully illustrated as it is touching, this second book from Matthew Johnstone, author of I Had a Black Dog, is written for those who care for those suffering from depression - friends, family members, colleagues, and even therapists. Using wonderful illustrations and the image of Churchill's infamous 'black dog,' Matthew and his wife Ansley offer a moving, inspirational and often humorous portrait of life with depression - not only for those suffering from it themselves, but for those close to them. Living with a Black Dog speaks directly to the carer and offers practical and sometimes tongue-in-cheek tips on helping the depression sufferer, such as 'Socks have little do with mental health. If people could just "snap out of it" they would.' and 'Encourage any form of regular exercise. Fitness robs the Dog of its power'. Based on their own experiences, Matthew and his wife Ansley treat the subject of depression sympathetically, hopefully and, most importantly, humorously.

#1 NEW YORK TIMES BESTSELLER • NATIONAL BOOK AWARD WINNER • NAMED ONE OF TIME'S TEN BEST NONFICTION BOOKS OF THE DECADE • PULITZER PRIZE FINALIST • NATIONAL BOOK CRITICS CIRCLE AWARD FINALIST • ONE OF OPRAH'S 'BOOKS THAT HELP ME THROUGH' • NOW AN HBO ORIGINAL SPECIAL EVENT Hailed by Toni Morrison as "required reading," a bold and personal literary exploration of America's racial history by "the most important essayist in a generation and a writer who changed the national political conversation about race" (Rolling Stone) NAMED ONE OF THE MOST INFLUENTIAL BOOKS OF THE DECADE BY CNN • NAMED ONE OF PASTE'S BEST MEMOIRS OF THE DECADE • NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY The New York Times Book Review • O: The Oprah Magazine • The Washington Post • People • Entertainment Weekly • Vogue • Los Angeles Times • San Francisco Chronicle • Chicago Tribune • New York • Newsday • Library Journal • Publishers Weekly In a profound work that pivots from the biggest questions about American history and ideals to the most intimate concerns of a father for his son, Ta-Nehisi Coates offers a powerful new framework for understanding our nation's history and current crises. Americans have built an empire on the idea of "race," a falsehood that damages us all but falls most heavily on the bodies of black women and men—bodies exploited through slavery and segregation, and, today, threatened, locked up, and murdered out of all proportion. What is it like to inhabit a black body and find a way to live within it? And how can we all honestly reckon with this fraught history and free ourselves from its burden? Between the World and Me is Ta-Nehisi Coates's attempt to answer these questions in a letter to his adolescent son. Coates shares with his son—and readers—the story of his awakening to the truth about his place in the world through a series of revelatory experiences, from Howard University to Civil War battlefields, from the South Side of Chicago to Paris, from his childhood home to the living rooms of mothers whose children's lives were taken as American plunder. Beautifully woven from personal narrative, reimagined history, and fresh, emotionally charged reportage, Between the World and Me clearly illuminates the past, bracingly confronts our present, and offers a transcendent vision for a way forward.

All Quiet on the Western Front

Paper Towns

Paradise Dogs

Living with a Black Dog

A Memoir of Conquering Depression and Social Anxiety

Dog's Best Friend

Shoe Dog

Cesar Millan—nationally recognized dog expert—helps you see the world through the eyes of your dog so you can finally eliminate problem behaviors. From his appearances on The Oprah Winfrey Show to his roster of celebrity clients to his reality television series, Cesar Millan is America's most sought-after dog-behavior expert. But Cesar is not a trainer in the traditional sense—his expertise lies in his unique ability to comprehend dog psychology. Tracing his own amazing journey from a clay-walled farm in Mexico to the recounts how he learned what makes dogs tick. In Cesar's Way, he shares this wisdom, laying the groundwork for you to have stronger, more satisfying relationships with your canine companions. Cesar's formula for a contented and balanced dog seems impossibly simple: exercise, discipline, and affection, in that order. Taking readers through the basics of dog psychology and behavior, Cesar shares the inside details of some of his most fascinating cases, using them to illustrate how common behavior issues develop and corrected. You'll learn • What your dog really needs may not be what you're giving him • Why a dog's natural pack instincts are the key to your happy relationship • How to relate to your dog on a canine level • There are no "problem breeds," just problem owners • How to choose a dog who's right for you and your family • The difference between discipline and punishment • And much more! Filled with fascinating anecdotes about Cesar's longtime clients, and including forewords by the president of the International Assn of Dog Trainers and Pinkett Smith, this is the only book you'll need to forge a stronger, more rewarding connection with your four-legged companion.

Considered by many the greatest war novel of all time, All Quiet on the Western Front is Erich Maria Remarque's masterpiece of the German experience during World War I. I am young, I am twenty years old, yet I know nothing of life but despair, death, fear, and fatuous superficiality cast over an abyss of sorrow. . . . This is the testament of Paul Bäumer, who enlists with his classmates in the German army during World War I. They become soldiers with youthful enthusiasm. But the world of duty, culture, and progress is first bombardment in the trenches. Through years of vivid horror, Paul holds fast to a single vow: to fight against the principle of hate that meaninglessly pits young men of the same generation but different uniforms against one another . . . if only he can come out of the war alive. "The world has a great writer in Erich Maria Remarque. He is a craftsman of unquestionably first rank, a man who can bend language to his will. Whether he writes of men or of inanimate nature, his touch is sensitive, firm, and sure."—The New York Times
"A fascinating, informative and highly entertaining expedition through the highways and byways of dogdom." —John Bradshaw, New York Times bestselling author of Dog Sense A charming meditation on the relationship between humans and dogs, drawing upon history, science, art, and personal experience to illuminate a magical bond that has endured millennia—from the New York Times bestselling author of Just My Type. "Ludo is now an elderly gentleman, and we would do almost anything to ensure his continued happiness—his mealtimes, his walks, the delivery of his life-saving medication (he has epilepsy, poor love). We spend a bizarrely large amount of our disposable income on him, and he never sends a card of thanks. When he's not with us for a few days, the house feels extraordinarily empty. I feel so fortunate to know him." Ludo is a dog—Simon Garfield's beloved black Labrador retriever, one of millions of canines who have become integral parts of our lives. But how did the dog become top dog? How did these faithful animals become bomb disposal and cancer detection—and ultimately become our closest companions? Dog's Best Friend examines how this bond developed over the centuries, and how it has transformed countless lives, both human and canine. Garfield begins with the earliest visual representations—dogs depicted in ancient rock art—and ends at the laboratory that first sequenced the canine genome. Along the way, we meet the legendary Corgis of Buckingham Palace, the dogs of the Soviet space program, the world's first labradoodle, and a thousand different plush toys. Garfield reveals the secrets of the world's best dog trainers, takes us inside the wild world of dog breeding and dog shows, and unearths the deep psychological roots of the human-dog link. And Ludo pops his snout in from time to time as well. A celebration of this deep interspecies connection, delivered with Simon Garfield's inimitable wit, Dog's Best Friend offers delights and insights for anyone who has ever loved a dog.

The author of Overcoming Depression offers an alternative to the traditional western view of compassion, outlining findings about the value of compassion and how it works, and taking readers through basic mind training exercises to enhance the capacity for, and use of, compassion. Original.

The Glass Castle

A Memoir

The Mindful Manifesto

A Memoir by the Creator of Nike

A Novel About the History of Philosophy

Shoot the Damn Dog blasts the stigma of depression as a character flaw and confronts the illness Winston Churchill called 'the black dog', a condition that humiliates, punishes and isolates its sufferers. It is a personal account of a journey through (and out of) severe depression as well as being a practical book, offering ideas about what might help. With its raw, understated eloquence, it will speak volumes to anyone whose life has been haunted by depression, as well as offering help and understanding to those whose loved ones suffer from this terrifying condition.