

Extreme Sports Edge The Wimps Guide To

Gathers unusual and little-known facts about rock and roll performers, groups, recordings, and history

Average student, expert gamer, rookie portal locator... Mia has one goal for her senior year at Whispering Woods High—find her missing older brother. But when her science project reveals a portal into another dimension, she learns that travelers are moving in and out of her woods in the most alarming way. But Mia possesses a secret weapon—an ability to sense portals to other worlds. She's a valuable commodity to governments and villains—two groups blurring the lines of distinction. Her biggest challenge? A guy from another dimension who wants to train her in weaponry and combat. Read all three novels in the exciting Whispering Woods series today.

What is your true purpose in life? What do women really want? What makes a good lover? If you're a man reading this, you've undoubtedly asked yourself these questions but you may not have had much luck answering them. Until now. In *The Way of the Superior Man* David Deida explores the most important issues in men's lives—from career and family to women and intimacy to love and spirituality—to offer a practical guidebook for living a masculine life of integrity, authenticity, and freedom. Join this bestselling author and internationally renowned expert on sexual spirituality for straightforward advice, empowering skills, body practices, and more to help you realize a life of fulfillment, immediately and without compromise.

Authors Goucher and Catalano share their unique running philosophy, demonstrating how the transformative power of the distance run can inspire readers to push their limits as runners and as human beings.

Provides information on designing easy-to-use interfaces.

The year's most brutal, cinematic thrill ride is also one of its most critically acclaimed novels. *Dazed and Confused* meets *28 Days Later* in this “wickedly entertaining,” (Kirkus Reviews) “volcano of a book” (Nathan Ballingrud, author of *Wounds*) as a lonely young woman teams up with a group of fellow outcasts to survive the night in a town overcome by a science experiment gone wrong. A Best Book of the Month for Den of Geek, Omnivoracious, Mystery & Suspense, and Tor. A Goodreads' 2020 Readers Choice Nominee for Best Horror, and one of the Best Books of 2020 for The Lineup, Booked, and Unsettling Reads. Turner Falls is a small tourist town nestled in the hills of central Oregon. When a terrifying outbreak rapidly develops, this idyllic town becomes the epicenter of an epidemic of violence. *The Loop* is a “wild and wonderfully scary novel” (Richard Chizmar, author of *Gwendy's Magic Feather*) that offers a “hilarious and horrifying” (Brian Keene, author of *The Rising*) look at what one team of misfits can accomplish as they fight to live through the night. “[A] harrowing thrill ride of the first order and an uncompromising page-turner, easily securing its spot as one of the best novels of 2020.” —Rue Morgue (featured “Dante's Pick” Review)

“Like the best of Crichton or Bentley, it is a great beach read, but it is infused with the neon blood of a brave new writer... [A] kind of literary roller coaster. It will take you to thrilling highs and terrifying lows...” —Los Angeles Review of Books
“The Loop is the gore-soaked, anxiety-inducing, diabolically funny Richard Linklater/David Cronenberg mashup you never knew you wanted but can’t—or at least shouldn’t—live without.” —The Big Thrill “Unputdownable...Fans of The Twilight Zone, The X-Files, and Stranger Things will be especially thrilled.”
—Publishers Weekly (starred review) “A satisfyingly dark satire of, well, everything...[a] heart-pounding and deeply unsettling tale.” —Booklist “The Loop is a remarkably propulsive novel, cinematic in the best way, with perfectly tuned tension and excellent character choices...a headlong, straightforward pleasure.”
—Locus “The Loop is the Cronenberg film we never got.” —Nathan Ballingrud, author of North American Lake Monsters and Wounds

Body image is a person's perception of the relative attractiveness of their body. Often, people see themselves more dramatically different than they actually appear to others. A negative body image can lead to mental disorders such as depression, or eating disorders such as anorexia, bulimia, and binge eating. Anorexia and bulimia treatment are most successful with early detection of symptoms. Body image is psychological in nature. It is influenced by your self-esteem and self-worth and it in turn, influences your self-esteem and self-worth. It is how you perceive your physical body and how you feel others perceive it. It is not based in the truth, but in what you see as the truth.

In *Game Changer* Fergus Connolly shows how to improve performance with evidence-based analysis and athlete-focused training. Through his unprecedented experience with teams in professional football, basketball, rugby, soccer, Aussie Rules, and Gaelic football, as well as with elite military units, Connolly has discovered how to break down the common elements in all sports to their basic components so that each moment of any game can be better analysed, whether you're a player or coach. The lessons of game day can then be used to create valuable learning experience in training.

The ultimate strength and conditioning book for ultimate fighters. Mixed martial arts (MMA) is America's fastest-growing combat sport, with millions signing up for MMA classes and many more tuning in to "pay-per-view" to watch events with names like "Cage Rage" and "No Limit." MMA is not for wimps, and participants take a real pounding—they must be ready for anything. However, there is one way to predict a winner in any bout: conditioning. When facing an opponent with equal technical skill, the better-conditioned athlete will win—every match, every round, every time. Now, with amateur fight leagues springing up across the country, top conditioning coach Jason Ferruggia reveals the ultimate conditioning program for the ultimate fighter. By gaining overall strength, stamina, speed, and flexibility, athletes can substantially reduce their risk of injury in this intense contact sport. The key to Ferruggia's system is his emphasis on matspecific conditioning techniques. Too many would-be fighters use training programs borrowed from

football or bodybuilding-methods that are all wrong for MMA. Included are: - A first-rate warm-up guaranteed to make a fighter more explosive and to reduce injuries - Off-the-charts strength-building secrets - Dozens of exercises to develop crushing grip strength - Top speed-building methods, including Olympic lifts, plyometrics, and throws - Incredibly effective exercises for building a thick, powerful neck that could be the difference between victory and serious injury Each exercise is accompanied by black-and-white photos illustrating proper technique and form, and "Inside the Cage" tips share the secrets to success from top professional fighters.

Argues that video games go beyond entertainment and examines the principles that make these games valuable tools of learning and literacy.

The ordinary atoms that make up the known universe—from our bodies and the air we breathe to the planets and stars—constitute only 5 percent of all matter and energy in the cosmos. The rest is known as dark matter and dark energy, because their precise identities are unknown. The Cosmic Cocktail is the inside story of the epic quest to solve one of the most compelling enigmas of modern science—what is the universe made of?—told by one of today's foremost pioneers in the study of dark matter. Blending cutting-edge science with her own behind-the-scenes insights as a leading researcher in the field, acclaimed theoretical physicist Katherine Freese recounts the hunt for dark matter, from the discoveries of visionary scientists like Fritz Zwicky—the Swiss astronomer who coined the term "dark matter" in 1933—to the deluge of data today from underground laboratories, satellites in space, and the Large Hadron Collider. Theorists contend that dark matter consists of fundamental particles known as WIMPs, or weakly interacting massive particles. Billions of them pass through our bodies every second without us even realizing it, yet their gravitational pull is capable of whirling stars and gas at breakneck speeds around the centers of galaxies, and bending light from distant bright objects. Freese describes the larger-than-life characters and clashing personalities behind the race to identify these elusive particles. Many cosmologists believe we are on the verge of solving the mystery. The Cosmic Cocktail provides the foundation needed to fully fathom this epochal moment in humankind's quest to understand the universe.

Plant selection and garden style are deeply influenced by where we are gardening. To successfully grow a range of beautiful ornamental plants, every gardener has to know the specifics of the region's climate, soil, and geography. Growing the Southwest Garden, by New Mexico-based garden designer Judith Phillips, is a practical and beautiful handbook for ornamental gardening in a region known for its low rainfall and high temperatures. With more than thirty years of experience gardening in the Southwest, Phillips has created an essential guide, featuring regionally specific advice on zones, microclimates, soil, pests, and maintenance. Profiles of the best plants for the region include complete information on growth and care.

Sports psychologist and athlete JoAnn Dahlkoetter has created a step- by-step

training program based on 50 proven training exercises. Athletes who want to train to become more effective will find practical information on breathing, dealing with pain, overcoming performance anxiety, More...rebounding from defeat, and handling slumps, injuries, and burnout. Especially helpful is Dahlkoetter's advice on how athletes stay healthy by creating balance in their lives, while training hard and competing successfully. Includes personal interviews with Lance Armstrong, Bill Rodgers, Joan Benoit Samuelson, Dan O'Brien, and more.

When Amelia Caldwell tries to begin a new life, she discovers that her birthmark means more than it seems. She has been marked by a vampire's soul; not only does she hold his soul, she is also his soulmate. Mitchell Lange has been searching almost a century for his soulmate and is determined not to let Amelia go. Since Amelia has no intention of belonging to anyone, they both become trapped on an emotional rollercoaster. As Amelia searches for answers, she becomes caught in the middle of a deadly game of revenge and is forced to realize that you can't run from destiny.

Maximize the development of your athletes and team throughout the year, and just maybe win a postseason title in the process. *Coaching Better Every Season: A Year-Round Process for Athlete Development and Program Success* presents a blueprint for such success, detailing proven coaching methods and practices in preseason, in-season, postseason, and off-season. The Coach Doc, Dr. Wade Gilbert, shares his research-supported doses of advice that have helped coaches around the globe troubleshoot their ailing programs into title contenders. His field-tested yet innovative prescriptions and protocols for a more professional approach to coaching are sure to produce positive results both in competitive outcomes and in the enjoyment of the experience for athletes and coaches. *Coaching Better Every Season* applies to all sports and guides coaches through the critical components of continual improvement while progressing from one season to the next in the annual coaching cycle. It also presents many practical exercises and evaluation tools that coaches can apply to athletes and teams at all levels of competition. This text is sure to make every year of coaching a more rewarding, if not a trophy-winning, experience.

This Intergovernmental Panel on Climate Change Special Report (IPCC-SREX) explores the challenge of understanding and managing the risks of climate extremes to advance climate change adaptation. Extreme weather and climate events, interacting with exposed and vulnerable human and natural systems, can lead to disasters. Changes in the frequency and severity of the physical events affect disaster risk, but so do the spatially diverse and temporally dynamic patterns of exposure and vulnerability. Some types of extreme weather and climate events have increased in frequency or magnitude, but populations and assets at risk have also increased, with consequences for disaster risk.

Opportunities for managing risks of weather- and climate-related disasters exist or can be developed at any scale, local to international. Prepared following strict IPCC procedures, SREX is an invaluable assessment for anyone interested in

climate extremes, environmental disasters and adaptation to climate change, including policymakers, the private sector and academic researchers.

Picking up where *Quiet* ended, *How to Be Yourself* is the best book you'll ever read about how to conquer social anxiety. "This book is also a groundbreaking road map to finally being your true, authentic self." —Susan Cain, *New York Times*, *USA Today* and nationally bestselling author of *Quiet* Up to 40% of people consider themselves shy. You might say you're introverted or awkward, or that you're fine around friends but just can't speak up in a meeting or at a party. Maybe you're usually confident but have recently moved or started a new job, only to feel isolated and unsure. If you get nervous in social situations—meeting your partner's friends, public speaking, standing awkwardly in the elevator with your boss—you've probably been told, "Just be yourself!" But that's easier said than done—especially if you're prone to social anxiety. Weaving together cutting-edge science, concrete tips, and the compelling stories of real people who have risen above their social anxiety, Dr. Ellen Hendriksen proposes a groundbreaking idea: you already have everything you need to succeed in any unfamiliar social situation. As someone who lives with social anxiety, Dr. Hendriksen has devoted her career to helping her clients overcome the same obstacles she has. With familiarity, humor, and authority, Dr. Hendriksen takes the reader through the roots of social anxiety and why it endures, how we can rewire our brains through our behavior, and—at long last—exactly how to quiet your Inner Critic, the pesky voice that whispers, "Everyone will judge you." Using her techniques to develop confidence, think through the buzz of anxiety, and feel comfortable in any situation, you can finally be your true, authentic self.

Vikings meet outlaw bikers in this scorching dystopian romance from *USA Today* bestseller, Megan Crane. Tyr, a powerful man in a ravaged world, needs only three things to survive: 1. His weapons. 2. Basic resources. 3. A rotation of eager women who can give him the kind of down and dirty sex he needs. But when a beautiful prisoner grabs his attention during a mission to restock his clan's supplies, Tyr's alpha instincts give way to something much darker—a strong, unquenchable craving that cannot be ignored...or denied. After two years on the run, Helena is snared by this powerful clan of hardware-wielding, tattooed, steel-eyed raider warriors who roam the land unchallenged. Strong to her core and with a mission of her own, Helena knows she doesn't have to be their captive for long. However, despite all the terrible things she's heard about these brutal beasts, Helena is overcome by intense desire for the one ruthless man who has claimed her. As their passion escalates, Helena will have to trust in Tyr in order to save both what's left of this desolate, torn-up world...and herself. Called a "[A] thrilling, intense, and intoxicating read" (*Once Upon a Book Blog*), readers will fall into *Edge of Obsession*—a rich, intense, deliciously dirty erotic romance. *Full length romance, featuring a dominating hero, graphic, steamy sex, and an HEA. To immerse yourself fully in the *Edge* world, don't miss these other books: #2: *Edge of Temptation* #3: *Edge of Control* #4: *Edge of Power* (Wulf, the Raider King's novel)

The amazing *New York Times* bestseller about what you can do when life gives you a second chance.

The daughter of the Hollywood star traces her youth spent moving between her mother's Los Angeles movie sets and her father's home in Japan, her years in boarding schools, and the series of abusive relationships she endured.

The first report from a study of high schools.

A well-researched story brilliantly recounts how twenty-eight men battled against almost insuperable odds in 1914 to return to civilization after their ship *Endurance* sank near the South Pole, now available in a deluxe gift edition featuring eighty-four spectacular photographs. Reprint.

Memory, morality, and immortality merge in this "haunting and lyrical triumph" from the bestselling author of *Schismatrix Plus* (*Time*). In the late twenty-first century, technology has

lengthened lifespans far beyond what was once medically possible. Existence itself has become relatively easy—if boring. In this futuristic paradise, ninety-four-year-old Mia Ziemann longs for something different and undergoes a radical new treatment that restores both her body and mind to that of a twenty-year-old. After her dramatic transformation, Mia finds herself lost in an avant-garde world of passion, designer drugs, and creative expression . . .

“Ideas—big ideas—lurk beneath Mia’s romp through Sterling’s delightfully imagined newly post-human Earth. Art, artifice, the pursuit of immortality, and youth and aging bounce around the story, the characters, and their conversations in imaginative, engaging fashion. . . . In the end, *Holy Fire* is one of the most interesting, imaginative, and subtly humorous—and relevant for it—novels the cyberpunk/post-human era has produced. . . . *Holy Fire* may very well be [Sterling’s] best work.” —Speculiction “An intellectual feat, it is also a treat for the spirit and the senses.” —Wired “A patented Sterling extra-special.” —Newsday “The future Sterling traces is plausible and provocative, particularly his consideration of several contrasting cultures, and of the disenfranchised who are unable to become ‘post-human.’ Those interested in serious speculative conversation set within a very strange near-future will find this much to their taste.” —Publishers Weekly

Have you ever: Climbed Mount Everest? Been a skateboarding champion? Won a race at school sports day? If you answered NO to all of the above then this is the book for you! Scared of heights? Great! Feel green about extreme sports? Super! Inside you can read about lots of crazy stuff and how to survive - or avoid it. Love your inner wimp! Inside: Extreme Sports on Land - Bikes, Climbing, Speed Skiing (and Bobsleigh), Extreme Running and Triathlon Extreme Water Sports - Cliff Diving, Extreme Swimming, Extreme Boats, Surfing Extreme Sports in Mid-Air - Skydiving, Wingsuit Flying, BASE jumping, Bungee Jumping, Slacklining and Highlining This title is published by Franklin Watts EDGE, which produces a range of books to get children reading with confidence. We believe this title will be of interest to readers aged 7+ and to older readers who struggle with reading. EDGE - for books kids can't put down. This hands-on workbook gives students practice in analyzing 30 natural languages from Akan and Arabic to Welsh and Yiddish, plus constructed languages like Klingon and Na’vi. In addition, audio files on the accompanying website allow students to hear much of the foreign language data pronounced by native speakers. Exercises progress in level of challenge and are divided into English and non-English sections, while sample exercises and solutions in phonology and morphology give students additional practice. An answer key with extended discussions and pedagogical suggestions is available. Although developed to accompany Finegan’s LANGUAGE: ITS STRUCTURE AND USE, it is an ideal companion to any linguistics textbook. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

A classic work of American literature that has not stopped changing minds and lives since it burst onto the literary scene, *The Things They Carried* is a ground-breaking meditation on war, memory, imagination, and the redemptive power of storytelling. *The Things They Carried* depicts the men of Alpha Company: Jimmy Cross, Henry Dobbins, Rat Kiley, Mitchell Sanders, Norman Bowker, Kiowa, and the character Tim O’Brien, who has survived his tour in Vietnam to become a father and writer at the age of forty-three. Taught everywhere—from high school classrooms to graduate seminars in creative writing—it has become required reading for any American and continues to challenge readers in their perceptions of fact and fiction, war and peace, courage and fear and longing. *The Things They Carried* won France’s prestigious Prix du Meilleur Livre Etranger and the Chicago Tribune Heartland Prize; it was also a finalist for the

Pulitzer Prize and the National Book Critics Circle Award.

INSTANT NEW YORK TIMES BESTSELLER The only definitive book authored by Wim Hof on his powerful method for realizing our physical and spiritual potential. “This method is very simple, very accessible, and endorsed by science. Anybody can do it, and there is no dogma, only acceptance. Only freedom.” —Wim Hof

Wim Hof has a message for each of us: “You can literally do the impossible. You can overcome disease, improve your mental health and physical performance, and even control your physiology so you can thrive in any stressful situation.” With *The Wim Hof Method*, this trailblazer of human potential shares a method that anyone can use—young or old, sick or healthy—to supercharge their capacity for strength, vitality, and happiness. Wim has become known as “The Iceman” for his astounding physical feats, such as spending hours in freezing water and running barefoot marathons over deserts and ice fields. Yet his most remarkable achievement is not any record-breaking performance—it is the creation of a method that thousands of people have used to transform their lives. In his gripping and passionate style, Wim shares his method and his story, including:

- **Breath**—Wim’s unique practices to change your body chemistry, infuse yourself with energy, and focus your mind
- **Cold**—Safe, controlled, shock-free practices for using cold exposure to enhance your cardiovascular system and awaken your body’s untapped strength
- **Mindset**—Build your willpower, inner clarity, sensory awareness, and innate joyfulness in the miracle of living
- **Science**—How users of this method have redefined what is medically possible in study after study
- **Health**—True stories and testimonials from people using the method to overcome disease and chronic illness
- **Performance**—Increase your endurance, improve recovery time, up your mental game, and more
- **Wim’s Story**—Follow Wim’s inspiring personal journey of discovery, tragedy, and triumph
- **Spiritual Awakening**—How breath, cold, and mindset can reveal the beauty of your soul

Wim Hof is a man on a mission: to transform the way we live by reminding us of our true power and purpose. “This is how we will change the world, one soul at a time,” Wim says. “We alter the collective consciousness by awakening to our own boundless potential. We are limited only by the depth of our imagination and the strength of our conviction.” If you’re ready to explore and exceed the limits of your own potential, *The Wim Hof Method* is waiting for you.

From the bestselling author of *Romeo and/or Juliet* and *How to Invent Everything*, the greatest work in English literature, now in the greatest format of English literature: a chooseable-path adventure! When Shakespeare wrote *Hamlet* he gave the world just one possible storyline, drawn from a constellation of billions of alternate narratives. And now you can correct that horrible mistake! Play as Hamlet and avenge your father's death—with ruthless efficiency this time. Play as Ophelia and change the world with your scientific brilliance. Play as Hamlet's father and die on the first page, then investigate your own murder... as a ghost! Featuring over 100 different endings, each illustrated by today's greatest artists, incredible side quests, fun puzzles, and a book-within-a-book instead of a play-within-a-play, *To Be or Not To Be* offers up new surprises and secrets every time you read it. You decide this all sounds extremely excellent, and that you will definitely purchase this book right away. Because as the Bard said: “to be or not to be... that is the adventure.” ...You're almost certain that's how it goes. *To Be or Not To Be* originally launched as a record-breaking Kickstarter project. This new, reader-friendly edition features the same text and illustrations as the original version, redesigned to

take up half as many pages and weigh a whole pound less.

This cult classic of gonzo journalism is the best chronicle of drug-soaked, addle-brained, rollicking good times ever committed to the printed page. It is also the tale of a long weekend road trip that has gone down in the annals of American pop culture as one of the strangest journeys ever undertaken. Now a major motion picture from Universal, directed by Terry Gilliam and starring Johnny Depp and Benicio del Toro. The Wright Brothers were wimps. Or so you might think after reading this account of their unsung but even more daring rivals—the men and women who strapped wings to their backs and took to the sky. If only for a few seconds. People have been dying to fly, quite literally, since the dawn of history. They've made wings of feather and bone, leather and wood, canvas and taffeta, and thrown themselves off the highest places they could find. Theirs is the world's first and still most dangerous extreme sport, and its full history has never been told. *Birdmen, Batmen, and Skyflyers* is a thrilling, hilarious, and often touching chronicle of these obsessive inventors and eccentric daredevils. It traces the story of winged flight from its doomed early pioneers to their glorious high-tech descendants, who've at last conquered gravity (sometimes, anyway). Michael Abrams gives us a brilliant bird's-eye view of what it's like to fly with wings. And then, inevitably, to fall. In the Immortal Words of Great Birdmen...

"Someday I think that everyone will have wings and be able to soar from the housetops. But there must be a lot more experimenting before that can happen."

—Clem Sohn, the world's first batman, who plummeted to his death at the Paris Air Show in 1937 "The trouble was that he went only halfway up the radio tower. If he had gone clear to the top it would have been different." —Amadeo Catao Lopes in 1946, explaining the broken legs of the man who tried his wings "One day, a jump will be the last. The jump of death. But that idea does not hold me back." —Rudolf Richard Boehlen, who died of jump-related injuries in 1953 "It turned out that almost everyone from the thirties and forties had died. That just made me want to do it more." —Garth Taggart, stunt jumper for *The Gypsy Moths*, filmed in 1968 "You have to be the first one. The second one is the first loser." —Felix Baumgartner, who in 2003 became the first birdman to cross the English Channel

Includes CD-Rom For many teachers, gender issues related to role models, image and expectations have an effect upon the behaviour and achievement of both boys and girls, often to their disadvantage. This innovative and practical resource, for teachers of students aged 5-13 provides:

- o a programme to promote gender equality and inclusivity in schools and colleges
- o a rationale for the programme based on social justice
- o a practical set of classroom activities to implement the programme

The book combines the talents and commitment of two leading authors to provide an 'action inquiry' methodology - engaging students and staff in the processes of investigating what is currently happening, and planning, implementing and reviewing improvements. This contributes to the development of the school as a self-evaluating organisation, which listens to the voice of the child. The programme supports teachers and other school staff in developing as reflective practitioners, and children and young people in developing as reflective learners. It can also be used to engage schools and colleges in joining the UNICEF 'Rights Respecting' programme which is demonstrating positive results. A real strength of the resource is the inclusion of practical activities that have been carefully designed for pupils. These are excellent and lend themselves for use in

a variety of ways. This is a thoroughly recommended resource.' - SENCŌ Update
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 race with the tribe and a number of ultramarathoners.

In this first book of a new illustrated middle grade series by a #1 New York Times bestselling author, Marc learns to become a Warrior Kid after his uncle Jake, a Navy SEAL, comes to stay for the summer.

Manthropology is the first of its kind. Spanning continents and centuries, it is an in-depth look into the history and science of manliness. From speed and strength, to beauty and sex appeal, to bravado and wit, it examines how man today compares to his masculine ancestors. Peter McAllister set out to rebut the claim that man today is suffering from feminization and emasculation. He planned to use his skills as a paleoanthropologist and journalist to write a book demonstrating unequivocally that man today is a triumph---the result of a hard-fought evolutionary struggle toward greatness. As you will see, he failed. In nearly every category of manliness, modern man turned out to be not just matched, but bested, by his ancestors. Stung, McAllister embarked on a new mission. If his book couldn't be a testament to modern male achievement, he decided, it would be a record of his failures. Manthropology, then, is a globe-spanning tour of the science of masculinity. It kicks off in Ice Age France, where a biomechanical analysis demonstrates that La Ferrassie 2, a Neanderthal woman discovered in the early 1900s, would cream 2004 World Arm Wrestling Federation champion Alexey Voyevoda in an arm wrestle. Then it moves on to medieval Serbia, showing how Slavic guslar poets (who were famously able to repeat a two thousand-line verse after just one hearing) would have destroyed Curtis Jackson, aka 50 Cent, in a battle rap. Finally, it takes the reader to the steaming jungles of modern equatorial Africa, where Aka Pygmy men are such super-dads, they even grow breasts to suckle their children. Now, that's commitment. For modern man, the results of these investigations aren't always pretty. But in its look at the history of men, Manthropology is unfailingly smart, informative, surprising, and entertaining.

An account of the British naval commander's life and career explores his leadership style, his victory against the Spanish fleet at Cape St. Vincent, and his relationships with women and family members.

Meet the men of Centurion Corporation—an elite group of mercenaries who will go to any extreme to complete a mission...even risk their hearts. A new high-stakes series by Piper J. Drake. He's not the hero she's looking for As part of the elite Centurion Corporation team, military-veteran-turned-mercenary Gabriel Diaz is a natural defender. He'll do anything to ensure a mission is successful. Anything but get emotionally invested—he learned the hard way that can be deadly. Easy bodyguard jobs in between the more challenging missions are all he's interested in now. Maylin Cheng is desperate and running out of time. Her younger sister has gone missing but no one seems to take her concern seriously. Her last hope

lies in asking an aloof bodyguard for help. He dismisses her outright, but all that changes when she is almost killed in a not-so-accidental hit-and-run right before his eyes. As Maylin leans on Gabriel, she begins to rely on him for more than just her safety. But as their attraction grows, so does the danger surrounding them. When the elaborate web they're trapped in unravels, Gabriel will do anything to protect them. Even if that means putting his heart in the crosshairs. Book one of the Safeguard series

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