

Read Book Go Wild: Free Your
Body And Mind From The
Afflictions Of Civilization

*Go Wild: Free Your Body
And Mind From The
Afflictions Of Civilization*

NEW YORK TIMES

BESTSELLER The complete,

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uncensored history of the
award-winning The Daily Show
with Jon Stewart, as told by its
correspondents, writers, and
host. For almost seventeen
years, The Daily Show with Jon
Stewart brilliantly redefined

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the borders between television comedy, political satire, and opinionated news coverage. It launched the careers of some of today's most significant comedians, highlighted the hypocrisies of the powerful,

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and garnered 23 Emmys. Now the show's behind-the-scenes gags, controversies, and camaraderie will be chronicled by the players themselves, from legendary host Jon Stewart to the star cast

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members and writers-
including Samantha Bee,
Stephen Colbert, John Oliver,
and Steve Carell - plus some of
The Daily Show's most
prominent guests and
adversaries: John and Cindy

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McCain, Glenn Beck, Tucker Carlson, and many more. This oral history takes the reader behind the curtain for all the show's highlights, from its origins as Comedy Central's underdog late-night program

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to Trevor Noah's succession, rising from a scrappy jester in the 24-hour political news cycle to become part of the beating heart of politics-a trusted source for not only comedy but also commentary,

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with a reputation for calling
bullshit and an ability to effect
real change in the world.
Through years of incisive
election coverage, passionate
debates with President Obama
and Hillary Clinton, feuds with

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Bill O'Reilly and Fox, and provocative takes on Wall Street and racism, The Daily Show has been a cultural touchstone. Now, for the first time, the people behind the show's seminal moments come

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together to share their
memories of the last-minute
rewrites, improvisations,
pranks, romances, blow-ups,
and moments of Zen both on
and off the set of one of
America's most

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groundbreaking shows.

Join the legion of fans who
have made Erin Hunter's
Warriors series a #1 national
bestseller—with new editions
featuring a striking new look!
Epic adventures. Fierce

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warrior cats. A thrilling
fantasy world. It all begins
here with Warriors #1: Into
the Wild. For generations, four
Clans of wild cats have shared
the forest according to the
laws laid down by their

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ancestors. But the warrior code is threatened, and the ThunderClan cats are in grave danger. The sinister ShadowClan grows stronger every day. Noble warriors are dying—and some deaths are

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more mysterious than others.
In the midst of this turmoil
appears an ordinary housecat
named Rusty...who may turn
out to be the bravest warrior
of them all. Supports the
Common Core State Standards

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Can you really lose twenty pounds in a month? Will you really keep it off this time? With The Rice Diet Solution, you will! The Rice Diet Program has been helping dieters successfully lose

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weight since 1939. Now in book form, this world-renowned weight-loss method can help you change the way you eat forever. The Rice Diet Program in Durham, North Carolina, was one of the first

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medical facilities in America to use diet as the primary way to treat disease. On this high-complex-carb, low-fat, and low-sodium whole-foods diet, “Ricers” lose weight faster, more safely, and more

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effectively than people on any other diet. Men lose on average twenty-eight to thirty pounds and women on average nineteen to twenty pounds per month! The Rice Diet also detoxes your body, ridding it

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of excess water weight and toxins from processed foods and the environment. The program's results have been documented by extensive studies and confirmed by thousands of people who

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report amazing weight loss, as well as immediate improvement in such conditions as heart disease, diabetes, and hypertension. Here's how it works: The Rice Diet strictly limits salt and

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sodium-rich ingredients. Salt, like refined sugar, is an appetite stimulant, so when you reduce salt intake, you lose water weight and are less inclined to overeat. The Rice Diet also limits saturated fats

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and instead relies on carbohydrates (fruits, vegetables, grains, and beans) as the main source of nutrition. The fiber cleanses your system and satisfies you so you feel full quickly. The

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Rice Diet makes it easy to limit calories; when you're eating foods that truly satisfy your hunger, it's a challenge to eat 1,500 calories per day! To make it easy to follow the program, The Rice Diet

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Solution includes hundreds of tasty, filling, easy-to-prepare recipes—some from the Rice House kitchen, others inspired by major chefs and adapted to Rice Diet standards.

The adventures of an unusual

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dog, part St. Bernard, part
Scotch shepherd, forcibly
taken to the Klondike gold
fields where he eventually
becomes the leader of a wolf
pack.

The Revolutionary New

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Science of Exercise and the
Brain

The First 20 Minutes

Unlock Your Mind, Improve
Your Health, and Release Your
True Power

Predators, Parasites, and

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Partners That Shape Who We
Are Today

The Plant Paradox

A User's Guide to the Brain

Are you frustrated because your
body doesn

The world is yours to explore The

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great outdoors is the beating heart of our world, but modern life is pulling us ever further away from it.

Spending our time shut away indoors and hunched over screens, we've lost touch with nature, and it's harming our health and our

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happiness. But it's never too late to find our way back. This book will help you find a way of reconnecting with the great outdoors. Whether you like to walk, run or swim, admire the wildlife or forage for wild foods, within these pages there will

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be something to inspire you to get out into the fresh air and reignite your sense of wonder at the world around you. Nature is a balm for the body and soul, so escape the pace of the everyday and set yourself free: get out there, find adventure, and go

Read Book Go Wild: Free Your Body And Mind From The Afflictions Of Civilization wild!

The scientific evidence behind why maintaining a lifestyle more like that of our ancestors will restore our health and well-being. In Go Wild, Harvard Medical School Professor John Ratey, MD, and journalist

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Richard Manning reveal that although civilization has rapidly evolved, our bodies have not kept pace. This mismatch affects every area of our lives, from our general physical health to our emotional wellbeing. Investigating the power of

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living according to our genes in the areas of diet, exercise, sleep, nature, mindfulness and more, Go Wild examines how tapping into our core DNA combats modern disease and psychological afflictions, from Autism and Depression to Diabetes

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and Heart Disease. By focusing on the ways of the past, it is possible to secure a healthier and happier future, and Go Wild will show you how.

“ Pollan keeps you turning the pages . . . cleareyed and assured. ”

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—New York Times A #1 New York
Times Bestseller, New York Times
Book Review 10 Best Books of 2018,
and New York Times Notable Book
A brilliant and brave investigation
into the medical and scientific
revolution taking place around

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psychedelic drugs--and the spellbinding story of his own life-changing psychedelic experiences. When Michael Pollan set out to research how LSD and psilocybin (the active ingredient in magic mushrooms) are being used to

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provide relief to people suffering from difficult-to-treat conditions such as depression, addiction and anxiety, he did not intend to write what is undoubtedly his most personal book. But upon discovering how these remarkable substances are

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improving the lives not only of the mentally ill but also of healthy people coming to grips with the challenges of everyday life, he decided to explore the landscape of the mind in the first person as well as the third. Thus began a singular

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adventure into various altered states of consciousness, along with a dive deep into both the latest brain science and the thriving underground community of psychedelic therapists. Pollan sifts the historical record to separate the

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truth about these mysterious drugs from the myths that have surrounded them since the 1960s, when a handful of psychedelic evangelists inadvertently catalyzed a powerful backlash against what was then a promising field of research. A

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unique and elegant blend of science, memoir, travel writing, history, and medicine, How to Change Your Mind is a triumph of participatory journalism. By turns dazzling and edifying, it is the gripping account of a journey to an exciting and

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unexpected new frontier in our understanding of the mind, the self, and our place in the world. The true subject of Pollan's "mental travelogue" is not just psychedelic drugs but also the eternal puzzle of human consciousness and how, in a

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world that offers us both suffering and joy, we can do our best to be fully present and find meaning in our lives.

Wild Habits

Free Your Body and Mind from the Afflictions of Civilization

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Perception, Attention, and the Four
Theaters of the Brain

Go Wild

The World Book Encyclopedia
Shadow Syndromes

Are you bored with being so
proper? Do you want to have more

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fun? Mr. Tiger knows exactly how you feel. So he decides to go wild. But does he go too far? From Caldecott Honor artist Peter Brown comes a story that shows there's a time and place for everything...even going wild.

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The long-awaited magnum opus from Haruki Murakami, in which this revered and bestselling author gives us his hypnotically addictive, mind-bending ode to George Orwell's 1984. The year is 1984. Aomame is riding in a taxi on the

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expressway, in a hurry to carry out an assignment. Her work is not the kind that can be discussed in public. When they get tied up in traffic, the taxi driver suggests a bizarre 'proposal' to her. Having no other choice she agrees, but as a

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result of her actions she starts to feel as though she is gradually becoming detached from the real world. She has been on a top secret mission, and her next job leads her to encounter the superhuman founder of a religious

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cult. Meanwhile, Tengo is leading a nondescript life but wishes to become a writer. He inadvertently becomes involved in a strange disturbance that develops over a literary prize. While Aomame and Tengo impact on each other in

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various ways, at times by accident and at times intentionally, they come closer and closer to meeting. Eventually the two of them notice that they are indispensable to each other. Is it possible for them to ever meet in the real world?

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An encyclopedia designed especially to meet the needs of elementary, junior high, and senior high school students.

You don't have to be everything to everyone. You don't have to try so hard to button it up and hold it

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together. Join best friends and coauthors Jess Connolly and Hayley Morgan as they reveal how women today can walk in the true liberty we already have in Jesus. For all the fullness of God available to his daughters, we often feel

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limited by two defining insecurities: "I am too much" and "I am not enough." Jess and Hayley felt the same until one essential question turned the tables: If God is wild and free and he created women, what does this mean for us today? Wild

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and Free is an invitation to find freedom from the cultural captivity that holds us back, and freedom to step into God's wild and holy call in our lives. Jess and Hayley answer difficult questions that so many women have asked them over the

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years, including: How do I compete with the burden of expectation of what women are "supposed" to be? Where do I actually fit in? How can I start living out my God-given identity every day of my life? With fresh biblical insight tracing all the

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way back to Eve and a treasury of practical application, Jess and Hayley reveal how women today can walk in the true liberty we already have in Jesus--because you certainly don't have to quiet the voice that God gave you when he

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created you to sing. Wild and Free will help you shake off the lies of insecurity in your life and step forward to maximize your God-given influence for his glory and the world's good.

ADHD 2. 0

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A Hope-Filled Anthem for the
Woman Who Feels She Is Both
Too Much and Never Enough
Surprising Science Reveals How
We Can Exercise Better, Train
Smarter, Live Longer
Women who Run with the Wolves

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Into the Wild

The New York Times bestseller
that explains how groundbreaking
scientific discoveries can help
each of us achieve our personal
best Every week, Gretchen

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Reynolds single-handedly influences how millions of Americans work out. In her popular New York Times column, she debunks myths, spurs conversation, and stirs controversy by questioning widely

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held beliefs about exercise. Here, Reynolds consults experts in a range of fields to share paradigm-shifting findings that were previously only available in academic and medical journals, including:

- 20 minutes of cardio is

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all you need (and sometimes six minutes is enough) · Stretching before a workout is counterproductive · Chocolate milk is better than Gatorade for recovery Whether you're running ultramarathons or just want to

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climb the stairs without losing
your breath, The First 20 Minutes
will show you how to be healthy
today and perform better
tomorrow.

A Jungian analyst explores the
feminine psyche through stories

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of "wild women"--the mythological
archetype of the strong, primitive
woman

"By patient accumulation of
anecdote and detail, Rustad
evolves Shetler's story into
something much more human,

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and humanly tragic, into a layered inquisition and a reportorial force....suffice it to say Rustad has done what the best storytellers do: tried to track the story to its last twig and then stepped aside." —New York

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Times Book Review In the vein of Jon Krakauer's *Into the Wild*, a riveting work of narrative nonfiction centering on the unsolved disappearance of an American backpacker in India—one of at least two dozen

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tourists who have met a similar fate in the remote and storied Parvati Valley. For centuries, India has enthralled westerners looking for an exotic getaway, a brief immersion in yoga and meditation, or in rare cases, a true

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pilgrimage to find spiritual revelation. Justin Alexander Shetler, an inveterate traveler trained in wilderness survival, was one such seeker. In his early thirties Justin Alexander Shetler, quit his job at a tech startup and

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set out on a global journey: across the United States by motorcycle, then down to South America, and on to the Philippines, Thailand, and Nepal, in search of authentic experiences and meaningful encounters, while also

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documenting his travels on Instagram. His enigmatic character and magnetic personality gained him a devoted following who lived vicariously through his adventures. But the ever restless explorer was driven

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to pursue ever greater challenges, and greater risks, in what had become a personal quest—his own hero's journey. In 2016, he made his way to the Parvati Valley, a remote and rugged corner of the Indian Himalayas

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steeped in mystical tradition yet shrouded in darkness and danger. There, he spent weeks studying under the guidance of a sadhu, an Indian holy man, living and meditating in a cave. At the end of August, accompanied by

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the sadhu, he set off on a “spiritual journey” to a holy lake—a journey from which he would never return. Lost in the Valley of Death is about one man’s search to find himself, in a country where for many

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westerners the path to spiritual enlightenment can prove fraught, even treacherous. But it is also a story about all of us and the ways, sometimes extreme, we seek fulfillment in life. Lost in the Valley of Death includes 16 pages of

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color photographs.

You were made for more than a
love/hate relationship with your
body. It's one thing to know in
your head that you were created
in the image of God. Yet it's quite
another to experience this belief in

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your body, against the cultural ideals of a woman's worth. And between the two lies a world of frustration, disappointment, and the shame of somehow feeling both too much and never enough in your body. Jess Connolly is a

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bestselling author, sought-after speaker, and trusted Bible teacher who knows this inner conflict all too well, and this book details her journey--and yours--of setting out to discover how to break free from the broken beliefs

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we all hold about our bodies that hold us back from our fullest life. The truest thing about you is that you are made and loved by God. And the truest thing about Him is that He cannot make bad things. This book will help you believe it

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with your whole self, as Jess guides you through an eye-opening, empowering process of: Renaming what the world has labeled as less-than Resting in God's workmanship Experiencing restoration where there has been

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injury And becoming a change agent in partnering with God to bring revival to a generation of women Far from a superficial issue, self-image is a spiritual issue, because God has named your body good from the

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beginning. Whether your struggle is with eating and exercise habits, stress or trauma, infertility or injury, this book makes space for you to experience God meeting you in this tender place, and ring His freedom bell over your body in

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a whole new way.

Warriors #1: Into the Wild

The Wild Life of Our Bodies

A case for hope and

humankindness from the town

that beat loneliness

A Story of Obsession and Danger

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in the Himalayas

The Hidden Dangers in "Healthy"
Foods That Cause Disease and
Weight Gain

Myths and Stories of the Wild
Woman Archetype

"I read this book... it

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*worked. My autoimmune
disease is gone and I'm
37 pounds lighter in my
pleather." --Kelly
Clarkson Most of us have
heard of gluten—a
protein found in wheat*

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*that causes widespread
inflammation in the
body. Americans spend
billions of dollars on
gluten-free diets in an
effort to protect their
health. But what if*

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*we've been missing the
root of the problem? In
The Plant Paradox,
renowned cardiologist
Dr. Steven Gundry
reveals that gluten is
just one variety of a*

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*common, and highly
toxic, plant-based
protein called lectin.
Lectins are found not
only in grains like
wheat but also in the
“gluten-free” foods most*

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*of us commonly regard as
healthy, including many
fruits, vegetables,
nuts, beans, and
conventional dairy
products. These
proteins, which are*

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*found in the seeds,
grains, skins, rinds,
and leaves of plants,
are designed by nature
to protect them from
predators (including
humans). Once ingested,*

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*they incite a kind of
chemical warfare in our
bodies, causing
inflammatory reactions
that can lead to weight
gain and serious health
conditions. At his*

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*waitlist-only clinics in
California, Dr. Gundry
has successfully treated
tens of thousands of
patients suffering from
autoimmune disorders,
diabetes, leaky gut*

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*syndrome, heart disease,
and neurodegenerative
diseases with a protocol
that detoxes the cells,
repairs the gut, and
nourishes the body. Now,
in The Plant Paradox, he*

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*shares this clinically
proven program with
readers around the
world. The simple (and
daunting) fact is,
lectins are everywhere.
Thankfully, Dr. Gundry*

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*offers simple hacks we
easily can employ to
avoid them, including:
Peel your veggies. Most
of the lectins are
contained in the skin
and seeds of plants;*

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simply peeling and de-seeding vegetables (like tomatoes and peppers) reduces their lectin content. Shop for fruit in season. Fruit contain fewer lectins when ripe,

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*so eating apples,
berries, and other
lectin-containing fruits
at the peak of ripeness
helps minimize your
lectin consumption. Swap
your brown rice for*

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*white. Whole grains and
seeds with hard outer
coatings are designed by
nature to cause
digestive distress—and
are full of lectins.
With a full list of*

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*lectin-containing foods
and simple substitutes
for each, a step-by-step
detox and eating plan,
and delicious lectin-
free recipes, The Plant
Paradox illuminates the*

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*hidden dangers lurking
in your salad bowl—and
shows you how to eat
whole foods in a whole
new way.*

*From the author of the
bestselling Anam Cara*

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*comes a beautiful
collection of blessings
to help readers through
both the everyday and
the extraordinary events
of their lives. John
O'Donohue, Irish teacher*

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*and poet, has been
widely praised for his
gift of drawing on
Celtic spiritual
traditions to create
words of inspiration and
wisdom for today. In To*

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*Bless the Space Between
Us, his compelling blend
of elegant, poetic
language and spiritual
insight offers readers
comfort and
encouragement on their*

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journeys through life.

O'Donohue looks at

life's

thresholds—getting

married, having

children, starting a new

job—and offers

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*invaluable guidelines
for making the
transition from a known,
familiar world into a
new, unmapped territory.
Most profoundly,
however, O'Donohue*

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*explains "blessing" as a
way of life, as a lens
through which the whole
world is transformed.*

*O'Donohue awakens
readers to timeless
truths and shows the*

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*power they have to
answer contemporary
dilemmas and ease us
through periods of
change.*

*The publication of the
King James version of*

**Read Book Go Wild: Free Your
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*the Bible, translated
between 1603 and 1611,
coincided with an
extraordinary flowering
of English literature
and is universally
acknowledged as the*

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*greatest influence on
English-language
literature in history.*

*Now, world-class
literary writers
introduce the book of
the King James Bible in*

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*a series of beautifully
designed, small-format
volumes. The
introducers' passionate,
provocative, and
personal engagements
with the spirituality*

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and the language of the text make the Bible come alive as a stunning work of literature and remind us of its overwhelming contemporary relevance.

"Author born to drug-

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*addicted parents became
addicted as a child to
many medications
prescribed for her
chronic illnesses.
Desperate to end a
spiral of deteriorating*

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*physical and emotional
health, she decided in
her early twenties to
cure herself by
eliminating all
medications and changing
her diet, exercise, and*

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*lifestyle habits, and
here shares her
advice"--*

*What the New Science of
Psychedelics Teaches Us
About Consciousness,
Dying, Addiction,*

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Depression, and

Transcendence

The First Book of Moses,

Called Genesis

Wild and Free

Walden

Go Wild! Sea Turtles

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The Wild Woman's Way

***DigiCat Publishing presents
to you this special edition
of "The Old Man and the
Sea" by Ernest Hemingway.
DigiCat Publishing
considers every written***

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***word to be a legacy of
humankind. Every DigiCat
book has been carefully
reproduced for republishing
in a new modern format.
The books are available in
print, as well as ebooks.***

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Afflictions Of Civilization

***DigiCat hopes you will treat
this work with the
acknowledgment and
passion it deserves as a
classic of world literature.
Explains how to identify
shadow syndromes, mild***

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***forms of serious mental
disorders, and their
implications, and offers
advice on therapeutic
options to temper the
ailments***

"Ainsley Arment has

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emerged as one of the most prominent voices in [this] grass-roots community." — New York Times As parents, we dream of creating a magical childhood for our kids, yet it can be so easy to

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***slip into autopilot. Ainsley
Arment-- a mother of five,
founder of the thriving
community Wild + Free,
and bestselling author-- is
no stranger to the barrage
of decisions, opportunities,***

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***and daily tasks that each
day brings. But what
Ainsley has discovered is
that the magic of life isn't
found in the hustle and
bustle of constant activity
but in the intentional***

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***ordinary decisions of our
days. And when we assume
that a family has to look or
act a certain way, we miss
the opportunity to build a
meaningful and fulfilling
life together. Drawn from***

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***her family's stories and
those shared by the Wild +
Free community, The Wild
+ Free Family explores how
to create a family culture
that breaks the mold by
seeking to connect with our***

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***children, unleash their
gifts, pursue a shared vision
together, and redeem
generational brokenness,
among so much more.
Inside these pages are
Ainsley's words of***

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***encouragement, honesty,
and wisdom, guiding all
parents to create a home
where families can forge
their own path to love
stronger, live more fully,
and grow closer to each***

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other.

***In the name of progress and
clean living, we scrub much
of nature off our bodies and
try to remove whole kinds
of life—parasites, bacteria,
mutualists, and predators.***

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***To modern humans, nature
is the landscape outside.
Biologist Rob Dunn
contends that while "clean
living" has benefited us in
some ways, it has also made
us sicker in others. We are***

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***trapped in bodies that
evolved to deal with the
dependable presence of
hundreds of other species.
This disconnect from the
web of life has resulted in
unprecedented effects that***

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***immunologists,
evolutionary biologists,
psychologists, and other
scientists are only
beginning to understand.
Diabetes, autism, allergies,
many anxiety disorders,***

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autoimmune diseases, and even tooth, jaw, and vision problems are increasingly plaguing bodies that have been removed from the ecological context in which they existed for millennia.

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***Dunn considers this
crossroads at which we find
ourselves. Through the
stories of visionaries, Dunn
argues that we can create a
richer nature, one in which
we choose to surround***

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*Afflictions Of Civilization
ourselves with species that
benefit us, not just those
that, despite us, survive.*

*Lost in the Valley of Death
The Compassion Project
Breaking Free from Body
Shame*

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Lord of the Flies

The Rice Diet Solution

The Wild and Free Family

**A revolutionary new approach to
ADD/ADHD featuring cutting-edge
research and strategies to help
readers thrive, by the bestselling
authors of the seminal books**

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**Driven to Distraction and Delivered
from Distraction "An inspired road
map for living with a distractible
brain . . . If you or your child suffer
from ADHD, this book should be on
your shelf. It will give you courage
and hope."--Michael Thompson,
Ph.D., New York Times bestselling**

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co-author of Raising Cain World-renowned authors Dr. Edward M. Hallowell and Dr. John J. Ratey literally "wrote the book" on ADD/ADHD more than two decades ago. Their bestseller, Driven to Distraction, largely introduced this diagnosis to the public and sold

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more than a million copies along the way. Now, most people have heard of ADHD and know someone who may have it. But lost in the discussion of both childhood and adult diagnosis of ADHD is the potential upside: Many hugely successful entrepreneurs and

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highly creative people attribute their achievements to ADHD. Also unknown to most are the recent research developments, including innovations that give a clearer understanding of the ADHD brain in action. In ADHD 2.0, Drs. Hallowell and Ratey, both of whom have this

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"variable attention trait," draw on the latest science to provide both parents and adults with ADHD a plan for minimizing the downside and maximizing the benefits of ADHD at any age. They offer an arsenal of new strategies and lifestyle hacks for thriving with

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ADHD, including - Find the right kind of difficult. Use these behavior assessments to discover the work, activity, or creative outlet best suited to an individual's unique strengths. - Reimagine environment. What specific elements to look for--at home, at

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**school, or in the workplace--to
enhance the creativity and
entrepreneurial spirit inherent in
the ADHD mind. - Embrace innate
neurological tendencies. Take
advantage of new findings about
the brain's default mode network
and cerebellum, which confer major**

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**benefits for people with ADHD. -
Tap into the healing power of
connection. Tips for establishing
and maintaining positive
connection "the other Vitamind C"
and the best antidote to the
negativity that plagues so many
people with ADHD. - Consider**

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medication. Gets the facts about the underlying chemistry, side effects, and proven benefits of all the pharmaceutical options. As inspiring as it is practical, ADHD 2.0 will help you tap into the power of this mercurial condition and find the key that unlocks potential.

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The scientific evidence behind why maintaining a lifestyle more like that of our ancestors will restore our health and well-being. In GO WILD, Harvard Medical School Professor John Ratey, MD, and journalist Richard Manning reveal that although civilization has

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rapidly evolved, our bodies have not kept pace. This mismatch affects every area of our lives, from our general physical health to our emotional wellbeing. Investigating the power of living according to our genes in the areas of diet, exercise, sleep, nature, mindfulness and

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more, GO WILD examines how tapping into our core DNA combats modern disease and psychological afflictions, from Autism and Depression to Diabetes and Heart Disease. By focusing on the ways of the past, it is possible to secure a healthier and happier future, and

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GO WILD will show you how.

**Rita, Dan, Max and Ted are on the
move in Trucktown! Kids will have
hands-on fun with a movable part
on each spread! Swing Wrecker
Rosie's wrecking ball, spin Monster
Truck Max's wheel, dump gravel
from Dump Truck Dan's bed, and**

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move Tow Truck Ted's hook up and down as he saves a good friend! Golding's iconic 1954 novel, now with a new foreword by Lois Lowry, remains one of the greatest books ever written for young adults and an unforgettable classic for readers of any age. This edition includes a

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**new Suggestions for Further
Reading by Jennifer Buehler. At the
dawn of the next world war, a plane
crashes on an uncharted island,
stranding a group of schoolboys. At
first, with no adult supervision,
their freedom is something to
celebrate. This far from civilization**

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**they can do anything they want.
Anything. But as order collapses,
as strange howls echo in the night,
as terror begins its reign, the hope
of adventure seems as far removed
from reality as the hope of being
rescued.**

Authorized King James Version

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**Find Freedom and Adventure in the
Great Outdoors**

Embrace Your Inner Adventurer

Every Day of the Year

The Old Man and the Sea

The Call of the Wild

A Book of Blessings

"As pragmatic as it is

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compassionate, this intimate,
humorous, and ultimately relaxing
invitation to re-wild yourself,
stripping away all that is not your
true nature, will leave you inspired
and curious to discover the wild
woman within" (Lissa Rankin, MD,
New York Times bestselling author

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of Mind Over Medicine). For many women today, achieving a successful career, a fulfilling romantic relationship, and a rewarding personal life can feel like an unattainable goal. The pressure to "have it all" wreaks havoc on our bodies and emotional well-being,

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and also creates unrealistic expectations. Toxic comparisons and the need to perform enforces damaging ideals of who and what we should be, making it harder for us to connect with who we really are. But what if there was a way to break free from these patterns and

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beliefs? What if you could free your body from stress and trauma, tap into your inherent creativity, and connect more authentically with the people who matter? In this life-changing book, intimacy expert and counselor Michaela Boehm shares practical rituals and exercises to

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show you simple, everyday changes that will revolutionize your connection to yourself, your life, and your relationships. Beyond the outdated stereotypes of femininity lies the ancient wisdom of the Wild Woman archetype, a path to reconnecting with our "body

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intelligence." In this book, you will learn to: - Re-wild yourself by connecting to who you really are and integrating body, emotions, and mind for powerful expression in the world. - Switch effortlessly between "doing" and "being," allowing you to access both empowered success

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and personal fulfillment. - Unlock creativity and intuition through understanding how body, heart, and mind can work together. - Engage in relaxed, body-specific exercises that help you connect with yourself and your chosen relationships.

Abel Jin and Delilah Johnson have

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lived their lives with a hole in their soul, yearning for something they don't understand. Until one night Delilah is in mortal danger and a man who's otherworldly strong and supernaturally fast saves her. Delilah is then cast into a world where fiction comes to life in the

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form of Abel, her destined mate, a vampire/werewolf hybrid who claims her at first breath as his. But Abel knows the danger isn't done. He's dreamed for centuries that his mate will perish and he will stop at nothing to keep her safe. For Delilah, she's not only coping with

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fantasy come to life, but a mingling of very different families. Not to mention, she has on her hands a man who doesn't understand his true nature and has lived his long life thinking he's a monster. Abel and Delilah together fills the hole that has been clawing at them for

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decades. But finally finding each other, it also tips their destinies as the last of The Three. They must unite with the other destined lovers, who with Abel and Delilah, are fated to save the world. Or die trying.

#1 NEW YORK TIMES BESTSELLER

- OVER TWO MILLION COPIES

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SOLD! "Packed with incredible insight about what it means to be a woman today."—Reese Witherspoon (Reese's Book Club Pick) In her most revealing and powerful memoir yet, the activist, speaker, bestselling author, and "patron saint of female empowerment"

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(People) explores the joy and peace we discover when we stop striving to meet others' expectations and start trusting the voice deep within us. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY O: The Oprah Magazine • The Washington Post • Cosmopolitan • Marie Claire

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• Bloomberg • Parade • “Untamed will liberate women—emotionally, spiritually, and physically. It is phenomenal.”—Elizabeth Gilbert, author of *City of Girls* and *Eat Pray Love* This is how you find yourself. There is a voice of longing inside each woman. We strive so mightily

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to be good: good partners,
daughters, mothers, employees,
and friends. We hope all this
striving will make us feel alive.
Instead, it leaves us feeling weary,
stuck, overwhelmed, and
underwhelmed. We look at our lives
and wonder: Wasn't it all supposed

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to be more beautiful than this? We quickly silence that question, telling ourselves to be grateful, hiding our discontent—even from ourselves. For many years, Glennon Doyle denied her own discontent. Then, while speaking at a conference, she looked at a woman across the room

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and fell instantly in love. Three words flooded her mind: There She Is. At first, Glennon assumed these words came to her from on high. But she soon realized they had come to her from within. This was her own voice—the one she had buried beneath decades of numbing

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addictions, cultural conditioning, and institutional allegiances. This was the voice of the girl she had been before the world told her who to be. Glennon decided to quit abandoning herself and to instead abandon the world's expectations of her. She quit being good so she

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could be free. She quit pleasing and started living. Soulful and uproarious, forceful and tender, Untamed is both an intimate memoir and a galvanizing wake-up call. It is the story of how one woman learned that a responsible mother is not one who slowly dies

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for her children, but one who shows them how to fully live. It is the story of navigating divorce, forming a new blended family, and discovering that the brokenness or wholeness of a family depends not on its structure but on each member's ability to bring her full

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self to the table. And it is the story of how each of us can begin to trust ourselves enough to set boundaries, make peace with our bodies, honor our anger and heartbreak, and unleash our truest, wildest instincts so that we become women who can finally look at

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ourselves and say: There She Is.
Untamed shows us how to be
brave. As Glennon insists: The
braver we are, the luckier we get.
An investigation into the effects of
exercise on the brain evaluates how
aerobic exercise positively
influences the progression of such

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conditions as Alzheimer's disease, ADD, and depression, in a report that shares theory-supporting case studies and the results of a progressive school fitness program. 30,000 first printing. Dare to Reclaim What God Has Named Good

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Mr. Tiger Goes Wild

On the Move!

Forging Your Own Path to a Life
Full of Wonder, Adventure, and
Connection

To Bless the Space Between Us

'A wonderful book' - Dr. Rangan

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**Chatterjee 'Highly convincing' -
Daily Express 'Pioneering' - The
Telegraph 'The strength of the
book lies in its description of how
community life can have a
transformative effect on
individuals' - British Journal of
General Practice Across the**

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country, general hospital admissions are on the rise. But in a small town in rural England, thanks to the simple introduction of kindness and compassion, that trend has been reversed. And what this town achieved, we can all adopt in our own lives to

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**powerful effect. Through daily
mindful acts of care we are
capable of changing things for
the better, both inside ourselves
and for the world around us.
Frome in Somerset isn't special.
It could be any town; it could be
your town. And yet the people**

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who live there have a story to tell about the simple, ground-shaking power of compassion. If it came in tablet form, it would be hailed as a wonder of modern medicine. By contrast, it's entirely free but offers heartening evidence that when human beings make time

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for each other, the beneficial effects go far beyond the reach of naïve optimism. 'A culture in which compassion is a prevailing value allows individuals to flourish and bring their talents and gifts to the communities in which they live. Unanticipated

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possibilities emerge, presenting fresh ways of addressing what previously appeared to be insoluble problems. Hearts are lifted. The case for hope is more strongly made. And as the people who work in this way begin to change the world immediately

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**around them, so too, the wider world beyond begins to change.'
Dr Julian Abel & Lindsay Clarke
Dream. Explore. Discover. Take a
leaf out of nature's book and
unleash your wild side with this
essential guide. Packed with
hundreds of exciting outdoor**

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**ideas and activities, from reading
animal tracks to making your
own campfire, this little book will
guarantee lots of fun and
adventure all year round.**

**An accessible resource to the
structure and chemistry of the
brain explains how its systems**

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**shape our perceptions, feelings,
and behaviors, while outlining
the author's theory of the
dynamic interaction between the
four major brain systems.
Reprint. 25,000 first printing.
Krakauer's page-turning
bestseller explores a famed**

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missing person mystery while unraveling the larger riddles it holds: the profound pull of the American wilderness on our imagination; the allure of high-risk activities to young men of a certain cast of mind; the complex, charged bond between

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**fathers and sons. "Terrifying...
Eloquent... A heart-rending
drama of human yearning."**

**—New York Times In April 1992 a
young man from a well-to-do
family hitchhiked to Alaska and
walked alone into the wilderness
north of Mt. McKinley. He had**

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given \$25,000 in savings to charity, abandoned his car and most of his possessions, burned all the cash in his wallet, and invented a new life for himself. Four months later, his decomposed body was found by a moose hunter. How Christopher

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Johnson McCandless came to die is the unforgettable story of Into the Wild. Immediately after graduating from college in 1991, McCandless had roamed through the West and Southwest on a vision quest like those made by his heroes Jack London and John

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Muir. In the Mojave Desert he abandoned his car, stripped it of its license plates, and burned all of his cash. He would give himself a new name, Alexander Supertramp, and, unencumbered by money and belongings, he would be free to wallow in the

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raw, unfiltered experiences that nature presented. Craving a blank spot on the map, McCandless simply threw the maps away. Leaving behind his desperate parents and sister, he vanished into the wild. Jon Krakauer constructs a clarifying

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**prism through which he
reassembles the disquieting facts
of McCandless's short life.
Admitting an interest that borders
on obsession, he searches for the
clues to the drives and desires
that propelled McCandless. When
McCandless's innocent mistakes**

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turn out to be irreversible and fatal, he becomes the stuff of tabloid headlines and is dismissed for his naiveté, pretensions, and hubris. He is said to have had a death wish but wanting to die is a very different thing from being compelled to

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**look over the edge. Krakauer
brings McCandless's
uncompromising pilgrimage out
of the shadows, and the peril,
adversity, and renunciation
sought by this enigmatic young
man are illuminated with a rare
understanding--and not an ounce**

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of sentimentality. Mesmerizing, heartbreaking, Into the Wild is a tour de force. The power and luminosity of Jon Krakauer's stoytelling blaze through every page.

365 Ways to Go Wild

The World-Famous Low-Sodium,

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**Good-Carb, Detox Diet for Quick
and Lasting Weight Loss**

**An Oral History as Told by Jon
Stewart, the Correspondents,
Staff and Guests**

Untamed

**Unlock Your Full Potential for
Pleasure, Power, and Fulfillment**

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**New Science and Essential
Strategies for Thriving with
Distraction--From Childhood
Through Adulthood**

Welcome to the wild world of
sea turtles! In this intro
to the species, youngsters
discover where on Earth this

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reptile lives, what it eats,
and how big it grows. Cool
photos of all the different
kinds of sea turtles and
adorable photos of just-
hatched turtle babies bring
the creatures into full
focus. After learning the

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basics, young readers will learn why sea turtles need our help and what people around the world are doing to help save them. Filled with fun facts, games, and an activity focused on making a difference in sea

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turtles' world, Go Wild!
will inspire kids to care
about this swimmingly cute
animal.

Eat Fat, Run Free, Be
Social, and Follow
Evolution's Other Rules for
Total Health and Well-being

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The Daily Show (The Book)

Spark

How to Change Your Mind