

MY BODY, MY ENEMY: My 13 Year Battle With Anorexia Nervosa: My Thirteen Year Battle With Anorexia Nervosa

“Berkeley Sensation contemporary romance”--Spine.

I am caught up in a war between the demonic forces of Satan and the good forces of God. I have chosen to be on God’s side. As a result of choosing sides, my enemy becomes Satan and his forces. These demonic forces have led the world into evil and are prowling the earth for souls to capture. I live on this earth with these unseen demonic forces, and they are messing with me. The battle is for my soul to either enjoy eternal life or condemnation. I once was an enemy of God, and then I rebelled. I rebelled against Satan, the devil. I rebelled against the devil by accepting Jesus the Messiah as my Savior and, hence, was brought into the presence of God as holy and just. Subsequently, the devil personalized me as his enemy and started pursuing and harassing me. The enemy endeavors to compromise my conviction and journey to be a true disciple of Jesus. My daily focus is to be filled with the Holy Spirit and do God’s will, whatever it may be. The enemy will endeavor to use all his wiles to prevent or discourage me from doing God’s will. This musing is a mechanism for me to readily identify the enemy’s schemes, isms, schisms and to dismiss them on God’s will.

The book contains life-transforming and destiny changing messages such like: The weapon of the devil; dealing with the queen of heaven; eaters of flesh and drinkers of blood; the whispering lizard; prisoners of local alters and fighting from heaven. In addition, there are one thousand prayer points to dismantle and destroy malignant powers of darkness.

Description/My Self, The Enemy follows the story of Melanie, an isolated young woman struggling to cope with a world she does not understand and people she cannot relate to. As we experience life through Melanie’s eyes, we feel first hand the power of her insecurities.This book provides a valuable insight into the various difficulties associated with mental illness in general and borderline personality disorder in particular, and the subsequent problems associated with coping with diagnosis. If you are able to relate to her emotional plight, then you are not alone. About the Author/Deborah Aspect is a London-based playwright. Her work has been performed at ‘The Old Red Lion Theatre’ in Angel and ‘The Soho Theatre’. She is currently preparing a critically acclaimed full-length play called ‘Calling’, which follows the tale of three institutionalised young people, to be performed at ‘The Old Red Lion Theatre from 10th to 30th July 2007. She also had a short film commissioned and a short story published in American magazine ‘Suspect Thoughts.’

I Become a Delight to My Enemies

Women, Masculinity, and the Dilemmas of Gender

Becoming Satan’s Lover

The Book

The Enemy of My Enemy Is Me

Hiding out from the Nazis with her Dutch relatives, Cyrla, a half-Jewish girl, is confronted by a terrifying choice between certain discovery in her cousin’s home and taking her pregnant cousin Anneke’s place in the Lebensborn, a maternity home for Aryans

The Enemy of My Enemy Is my Friend - but Is Gemma Gage the kind of friend Thaddeus Kline wants? When US Embassy officer Thaddeus Kline’s wife turns up dead he blames crime boss Bruce Gage and makes it his mission to destroy him. Kline sets out for North Carolina determined to settle the score. What he doesn’t count on is coming up against his adversary’s wife, Gemma. Gemma Gage is living in the lap of luxury. She does not ask, nor does she care, where the money comes from. She is a loving wife and a good hostess to her husband’s business associates. Just as she makes an unwanted discovery, Bruce catches her red-handed scrutinizing his dealings and retaliates by keeping her captive in her own home facing inevitable death by a Bengal tiger. When Thaddeus breaks into the Gage mansion looking for Bruce, he gets a whole lot more than he bargained for. Thaddeus takes Gemma as a hostage cum bargaining chip - but Bruce Gage didn’t get where he was by rolling over easily. Thad and Gemma soon become the hunted and their clashing personalities must join forces to combat a common enemy. As their thirst for revenge deepens, so does their involvement in the fractions of the criminal underworld. Rival gangs fight for their allegiance which leaves them with no alternative except to trust each other. But can they?

My Body, My Enemy My Thirteen Year Battle with Anorexia NervosaHarperThorsens

Have you suddenly experienced being under attack, and not understanding why? Hell on your job, hell in your home, and hell on your mind? Could it be the enemy isvnting himself in? We are living in a time where the enemy is using us for his will. We have become so deceived by his tricks that we have allowed him to step right into our lives to sift us like wheat. When I speak of the enemy, I am not talking about Al-Qaeda, the Soviets or North Korea. I am talking about the enemy of our soul. This thoughtful prooking book will take you through some of the challenges we face in our daily lives. It will also help you identify the enemy’s strategies.

Living Full

Combat Prayers to Crush the Enemy

Dance with the Enemy, Rise of the Enemy, Hunt for the Enemy

An Iraqi woman’s journey from the heart of war to the heartland of America

Will My Pet Go To Heaven?

In “Enemy in My Bed,” drug dealer Kreesha decides to teach her married lover a lesson when he betrays her to the Feds, and in “Keeping My Enemies Close,” Larissa ends up in jail after her lover and her best friend trick her.

Women want change: egalitarian sexual relationships, families, and workplaces. But women, like men, also fear change—to achieve it, both men and women will sacrifice what are now thought of as prerogatives. In intimate interviews with eighty women, Los Angeles Times Book Prize winner Judith Levine grapples with the negative stereotypes of men that, in “ naming the enemy ” —Mama ’ s Boy, Bumbler, Betrayer, Seducer, Brute, Trick, Killer, and others—both militate for change and self-protectively maintain the status quo. My Enemy, My Love makes clear that gender roles, the social definitions of masculinity and femininity, the culture ’ s assignment of certain exclusive traits to each biological sex, have imprisoned us on either side of a divide. She writes: “ Gender allows a person citizenship in only one country. ” This timely investigation of man-hating, misogyny, ambivalence, and accommodation ends with the hope that “ When better-than and worse-than give way to different-from, and different-from ceases to be a signal for enmity, categorical hatreds will lose their utility, and we will be disarmed. ”

Ella is a naughty, fun-loving little girl - a little misunderstood by all, apart from her best friend "My friend Ella," about loving and accepting ourselves for who we really are, is Angela Garry's first storybook for small children.

It was a 'team-building' weekend for lawyers, advertising execs, businessmen--oh, and a journalist. Amid the paintballing and flowing Shiraz, the organisers pulled some surprises--stalkers in the forest, power cuts in the night, disappearing staff, disappearing guests. When the only access for thirty miles is cut off it seems that events are being orchestrated not just for pleasure... And that's before they find the first body.

Plain Molly

My Musings

The Enemy Trilogy

The Book News Monthly

Smite the Enemy and He will Flee

Chalene Johnson, New York Times best-selling author and award-winning entrepreneur who’s built and sold several multimillion-dollar lifestyle companies, offers a revolutionary fitness program with proven success based on her successful online program of the same name. Diets are dumb. You aren’t. Your personalized plan for gut health, wellness, and weight loss You’re smart. You’re sick of gimmicks and trendy diets that leave you with frustration and a slower metabolism. The 131 Method gets to the root of the problem--gut health--and delivers a personalized solution to wellness, hormone balance, and permanent weight loss based on the Nobel Prize-winning science of autophagy and diet phasing. Finally, a science-based solution that’s actually doable! Following her own health scare, health and wellness expert Chalene Johnson set out to understand the science and individuality of metabolism. Working with renowned researchers, doctors, and registered dietitians, she developed a simplified 3-phase plan for health promoting weight loss. This proven methodology was tested with more than 25,000 individuals. Now she distills the essentials of her hugely successful online program into the 131 Method book. 1 Objective (set by you!), 3 Weeks of Diet Phasing, and 1 Week to Fast and Refuel. 131 Method guides you through Chalene’s three-phase, 12-week solution, helping you personalize every step of the way. You’ll: * Lose weight without slowing your metabolism * Improve gut health and boost immunity * Fix cravings and reset hormones * Discover 100 delicious, easy recipes The 131 Method isn’t a one size fits all diet, it’s how to eat a diet that works! You’ll get everything you need to change your thinking, transform your body, and improve your life . . . for good!

Michael Dante played the title role in Winterhawk (1975), a Western about a legendary Blackfoot Chief ’ s character and his principles. In this novella sequel, he pens an ageless saga about ruthless railroad executives trying to assassinate him in order to build their railroad directly through his territory, taking the Blackfoot land without provocation. Winterhawk and his tribe remain strong as long as they can, to protect the land of their people, the land they call home, before the invasion of progress imposes itself on America. This inspiring story of a brave man, who stands up to and fight against those who have their own agenda for his land, evokes the nostalgic atmosphere of Western series that Dante frequently appeared in during American television ’ s Golden Era, such as Death Valley Days, The Big Valley, Daniel Boone, Custer, The Texan, Bonanza, Maverick, and Cheyenne.

In July 1863 the invading Army of Northern Virginia, confident from its victory at Chancellorsville, unexpectedly encountered the Army of the Potomac, still without a general Lincoln could trust, at a small town in Pennsylvania. And there, among the verdant hills, rich fields, and sparkling brooks around Gettysburg, the two armies slaughtered each other in fearful numbers. My Enemy, My Brother is a remarkable re-creation of that battle, told not as military strategists have told it, but the way soldiers, doctors, shopkeepers, farmers, and wives lived it. Drawn from the letters, diaries, and memoirs of the people at Gettysburg, Persico’s powerful work chronicles the passions and beliefs, the day-to-day routines, the pain and the terror of those caught up in the epic conflict that, for thousands, became their last role on earth.

Author Marita Mister believes many are having an affair with the devil and are either in love with the devil or are just blind. Venture into this book with Marita Mister as she shares her real-life experience of an adulterous affair with the devil. Sleeping with the Enemy affects many lives today—the saint as well as the sinner. While God’s created beings are blinfolded, Satan is stripping off the clothes, socks, and shoes of the preachers, teachers, bishops, and prophets alike. After they are vulnerable, he seeks out the lonely, depressed, brokenhearted, and victims of abuse to make sure that they are without truth and apart from God. If you want to take off the blindfold and get out of the relationship with the enemy, if you want to change bed partners and see through the eyes of Jesus, read Sleeping with the Enemy and get a good night’s rest.

Collecting The Enemy, The Dead, and The Fear

Flirting with My Enemy

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Power Against the Enemy Opposed to Your Shining

My Self, The Enemy

An electrifying thriller from bestselling author Diane Duane set in the Star Trek: The Original Series universe. Ael t’ Rlailiiu is a noble and dangerous Romulan Commander. But when the Romulans kidnap Vulcans to genetically harness their mind power, Ael decides on treason. Captain Kirk, her old enemy, joins her in a secret pact to destroy the research laboratory and free the captive Vulcans. When the Romulans discover their plan, the Neutral Zone seethes with schemes and counter-schemes, sabotage and war.

An enemies-to-lovers romantic comedy--with a cozy mystery twist! **Includes Laura’s Ultimate Milkshake recipe! Elle Brook I’m pretty sure heartthrob Zane Masters is sabotaging my business, and I’m going to prove it. It’s no secret that the big-shot CEO of Got Cake? wants to buy my bakery but I declined his offer—even though it was presented to me on a notepad with a triple chocolate donut. For the record, I did not eat his over-priced donut.... I threw it in the trash. Off the record—I totally ate it, and on my heck, it was finger-licking delicious. Just as I get ready to release something new, Got Cake? announces something suspiciously similar. Not forgetting the time three crates of fish got delivered to my shop. Dead fish. It took me DAYS to get rid of the stench. And Zane is my one suspect. The only way I’m gonna find the proof I need to stop all this nonsense is to get close to him. Real close. He’s a man’s man with a hunky smile and a smolder that can melt any heart, I know exactly what an alpha male like him wants in a woman. My friends think I’m playing with fire. But I’ll do whatever it takes to unravel his dark secrets. And this is only way I’ll get hurt is if I let my heart get involved. That’s not gonna happen. Besides, there’s zero chance I’m gonna fall in love with my enemy. Flirting with My Enemy is a cozy mystery romp. Packed with swoon-worthy romance, heart-warming characters, laugh-out-loud humor, and an exciting mystery.?Scroll up and one-click so you don’t miss out on this addicting read.? Author note: This is a steamy-clean romance. Sizzling kisses but no sex or curse words. A feud between King Stephen and Empress Matilda brought chaos to Isabel de Tracy’s life, so much so that she found herself hostage in exchange for her brother Edmund’s safety. But through it all, she held fast to the memory of a tough but tender soldier, Guy FitzAlan. How could she guess that when they finally met again, the circumstances would turn him against her? On the run from a scheming empress, they were forced to be together, and Guy’s sense of betrayal made him savagely angry. In the face of such disbelief, how could Isabel tell her brother?

Dark, cutting, and coursed through with bright flashes of humour, crystalline imagery, and razor-sharp detail, I Become a Delight to My Enemies is a gut-wrenchingly powerful, breathtakingly beautiful meditation on the violence and shame inflicted on the female body and psyche. An experimental fiction, I Become a Delight to My Enemies uses many different voices and forms to tell the stories of the women who live in an uncanny Town, uncovering their experiences of shame, fear, cruelty, and transcendence. Sara Peters combines poetry and short prose vignettes to create a singular, unflinching portrait of a Town in which the lives of girls and women are shaped by the brutality meted upon them and by their acts of defiance and yearning towards places of safety and belonging. Through lucid detail, sparkling imagery and illumination, Peters’ individual characters and the collective of The Town leap vividly, fully formed off the page. A hybrid in form, I Become a Delight to My Enemies is an awe-inspiring example of the exquisite force of words to shock and to move, from a writer of exceptional talent and potential.

Winterhawk’s Land

A Sweet Romantic Comedy

Out of the Enemy’s Camp

Half-Shell Prophecies

When the Enemy Attacks

A survivor takes those struggling with anorexia and/or bulimia on la passionate, heartbreaking to humorous road from rock bottom to recovery! (Robert Tuchman, author of Young Guns). Imagine waking in a hospital bed to find your frail, pale arm punctured by an IV transferring fluids and nutrients into your weak, stiff body. What happened? You’re an adult, age twenty-six, and you just had a seizure precipitated by your chronic, secretive, decades-long struggle with unacknowledged eating disorders. You have no friends and no normal young-adult experiences. Living Full is written by Danielle Sherman-Lazar, a woman who passed through the eating disorder crucible to recovery, sharing the most intimate and shameful details of her mental illness. Living Full is Danielle’s story. Eating disorders in young adults are hardly talked about, but are pervasive. Eating disorders are kept hidden out of shame. A groundbreaking 2012 study published in the International Journal of Eating Disorders found that about thirteen percent of women over age fifty exhibit eating disorder symptoms. Living Full chronicles the author’s step-by-step descent into the full-blown eating disorder nightmare and her path to recovery. Recovery comes from the Maudsley Approach, a regimen of supervised controlled eating or refeeding by out-patient helpers that eventually can result in recovery. Benefits of reading Living Full: See how to confront your eating disorder demon Learn from someone who won her eating disorder battle Discover a new and beautiful life

Anorexia nervosa is a controversial subject that attracts constant media attention. As an illness it mystifys as much as terrifies. In this book Claire Beeken tells the story of her battle with anorexia. She was first hospitalized at the age of 10 with an eating disorder and spent the next 13 years in a cycle of starvation, binge-eating and laxative abuse. She describes her early years through her teenage years to how she finally gained the upperhand and put herself on the road to recovery.

As a child, author Wolfgang Schmidt lived through the terror of World War II. In The Enemy’s Child, he chronicles the life of his German naval family from the 1930s through the 1950s. By placing a series of compelling memories within a broader historical context, he narrates the struggles German families faced during and after World War II. Schmidt’s family moved frequently, so this memoir offers a unique glimpse into life in nine wartime cities: Koszalin Pomerania, Kiel, Neustadt Holstein, Gdynia, Berlin, Bad Freienwalde, Göttingen, Eckenförde Schleswig-Holstein, and Buir. It journeys from multiple naval stations on the Baltic Sea to bomb shelters in Berlin and the emergency exodus as the Russian front advanced. Providing insight into family life in Germany during World War II, The Enemy’s Child reveals the challenges of living in the country, contrasting the experiences of four brothers who chose different paths from war to hope, including Schmidt, who decided to make his life in America.

WHEN IT COMES TO LOVE, SOMETIMES IT TAKES THE HEAD YEARS TO DISCOVER WHAT THE HEART HAS ALWAYS KNOWN When Forbes Branson was a young man ready for something new. A senior in high school, he was the golden boy. Heir to a fortune, he knew what his life was going to be. But he wanted adventure first. A year to do what he wanted, where he wanted before college. An unexpected betrayal would change everything. Sophie Lipton was fifteen the first time she set foot on the Branson ranch. Dragged from one place to another, never having more than one pair of shoes or enough to eat, the moment she saw the wide open spaces, she felt she could breathe for the first time in her life. It was the home she always dreamed of. But her happiness came at a price. To stay in her new home, Sophie had to keep somebody else’s lies. Lies that would eventually tear apart a family. And tear apart her friendship with Forbes. Coming home is never easy—especially after twelve years. Forbes isn’t the same young man. He found his adventure—and more. Weary, he’s ready to settle into a slower, calmer life. Working on his family’s ranch and taking the job as Chief of Police sounds like a piece of cake after the things he has seen and done. Sophie isn’t the quiet girl Forbes remembers. She’s grown into a strong, confident woman. A woman used to being in charge. The Branson ranch is her territory now. If Forbes thinks he’s going to waltz back in and take over, he’s going to find out fast that Sophie is no pushover. Twelve years ago, they shared one goodbye kiss. More sweet than passionate. Now, as adults it’s a whole new game. The attraction between them is undeniable. Just as they begin to move forward, the past has other ideas. Secrets rarely stay buried forever. Lies. Betrayal. Maybe even murder. Before Forbes and Sophie can think about the future, they will need to deal with the past. Together.

My Enemy’s Son

My Enemy, My Savior, and Me

My Enemy, My Love

Enemy of My Enemy

Everything you need to know to look after yourself to bring about and maintain perfect health, prosperity, wealth, happiness, quality of life and longevity. It reveals that we are, without realising, not doing enough or the right things to protect our health and prosperity which is equally extremely damaging to nature, wildlife, oceans, sea-life, fresh springs, waterways and air, and us. The Book by Lindé utilises new and ancient knowledge from around the world, over the millennia identifying what changes we need to make to enhance every aspect of our lives with simple solutions for almost every situation. It is your most powerful contribution to protecting, nurturing and saving our planet. In summary, ‘THE BOOK’ Consists of Six Chapters which incorporates a summary within each one: Lifestyle; Food & Nutrition; Medical Care; Mind; Water; and Now Live the final chapter which you can cast your eye over first as it is a synopsis of the complete works. It is highly recommend to read from cover to cover but, it is packed with valuable information to just use as a Reference Manual on a day to day basis. Teaches you how to look after your body and mind to ultimately prevent illness, but also to help regain and maintain perfect health; Provides countless number of practical, realistic & simple tips to easily adopt into your day to day lifestyle improving quality of life, saving time & money and gaining longevity; Fuses together specialised areas in health & mind, lifestyle & environment under one cover; Identifies our day to day toxic exposures that we are unaware of and provides successful resolutions; Gives you complete fundamental knowledge and awareness, to use your courage to take responsibility for your life enhancing your health, prosperity and happiness; Provides you with ancient knowledge and practices to new, from science including quantum physics, to philosophy, psychology, and important detail on nutrition, exercise, military and medicine; Is very current, answering all the conflicting hype about diets, the next super food or the bad effects of conventional drugs or sugar that are in the media weekly, even daily; For more information please visit www.thebookbook.co.uk

Facing a military court martial for the murder of a Vietnamese soldier, Army Sergeant John L. Coletrane is offered a plea bargain if he agrees to return to South Vietnam for one final combat mission. The agreement would save him from the gallows but the near suicidal mission could cost him his life. Suppressing his prejudices, he is ordered to team up with another Vietnamese soldier and required to use all his jungle knowledge and skills to defy the odds, reach the objective and complete the mission after discovering a secret that forces a soldier to make one of the most difficult decisions of his life. This is a bold story of courage, loyalty and honor.

The novels of espionage, betrayal, and constant danger starring intelligence agent Carl Logan, now in one volume! This three-in-one set includes: Dance with the Enemy Carl Logan was the perfect agent. A loner, trained to deal with any situation with cold efficiency, devoid of emotion. But since being held captive and left for dead by one of the world’s most violent terrorists, he hasn’t been quite the same. Now Logan’s chance for revenge has come as the same terrorist reappears in Paris. Linked to the kidnaping of America’s attorney general . . . Rise of the Enemy The Joint Intelligence Agency sends agent Carl Logan on a routine mission to Russia. It should have been simple. But when Logan’s cover is blown, with disastrous results, doubts begin to surface in his mind about why the assignment went so wrong. Could his own people really have set him up? Hunt for the Enemy On the run in a harsh Russian winter, Logan—once an invaluable asset, now branded a traitor—has been framed for murder, labeled a rogue operative despite two decades of loyal service. And suddenly, one by one, agents and informants from all sides are dying. Logan is the only man who can put a stop to it, once and for all. The hunt is on. . . . Praise for the novels of Rob Sinclair “Exciting . . . A real page-turner, impossible to put down.” —Publishers Weekly on Sleeper 13 “Fast-paced . . . with a blend of mystery, suspense and action.” —Publishers the Lines on Dark Fragments “A must read for fans of Lee Child and Robert Ludlum.” —Chelle’s Book Reviews on The Red Cobra

Is your special friend always waiting at the door for you with a wagging tail and an unconditional look of happiness? Is your favorite lap warmer always ready to keep you company on dark and stormy nights? No matter if your friend is furry, finned, feathered, or leathered, no doubt your pet plays an important role in your life and your family. In fact, your pet may be your family. But after the inevitable happens and you sob your last good-bye, will you see your pet again, in Heaven? Does your pet have a soul? Will your pet go to Heaven? This fun and light-hearted look at a seriously sad subject reveals many perspectives about Spot’s stairway to Heaven, Fluffy’s final resting place, and birds of Paradise. Will your pet rabbit rest in peace, or will your fish float forever in the septic tank? In addition to their own blend of passionate and compassionate diva dialogue, the four writers quote devoted pet owners, clergy, friends, family, and even those who just aren’t “pet people.” From the variety of perspectives and opinions, this is a heart-warming, tail-wagging conversation sure to keep you smiling from now until then...

From Death to Life

Be My Enemy

My Body, My Enemy

Ego Is the Enemy

Men and Days of Gettysburg

Satan prowls around, ready to pounce on our every weakness, fill us with fear, and destroy our intimate relationship with Christ. But we are not defenseless. We have weapons of warfare enabling us to be spiritually aggressive and face the devil head on. Rather than lose ground in our faith, we can live armed and dangerous! In this handbook of militant prayers, evangelist and ex- Satanist John Ramirez helps you prepare for and move into advanced combat. He covers topics such as - strengthening your position as a warrior - opening your spiritual eyes -releasing the thunder of God against the devil - losing God’s blessings - and more! We have the authority and the mandate to destroy the works of the devil. Let’s do it! Senya has been exiled back to the Mother Planet of Rozari. While there, he begins to understand what his real tasks are, why he has been sent here, and what he must do in the coming years. In the meantime, Lt. Cmdr Katie Golden of the Allied Spaceforce suffers a dangerous brain injury while saving her ship from destruction. She is sent to Rozari for the cure, only to wake up and discover that Senya was not a childhood hallucination after all. Now she must make a decision between the career she has chosen and a normal life or the incredible journey that Senya is bound to take her on.

n “Out of the Enemy’s Camp”, Kyla invites her readers into the dark places of her mind. She reveals her struggles with gender confusion, rejection and abuse and how shame took root and caused her to run away from God. Kyla’s identity was consumed by her life as a homosexual. The conflict of growing up in a Christian home and living a life that was contrary to the Christian belief, caused her to develop unhealthy coping mechanisms that led to addiction. She was angry at God because she believed He gave her the wrong identity. Kyla played the role of a male, and looked to women, alcohol and drugs in attempts to fill the void in her heart. October 7, 2017, she came face to face with her redeemer. God met Kyla in her darkness and shined His everlasting light. He spoke to her three phrases. “I’m not ashamed of you. I love you. I have more for you.” This book is Kyla’s journey to victory.

FRIGHTENED MONSTERS. STOLEN TIME. AND ONE SERIOUSLY UNDERESTIMATED DAMSEL. Katie ran from the magical world years ago. She never planned on being dragged back in by a prophesying clamshell. The seers believe she alone can prevent an apocalypse of ruined time and broken worlds. Bran the Crow King believes she can save him from his cannibalistic grandfather. Katie believes they’re all nuts. One thing is for certain: she’s not waiting around for help. Operation Katie Saves her Own Damn Self is officially on.

SPIRITUAL WARFARE, QUIMBANDA SPELLS & RITUALS TO DEFEAT THE ENEMY

My Thirteen Year Battle with Anorexia Nervosa

Your Personalized Nutrition Solution to Boost Metabolism, Restore Gut Health, and Lose Weight

My Enemy’s Cradle

The Enemy: Books I-III

The Instant Wall Street Journal, USA Today, and international bestseller “While the history books are filled with tales of obsessive visionary geniuses who remade the world in their image with sheer, almost irrational force, I’ve found that history is also made by individuals who fought their egos at every turn, who eschewed the spotlight, and who put their higher goals above their desire for recognition.” —from the prologue Many of us insist the main impediment to a full, successful life is the outside world. In fact, the most common enemy lies within: our ego. Early in our careers, it impedes learning and the cultivation of talent. With success, it can blind us to our faults and sow future problems. In failure, it magnifies each blow and makes recovery more difficult. At every stage, ego holds us back. Ego Is the Enemy draws on a vast array of stories and examples, from literature to philosophy to history. We meet fascinating figures such as George Marshall, Jackie Robinson, Katharine Graham, Bill Belichick, and Eleanor Roosevelt, who all reached the highest levels of power and success by conquering their own egos. Their strategies and tactics can be ours as well. In an era that glorifies social media, reality TV, and other forms of shameless self-promotion, the battle against ego must be fought on many fronts. Armed with the lessons in this book, as Holiday writes, “you will be less invested in the story you tell about your own specialness, and as a result, you will be liberated to accomplish the world-changing work you’ve set out to achieve.”

Into every man or woman on this planet God has planted a seed of greatness that has the capability of growing into a tree. The seed is a tree in the future. When you destroy that seed, you destroy the tree. You can even destroy a forest. God has not created anybody empty. There is a seed that He has put in you when He created you, the seed of accomplishment and greatness. That seed means that you have the capability of becoming big in life. When the enemy fails at completely eliminating a person, the next thing he goes for is that seed.Read on !

For her entire life, Rafraf, a devout Muslim, had been told that Americans were the enemy. Her understanding of the world, of her place in it, and of the United States had been steeped in the culture of Iraq under the rule of Saddam Hussein. Yet, in the midst of insurgents attempting to kidnap and kill her, she found herself on the receiving end of lifesaving help from those she considered her enemies. Rafraf suddenly finds herself living with a Christian family in the Bible Belt of America. Nothing had prepared her for this new reality—the life of a college student in a vastly foreign culture, in a community as far from her expectations as she could have imagined, and in a family that opens their hearts to enfold her. Saved by Her Enemy is a riveting journey of two very different people from opposite sides of the world, of faith, of experience, and of expectations. The dramatic intersection of their lives and their journey together is an inspiration to those who have ever felt there was more to life than the world they knew. A young Iraqi woman, an American war correspondent, and a true tale of friendship, faith, and family against the backdrop of war and the collision of cultures This is a story of a very unlikely friendship—between American war correspondent Don Teague and Rafraf Barrak, an Iraqi college girl who won a job as a translator for NBC during the early months of violence in the wake of the American invasion of Iraq. While covering a story together, the two were nearly killed by a bomb, an experience that created a bond between them that led them down a path neither could have imagined. What follows is a story of transformation, as Rafraf—from a devout Muslim family—becomes the target of terrorist threats to kidnap and murder her. Don and his fellow correspondents mobilize to help save her life and suddenly Rafraf finds herself on the receiving end of adventure with Rafraf that reshapes their lives. This captivating story inspires us all to join Don and Rafraf in discovering that there is far more to life than the world we know.

With One More Look at You

My Enemy, My Ally

Sleeping with the Enemy

My Enemy, My Brother

Winning My Battle With Eating Disorders