Wake Up!: Escaping A Life On Autopilot

Forty million Americans suffer from anxiety disorders. Hospitalized at age thirty with severe anxiety disorders and depression, Suzanne Jessee was determined to overcome the mental paralysis and addictive behaviors that ruled her life. Not only did she personally triumph over these debilitating disorders, but she set out to study and work in the world's leading treatment centers where she helped thousands of patients to recover from severe anxiety. Accompanied by a PBS special, Escape Anxiety: 8 Steps to Freedom through Meditative Therapies explains the causes and symptoms of these complicated and often misunderstood medical disorders and offers a path to recovery through Jessee's revolutionary 8-Step Escape Anxiety treatment program. Designed to provide natural techniques to manage anxiety, each step to healing includes exercises and a specially designed script for a guided meditation based on her innovative methods of Neurogenesis Meditative Therapy TM (NMT). By combining proven therapeutic techniques of Cognitive Behavioral Therapy with ancient mindfulness practices, NMT empowers anxiety sufferers by liberating them from unhealthy "thought myths" to help them create sustainable, life-changing habits. Backed by recent scientific proof that meditation has a transformative effect on the physical brain, Suzanne demystifies the practice of meditation and demonstrates its power as a viable alternative to synthetic medications for treating anxiety. After years of experience helping patients at the Betty Ford Center and other clinical settings, and recognition for her success from the top experts in the field, Suzanne Jesses now offers an affordable and accessible in-home treatment program to heal those who suffer from the devastating effects of anxiety disorders.

Re-read Book 2 in the romantic suspense series Operation: Midnight by New York Times bestselling author Linda Castillo. Special Agent Jake Vanderpol swore he'd buried all tender feelings for Leigh Michaels. Until he learned that the arms dealer she'd testified against six years ago had escaped. Suddenly the memories were back…memories of urgent kisses in hiding. But after what happened, would she trust him to save her? Danger just exploded from her past with the same raw male power that first drew Leigh to her former agent-protector. Then Jake used her as bait to get his man, and she'd fled into witness protection. Now a killer wants revenge. But who will shield her heart from the only man she'd ever let touch her—body and soul? Originally published in 2005.

this is a book of stories and poetry about my life my beliefs and about my actions I also have a recorded version of this book and in that version in the middle of the recording the talking and the drumming fades to one minute of silence the idea was to slowly stop and reflect so if you disagree or even if you agree with me take a little time stop and reflect on life and whatever little change you can make make it because the world is changing i certainly hope my stories and poetry in some small way will remind you of your possibilities will assist you in revealing the meaning of your life and help you find a way of escape not a running away from but a form of securing a key for total fulfillment one of my many metaphors for life is a game of cards you have no choice of the cards you're dealt but by god you better learn to play play your best game and enjoy yourself while yuh playing

Abby declares war on her enemies in the fast-paced take no prisoners story that brings the ESCAPE trilogy to a thrilling conclusion! Nearly a year ago Abby was left battered and broken. Having spent every ounce of her strength on recovery, revenge has never strayed from her mind. Afforded the best rehab money could buy, combined with her mission to become the most formidable one-woman army anyone could reckon with, Abby is ready. She sets out on a path of revenge and will not rest until the man responsible pays for his crimes. She takes the fight to the enemy's doorstep and will tear down anyone who gets in her way. Reunited with an ally from her past, Abby sets her sights down a road with no exit. There is no other path. She will slay the man who has tortured her life for the past decade or die trying. What Reviewers are saying: ★★★★★ 'Great final book to the trilogy. Fast paced page turner right to the end.' ★★★★★ 'A fitting ending for a fantastic series!' ★★★★★ 'David Antocci has wrapped up the Escape Trilogy beautifully.' ★★★★★ 'From page 1 of Book 1 to the last page of Book 3 my interest was on fire.' ★★★★★ 'This book is all I hoped it would be and more. I've read all 3 in the series and cannot praise Antocci enough.' ★★★★★ 'The three books in the series are each a fun ride in themselves, but this last one wraps up Abby's story in a very satisfying way.'

Sweet Escape (Sweet Series #2)

Volume 2

Escape From MH-ZERO

The Weight Escape

From Corporate Prisoner to Thriving Entrepreneur

SUMMARY - Escape From Cubicle Nation: From Corporate Prisoner To Thriving Entrepreneur By Pamela Slim

The Five Immutable Laws to Rise and Lead

In some way or another most of us are "stuck"-in a secret sin we can't control or maybe by an inability to stand up for ourselves. In Escaping the Matrix, authors Gregory A. Boyd and Al Larson use the vehicle of The Matrix film trilogy to argue that our struggles with habitual sin, thought patterns, damaged emotions, and phobias happen because we do not know how to take charge of the way we experience reality. The authors draw on biblical and psychological insights to provide practical resources for helping believers escape the matrix of the world system that ensnares them. While this book is aimed at the newest generation of Christian readers, all ages will be inspired by the book's innovative strategies for experiencing a deeper life in Christ.

Sammi is an intern for a TV talent show, hating life and desperate to escape the monotony, when her wake-up call finds her. A member of a band involved with the show, the dark and mysterious Blaine, shows an intense and sudden interest in Sammi. For the first time, she wonders if maybe she shouldn't have been so eager for things to change. With Blaine permanently fixed in her mind, she dreams of him—violent, bloody and intensely sexual dreams that only pull her towards him more. Sammi knows there is something uniquely different about Blaine—something she doesn't know or understand...but something she wants. Every second spent with Blaine is one spent with danger. But every second spent without him feels worse. Sammi wanted to take a bite out of the big apple, but will she escape with her life before it bites back? More importantly...will she want to?

Our eyes open, and we are born. We begin to experience things for our own, and we are living: happiness, loneliness, holidays, friends. Through a series of poems, Heather Mead goes through various aspects of life. Wake up to life with her as a newborn, experience growing up through her pages, and then slowly pass to lifes ending in her poems.

The "down-to-earth, unsentimental, [and] high-humored" Pema Chödrön classic on learning to face our lives just as they are (Los Angeles Times) It's true, as they say, that we can only love others when we first love ourselves—and we can only experience real joy when we stop running from pain. The key to understanding these truisms is simple but not easy: we must learn to open ourselves up to life in all its manifestations. Here, spiritual teacher and When Things Fall Apart author Pema Chödrön presents a uniquely practical approach to doing just that, showing us the true value in having "no escape" from the ups and downs of life. Drawing from her own experiences with marriage, divorce, motherhood, and more, Pema reveals that when we embrace the happiness and heartache, the inspiration and confusion—all the twists and turns that are part of natural life—we can begin to discover a true wellspring of courageous love that's been within our hearts all along. As she writes in chapter four: "Our neurosis and our wisdom are made out of the same material. If you throw out your neurosis, you also throw out your wisdom."

Escaping the Matrix

Wake Up!

Happy Ever After

From Wage Slavery to Wealth: How to Start a Purpose Driven Business and Win Financial Freedom for a Lifetime

Escape From Crazyville

How to Stop Dieting and Start Living

Aborigin Is a Bear Region

Skip the diets and calorie counting—the bestselling author of The Happiness Trap reveals how mindful eating is the key to long-term weight control Using the mindfulness-based method called Acceptance and Commitment Therapy (ACT), Happiness Trap author Dr. Russ Harris, psychological practitioner Ann Bailey, and scientist Joseph Ciarrochi present a holistic approach to well-being and weight loss. Focusing on the mental barriers that prevent us from setting and achieving our goals, they go beyond meal plans and calorie counting to explain how you can apply mindfulness to your lifestyle and eating habits. Through practical exercises and personal stories they show you how to: · Set goals and give direction to your life · Overcome destructive habits and exercise self-control · Deal with cravings and str situations · Develop self-acceptance This book contains the tools you need not only to get the weight-loss results you want but to maintain a healthy weight—and a healthy sense of well-being—for the rest of your life.

Sometimes the hardest war to fight is the one raging within yourself... Life will never be the same for Nariella Woodlinn. Just when she thought she had it all figured out, her world comes crumbling down around her-yet again. With no idea who she is or even where she came from, how can she save herself? She once thought her biggest problems were the ones brought on by the mysterious man she refuse in love with--Mycah. But she quickly discovers none of that compares to what she is about to encounter next. This time, it isn't because of who Mycah is. This time, it's because of who she is. ~ Naminé risked everything to save her people. Her goal was to bring their only hope back to their Kingdom. As the war rages on around her, Naminé gets thrown into the lion's den--the false King's chambers. Can she King who can't be deceived on his playing field? Forced to do his bidding, can she prevent the downfall of the only hope she worked so hard to bring home? Will she be able to escape with her life and mind intact? With everyone's world falling apart and deceit around every corner...can any of them truly Escape? This is book two in a series- Sweet Oblivion (Sweet Series #1) - FREEBIE Sweet Escape (Swee #2) Sweet Requiem (Sweet Series #3) Sweet Redemption (Sweet Series #4 - Finale)

Upon waking up in the backseat of a car, a homeless veteran goes on a journey that takes him from the Breadline to the Boardroom. Follow him as he discover's the Five Immutable Laws that will give you the greatest chance to rise and triumph over adversity and uncertainty. This book goes beyond informing the reader what these laws are. The power in this book stems from the real-time practices designe guide and demonstrate how to gain mastery of these 5 laws.

"If you can't have children, then what are you going to use to repay the debt!" The terms of the contract stated that he would pay for the birth of her child. But after paying, she said she couldn't have children! His rage assaulted his heart ... Since it was just trash, then he could only turn it into a toy! The more she cried, the crazier he became! Woman, don't even think of escaping!

ESCAPE, Dead End

I Escape Through You

Escape from Average

UNSCRIPTED - The Great Rat Race Escape

How to Use Your Night Dreams to Change Your Life

The True Story of the Auschwitz Protocol

Volume 1

Over 80 per cent of our waking time is spent on autopilot. We all know the feeling of driving a long distance and arriving at our destination with little memory of the journey. That's because when we are doing routine activities our subconscious takes over to save energy: we are on autopilot. This doesn't just happen when we drive. It happens every day when we are at work, with our loved ones, or simply living our lives. Wake Up! is a series of experiments designed to help you break free from this trap. From climbing a tree to writing a letter, here are a year's worth of balanced, playful experiences that will engage your imagination and stimulate your senses. By escaping autopilot more often you'll feel tuned in, tap in to who you really are, and make every day count.

"Alfred Wetzler was a true hero. His escape from Auschwitz, and the report he helped compile, telling for the first time the truth about the camp as a place of mass murder, led directly to saving the lives of 120,000 Jews: the Jews of Budapest who were about to be deported to their deaths. No other single act in the Second World War saved so many Jews from the fate that Hitler and the SS had determined for them. This book tells Wetzler's story." · Sir Martin Gilbert "Wetzler is a master at evoking the universe of Auschwitz, and especially, his and Vrba's harrowing flight to Slovakia. The day-by-day account of the tremendous difficulties the pair faced after the Nazis had called off their search of the camp and its surroundings is both riveting and heart wrenching. [...] Shining vibrantly through the pages of the memoir are the tenacity and valor of two young men, who sought to inform the world about the greatest outrage ever committed by humans against their fellow humans." · [From Introduction by Dr Robert Rozett] Together with another young Slovak Jew, both of them deported in 1942, the author succeeded in escaping from the notorious death camp in the spring of 1944. There were some very few successful escapes from Auschwitz during the war, but it was these two who smuggled out the damning evidence – a ground plan of the camp, constructional details of the gas chambers and crematoriums and, most convincingly, a label from a canister of Cyclone gas. The present book is cast in the form of a novel to allow factual information not personally collected by the two fugitives, but provided for them by a handful of reliable friends, to be included. Nothing, however, has been invented. It is a shocking account of Nazi genocide and of the inhuman conditions in the camp, but equally shocking is the initial disbelief the fugitive's revelations met with after their return.

* Our summary is short, simple and pragmatic. It allows you to have the essential ideas of a big book in less than 30 minutes. By reading this summary, you will discover how to find the courage to leave your job as an employee and take the step towards the world of entrepreneurship. You will also learn : how to get rid of the irrational fears that prevent you from leaving your job; to assimilate the right reflexes before starting your business; the importance of the network; how to build a brand that works; how to implement your business plan and keep your finances healthy. Whether you are an employee, an executive in a small business or a large group, you are struggling to make ends meet or, on the contrary, you are in a fairly comfortable position with a good salary and benefits. In either case, you feel bad, miserable and frustrated and want to quit your job to start your own business. This is the concrete path to success. *Buy now the summary of this book for the modest price of a cup of coffee!

Escape From Crazyville is a book designed to help women trapped in abusive toxic love relationships to safely navigate their way to refuge. In order to escape Crazyville, one has to adopt a strategic military mindset. You have to be more seriously determined and committed to your freedom than you've ever been concerning any venture of your life. You have to select and involve the people that you whole heartedly trust. It has to be a coordinated eff ort. And even an eff ort won't do. You have to work on your plan to make it fool proof. Th ere are appropriate agencies and support entities in which you can avail yourself to the necessary services, who are waiting to assist you with your escape plan. You can not just decide one day out of the blue that your fed-up, you've had enough and you are simply not going to take it anymore. Getting mad on the spur, packing a few bags announcing, " I'm done, I'm out," is by no means a realistic escape plan. Doing so can quite possibly eff ect a death sentence on you and your loved ones. Be sensible. You did not get into this relationship over night. You will have to strategically plan your work and eff ectively work your escape plan to get free. Th is book is designed to help you successfully chart and navigate that course. It is not a long read. Th erefore study it carefully and read it as many times as need be to establish your great worth in this life and your rights and plans towards Manifest Destiny... You'll be glad you did!

Escape from Kolyma

Escape into Life

A Practical Guide to Creating the Career of Your Dreams

Life: Escaping from Slumberland

The Wake Up And Dream Challenge

Take Responsibility for Your Life and Rediscover a Bolder, Happier You

Escape Attempts

He had fed and dressed her only for revenge, but he had never expected that the girl with the angelic smile would somehow walk into his heart.It was not easy for the two of them to get rid of their past grudges, and soon, a problem arose.She was already the mother of a five-year-old child. As time passed, her hatred had long since turned into nothingness. However, that scarred love, it seemed to be able to make that shattered love reunite?

Has Your Life Been Conscripted by an Economic Religion? Learn How to Free Yourself and Your Life Through the Power of Fastlane Entrepreneurship By all appearances, Jeff and Samantha Trotman are living the American Dream. But behind the white picket fence, they endure an American Nightmare. With little time for each other, a pile of debt, and Ferrari taste on a Ford budget, the ruse of affluence is killing them. Two respectable jobs and a lovely suburban house paint a pretty picture, but behind the ink is a broken marriage rife with meaningless work and dead dreams. And now, with an unplanned pregnancy, they're facing a mid-life crisis twenty years early. With little time and looming bankruptcy, the Trotmans are forced to face the red-pill truth they long denied: They were alive, but they weren't living. Determined to resurrect their life and their marriage, the Trotmans plot a rat-race escape-only to find themselves more thickly in it. As tensions rise and hope fades, follow along step-by-step as the Trotmans pivot to a new strategy and a new career: starting a business as entrepreneurs. While they navigate their journey, you'll learn 120 wealth-building strategies and principles that your mainstream financial guru won't dare reveal-actionable concepts that will help you profit your way into the Unscripted 1%, an emerging economic class of entrepreneurs who enjoy a lifetime of freedom emancipated from miserly living and Wall Street's "save, pray, and wait" paradigm. Discover how one family escapes the rat-race grind and wins a lifetime of financial freedom, leaving behind the tyranny of meaningless jobs and mediocre living- and how you can too. Here is just a little of what you will learn: The Bad Math Principle: Why most people will never escape the rat-race, much less earn financial freedom. The 1/5/10 Strategy: How this one simple exercise will unearth your ultimate dream life while establishing a decision framework for its reality. The Honeypot Principle: Why the financial media's "invest a $100/mo for 40 years in indexed-funds" narrative is part of the same rat-race scheme, just a different side of the same rigged coin. The Dual Change Strategy: The two divergent sides of change and how it can make you a fortune. The Value Skew Strategy: How to find literally 1000s of business ideas and why you never need to "disrupt" or invent anything new or novel. The Millionaire Payday Strategy: How to spot opportunities to hire yourself and earn an instant millionaire-making income. The Cinderella Principle: Why starting a business based on a cultural trend or a fad is a horrible idea. The Perseverance Strategy: Never struggle with motivation again; the four necessary ingredients to tap into unlimited motivation and determination, regardless of the obstacles in your way. The Triangulated Value Strategy: Learn how to never quit three-feet from gold: The 3-pronged strategy in maximizing marketing yields while also illuminating the "quit or continue" decision. and over 110+ more! Don't let the rat-race and its co-conspirators proclaim your life as non-essential. Don't let the rat-race entice you to save your life away for the promise of an elderly retirement. Don't let the rat-race lull you into a tedious existence medicated by television, video games, and trivial sporting events. Go Unscripted, escape the rat-race, and win your happily-ever-after.

To save herself, she had to lose everything.Trapped in a tropical paradise with no memory of how she got there, Abby is thrust into a fight for her life. Hunted by a madman, and chased by unsettling dreams of her past, she meets up with Eric. Together they set out to escape. Yet, they discover this deceptive paradise is harder to leave than they ever imagined. Can they escape their hunter, or are they only pawns in his game of life or death?One mystery leads to another until their escape throws them into even greater danger as Abby's frightening past finally catches up with her. Her escape is only the beginning.If you like an edge of your seat thriller with twists and turns you'll never see coming, you'll love David Antocci's ESCAPE trilogy. Grab the series starter today!

Pamela Slim, a former corporate training manager, left her office job twelve years ago to go solo and has enjoyed every bit of it. In her groundbreaking book, based on her popular blog Escape from Cubicle Nation, Slim explores both the emotional issues of leaving the corporate world and the nuts and bolts of launching a business. Drawing on her own career, as well as stories from her coaching clients and blog readers, Slim will help readers weigh their options, and make a successful escape if they decide to go for it.

Escape From Cubicle Nation

Escape, a New Life

Setting Your Mind Free to Experience Real Life in Christ

Dream Power

The Wisdom of No Escape

How My Life Was Saved by God's Grace

A Guide to Transforming Your Career

This is a personal story of my journey to America. It describes why my family and I decided to leave Viet-Nam; how we left Viet-Nam; and the obstacles that we endured for the price of freedom. This book was written so people around the world can see the injustice that occurred to many thousands of Vietnamese who died seeking a new home after Viet-Nam became a communistic state. It is the hope that this book will give a sense of closure to many Vietnamese such as myself...to forgive, forget, and be at peace.

Written by positivity expert Norris, this concisely written book offers practical, real world strategies, insights, and techniques that work to turn anger and resentment into positive change.

A raw and inspiring how-to guide that will help you recommit to your life, find your drive, and take action to stay bold, honest, and accountable for lasting happiness. "If it's time to make a bold and courageous shift in your life, Stop Living on Autopilot is the guide you need."--Marie Forleo, #1 New York Times bestselling author of Everything Is Figureoutable Take stock of your life: Based on your last 30 days of work (or marriage, or parenting), would your company rehire you? Would your partner immediately recommit to you? Would your children want you to continue to be their parent? The easy answer is, "Absolutely!" But it's probably not the honest answer. Your life might read like a success story, and your parents and friends might even think you have it all figured out, but you have a secret: You've stopped caring about much of anything. You feel out of place in your own life. You'd rather binge-watch Netflix than think about what's next. You're living on autopilot. You have two choices: Experience a slow self-destruction, or commit to a course correction. The good news is, it's never too late to find your drive again. Popular speaker and success coach Antonio Neves is here to offer hard-won lessons and remind you that you do have a say--that you can reboot your life and find fulfillment right where you are. You don't have to quit your job or move to Bali to follow your passion. You do, however, need to shift your perspective and commit to living courageously, replacing passivity with boldness. Stop Living on Autopilot will guide you to confront hard truths about where you are and how you got there, inviting compassion, honesty, and accountability. There's no better time than now to reevaluate your life and lay a stronger foundationfor your next 30 days. Step by step, you can become an active player in your own life and rediscover what makes you great.

From sexual fantasies to holidays this marvellous book charts our escape attempts. In a series of dazzling commentaries the authors reveal the ordinary and extraordinary ways in which we seek to defy the despair of the breakfast table and the office But the book is much more than a first-rate cartography of everyday life. It crackles with important theoretical insights about how ǹormality' is managed. This fully revised edition contains a superb new introduction, Ļife After Postmodernism', which exposes the conceits of the postmodernist adventure and which should be required reading for anyone interested in making sense of everyday life.

Escaping The Myth of The Perfect Life

The Shot Caller

Sea Escape

How to Escape Lifetime Security and Pursue Your Impossible Dream

The Theory and Practice of Resistance to Everyday Life

Escape From Hell

Escaping Vietnam: a Boy's View

"Sometimes sequels are underwhelming, but this one? If anything, it was even a bit better than book one." - Customer Review Leaving her past in the rearview mirror, Abby and Eric have carved out a new life on an isolated island; their own personal slice of paradise. But after having her world shaken to the core, Abby must come out of hiding to get her memory back and reunite with the part of herself she left behind – though nothing can prepare her for her forgotten sins and the dangerous men awaiting her return. Coming out of their self-imposed exile, Abby and Eric embark on a journey to reclaim a piece of her past and forever bury the secret location of their new paradise. Stalked on their journey by guardian angels and instruments of the devil alike, their plan comes to fruition, but at the ultimate cost. While she can run, Abby cannot escape her frightful past. What Reviewers are saying: ★★★★★ 'Wow! David Antocci truly knows how to write! This talented man fits easily into my A list of authors - along with people like Jeffery Deaver, James Patterson, Lisa Gardner and others like them.' ★★★★★ 'Just as good as the first!' ★★★★★ 'This is a fast-paced thriller with twists and turns as you learn about Abby's past and her future.' ★★★★★ 'Discovering David Antocci reminds me of the excitement I felt when I discovered Russell Blake and Michael Prescott.' ★★★★★ 'Beware, you won't want to go to sleep, you will be up all night long with the book.' ★★★★★ 'The writing was so superb and the mystery good you couldn't put the book down.' ★★★★★ 'After the first book, I wasn't sure if the second one would be as good. I couldn't put it down!' ★★★★★ 'Perfect mix of action, suspense, and romance. Perfect mix.' ★★★★★ 'This is just one of those special authors who knows how to write a good book. It's ridiculously good.'

"This is a story of a tough young man who lost his way, and of a loving God who never forgot him, no matter where he was." — Nicky Cruz, bestselling author of Run Baby Run The son of El Salvadorian immigrants, Casey Diaz was brought to Los Angeles at the age of two. An abusive, impoverished family life propelled Casey at only eleven years of age into the Rockwood Street Locos gang. Casey was willing to do anything to be number one, but years of chasing rival gang members led to a dramatic ambush and arrest by the LAPD. At just sixteen, Casey was sentenced to more than twelve years in solitary confinement in California's toughest prison as one of the state's most violent offenders. He thought his life was over. Yet, when a determined elderly woman paid Casey a visit, a whole new world of possibilities began to unfold. Casey scoffed as she quietly insisted God was going to use him. As the days in solitary wore on, Casey realized Someone else was calling the shots. What happened next can only be described as a miracle. Perfect for: People who believe they're too far gone Parents who want to keep their kids out of gangs – what are the warning signs Social workers who interact with at-risk youth Those looking for a gritty, informed perspective on LA street gangs and gang culture A visceral insider's look at the violent world of gangs and prison life, The Shot Caller is a remarkable demonstration of God's reckless, unending grace and His desire to reach even the worst of sinners—no matter where they are.

Analyzes hundreds of dreams, including those of celebrities, describes common themes and symbols, and shows how to use these insights to improve our lives.

For the Type C, or creative, personalities who want their work to "fill" their deepest creative urges, this is the frontline guide to making the transition from a secure and soulless job to a life built around a creative dream. Individuals learn how to follow the mind's eye to construct a life that conforms to personal vision, steal time to make creative dreams come true, use as assets the resources around them, and turn creative goals and objectives into an effective life plan. • Introduces the catchy buzzword "Type C" Allworth Press, an imprint of Skyhorse Publishing, publishes a broad range of books on the visual and performing arts, with emphasis on the business of art. Our titles cover subjects such as graphic design, theater, branding, fine art, photography, interior design, writing, acting, film, how to start careers, business and legal forms, business practices, and more. While we don't aspire to publish a New York Times bestseller or a national bestseller, we are deeply committed to quality books that help creative professionals succeed and thrive. We often publish in areas overlooked by other publishers and welcome the author whose expertise can help our audience of readers.

A Northland Adventure

Escape from the Streets of Perdition

A Latino Gangbanger's Miraculous Escape from a Life of Violence to a New Life in Christ

A Boy'S View

A Collection of Poems

and the Path of Loving-Kindness

Unraveling a Pact with a Pathological

Reproduction of the original: Illustrated Edition of the Life and Escape of Wm. Wells Brown by Wm. Wells Brown

A love story like you've never read before. A tale of love, loss, and ultimate redemption. A journey laced with warring mental health, compulsive addictive tendencies, and desperate attempts for understanding and peace. Eventual self-discovery. Sat in an Edinburgh train station, Lucas recalls meeting Megan, a girl who shines a new light into his dark life, and once again life feels as though it's worth living, but lights are never without their shadows. Transported back through the years, Lucas intimately retells the spiral of falling in love, the ups and downs, their meetings and exclusions, and his path through the thick and thin. Both Megan and Lucas try desperately to escape their inner demons, finding sanctuary in one another, but never entirely. Everyone must face themselves eventually. They meet and break. Push and pull. Fix and fall apart. Through suffering, torment, escape, and ecstasy, can they learn the lesson that will ultimately set them free? I Escape Through You is a stunningly-written debut novel with a beautifully intimate and delicate style that won't be able to help but relate to. Loved by readers all over the world, this is a book that stings, feeling almost like a personal diary entry that you may have written yourself. Reflections you may see yourself in. Touching on all kinds of topics from across modern love, including attachment and mental health, follow Lucas as he recalls his story as he falls in love with Megan, and the realisations and lessons he learns along the way. I Escape Through You is a brilliant story about people, how they connect, how they love, and how that love and connection change over time. It's the need to escape and find our happy endings, but experiencing the stark realisation that true love doesn't come from loving others, but comes from a far deeper, much more real place. This novel will draw you in, resonate with so many parts of you, and leave you feeling like you've just awoken from a surreal dream. A love story like you've never read before. Featured on the LoveReadingUK July 'Indie Books We Love 2021' List! "When I first heard of 'I Escape Through You' by Mike Arnold it sounded like a story of the right person at the wrong time. However, this book is more than that. Taking a more intimate look at mental health, and how people leap into relationships in order to try to fix themselves as opposed to working to fix themselves," - Charlotte Walker - LoveReading UK

Discusses identifying and developing an ideal career path by following creative dreams, setting personal goals, and exploring nontraditional methods of corporate employment.

"Many details within the informative, exciting narrative are based in history, and sidebars filling in the facts will bolster the story's believability for young readers...A good beginning for the Escape From . . . historical fiction series." Booklist "With a prologue that spells out the issues on the Titanic, this book foreshadows disaster. Patrick Kelley, an Irish bellboy set to turn 14 on the ship, and Sarah Walsh, a young white passenger headed back to her family in Boston, are thrown together in an unlikely match, with little in common except their Irish backgrounds." School Library Journal Patrick is an Irish bellboy working on the Titanic to help his family back home. Sarah is a passenger excited to return to America. Neither of them knows that they are about to embark on the most dangerous trip of their lives. The unsinkable Titanic is not quite what Sarah expected. Instead of dining with movie stars, she finds herself having more fun in steerage with the family of her new friend, Patrick, a bellboy. He shows her all the secrets that the greatest ship in the world has to offer, like heated swimming pools and first-class cabins. But then . . . disaster! The ship crashes into an iceberg, and water begins rushing into the lower decks. The Titanic is going down fast-into the deep, icy Atlantic. Can Sarah find her new friends in time? Can Patrick do his duty and also save himself? Will either of them manage to escape one of the deadliest shipwrecks in history?

Escaping Life on Autopilot

Escaping Normal

Escape from . . . the Titanic

Escape, #1

Escape Anxiety

Stop Living on Autopilot

Midnight Escape

“A series of balanced, playful, and interesting experiences that will capture your attention, engage your imagination, and stimulate your senses.” —Cosmopolitan (UK) Don’t waste a minute of your extraordinary life! You have an unlimited capacity to have fun, meet amazing people, and feel truly awake every single day. But do you? When you’re living on autopilot (and most people are—80 percent of the time), those opportunities pass you by. Snap out of it! Any one of the 54 playful strategies in Wake Up! will bring your brain back to life. Chris Baréz-Brown spells out the Insight, Plan, and Payoff of every strategy. For example, Steal Back Time: The Insight: If you’re not in control of your time, you are not in control of your life. The Plan: Steal some back! Schedule a meeting that doesn’t exist, or skip a commitment that fills you with dread and instead do something that fills you with joy. The Payoff: When we act more consciously to decide how we spend our time, we naturally create space to wake up more and more every day. Stop sleepwalking through life and make everyday count! “Author and TEDx inspirational speaker Chris Barez-Brown explains how you can be a happier person through quick routine breaks, such as simply standing up.” —GQ (UK) “Tons of ideas to enjoy the little things and be present for the world around you.” —Health “This fun book stimulates the imagination and will definitely add spice to readers’ lives.” —Library Journal

Be ambitious; find everlasting love; look after your health ... There are countless stories about how we ought to live our lives. These narratives can make our lives easier, and they might sometimes make us happier too. But they can also trap us and those around us. In Happy Ever After, bestselling happiness expert Professor Paul Dolan draws on a wealth of evidence to bust the common myths about our sources of happiness and shows that there can be many unexpected paths to lasting happiness. Some of these might involve not going into higher education, choosing not to marry, rewarding acts rooted in self-interest and caring a little less about living forever. By freeing ourselves from the myth of the perfect life, we might each find a life worth living.

Acclaimed novelist and nationally recognized family expert Lynne Griffin returns with Sea Escape—an emotional, beautifully imagined story inspired by the author’s family letters about the ties that bind mothers and daughters. Laura Martinez is wedged in the middle place, grappling with her busy life as a nurse, wife, and devoted mom to her two young children when her estranged mother, Helen, suffers a devastating stroke. In a desperate attempt to lure her mother into choosing life, Laura goes to Sea Escape, the pristine beach home that Helen took refuge in after the death of her beloved husband, Joseph. There, Laura hunts for the legendary love letters her father wrote to her mother when he served as a reporter for the Associated Press during wartime Vietnam. Believing the beauty and sway of her father’s words will have the power to heal, Laura reads the letters bedside to her mother, a woman who once spoke the language of fabric—of Peony Sky in Jade and Paradise Garden Sage—but who can’t or won’t speak to her now. As Laura delves deeper into her tangled family history, she becomes increasingly determined to save her mother. As each letter reveals a patchwork detail of her parents’ marriage, she discovers a common thread: a secret that mother and daughter unknowingly share. Weaving back and forth from Laura’s story to her mother’s, beginning in the idyllic 1950s with Helen’s love affair with Joseph through the tumultuous Vietnam War period on to the present, Sea Escape takes a gratifying look at what women face in their everyday lives—the balancing act of raising capable and happy children and being accomplished and steadfast wives while still being gracious and good daughters. It is a story that opens the door to family secrets so gripping, you won’t be able to put this book down until each is revealed.

After escaping a prison sentence, Cornell Bunting finds himself in a complicated time, as he died for sixteen minutes. After death knocked at his door, Cornell finds himself in between worlds, trying to figure out what's real and what's not. The chaos brought him closer to God and his purpose. Thinking back on the situation, Cornell wondered what got him into his life-changing situations. After spending ten months in jail, facing 32 years to a life sentence, getting out of jail, and stressing on his role as a father of three boys, what caused him to die? How will he escape his life sentence of the mind after escaping a life sentence in prison? The drama unfolds as Cornell's memory goes on a quest to resolve his mental life sentence. God has given him a second chance at life to get on the path to his true destiny, understanding everything in this world is temporary.

Escaping a life sentence of the mind starts with letting go of self and the temptations of the world.

Mysterious Adorable Wife, Where To Escape

ESCAPE, Past Sins

8 Steps to Freedom Through Meditative Therapies

Contract Wife, No way to Escape

Escaping A Life Sentence

... on the Way to Total Fulfillment

Escape from Corporate America

He doesn't know where he is. He doesn't know why he's here. He doesn't know the way out. Only YOU can help him escape. The last thing John remembers is insurgents sawing off his arm. Now he's shackled to an operating table, and, astonishingly enough, his dismembered limb is still attached. John wants to settle the score, but first he must escape. To do so, he needs your help. Your choices determine John's fate. Can you guide him through the dangers of MH-ZERO? Author's Note: This story has branching paths. At the end of each section, John will ask what he should do next and offer a handful of choices. There are two ways to navigate these choices. The easiest way is to click the links I've supplied. Alternatively, you may use your e-reader's chapter list to skip to the appropriate section number (which you'll see noted in parenthesis).

Escape from the Streets of Perdition By Lora Dylong Lora Dylong hasn't had an easy life. As a young girl, she was caught up with the wrong crowd and she started stealing, drinking, and doing drugs. Later in life, as an addict, she would do nearly anything to support her habit—including prostitution. Her life moving quickly in a downward spiral, the chances of her survival were small—until she turned to God. Experience this incredible journey of a woman who refused to give up—against all odds.

Professor Stepan Kryvoruchko PhD is a scholar who believes that Aborigin, an area soiled by ruination, is inflicted with psychological infections. Viruses were killing individuality. Aborigin's Superior Leader, a dictator and tyrant who designed a crematory with a network of labor camps, has moved modern Aborigine back to Golden Horde time. As a collective imposes its doctrine on the population, no one knows what is next. Aaron Kaufman has the misfortune of living in Aborigin. Although atrocities have taken the lives of millions including many of his relatives, Aaron has somehow managed to survive. Unfortunately, lies are everywhere. The collective has created double standards in an attempt to alter the nature of man. While the doctrine speaks of the birth of a new, refined man and declared rogues as socially friendly, the collective creates competitions for terrestrials while developing a system of pacifying rebels. Now only time will tell if Aaron find a way to escape the ruthless collective and carve out a new life for himself and whether Professor Kryvoruchko will somehow find the reason for the infection that is plaguing the people of Aborigin. In this science fiction tale, a professor and a young man living in an area devastated by a ruthless dictator embark on separate journeys to learn the truth about themselves and their destinies.

Escape Life Sucks Syndrome: Stop Life from Sucking You Dry, Stealing Your Passion and Making You Miserable

A Handbook to Living in the Here and Now

A Novel

Illustrated Edition of the Life and Escape of Wm. Wells Brown