

Getting Off One Womans Journey Through Sex And Porn Addiction

This is a compassionate book, written by a young woman who has suffered from endometriosis since she was fifteen. It carefully describes the disease, how it affects the sufferer and her family, and the methods used to cope with the pain. “Don’t play in the sun. You’re going to have to get a light-skinned husband for the sake of your children as it is.” In these words from her mother, novelist and memoirist Marita Golden learned as a girl that she was the wrong color. Her mother had absorbed “colorism” without thinking about it. But, as Golden shows in this provocative book, biases based on skin color persist—and so do their long lasting repercussions. Golden recalls deciding against a distinguished black university because she didn’t want to worry about whether she was light enough to be homecoming queen. A male friend bitterly remembers that he was teased about his girlfriend because she was too dark for him. Even now, when she attends a party full of accomplished black men and their wives, Golden wonders why those wives are all nearly white. From Halle Berry to Michael Jackson, from Nigeria to Cuba, from what she sees in the mirror to what she notices about th

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Grammys, Golden exposes the many facets of "colorism" and their effect on American culture. Part memoir, part cultural history, and part analysis, *Don't Play in the Sun* also dramatizes one accomplished black woman's inner journey from self-loathing to self-acceptance and pride.

In her memoir, *Strand of Pearls*, author Deborah Livingston recounts her journey from childhood abuse, frequent tragedy, and adult addiction to a spiritual transformation that brought her an inner peace and joy available to us all.

Deborah was the first of three children born to a Canadian father and a New England mother—parents who were worlds apart in their own upbringings and views of the world. From two to sixteen, when she was finally able to break free, Deborah suffered abuse at the hands of her father. Her freedom from that abuse took her to abuse at the hands of others and to a tragic accident that cost the life of a friend. Her misfortunes early in life and her inability to see them as the "pearls" they actually were led to serious addiction in her early forties. And yet this addiction saved her life, preparing her for the inner transformation she would experience. In *Strand of Pearls*, Livingston invites the reader into the most painful, raw moments of her past so that the light of the present might shine brighter—as an invitation to others to embrace hope, faith, and gratitude in their lives.

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Getting Off One Woman's Journey Through Sex and Porn Addiction Simon and Schuster

One Woman's Journey to Seven Continents

One Woman's Year Disguised as a Man

One Woman's Journey from Prison to Purpose

Blind Ambition

Part Wild

One Woman's Journey to Light and Peace

My Breast Life

One Woman's Journey on the Camino

I was vaguely aware of all the meth heads and dealers in the room watching me fall apart. "Give her a shot," I heard Chulengo say to someone. I didn't know whom he was talking to or what he was talking about, and before I even tried to figure it out, a strange man kneeled on the ground next to me. He grabbed my arm and told me to try to relax. I lay there lifeless, watching him and not knowing my life was getting ready to take a turn for the worst. He tightened a belt around my upper arm and closed my fist. I felt his fingers sliding up and down my arm. He pierced my skin with a sharp needle, and I saw my blood squirt back into the tube, mixing with whatever

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was in there. Slowly, he pushed the contents into my arm. My body became hot and the blood rushed to my head. I coughed so hard and felt my eyes widen and my heart beat faster. I had never felt a rush quite like this one. I had never been this high before. Every ounce of sadness and pain left my body and every tear I had left dried up. My whole world as I knew it had just changed in an instant.

Renowned novelist E.M. Forster wrote: "I suggest that the only books that influence us are those for which we are ready, and which have gone a little farther down our particular path than we have yet got ourselves." If your authentic self has disappeared beneath a burden of should haves or could haves-pleasing everyone but yourself, worrying about everything that's out of your control while ignoring what only you can change, settling for less than you know you can be-this is such a book. Author Barbara Techel has certainly gone farther down the path toward self-discovery than most of us have dared, and here she shares that journey with readers ready for its influence on their own choices. It's your time: to grow; to learn from a woman who's overcome her deepest fears to live joyfully, with integrity and intent; and to marvel at the magic of it happening under the guidance and knowing eyes of a small, red dog on wheels. Let this story seep into your consciousness and inspire you-indeed, allow you-to start or continue your

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own fulfilling journey to who you really are. You've picked up this book because you're craving the inspiration and uplift it so generously offers. Don't put it down. It's a gift, if you're ready to accept it. Read it. Hold onto it to remind you that though you may have work to do, you absolutely can achieve the life you're striving for. Free yourself of the things that no longer matter, and embrace how beautiful the world is to someone who can see it...through Frankie's eyes.

"Li Juan spent minus-20-degree nights with nomadic herders in the Chinese steppes. You'll want to join her." --Laura Miller, Slate "Deeply moving...full of humor, introspection and glimpses into a vanishing lifestyle." --The New York Times Book Review Winner of the People's Literature Award, WINTER PASTURE has been a bestselling book in China for several years. Li Juan has been widely lauded in the international literary community for her unique contribution to the narrative non-fiction genre. WINTER PASTURE is her crowning achievement, shattering the boundaries between nature writing and personal memoir. Li Juan and her mother own a small convenience store in the Altai Mountains in Northwestern China, where she writes about her life among grasslands and snowy peaks. To her neighbors' surprise, Li decides to join a family of Kazakh herders as they take their 30 boisterous camels, 500 sheep and over 100 cattle and horses to pasture for the winter.

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The so-called "winter pasture" occurs in a remote region that stretches from the Ulungur River to the Heavenly Mountains. As she journeys across the vast, seemingly endless sand dunes, she helps herd sheep, rides horses, chases after camels, builds an underground home using manure, gathers snow for water, and more. With a keen eye for the understated elegance of the natural world, and a healthy dose of self-deprecating humor, Li vividly captures both the extraordinary hardships and the ordinary preoccupations of the day-to-day of the men and women struggling to get by in this desolate landscape. Her companions include Cuma, the often drunk but mostly responsible father; his teenage daughter, Kama, who feels the burden of the world on her shoulders and dreams of going to college; his reticent wife, a paragon of decorum against all odds, who is simply known as "sister-in-law." In bringing this faraway world to English language readers here for the first time, Li creates an intimate bond with the rugged people, the remote places and the nomadic lifestyle. In the signature style that made her an international sensation, Li Juan transcends the travel memoir genre to deliver an indelible and immersive reading experience on every page. Years ago an overachieving and harried young mother accidentally flushed her gold watch down the toilet. Time passed, but the image of the lost watch continued to haunt her, a symbol of an overcommitted life. Two decades

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later, propelled by a series of curious coincidences, she leaves behind her busy professional life, her cell phone, and her family to escape the tyranny of time and walk five hundred miles across northern Spain to Santiago de Compostela. Steps Out of Time brings the mysterious and wonderful world of the Camino to life with its tales of serendipitous encounters, new friends made (and one tragically lost), stunning natural beauty, and unforgettable food. By the end of her journey, an exhausted and exhilarated Katharine Soper is keenly aware that she has completed much more than a month-long walk.

One Woman's Journey to Salvation

Getting Off

Submissive No More

HER AWAKENING

Winter Pasture

The Memoirs of a Married Woman

One Woman's Journey to Her Authentic Self, and the Dog on Wheels Who

Led the Way

Maya Roads

Every little girl dreams of her wedding day. Author Elyzabeth DAmore remembers walking down the aisle to the man of her dreams. Her soulmate. Her

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true love. The man she will have children with and live happily ever after. She remembers walking down the aisle again thinking this is the one. The man she has been waiting for. She has truly found her soulmate, and they are going to live happily ever after. And, then, DAmore remembers walking down the aisle again to her knight in shining armor. Hes the man who has saved her, the one with whom she has found deep love and devotion. She plans to grow old with him and live happily ever after. Chronicling secret passion and affairs, *The Memoirs of a Married Woman*, DAmore shares the story of her marriages and relationships and how she learned and grew with each. She tells how the journey helped her discover that happiness starts within and not with a wedding ring. It narrates a story about a woman searching for family, security, and a connection between a man and woman that will last.

A memoir with all the page-turning drama of a good novel, "Brick by Brick" is the true, rags-to-riches story of a high school dropout who takes up bricklaying on a whim and ends up paving her way to success as a entrepreneur in a man's world, battling prejudice and her own personal demons along the way. A gripping coming-of-age story starting in the gritty South End of New Bedford, Massachusetts in the 1970s.

Born out of her own experience, *My Breast Life* chronicles Sarah Altman's

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experience with breast cancer in a candid, authentic, transparent and humorous way. From diagnosis, surgery, chemo and recovery, you'll feel like you're going through the experience with a friend as Sarah openly shares her challenges and insights. She even discusses some of those things you've always wondered about cancer but never wanted to ask, like what does chemo really feel like and what happens to your boobs during a mastectomy. This book can help you on your own journey with cancer or serve as a guide in supporting a loved one.

A spiritual account of the author's survival of a grueling accident and subsequent effort to climb Mount Kilimanjaro describes her suffering, her months of surgeries and physical therapy, and her ascent on her fortieth birthday.

One Woman's Journey Through Widowhood

One Woman's Journey Outside of America's Most Dangerous Cult, the Illuminati

Cancer and One Woman's Journey to Wholeness

Solitary Desire

Beyond Betrayal

One Woman's Journey Toward Understanding

Brick by Brick

One Woman's Journey Through Sex and Porn Addiction

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I tried to live my life the way I'd been shown, and early on, it wasn't as hard to do. But as I got older, choices weren't so black and white. Love can make you do things that you otherwise would not do. Haven't you ever done something that you really didn't want to do, but it was for someone you really loved? I've come to understand that sometimes, the places we find ourselves and the experiences we encounter serve to prepare us for our purpose. Now that I have the benefit of age, experience, and wisdom, I can see how the things I went through has shaped the woman I am now. The dreams and goals I have now were not the dreams I started out with. My love and my choices left me facing a ten-year prison sentence! In spite of my choices and what I thought I wanted for my life, my dreams took a different turn. My new dreams have been directly influenced by the direction my life took. Coincidence? Read my story and then you can decide.

Defforge takes us along on her journey as she narrates the life events that weave an emotional tapestry, from adolescent imagination to adult life situations. Conveying amusing candor, the author details how she came full circle, from Paris to "la vie en rose" on the French Riviera. A true story of twists and turns and the author's courage to follow it.

2nd edition with inspirational new content. A book about the power of doing business for social good and designing your own destiny rather than waiting for your parents, boss, partner or society to determine it for you. Part biography and part tool kit with practical, easy-to-digest ideas for any reader to follow their passion in life and business, regardless of time, financial position, or experience. It is our hope that RADIO HEAVEN will help you discover what is it you really want to do (and not do!), overcome the inevitable obstacles, and really get on with it! The clock starts now.

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In this memoir of upward mobility through an unexpected route, a young black American woman signs up for lessons in yoga and clean eating as signifiers of her new middle class status, little realizing that her new lifestyle will bring her face to face with the inner demons fed by the domestic violence, addiction, and poverty she witnessed as a child. Graduating, getting established in your career, and dating another professional are things many young middle-class women expect to do and take for granted. But when your parents don't support you and you have siblings in prison, those milestones seem monumental. What does growing up poor do to your self-esteem? How do patterns of stress and family violence, poor diet and poor health continue to affect you even after you escape to a higher income bracket? And what can one woman do to turn around the cycle of racism, poverty, and intergenerational suffering? Hafiz gives a frank account of the anxiety and rewards of becoming "middle class" through a complete change of diet and adopting habits such as traveling and doing yoga. While her peers pursue one kind of African American dream by climbing the corporate ladder, Hafiz finds meaning in learning to cook macrobiotic food and practice meditation. By doing so, she recovers from chronic health conditions and heals from the family trauma she has inherited.

Song of Saigon

Through Frankie's Eyes

Steps Out of Time

Radio Heaven

Phoenix Pursuit

One Woman's Journey

Endometriosis

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One Woman's Journey of Spirit and Survival

Does "for better or worse" and "to death us do part" include a husband's adulterous affair? Pinche Puta journals the personal intimacies of one woman surviving the ultimate betrayal. She thought her marriage was perfect, the exception, a success story when so many marriages were unhappy or ended in divorce. They were "making it" . . . until that catastrophic day when her soul mate of twenty-three years confessed to an illicit and ongoing affair. The confidential chronicles expose her tormented descent into the depths of her private despair and agony. The horrifying revelation of a deeper, darker secret provides the catalyst for her eventual and arduous ascension toward a new beginning of healing and recovery.

Traces the author's four-year relationship with a wolf-dog hybrid named Inyo, recounting their shared journeys in the snow, her battles with fearful neighbors, and the wolfdog's ultimate inability to be domesticated.

McConahay draws upon her three decades of traveling and living in Central America's remote landscapes to create a fascinating chronicle of the people, politics, archaeology, and species of the Central American rainforest, the cradle of Maya civilization. Captivated by the magnificence and mystery of the jungle, the author brings to life the intense beauty, the fantastic locales, the ancient ruins, and the horrific violence. She witnesses archaeological discoveries, the transformation of the Lacandon people, the Zapatista indigenous uprising in Mexico, increased drug trafficking, and assists in the uncovering of a war crime.

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Over the decades, McConahay has witnessed great changes in the region, and this is a unique tale of a woman's adventure and the adaptation and resolve of a people--From publisher description.

The following Story is true and a few names have been changed for obvious reasons. Everything else is true and nothing has been left out. From the age of about two or three years old, I was raised by my father who is the Head or 'CEO' (for lack of a better word) of "The Brotherhood" or "The Illuminati," it's most commonly known name. I was indoctrinated by my father, in all areas of the world of White Slavery, Money Laundering, Arm's Dealing, Drug Trafficking/Smuggling, you name it. His main body guard, along with my father trained me to be the most lethal female assassin in the world as well. This is my story. This was my life. Oh. And also? I was his wife as well. He made it so. [Brotherhood, Illuminati, secret society, Bohemian Grove, Got, Out, Alive]

Triumphant!

Self-Made Man

In Pursuit of Love

Twice Blessed - A Diary Of Secondary Infertility

Out of Egypt

A Breath Away

Athlete On Oxy

Surviving the Streets

From a painful choice in a Cessna 210 to a life of joy and well-being,

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journey with this candid narrator through secrecy to authenticity. In Submissive No More, Barbara Moore shares her compelling story of acquiescence, tribulation, resilience, growth and resurrection. Learn how she ultimately made bold changes to bring her best self forward. A quiet, true, contemplative voice, with a story of awakening all readers will embrace. Sandra Dorr, Desert Water Courageous. Unflinching. Surprising. After decades of feeling as if she had to compromise her essential nature to please other people, Barbara Moore not only learned to speak up for herself, she learned to tell her story in such a way that it encourages all of us to notice where we are not being true to ourselves. Full of grit and grace, Submissive No More is an inspiration. Rosemerry Wahtola Trommer, The Less I Hold and The Miracle Already Happening: Everyday Life with Rumi The journey to one's authentic self may be long yet the author's courage to "come to right relationships" is her reward and a wise and powerful encouragement to others. Marie Louise Seckar, O.P. A portion of the proceeds of this book will go to Microloans for the empowerment of women.

Happy, tragic, and at times, a combination of both. This is the story of one woman's journey across seven continents. Maralyn Rittenour has lived a life of accidental twists and turns full of luck, opportunity, intrigue, and at times, hardship and tragedy. From her first close call as an infant when her mother literally missed a boat that later sank, to being twice married

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in November and twice widowed in August, to trips to all seven continents on the globe, to her work for MI6, Thursday's Child chronicles the life of a true adventurer, her rich family history, and the people—some famous, some not—she's met along the way. For anyone who has ever traveled extensively, or even just dreamed about it, the wonderful and unexpected journeys told in this travel memoir will captivate and inspire the adventurer in all of us.

Through her own gripping story of escape from human trafficking, Rebecca Bender reveals the inner workings of the underground world of modern-day slavery and helps us learn how we can be a catalyst for change where we live. Born and raised in a small Oregon town, all-American girl Rebecca Bender was a varsity athlete and honor roll student with a promising future. Then a predator pretending to be her boyfriend lured her into a web of lies that sent her down a path she never imagined possible. For nearly six years, Rebecca was sold across the underground world of sex trafficking in Las Vegas. She was branded, beaten, told when to sleep and what to wear, and traded between traffickers. Forced into a dark sisterhood, Rebecca formed bonds with her trafficker and three other women, creating a false sense of family. During that time, God began revealing himself to her. And in the midst of her exploitation, she found the hope she needed to survive. After a federal raid, Rebecca escaped. Her life was forever changed as she felt the embrace of her

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heavenly Father guiding her to healing and wholeness. Rebecca soon began to use her own experiences to change the lives of others as she went back into the darkest places she had known--assisting FBI, VICE, and law enforcement across the country in some of their most difficult cases. Through Rebecca's incredible story of redemption, we remember that our past does not have to determine our destiny.

Collection of essays on race, gender and religion from the perspective of a Korean American lawyer, teacher and Buddhist priest. Written originally to commemorate the 10th anniversary of the Los Angeles riots, the collection touches upon both personal and political experiences of their unique social activist, Angela Oh.

**Pursuing Equity in Medicine
I Got Out Alive!**

**One Woman's Journey from Poverty to Inner Riches
Strand of Pearls**

One Woman's Journey to Healing After Divorce

A Woman's Journey

Open

For the first thirty-five years of my life, I thought I was unstoppable, believing that my hard work, focus and passion could carry me through anything. I had an amazing, flexible job, a loving

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husband, a powerful, strong body and lived in one of the most beautiful places in the world. I believed I made good choices and had control over my future. I didn't. Going from professional level ultra-distance mountain bike racer to mother addicted to pain pills was a long and arduous road. And not just painful in the physical sense, but in a deeply emotional and spiritually soul crushing way. I spent ten years in a downward spiral I couldn't control. I was labeled a drug seeker and a phony. I dragged my family through years of turmoil and despair. But I am a fighter. And I didn't succumb to those who thought the pain was "all in my head". I clawed my way through the healing process and fought every day to put my life back together. I didn't just do this through more surgeries and drugs, I also had to go through a deeply powerful Shamanic experience to heal fully. We humans are more than our bodies and healing is not just about identifying physical problems and fixing them. It is about tapping into our emotional wounds, the ones that lay deep beneath the surface. Those lacerations are the hardest to find and the most challenging to heal. What started as one little surgery snowballed into the decade that almost destroyed my life. Each time I had one of my surgeries, diagnostic injections, CT scans or doctors' appointments, I had hope. Hope that this was the last one, the last knife, the last needle, the last pain pill. Hope that I could get my life back. Hope that the pain

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would finally be gone. And each time that hope was crushed. But instead of letting the grief of lost hope consume me, I had to find ways to continue to show up for myself and my family. I found love, gratitude, grit and a perseverance I had no idea I possessed. If you want to read a book about Vicodin and OxyContin to understand how these drugs ruin lives, this is not the book for you. I offer a much different take on opioids. They did not destroy my life, they saved it. Our society loves tragedy and drama. And don't get me wrong, my journey has both of those elements, but it is also a story of hope and perseverance. There are many people who have an experience like mine but you never hear about them because they are not commercial. I didn't end up in the back alleys of the big city shooting up. Instead I fought through the withdrawal process twice, unsupported and alone while continuing to work and care for my family. But as I sit here today, I can tell you, the journey, the pain, the fear and subsequently the growth that took place were all worth it. When I reflect on those years, I know it was meant to be. Because I share my life lessons each and every day. And not just with people in pain, with everyone. The six lessons I share in this book are not exclusive to those who are suffering. You don't have to experience the misery I did to appreciate the growth and take a nugget of it with you into your life. The human experience is defined by highs and lows. And we

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all have them. It's what we do with them that matters. Even though I now know I am stoppable, my spirit remains unbreakable.

Catherine DeAngelis, MD, MPH, has over forty years of experience in the medical field, and her career has been full of adventure, compassion, and courage. DeAngelis was born to a family of Italian immigrants in rural northeastern Pennsylvania. Every year she would ask Santa Claus for a doctor's kit. Every year she would receive a nurse's kit. It was only when her father turned one such gift into a doctor's kit that DeAngelis was truly happy. With her father's faith in her, DeAngelis had the confidence to apply to medical school. The road ahead would not be easy-it would be fraught with uncertainty, prejudice, and even Chechen hostage takers! Along the way, DeAngelis gained more and more confidence in her ability as a doctor but remained frustrated by the lack of opportunities available to women in her field. In *Pursuing Equity in Medicine: One Woman's Journey*, she uses examples from her own life to passionately argue for equal treatment for all men and women. This memoir is a must-read for any woman in the medical profession determined to break the glass ceiling-and any man who wants to understand what his female colleagues must endure.

As a child, Ever Lee Hairston faced one disappointment after the other. A product of share-cropping parents and raised on one of the

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biggest plantations in the South, Ever allowed those disappointments to diminish her self-confidence and sully her self-esteem. Not to mention, that for years, the young Ever hid a terrible secret, which she hadn't told anyone - not her family, her friends, her teachers, and as she got older, even her employers. Ever Lee didn't want to accept that she was slowly losing her eyesight. As darkness began to envelop her, and inspired by the words of Dr. Martin Luther King, Jr., Ever eventually decided to stop feeling sorry for herself and face her fears. Through two turbulent marriages, a host of setbacks, and a life that was getting harder and harder to manage, Ever encountered defeats, but was determined not to be defeated. Now, decades after she lost her eyesight, her powerful story is one of inspiration and ambition...and helping others realize their lives have purpose as they reach their full potential in spite of any obstacles in their paths.

He said he loved her. Everything seemed perfect. She wanted to believe it. Apparently, she'd find it hard to have someone else love her. One drunken night, he nearly killed her. Toxic narcissistic love, and this is just the beginning.

Caught Between the Worlds of Wolves and Dogs

My Body My Soul...

Commitment to the Dead

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The Healing

One Woman's Journey with China's Kazakh Herders

One Woman's Journey from Trafficked to Triumphant

Thursday's Child

The Catch Me If You Can

The story of one woman's journey from a cultured life in pre-war Europe, through the devastation of Hitler's regime, to her commitment of helping the world understand the Holocaust.

A journalist's provocative and spellbinding account of her eighteen months spent disguised as a man. Norah Vincent became an instant media sensation with the publication of *Self-Made Man*, her take on just how hard it is to be a man, even in a man's world. Following in the tradition of John Howard Griffin (*Black Like Me*), Vincent spent a year and a half disguised as her male alter ego, Ned, exploring what men are like when women aren't around. As Ned, she joined a bowling team, took a high-octane sales job, went on dates with women (and men), visited strip clubs, and even managed to infiltrate a monastery and a men's therapy group. At once thought-provoking and pure fun to read, *Self-Made Man* is a sympathetic and thrilling tour de force of immersion journalism.

Based on true events, the main character is fighting for salvation before it is too late. She meets a white wolf and angel.

"Celebrated traveler and photographer Jessica Nabongo-the first documented Black woman to visit all 195 countries in the world-shares her journey around the globe with fascinating stories of adventure, culture, travel musts, and human connections"--

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Learning to Breathe

One Woman'S Journey Within Multiple Marriages and the Escapades In-Between

One Woman's Journey Through Cancer Blog by Blog

One Woman's Journey Through Chronic Pain, Depression, Addiction and Back Again

One Woman's Journey Among the People of the Rainforest

Moana

One Woman's Journey to France

Coming Through the Darkness

My Body, My Soul is Vandee Crane's riveting memoir. A survivor of child sex trafficking, Vandee was betrayed by her own mother and left vulnerable to the dark, insidious world of child sex trafficking, where she fell prey to a sadistic law enforcement officer who not only trafficked her, but also tortured her. Her memoir shares how she was able to create a life of happiness, peace, and forgiveness—despite her trauma. Today, Vandee has her own practice as a Wellness Coach in New Mexico, after having worked in the behavioral health field for over ten years. She combines her professional and personal insight in this deeply introspective account of her triumph over unimaginable

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obstacles, how she transformed self-hatred and self-abuse into universal love and compassion, and how this experience has led her to helping others find the same satisfaction in life. Join her as she shines light in the darkest of places and uses her own pain and suffering to break her own hardened heart wide open, allowing her to fall in love with herself, with the Creator, and with every single aspect of life.

“Erica Garza has written a riveting, can’t-look-away memoir of a life lived hardcore...In an era when predatory male sexual behavior has finally become a topic of urgent national discourse...Getting Off makes for a wild, timely read” (Elle). A fixation on porn and orgasm, strings of failed relationships and serial hook-ups with strangers, inevitable blackouts to blunt the shame—these are not things we often hear women share publicly, and not with the candor, eloquence, and introspection Erica Garza brings to Getting Off. What sets this courageous and riveting account apart from your typical misery memoir is the absence of any

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precipitating trauma beyond the garden variety of hurt we've all had to endure in simply becoming a person—reckoning with family, learning to be social, integrating what it means to be sexual. Whatever tenor of violence or abuse Erica's life took on through her behavior was of her own making, fueled by fear, guilt, self-loathing, self-pity, loneliness, and the hopelessness those feelings brought on as she runs from one side of the world to the other in an effort to break her habits—from East Los Angeles to Hawaii and Southeast Asia, through the brothels of Bangkok and the yoga studios of Bali to disappointing stabs at therapy and twelve-steps back home. In these remarkable pages, Garza draws an evocative, studied portrait of the anxiety that fuels her obsessions, as well as the exhilaration and hope she begins to feel when she suspects she might be free of them. Getting Off offers a brave and necessary voice to our evolving conversations about addiction and the impact that internet culture has had on us all—"a profoundly genuine, gripping story that any reader can appreciate" (Vice). "In reading Garza's insight

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into her own experiences, we better understand ourselves”
(The New York Times Book Review).

A haunting memoir describes growing up in the shadow of the Vietnam War, the desperate struggle of one family to survive amid the chaos of the fall of Saigon and its aftermath, their escape to freedom, and the return to Vietnam on a personal humanitarian mission. Reprint.

Are you newly single and starting over? Do you feel lost and unsure of what's next? You're not alone. After her marriage ended, Alexandra Eva-May felt overwhelmed with feelings of grief and loss. The loneliness and emotional devastation, plus everything left in the wake, felt impossible to manage. Starting over was an uphill climb. What do you do when you are reminded of your old life everywhere you turn? When you are greeted with memories of your past wherever you go? Learning how to heal is the only way to move forward, but in healing comes learning new expectations, social situations, and more. Alexandra was determined to rediscover herself and heal in a way that felt safe, supportive, and true to her.

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Over the last few years, she has rebuilt her life and healed from the inside out in the most splendid way. And now, she wants to help you do the same. Her Awakening is a firsthand account of navigating and healing through the life-altering experience of divorce. Full of heartfelt truths, life lessons, and soul work, this book is your personal guide to seeking the light within your life when all you want to do is fall apart.

One Woman's Journey Through the Color Complex

One Woman's Journey to Grace

One Woman's Journey to Freedom

One Woman's Journey to Reclaim Both

Don't Play in the Sun

One Woman's Journey to Every Country in the World

The Story of One Woman's Journey Back to Self

One Woman's Journey to Joy

One woman's journey out of lesbianism

Twice Blessed, A Diary of Secondary Infertility: One Woman's Journey is a candid memoir of one woman's struggle to cope with

Secondary Infertility. With a foreword by Angela Angel M.D., this book is a must-read for couples trying to conceive. After moving into a new home and believing all of their lifelong plans had been achieved, a happily married couple's existence is shattered by the verdict of incurable disease. When her husband dies, Carol Lucas finds herself immersed in grief and almost dysfunctional. Shortly thereafter, numerous puzzling incidents begin to occur, and she gradually realizes they are more than coincidence. Working her way through sadness, Carol comes to accept that, incredibly, her husband is communicating with her from somewhere beyond this life, and she emerges from this tragedy with a whole new, unexpected outlook. Carol's memoir is an upbeat, sometimes humorous, always positive story about regaining life-albeit a new one-after loss. In writing it, she wants to provide comfort and hope to those who have lost a loved one, especially grieving widows. After hearing her story, readers just might accept the possibility of life after death, and open themselves to ideas they had not considered before.