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The Slave Community - John W. Blassingame 1979

Revive - Frank Lipman 2009-12-29

From the doctor whose "extraordinary practice is at the vanguard of a revolutionary way to deliver medical care" ("O, The Oprah Magazine") comes a program that puts readers back in touch with their bodies' natural rhythms and a lifetime of good health.

Coco Chanel - Chiara Pasqualetti Johnson 2021-01-20

Coco Chanel was founder and queen of a fashion empire, and her name is forever linked to an unmistakable style. Before all this, Mademoiselle Coco was Gabrielle, a poor orphan who rejected convention and put her independence above all else. With her grit and tenacity, she made her fortune and restored freedom to women. This volume celebrates a true icon 50 years after her passing, coinciding with the 100th anniversary of the timeless Chanel N°5. > She revolutionized the concept of feminine elegance with straight dresses and inventions that would later become icons: these were the little black dress,

Chanel N° 5, costume jewelry, the suit with gold buttons, the quilted bag. > Her myth lives again in a biography illustrated by images portraying her as the perfect embodiment of the timeless elegance. Because, as Coco said, "fashion passes; style remains."

Penthouse Uncensored V - Penthouse International
2007-09-03

Revel in the art of lovemaking, in every position and every combination, crossing every barrier and defying every taboo. Thanks to the bold editors of Penthouse and its famously uninhibited readers, here is the sex you weren't meant to see-with all the excitement, amazement, and satisfaction you weren't supposed to feel. With two classic editions of Letters to Penthouse combined in this volume, you'll fall right into step as the sexual revolution marches on. Join the party!

Somebody Give This Heart a Pen - Sophia Thakur
2020-09-08

In a powerful debut, rising star Sophia Thakur brings her spoken word performance to the page. Be with

yourself for a moment. Be yourself for a moment. Airplane mode everything but yourself for a moment. From acclaimed performance poet Sophia Thakur comes a stirring collection of coming-of-age poems exploring issues of identity, difference, perseverance, relationships, fear, loss, and joy. From youth to school to family life to falling in love and falling back out again—the poems draw on the author's experience as a young mixed-race woman trying to make sense of a lonely and complicated world. With a strong narrative voice and emotional empathy, this is poetry that will resonate with all young people, whatever their background and whatever their dreams.

Letters to Penthouse XVI - Penthouse International
2008-06-03

HOW HOT CAN YOU GET? Plenty hot! This 16th collection of Letters to Penthouse proves that you can never get too much of a good thing...and the thing you get is steamy, lusty, daring, and outrageous sex that most people only experience in their fantasy lives. But these adventures aren't fantasies. They happened to real people from all walks of life—teachers and preachers, plumbers and professors—who seized the moment (and much more) and acted out their most forbidden erotic dreams. Each true and orgasmic story divulges every titillating detail, every touch, and every delicious sensation from these hot and horny people who want to share their X-rated fun with you. YOU CAN'T GET TOO MUCH SEX...OR GET IT TOO HOT. The very fact that there's a 16th collection of Letters to Penthouse confirms that there are millions of readers lusting for more. You'll see why they keep snapping these true tales of erotic abandon off the shelves when you read about sex with strangers, strange ways to have sex and sex in the strangest of places. Each

of these letters is completely authentic and sent in by readers of Penthouse who were so turned on by their own wild sex lives that they wanted to turn you on, too. Join these uninhibited adventurers as they dare to have sex in ways that most of us only imagine...or could barely even begin to imagine. You'll be right in the middle of them as they couple, or triple, or quadruple in erotic encounters that leave them panting from pleasure...and that will leave you aching for more. *Women's Health Perfect Body Diet* - Cassandra Forsythe, PhD, RD 2008-12-23

Let's face it—women simply do not shed pounds or build muscle as easily as men do. Drawing on fascinating recent research that has shed new light on the gender differences in food metabolism and the effect of exercise, the editors of Women's Health, the healthy lifestyle magazine for today's active woman on the go, have devised a weight-loss plan that works especially well for women who would like to lose 5-25 pounds. Key features of the Women's Health Perfect Body Plan include:

- Glucomannan, a soluble fiber that helps dieters feel full faster—and therefore eat less throughout the day
- Meal plans that contain at least 40 grams of fiber per day
- An adjustment for the impact of female hormones on weight loss (women need a higher protein diet than men to increase lean body tissue and decrease body fat)
- Dieting techniques that revolve around psychological needs and personal goals and lifestyle
- Two diet plans to choose from—one higher in fats and lower in carbs; the other higher in carbs and lower in fats (simple food tests help women choose the type they need)

In addition to the customized eating plan—complete with 75 easy-to-prepare recipes—there is a vigorous customized fitness program consisting of 50

exercises that brings results in just three weeks.
Letters to Penthouse XII - Penthouse International
2007-10-15

In these uninhibited letters to Penthouse magazine, the writers reveal everything that goes on behind closed doors, as well as in back and front seats of cars, locked offices, airplane toilets and other places.

Victoria - Denise Buese 2014-02-25

Konstantin Grcic - Mateo Kries 2014-04

Konstantin Grcic ist einer der wichtigsten Designer unserer Zeit. Seine Entwürfe verbinden industrielle Ästhetik mit experimentellen, künstlerischen Elementen, sie sind ernsthaft und funktional, sperrig und teilweise irritierend. Manche von Grcics Designs, etwa der »Chair_One« (2004) oder die Leuchte »Mayday« (1999), gelten bereits heute als Designklassiker. Mit »Konstantin Grcic – Panorama« präsentiert das Vitra Design Museum die bislang größte Einzelausstellung zu Grcic und seinem Werk. Eigens für die Ausstellung hat Grcic mehrere raumgreifende Installationen entwickelt, die seine persönlichen Visionen für das Leben von morgen darlegen: ein Wohninterieur, ein Designatelier und einen Stadtraum. Sie zeigen fiktive Szenarien, konfrontieren den Betrachter mit den Inspirationen, Herausforderungen und Fragen des Designers und stellen Grcics Entwürfe in einen größeren gesellschaftlichen Zusammenhang. Höhepunkt dieser Inszenierungen ist ein 30 Meter langes Panoramabild, das eine Architekturlandschaft der Zukunft zeigt. Ein vierter Ausstellungsbereich richtet einen konzentrierten Blick auf die tägliche Arbeit von Konstantin Grcic. Hier werden viele seiner Produkte, aber auch Prototypen, Zeichnungen und Hintergrundinformationen gezeigt, ergänzt um Fundstücke,

Alltagsgegenstände und Werke anderer Gestalter, die Grcic inspiriert haben – von einer alten Teekanne und einem frühen Apple-Computer bis hin zu Werken von Marcel Duchamp, Gerrit Rietveld oder Enzo Mari. Mit dem Wechsel der Perspektiven zwischen dem großen und dem kleinen Zusammenhang zeigt die Ausstellung, dass Design für Grcic nicht nur Problemlösung ist, sondern ein assoziativer Umgang mit Bildern, Zufällen, Brüchen und Entdeckungen. Exhibition: Vitra Design Museum, Weil am Rhein, Germany (22.3.-14.9.2014) / Z33, Hasselt, Belgium (1.2.-24.5.2015).

Tove Jansson Life, Art, Words - Boel Westin 2018-04-05

The Finnish-Swedish writer and artist Tove Jansson achieved worldwide fame as the creator of the Moomin stories, written between 1945 and 1970 and still in print in more than twenty languages. However, the Moomins were only a part of her prodigious output. Already admired in Nordic art circles as a painter, cartoonist and illustrator, she would go on to write a series of classic novels and short stories. She remains Scandinavia's best loved author. Tove Jansson's work reflected the tenets of her life: her love of family (and special bond with her mother), of nature, and her insistence on freedom to pursue her art. Love and work was the motto she chose for herself and her approach to both was joyful and uncompromising. If her relationships with men foundered on her ambivalence towards marriage, those with women came as a revelation, especially the love and companionship she found with her long-time partner, the artist Tuulikki Pietilä, with whom she lived on the solitary island of Klovaru. In this meticulously researched, authorised biography, Boel Westin draws together the many threads of Jansson's life: from the studies interrupted to help her family;

the dark shades of war and her emergence as an artist with a studio of her own; to the years of Moomin-mania, and later novel writing. Based on numerous conversations with Tove, and unprecedented access to her journals, letters and personal archives, *Tove Jansson: Life, Art, Words* offers a rare and privileged insight into the world of a writer whom Philip Pullman described, simply, as 'a genius'.

Letters to Penthouse IV - Penthouse International
2007-07-31

Fiction may be fun, but nowhere is fact more stimulating, satisfying, and real than in the letters to Penthouse magazine. Here, as told in their own uninhibited words, is the state of the union between men and women today, in all its inventive, eccentric and energetic variety.

Penthouse Variations - Penthouse International
2003-12-01

28 Flavors, No Vanilla To find the limits of lovemaking, how far would you go-to Paris or the Caribbean, to miles above the earth, to your very own bedroom? Who would you invite-a threesome, a foursome, a whole houseful of eager erotic revelers? What props would you deploy-a wisp of knotted silk or a pair of high spiked heels, a stream of scented oil or a sheath of shiny black leather? From the pages of *Penthouse Variations*-for over two decades America's boldest explorer of the most adventurous frontiers of the sexual revolution-come twenty-eight sometimes shocking, always exciting stories by people who dare to be different. They range from risqué role players to sexy bi-sirens, from casual encounters to the delights of domination. And they just might inspire you to walk on your own wild side.

The Black Family in Slavery and Freedom, 1750-1925 -

Herbert G. Gutman 1977-07-12

An exhaustively researched history of black families in America from the days of slavery until just after the Civil War.

The Point of It All - Charles Krauthammer 2019-10-22
NEW YORK TIMES BESTSELLER • A powerful collection of the influential columnist's most important works—featuring rare speeches, a major essay about today's populist movements and the future of global democracy, and a new preface by the author's son, Daniel Krauthammer “Charles will be remembered as one of the greatest public intellectuals of his generation.”—John McCain In his decades of work as America's preeminent political commentator, whether writing about statecraft and foreign policy or reflecting on more esoteric topics such as baseball, spaceflight and medical ethics, Charles Krauthammer elevated the opinion column to a form of art. This collection features the columns, speeches and unpublished writings that showcase the best of his original thought and his last, enduring words on the state of American politics, the nature of liberal democracy and the course of world history. The book also includes a deeply personal section offering insight into Krauthammer's beliefs about what mattered most to him: friendship, family and the principles he lived by. *The Point of It All* is a timely demonstration of what made Charles Krauthammer the most celebrated American columnist and political thinker of his generation, a revealing look at the man behind the words and a lasting testament to his belief that anyone with an open and honest mind can grapple deeply with the most urgent questions in politics and in life.

Kristin Bedford: Cruise Night - 2021-04-13

Scenes from the Mexican American lowrider life: a

clothbound photobook documenting a vibrant LA car culture. Known for her quiet portraits of American cultural movements, Los Angeles-based photographer Kristin Bedford's new work, *Cruise Night*, is an intimate and unstaged exploration of Los Angeles' Mexican American lowrider car culture. From 2014 to 2019 Bedford attended hundreds of lowrider cruise nights, car shows, quinceañeras, weddings and funerals. Her images offer a new visual narrative around the lowrider tradition and invite outsiders to question prevalent societal stereotypes surrounding this urban Mexican American culture. Bedford's photos explore the nuances of cars as mobile canvases and the legendary community that creates them. With bright color photography and a unique female vantage point, *Cruise Night* is an original look at a prolific American movement set against the Los Angeles cityscape.

Slave Religion - Albert J. Raboteau 2004-10-07
Twenty-five years after its original publication, *Slave Religion* remains a classic in the study of African American history and religion. In a new chapter in this anniversary edition, author Albert J. Raboteau reflects upon the origins of the book, the reactions to it over the past twenty-five years, and how he would write it differently today. Using a variety of first and second-hand sources-- some objective, some personal, all riveting-- Raboteau analyzes the transformation of the African religions into evangelical Christianity. He presents the narratives of the slaves themselves, as well as missionary reports, travel accounts, folklore, black autobiographies, and the journals of white observers to describe the day-to-day religious life in the slave communities. *Slave Religion* is a must-read for anyone wanting a full picture of this "invisible

institution."

26 Nights - Penthouse International 2001-06-01

The hero of this story must bed twenty-six women across the alphabet, from Abigail to Zelda to win the wager. He beds divas and debutantes, playgirls and politicians, evangelists and entrepreneurs, throughout a great American 'sin' city.

Death Orbit - Mack Maloney 2013-06-18

Fighter pilot Hawk Hunter ventures into zero gravity to catch a madman--as an even greater threat hurtles toward Earth . . . Hawk Hunter is the finest fighter pilot on Earth. Behind the controls of his famous red, white, and blue F-16, he can perform feats of aviation that make gravity seem nonexistent. All his life he has yearned to escape the Earth's pull, and now he finally has--orbiting the planet in a stolen Russian shuttle. But this is no pleasure cruise. A crazed terrorist has escaped the Wingman's grasp. Pursuing his old enemy in zero gravity, Hunter detects a far greater threat than one rogue madman: a comet speeding straight toward Earth. Stopping this interstellar threat will be the toughest mission of Hunter's highly decorated career. To fend off the comet, the people of Earth must band together as they never have before. In a world consumed by warfare, only peace can save them. *Death Orbit* is the thirteenth book of the Wingman series, which also includes *Wingman* and *The Circle War*.

TIME The Science of Exercise - The Editors of TIME
2017-04-28

Few fields have changed as rapidly as the science of exercise. New research suggests that exercise can increase your life expectancy and stave off cognitive decline more than anything else you do. The best part? You may not need to do as much of it as experts once

thought. In this TIME special edition, readers will learn: exactly why exercise is the best anti-ager, and how it changes nearly every part of the body effective ways to squeeze tiny amounts of exercise into your day strategies for lasting weight loss through exercise in conjunction with the right diet the best exercises for every goal, whether it's stress reduction, better skin, a stronger stomach or a healthier heart

500 Low-Carb Recipes - Dana Carpender 2002-10-01

Low-fat or low-carb? A recent New York Times Magazine (July 7, 2002) cover story answered this question and said that Dr. Atkins was right all along, "it's not fat that makes us fat but carbohydrates." Though the government has spent hundreds of millions of dollars in research trying to prove that fat is the cause of obesity, there has been a subtle shift in the scientific consensus over the past five years supporting what the low-carb diet doctors have been saying all along: if we eat less carbohydrates, we will lose weight and live longer. One of the toughest challenges of any diet is having enough variety and choices to keep the dieter from losing interest. The most common reason that people abandon their diet is boredom but **500 LOW CARB RECIPES: 500 Recipes, From Snacks to Dessert, That the Whole Family Will Love** by Dana Carpender has more than enough recipes to keep even the most finicky dieter on track. With recipes for everything including hors d'oeuvres, snacks, breads, muffins, side dishes, entrees, cookies, cakes and much more, this is an endless supply for creating meals for the whole family night after night. Whether everyone in the family is on a diet or not, these recipes are proven winners with adults and kids alike. Also included: Many one-dish meals for single people--main dish salads, skillet suppers that include

meat and vegetables, and hearty soups that are a full meal in a bowl. Ideas for breaking out of old ways of looking at food with suggestions that save time and money and change what is considered a normal meal for breakfast, lunch and dinner. Information about where to find low-carbohydrate specialty products and descriptions of low-carb specialty foods found in grocery stores everywhere. An entire chapter that lists and describes low-carb substitute ingredients such as fats and oils, flour substitutes, liquids, seasonings and sweeteners. Dieters will be pleased to know that they can eat foods like guacamole, omelets, pizza, steak, ham and dessert without giving up great taste and still lose weight. There are enough recipes to create the perfect menu for any holiday of the year--including Thanksgiving. Each of the 500 recipes includes a carbohydrate count to help calculate the total carb intake of each menu. There are more recipes for main dishes and side dishes than most low-carb dieters will ever be able to eat--everything from down-home cooking to ethnic fare; from quick-and-easy weeknight meals to knock-their-socks-off party food. **500 LOW CARB RECIPES** is the last cookbook any dieter will ever need to buy and certain to be used until the binding is worn out!

Salvation Row - Mark Dawson 2015-01-07

John Milton is trying to make amends for a career spent killing for the British Secret Service. He has a burning need to right wrongs - and rewrite his own bloody past. He finds himself in Louisiana - the Big Sleazy, the bayou, and the post-Katrina wreckage of the Gulf Coast - with a debt of honor to repay. Isadora Bartholomew, who saved his partner's life, needs his help. Joel Babineaux, a ruthless property magnate, is out to sink the charity she established to help rebuild the Lower

Ninth Ward. Just when Milton thinks he has neutralised Babineaux's scheming, a dangerous man from his past takes an unhealthy interest in his present. Claude Boon used to work for the Mossad and might be more than Milton can handle. And then the stakes get even higher... 'Salvation Row' is the most explosive thriller yet in Mark Dawson's bestselling John Milton series. It's a book no self-respecting suspense fan will want to be without.

Now Eat This! - Rocco DiSpirito 2010-08-18

#1 NEW YORK TIMES BESTSELLER • Fried chicken, macaroni and cheese, brownies, and 147 other favorite recipes under 350 calories! In this delectable cookbook, award-winning chef Rocco DiSpirito transforms America's favorite comfort foods into deliciously healthy dishes—all with zero bad carbs, zero bad fats, zero sugar, and maximum flavor. What's more, Rocco provides time-saving shortcuts, helpful personal advice, and nutritional breakdowns for each recipe from a board-certified nutritionist. So prepare your favorite foods without the guilt. Finally, a world-class chef has made healthy food taste great!

The Elements of Style - Elwyn Brooks White 2015-11-06
The Elements of Style, English Writing Style Guide, A Teacher Resource Manual, The Elements of Style by William Strunk, Jr. and E.B. White, is a prescriptive American English writing style guide comprising eight "elementary rules of usage", ten "elementary principles of composition", "a few matters of form", a list of forty-nine "words and expressions commonly misused", and a list of fifty-seven "words often misspelled". In 2011, Time magazine listed The Elements of Style as one of the 100 best and most influential books written in English since 1923. Cornell University English professor William

Strunk, Jr., wrote The Elements of Style in 1918, and privately published it in 1919, for in-house use at the university. Later, for publication, he and editor Edward A. Tenney revised it as The Elements and Practice of Composition (1935). In 1957, at The New Yorker, the style guide reached the attention of E.B. White, who had studied writing under Strunk in 1919, but had since forgotten "the little book" that he described as a "forty-three-page summation of the case for cleanliness, accuracy, and brevity in the use of English." Weeks later, White wrote a feature story about Strunk's devotion to lucid English prose.

Death's Rival - Faith Hunter 2012-10-02

Jane Yellowrock is a shapeshifting skinwalker you don't want to cross—especially if you're one of the undead... For a vampire killer like Jane, having Leo Pellisier as a boss took some getting used to. But now, someone is out to take his place as Master Vampire of the city of New Orleans, and is not afraid to go through Jane to do it. After an attack that's tantamount to a war declaration, Leo knows his rival is both powerful and vicious, but Leo's not about to run scared. After all, he has Jane. But then, a plague strikes, one that takes down vampires and makes their masters easy prey. Now, to uncover the identity of the vamp who wants Leo's territory, and to find the cause of the vamp-plague, Jane will have to go to extremes...and maybe even to war.

Interracial Erotic Stories XXX - Anonymous Anonymous 2013-01-25

The Very Best in Romantic Erotic Stories! XXX For Adults Only! Highly Recommended!

Parsi Kitchen - Anahita Dhondy 2021-10-10

Forbes Asia's '30 under 30' and former chef-partner at SodaBottleOpenerWala, Anahita Dhondy has spent the last

decade taking her culinary heritage to ambitious new heights. The Parsi Kitchen is a warm and whimsical memoir about how she embraced the cuisine that she grew up with. From her grandmother's Ravo to a Bombay duck inspired by her travels through Gujarat, the quirky tales behind her beloved dishes make for a delicious read. A treasure trove of recipes and memories, The Parsi Kitchen is a book to be savoured.

The Secret Year - Jennifer Hubbard 2010-12-23

Colt and Julia were secretly together for a year, and no one ever knew, not even Julia's boyfriend. Why would they—they were from two different crowds. Julia lived in her country club world and Colt . . . didn't. Then Julia dies in a car accident. Colt is devastated but can't mourn openly, and he's tormented that he may have played a part in her death. And when Julia's journal ends up in his hands, he is forced to relive their year together—just when he is trying to forget. The problem is, how do you get over someone who was never really yours to begin with?

The Science of Making Friends - Elizabeth Laugeson
2013-08-22

The groundbreaking book that puts the focus on teens and young adults with social challenges This book offers parents a step-by-step guide to making and keeping friends for teens and young adults with social challenges—such as those diagnosed with autism spectrum disorder, ADHD, bipolar, or other conditions. With the book's concrete rules and steps of social etiquette, parents will be able to assist in improving conversational skills, expanding social opportunities, and developing strategies for handling peer rejection. Each chapter provides helpful overview information for parents; lessons with clear bulleted lists of key rules

and steps; and expert advice on how to present the material to a teen or young adult. Throughout the book are role-playing exercises for practicing each skill, along with homework assignments to ensure the newly learned skills can be applied easily to a school, work, or other "real life" setting. The bonus DVD shows role-plays of skills covered, demonstrating the right and wrong way to enter conversations, schedule get-togethers, deal with conflict, and much more. PART ONE: GETTING READY Ch. 1: Why Teach Social Skills to Teens and Young Adults? PART TWO: THE SCIENCE OF DEVELOPING AND MAINTAINING FRIENDSHIPS Ch. 2: Finding and Choosing Good Friends Ch. 3: Good Conversations: The Basics Ch. 4: Starting and Entering Conversations Ch. 5: Exiting Conversations Ch. 6: Managing Electronic Communication Ch. 7: Showing Good Sportsmanship Ch. 8: Enjoying Successful Get-Togethers PART THREE: THE SCIENCE OF HANDLING PEER CONFLICT AND REJECTION: HELPFUL STRATEGIES Ch. 9: Dealing With Arguments Ch. 10: Handling Verbal Teasing Ch. 11: Addressing Cyber Bullying Ch. 12: Minimizing Rumors and Gossip Ch. 13: Avoiding Physical Bullying Ch. 14: Changing a Bad Reputation Epilogue: Moving Forward

The Playboy Book - Gretchen Edgren 1998

The Collector's Encyclopedia of Dolls - Dorothy S. Coleman 1995

Covers doll manufacture from ancient times to 1925
Samsung Galaxy for Beginners - 2021

The Happy Hooker - Xavier Hollander 1995-12-01

Fire Lake - Jonathan Valin 1987

When a friend from college becomes involved in a murder,

Cincinnati private investigator Harry Stoner must venture into the treacherous drug underworld--and his own past--to uncover the mystery

Morocco Overland - Chris Scott 2013-05

Covers over 10,000km from the High Atlas to the Mauritanian border, with detailed GPS off-road routes for 4WDs, motorcycles, campervans and mountain bikes.-- Bertram.

Renate Aller - Renate Aller 2021-05

Side by Side Plus - Steven J. Molinsky 2008

Accompanying CD-ROMs include: radio program-style recordings of Gazette activities.

Total Renewal - Frank Lipman 2004-12-16

In terms of health, most of us live at 50 percent of our capacity. Total Renewal takes us the rest of the way there. To varying degrees, we all suffer from digestive disorders, low-grade toxicity, or fluctuating blood sugar levels. While not ballooning into full-fledged diseases, these conditions limit our enjoyment of life and prefigure illnesses that loom in our future.

Consisting of seven steps, Dr. Frank Lipman's Total Renewal Program is the key to reversing the unhealthy habits and poor functioning that we have slowly developed and accepted over the course of our lives. The program replaces them with new behaviors that leave us stronger, healthier, and more durable. Dr. Lipman's seven steps are: 1.Take Responsibility for Your Health and Well-Being 2.Remove Toxins and Decrease Your Total

Load 3.Recognize Your Unique Diet 4.Replenish Nutrients and Balance Hormones 5.Release Tension and Relieve Stress 6.Revitalize with a Detox 7.Reconnect to Yourself, Others, and Nature

Out of the Shadows - Patrick J Carnes 2009-06-21

Unhooked from regular routines and healthy relationships by the coronavirus pandemic or other traumas, even our most basic human impulses and inputs can become addictive and destructive. An essential resource for those struggling with sexual addiction and compulsions, and those who love them. With the revised information and up-to-date research, *Out of the Shadows* is the premier work on sex addiction, written by a pioneer in its treatment. Sex is at the core of our identities. And when it becomes a compulsion, it can unravel our lives. *Out of the Shadows* is the premier work on this disorder, written by a pioneer in its treatment. Revised and updated to include the latest research--and to address the exploding phenomenon of cybersex addiction--this third edition identifies the danger signs, explains the dynamics, and describes the consequences of sexual addiction and dependency. With practical wisdom and spiritual clarity, it points the way out of the shadows of sexual compulsion and back into the light and fullness of life.

Crazy U - Andrew Ferguson 2012-02-14

Andrew Ferguson's wildly entertaining memoir of his absurd experience trying to do all the right things to get his son into college.