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KEY=RECOVERY - FRIEDMAN NEAL

Naked in Public A Memoir of Recovery from Sex Addiction and Other Temporary Insanities IN THIS INTENSELY PERSONAL MEMOIR, Staci Sprout offers a vulnerable account of her recovery journey from the painful world of sexual intrigue and addiction. She was an honors student and cheerleader, and later a talented young social worker, but her life had a dark twist even her closest friends didn't suspect. Childhood sexual abuse and exposure to pornography had ignited a drive to be sexual that eventually threatened to unravel her sanity and her life. Desperate for relief, she tried psychotherapy, hypnotism, bodywork, and traditional and pagan spirituality. Nothing helped until a near-death experience became a turning point and she found her way into the rooms of 12-Step recovery for sex addiction. Staci's story reveals what can happen when a woman refuses to give up in her fight for dignity and freedom. The wisdom that emerges will be both a roadmap and inspiration for anyone, male or female, who struggles with sexual addiction - and to their loved ones. **Addicted to Love Recovery, Empowerment and Finding Your True Self** *Morgan James Publishing* **Addicted to Love** is a roadmap to recovery and

healthy relationships for female sex and love addicts. It's hard to imagine love without the pain. Women who live with love addiction are a unique breed having learned to cope in a sex-driven world by finding their worth in sexuality and being wanted. The human need for lasting, meaningful relationships is constantly sabotaged by these women's own behaviors on top of events outside their control. In *Addicted to Love*, Lacy A. Bentley—a woman who has been there—introduces her own recovery journey with courageous honesty to guide other women on their paths to recovery. Each chapter focuses on a different trait of emotional health and teaches women to integrate that trait in a workbook-style format. Lacy shows them how to secure their romantic heart, love like they were meant to, and break free from compulsive patterns, while presenting new ways of seeing day-to-day patterns. Every word guides brave women into the relationships they truly want and deserve—without excuses, compulsions, or addiction in the recovery roadmap of the future. *Prodependence Living With, Loving, and Caring for an Addict Health Communications, Inc.* The time has come to stop pathologizing the desire to love, help, and care for an addicted loved one. In *Prodependence*, Weiss presents a research-based social and psychological understanding of human interdependence, accepting and even celebrating human interdependency in ways that are healthy and life-affirming for each person. This ground-breaking work presents a new paradigm for useful and healthy support in the face of addiction, offering both the lay reader and professional an evolved prism through which they can examine, evaluate, and improve not just relationships affected by addiction (though that's the primary focus of this book), but relationships in general. Prodependence, a new psychological term created by Robert Weiss to describe healthy interdependence in the modern world, turns this around. Rather than preaching detachment and distance over continued bonding and assistance, as so many therapists, self-help books, and 12-step groups currently do, prodependence celebrates the human need for and pursuit of intimate connection, viewing this as a positive force for change. Simply stated, prodependence occurs when attachment relationships are mutually beneficial- with one person's strengths filling in the weak points of the other, and vice versa. And this can occur even when an addiction is present *Getting Off One Woman's Journey Through Sex and Porn Addiction Simon and Schuster* "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 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 into her own experiences, we better understand ourselves" (The New York Times Book Review). *No Stones Women Redeemed from Sexual Addiction* *InterVarsity Press* In this book Marnie C. Ferree offers a unique resource for women struggling with sexual addiction. Written by a counselor who understands the condition from the inside out, *No Stones* offers practical help for those battling sexual addiction and those who want to come alongside women as they seek help. Important for pastors and church leaders, this book will also be a much sought-after resource for Christian counselors and therapists counseling women who grapple with this type of addiction. *Double Helix A Memoir of Addiction, Recovery, and Jazz in Two Voices* In 1968, Ed was a 39 year-old African-American parolee, heroin addict, and sometimes jazz singer from Watts, California. Diane was a naïve 24-year old Jewish girl from the Bronx. People said they had no business being together, and their many troubled years of marriage, divorce, reconciliation, more separation and ultimate bottoming out seemed to prove them right--almost. *Double Helix* is an intensely evocative and unsentimental story told in alternating narrative voices that follows the turbulent, decades-long journey of two people from different worlds whose lives, continually spiraling around each other like a double helix, are really two intertwined stories. *Double Helix* traces Ed's 40 tumultuous years of drug addiction, four stints in prison, near death overdoses, treatment programs and mental hospitals, relapses, and homelessness. It also describes how Diane's desire to help a loved one crossed a boundary from healthy support to detrimental enabling, or codependency, that prevented her from holding him accountable, letting go, and living her own life. Each eventually found a path to recovery, bringing new challenges and Ed's dazzling rise as a nationally renowned jazz singer. *Double Helix* conveys a compelling message--not only is change possible, but it is never too late to realize your dreams. *The Outrun: A Memoir* *W. W. Norton & Company* "It's wild writing: sexy, unguarded, raw, and ardent ... highly recommended."—*The Millions* After a decade of heavy partying and hard drinking in London, Amy Liptrot returns home to Orkney, a remote island

off the north of Scotland. The *Outrun* maps Amy's inspiring recovery as she walks along windy coasts, swims in icy Atlantic waters, tracks Orkney's wildlife, and reconnects with her parents, revisiting and rediscovering the place that shaped her. A Guardian Best Nonfiction Book of 2016 Sunday Times Top Ten Bestseller New Statesman Book of the Year *Between Breaths* A Memoir of Panic and Addiction *Grand Central Publishing* Beloved former ABC 20/20 anchor Elizabeth Vargas reveals her alcohol addiction and anxiety disorder in a shockingly honest and emotional memoir. Winner of the Books for a Better Life Award in the First Book category Instant New York Times and USA Today Bestseller From the moment she uttered the brave and honest words, "I am an alcoholic," to interviewer George Stephanopoulos, Elizabeth Vargas began writing her story, as her experiences were still raw. Now, in *BETWEEN BREATHS*, Vargas discusses her accounts of growing up with anxiety--which began suddenly at the age of six when her father served in Vietnam--and how she dealt with this anxiety as she came of age, eventually turning to alcohol for a release from her painful reality. The now-A&E Network reporter reveals how she found herself living in denial about the extent of her addiction, and how she kept her dependency a secret for so long. She addresses her time in rehab, her first year of sobriety, and the guilt she felt as a working mother who could never find the right balance between a career and parenting. Honest and hopeful, *BETWEEN BREATHS* is an inspiring read. *Naked Truth* The Fall and Rise of Dona Speir Dona Speir tells her story, from high school gymnast and track star to model, Playboy centerfold, B-movie icon, rape survivor, recovering addict, and recovery counselor and mentor. There was the rarified world of international modeling and global jet-setting, being photographed by the world-famous Arny Freytag for a Playboy centerfold and starring in seven Andy Sidaris action adventure films. But there was also abuse by predatory and powerful men including Bill Cosby and struggles with drugs and alcohol. And then there was her journey toward recovery and helping others. This study of Dona's survival is a provocative, powerful blueprint of how to do more than just survive -- to recover and thrive. Dona is 32 years sober and CEO of Recovery Coaching Experts. She has mentored hundreds of women with substance abuse and behavioral issues and she has founded women's recovery homes. Her book can help others learn how to identify the traits of sexual predators and protect yourself and your children, even from those who use charm and persuasion. Dona's experiences can help women understand and survive the social, physical and emotional aspects of substance abuse and lead a peaceful, complete, whole and safe family life. It's a cautionary tale to be sure, but it's also a triumphant one, an uplifting, exciting story of perseverance with an unforgettable heroine that is both timely and timeless. *Naked Mountain* A Memoir *Naked Mountain* is a compelling memoir of one woman's journey of natural world discovery, tragedy and the enduring bonds of marriage that unfolds against the backdrop of a stunning mountaintop in rural Virginia. *Last Call* A Memoir Memoir

Synopsis"That evening I wanted to go to a teenage party, and I wanted to drink alcohol, the grownup beverage of choice, the potion glamorized on TV and in movies, the stuff the older cool kids were drinking every weekend. I wanted to be cool. I wanted to fit in. Whatever it took." She was attractive, popular and determined to grow up in a hurry. How would she have known that at age thirteen, during her first teenage drinking party, her life would play out in such a way that it would rule her life decisions going forward? The handsome boys and pretty girls were guzzling a certain punch, and she wanted to be like them. Tentatively, she ladled the jungle juice from the punch bowl and had her first sip of alcohol. She wanted more. It couldn't have come at a better time. This is what she'd been searching for -relief. Instant relief. Getting drunk becomes her rite of passage as she careens through junior and senior high school caving in to peer pressure for her need to feel accepted. Through secretarial school and early jobs, her twenties are a blur. Quicker than she can take a tequila shot in a Mexican café, change her lovers weekly, and party with the dregs of society, as well as the socialites and future executives - Nancy finds a lifestyle that seems to work for her. She continues on and drinks and uses cocaine through the snows of Aspen, the desert heat of Scottsdale, the California coast and her Pennsylvania homelands, only to find herself alone and desperate in her quest for love and her own identity. Milk, she decides, has a longer shelf life than her romantic interludes. Surfer Boy, Boston Boy, Blondie Boy. Her big question becomes, who is going to marry her? As she approaches her early 30's, she thinks getting married will fix her. "I am sitting on my couch finishing up a second bottle of Two Buck Chuck, watching Sarah Jessica Parker on "Sex and the City," crying and wondering why I'm still single. I understand why Sarah is single. She spends too much money on shoes, and no one wants to marry a shoe whore. She had the perfect man too. She was a fool to let Aidan get away. Ever since high school the perennial question from my parents and friends was always the same, "Are you going to marry him?" It never occurred to Nancy to blame her loneliness on her beverages of choice. She'd kept her career going. She wasn't an alcoholic. In fact, she relished hearing confessions of real alcoholics so she could assure herself that they--and not she--had a problem. Hello, Black Kettle? This is Pot calling! Terribly alone after receiving her second DUI at age 37, Nancy experiences a moment of clarity. She's been looking for answers everywhere but the place she least wants to examine: the mirror. What glares back at her is over twenty-four years of living life in the fast lane, zooming by all the red flags. "Sitting in the jail cell I thought about hitting bottom. I could stop digging now. My life couldn't get any worse....How could years of my free-wheeling lifestyle as a partier, mainly a social drinker, bring me to this place?" Compelled by a judge, Nancy walks into an Alcoholics Anonymous meeting and begins the hellacious journey of rethinking her life to finally find what she'd been searching for - her true self. Now sober for over ten years, married and with a thriving career, Nancy wants to tell other young women what she

wishes someone had told her. In an Instant *A Family's Journey of Love and Healing* *Random House* In one of the most anticipated books of the year, Lee Woodruff, along with her husband, Bob Woodruff, share their never-before-told story of romance, resilience, and survival following the tragedy that transformed their lives and gripped a nation. In January 2006, the Woodruffs seemed to have it all—a happy marriage and four beautiful children. Lee was a public relations executive and Bob had just been named co-anchor of ABC's *World News Tonight*. Then, while Bob was embedded with the military in Iraq, an improvised explosive device went off near the tank he was riding in. He and his cameraman, Doug Vogt, were hit, and Bob suffered a traumatic brain injury that nearly killed him. In an Instant is the frank and compelling account of how Bob and Lee's lives came together, were blown apart, and then were miraculously put together again—and how they persevered, with grit but also with humor, through intense trauma and fear. Here are Lee's heartfelt memories of their courtship, their travels as Bob left a law practice behind and pursued his news career and Lee her freelance business, the glorious births of her children and the challenges of motherhood. Bob in turn recalls the moment he caught the journalism "bug" while covering Tiananmen Square for CBS News, his love of overseas assignments and his guilt about long separations from his family, and his pride at attaining the brass ring of television news—being chosen to fill the seat of the late Peter Jennings. And, for the first time, the Woodruffs reveal the agonizing details of Bob's terrible injuries and his remarkable recovery. We learn that Bob's return home was not an end to the journey but the first step into a future they have learned not to fear but to be grateful for. In an Instant is much more than the dual memoir of love and courage. It is an important, wise, and inspiring guide to coping with tragedy—and an extraordinary drama of marriage, family, war, and nation. A percentage of the proceeds from this book will be donated to the Bob Woodruff Family Fund for Traumatic Brain Injury. *Inside Out A Memoir* *HarperCollins* **INSTANT #1 NEW YORK TIMES BESTSELLER A Best Book of the Year: The New Yorker, The Guardian, The Sunday Times, The Daily Mail, Good Morning America, She Reads Famed American actress Demi Moore at last tells her own story in a surprisingly intimate and emotionally charged memoir. For decades, Demi Moore has been synonymous with celebrity. From iconic film roles to high-profile relationships, Moore has never been far from the spotlight—or the headlines. Even as Demi was becoming the highest paid actress in Hollywood, however, she was always outrunning her past, just one step ahead of the doubts and insecurities that defined her childhood. Throughout her rise to fame and during some of the most pivotal moments of her life, Demi battled addiction, body image issues, and childhood trauma that would follow her for years—all while juggling a skyrocketing career and at times negative public perception. As her success grew, Demi found herself questioning if she belonged in Hollywood, if she was a good mother, a good actress—and, always, if she was simply good enough. As**

much as her story is about adversity, it is also about tremendous resilience. In this deeply candid and reflective memoir, Demi pulls back the curtain and opens up about her career and personal life—laying bare her tumultuous relationship with her mother, her marriages, her struggles balancing stardom with raising a family, and her journey toward open heartedness. Inside Out is a story of survival, success, and surrender—a wrenchingly honest portrayal of one woman's at once ordinary and iconic life. *A Thousand Naked Strangers* A Paramedic's Wild Ride to the Edge and Back *Simon and Schuster* A former paramedic's visceral, poignant, and mordantly funny account of a decade spent on Atlanta's mean streets saving lives and connecting with the drama and occasional beauty that lies inside catastrophe. In the aftermath of 9/11 Kevin Hazzard felt that something was missing from his life—his days were too safe, too routine. A failed salesman turned local reporter, he wanted to test himself, see how he might respond to pressure and danger. He signed up for emergency medical training and became, at age twenty-six, a newly minted EMT running calls in the worst sections of Atlanta. His life entered a different realm—one of blood, violence, and amazing grace. Thoroughly intimidated at first and frequently terrified, he experienced on a nightly basis the adrenaline rush of walking into chaos. But in his downtime, Kevin reflected on how people's facades drop away when catastrophe strikes. As his hours on the job piled up, he realized he was beginning to see into the truth of things. There is no pretense five beats into a chest compression, or in an alley next to a crack den, or on a dimly lit highway where cars have collided. Eventually, what had at first seemed impossible happened: Kevin acquired mastery. And in the process he was able to discern the professional differences between his freewheeling peers, what marked each—as he termed them—as “a tourist,” “true believer,” or “killer.” Combining indelible scenes that remind us of life's fragile beauty with laugh-out-loud moments that keep us smiling through the worst, *A Thousand Naked Strangers* is an absorbing read about one man's journey of self-discovery—a trip that also teaches us about ourselves. *Looks Great Naked* A Fictional Memoir *CreateSpace* Grace Adams thinks her life is perfect until her mother gives her an unexpected "gift": a book of diet and exercise tips called *Look Great Naked*, and says, "I think your husband is having an affair." The unspoken message is this: your husband is straying, and you need to fix yourself. Instead, Grace learns to peel away the scales of image and strip down to her authentic self, no longer addicted to perfection and the notion that she must hide her weaknesses from everyone. She finds herself on a journey of despair and hope -- sometimes side-splitting, sometimes heartrending -- that will empower people to take off their own masks. *Ready to Heal Women Facing Love, Sex, and Relationship Addiction* Author Kelly McDaniels offers women compassionate yet direct guidance on how to change painful relationships. Readers will learn how to address patterns of choosing partners who are addicted to sex and substances, how to stop being involved in serial relationships, and what to do about

anger and other painful emotions associated with intimate relationships. **The Anti-12 Steps Resistance Is Everything** *Createspace Independent Publishing Platform* Since their creation, the 12-Steps of A.A. have given millions a path to recovery from addiction. The impact of the 12-steps on our culture and people worldwide has been huge. Dozens of versions and conditions have been created based on the original 12-Steps. Yet the 12-Steps are also flawed in the eyes of many, and they are incomplete, leaving them open to resistance and discredit. But now, the 12-Steps are given the complete update they've needed to be effective in our more complex culture. By filling in the missing parts, the 12-Steps are both destroyed and made even stronger at the same time. Questions are answered and the entire cycle of addiction can finally be understood. **The Anti-12 Steps** illustrate what the 12-Steps really are and what they really do. **Returning to the Light** *Createspace Independent Publishing Platform* A gripping story of a father and son who have traveled together along the tragic road of addiction. Read about how the son's heroin habit affected his entire family. Learn how to deal with addiction in yourself and in a loved one. Be inspired by Divine intervention that served as guideposts along this treacherous journey. Become enlightened by the Eternal Truths of a faith in God that led to a most surprising outcome. Come, join Patrick as he makes his journey from darkness into the light. **Gorilla and the Bird** A memoir of madness and a mother's love *Hachette UK* 'One of the gems of the year' - Michele Magwood, Sunday Times (Books LIVE SA) The story of a young man fighting to recover from a devastating psychotic break and the mother who refuses to give up on him. Zack McDermott, a twenty-six-year-old Brooklyn public defender, woke up one morning convinced he was being filmed as part of an audition for a TV pilot. Every passerby was an actor; every car would magically stop for him; everything he saw was a cue from 'The Producer' to help inspire the performance of a lifetime. After a manic spree around Manhattan, Zack, who is bipolar, was arrested on a subway platform and admitted to hospital. So begins the story of Zack's free fall into psychosis and his desperate, poignant, often darkly funny struggle to claw his way back to sanity, regain his identity, and rebuild some semblance of a stable life. It's a journey that will take him from New York City back to his Kansas roots and to the one person who might be able to save him, his tough, bighearted Midwestern mother, nicknamed the Bird, whose fierce and steadfast love is the light in Zack's dark world. Before his odyssey is over, Zack will be tackled by guards in mental wards, run naked through cornfields, receive secret messages from the TV, befriend a former Navy SEAL and his talking stuffed monkey and see the Virgin Mary in the whorls of his own back hair. But with the Bird's help, he just might have a shot at pulling through, starting over, and maybe even meeting a woman who can love him back, bipolar and all. Written with raw emotional power, humor, and tenderness, **Gorilla and the Bird** is a bravely honest account of a young man's unraveling and the relationship that saves him. **The Sexual Abuse Victim's Guide to Recovery From Victim to Survivor to Healthy**

Survivor and Beyond *CreateSpace* This book is written for those who were sexually abused and were not able not get help or adequate help. It is also recommended for family members of those who were sexually abused and those professionals who worked with the sexually abused. **Hitting Rock Bottom No Place Left to Go But Up** *Createspace Independent Publishing Platform* You've finally reached the pivotal moment in your life to get clean and sober. I welcome you to join me as I share my quest for addiction recovery and sobriety. This book is hopeful and encouraging. It is a must read for the fellow addict that deserves a new chapter in life. I wrote this book with the burning desire and a passion for reaching out to fellow addicts as a resource for them to possibly utilize some of my experiences and methods for recovery and relapse prevention. The book encompasses my life journey from my early teen years into adulthood as an addict, which details some of the painful aspects that encouraged me to turn to substance abuse as a coping mechanism. This book also alludes to my experience with the recovery process which I share many of the self-researched and time-tested techniques that helped me cultivate my successful rehabilitation process. Addiction exerts a long and powerful influence on the brain that manifests in three distinct ways: craving for the object of addiction, loss of control over its use, and continuing involvement with it despite adverse consequences. While overcoming addiction is possible, the process is often long, slow, and complicated. The word "addiction" is derived from a Latin term for "enslaved by" or "bound to." Anyone who has struggled to overcome an addiction - or has tried to help someone else to do so - understands why, and ultimately, we can understand that addiction is a "dis-ease". From my experience, addiction is also a disease of isolation. The question of whether addiction is a disease or not has perplexed clinicians and scholars and researchers for decades. At one point, addiction was easily called the disease. At other points in time, there was considerable debate about how to classify these phenomena. I think it's best to talk about the disease of addiction. The word "addiction" is derived from a Latin term for "enslaved by" or "bound to." Anyone who has struggled to overcome an addiction - or has tried to help someone else to do so - understands why, and ultimately, we can understand that addiction is a "dis-ease". From my experience, addiction is also a disease of isolation. The question of whether addiction is a disease or not has perplexed clinicians and scholars and researchers for decades. At one point, addiction was easily called the disease. At other points in time, there was considerable debate about how to classify these phenomena. I think it's best to talk about the disease of addiction. My story is like so many others who chose to foolishly abuse alcohol and drugs...most of us were unaware that we had these addictions that are conveniently labeled as a "disease." However, the fact is that each one of us is a unique individual with our own story to tell. Usually, the suffering alcoholic/ addict hits a point called "rock bottom" in their lives where they choose to get better or turn for the worse. When this happens, life-changing events usually transpire to test

the person's character and integrity. Hitting "rock bottom" was my personal alarm clock for realizing I had a serious substance abuse problem. There was a defining moment in my life that turned a page, sending me in a new direction. Making the transition from being actively addicted to being in recovery is a complex physical and psychological process. There is a lot to learn in recovery and we have to make a lot of changes internally and externally. Writing this book has given me a wholesome and hopeful perspective on life and the world we live in. I find that I spend more time embraced in bold prayer and meditation which grants me the influence to believe in miracles for others. I trust that there are great people in this world that contribute to making a significant difference, consequently making the world a better place for all of us to live in. Composing this book was my contribution to 'pay it forward' in a positive way. I am honored.

Last Chance Texaco Chronicles of an American Troubadour *Grove Press* A tender and intimate memoir by one of the most remarkable, trailblazing, and tenacious women in music, the two-time Grammy Award-winning "premiere song-stylist and songwriter of her generation" (Hilton Als), Rickie Lee Jones. This troubadour life is only for the fiercest hearts, only for those vessels that can be broken to smithereens and still keep beating out the rhythm for a new song. Last Chance Texaco is the first-ever no-holds-barred account of the life of two-time Grammy Award-winner Rickie Lee Jones in her own words. It is a tale of desperate chances and impossible triumphs, an adventure story of a girl who beat the odds and grew up to become one of the most legendary artists of her time, turning adversity and hopelessness into timeless music. With candor and lyricism, the "Duchess of Coolsville" (Time) takes us on a singular journey through her nomadic childhood, to her years as a teenage runaway, through her legendary love affair with Tom Waits and ultimately her longevity as the hardest working woman in rock and roll. Rickie Lee's stories are rich with the infamous characters of her early songs - "Chuck-E's in Love," "Weasel and the White Boys Cool," "Danny's All-Star Joint," and "Easy Money"—but long before her notoriety in show business, there was a vaudevillian cast of hitchhikers, bank robbers, jail breaks, drug mules, a pimp with a heart of gold and tales of her fabled ancestors. In this tender and intimate memoir by one of the most remarkable, trailblazing, and tenacious women in music are never-before-told stories of the girl in the raspberry beret, a singer-songwriter whose music defied categorization and inspired American pop culture for decades. The *Burn Journals* *Vintage* Fans of Thirteen Reasons Why, Running with Scissors and Girl, Interrupted will be entranced by this remarkable true story of teenage despair and recovery In 1991, fourteen-year-old Brent Runyon came home from school, doused his bathrobe in gasoline, put it on, and lit a match. He suffered third-degree burns over 85% of his body and spent the next year recovering in hospitals and rehab facilities. During that year of physical recovery, Runyon began to question what he'd done, undertaking the complicated journey from near-death back to high school, and from suicide back to the emotional

mainstream of life. **Trauma and Recovery The Aftermath of Violence--From Domestic Abuse to Political Terror** *Basic Books* In this groundbreaking book, a leading clinical psychiatrist redefines how we think about and treat victims of trauma. A "stunning achievement" that remains a "classic for our generation." (Bessel van der Kolk, M.D., author of *The Body Keeps the Score*). *Trauma and Recovery* is revered as the seminal text on understanding trauma survivors. By placing individual experience in a broader political frame, Harvard psychiatrist Judith Herman argues that psychological trauma is inseparable from its social and political context. Drawing on her own research on incest, as well as a vast literature on combat veterans and victims of political terror, she shows surprising parallels between private horrors like child abuse and public horrors like war. Hailed by the *New York Times* as "one of the most important psychiatry works to be published since Freud," *Trauma and Recovery* is essential reading for anyone who seeks to understand how we heal and are healed.

A Second Chance Surviving Sudden Cardiac Death, Living on Borrowed Time What would you do if you had a second chance at life? Would you change anything? Would you make peace, forgive someone, make amends or celebrate life more? On a cold wintry January, Patrick W. Emmett was flying to Sioux Falls, South Dakota, on a business trip when he experienced a sudden cardiac arrest on an airplane at 30,000 feet and died. He experienced death and after some time, was rescued by passengers and airline crew while still in flight with the use of an automatic external defibrillator. You will be touched by his story and the stories of several other people who have suffered critical health issues. Pat's book is a reference book for heart patients, cancer patients and those going through traumatic health conditions. His book recounts the events leading up to his sudden cardiac arrest, his rescue and what his experiences in death were. The book also recounts his recovery period and what steps other people can take to prevent a heart attack. Finally, understand how to cope with serious health conditions. Pat has had a career working for automobile manufacturers and has served as an automotive consultant to car dealers from coast to coast. He began writing after his sudden cardiac arrest and recovery and has published several short stories and books from fiction to non-fiction. He is also a frequent public speaker for groups interested in hearing more about heart health and positive thinking.

Heart Berries A Memoir *Catapult* A powerful, poetic memoir of an Indigenous woman's coming of age on the Seabird Island Band in the Pacific Northwest—this *New York Times* bestseller and *Emma Watson Book Club* pick is "an illuminating account of grief, abuse and the complex nature of the Native experience . . . at once raw and achingly beautiful (NPR). Having survived a profoundly dysfunctional upbringing only to find herself hospitalized and facing a dual diagnosis of post traumatic stress disorder and bipolar II disorder, Terese Marie Mailhot is given a notebook and begins to write her way out of trauma. The triumphant result is *Heart Berries*, a memorial for Mailhot's mother, a

social worker and activist who had a thing for prisoners; a story of reconciliation with her father—an abusive drunk and a brilliant artist—who was murdered under mysterious circumstances; and an elegy on how difficult it is to love someone while dragging the long shadows of shame. Mailhot trusts the reader to understand that memory isn't exact, but melded to imagination, pain, and what we can bring ourselves to accept. Her unique and at times unsettling voice graphically illustrates her mental state. As she writes, she discovers her own true voice, seizes control of her story, and, in so doing, reestablishes her connection to her family, to her people, and to her place in the world. *Insatiable A Memoir of Love Addiction* *She Writes Press* In her professional life, Shary Hauer was a confident, successful, high-caliber executive coach who advised big-time corporate leaders around the globe—but her personal life was an entirely different matter. When it came to love, she was insecure, clingy, desperate, willing to do anything and everything to win and keep a man. Because without a man by her side, what good was she? In *Insatiable*, Hauer fearlessly chronicles her emotional journey from despair to hope, rejection to redemption, and self-hate to self-love, one man at a time. In candid detail, she relates what it is like to be trapped in the torturous cycle of love addiction—what it's like to be forever searching, needing, obsessing, scheming, and agonizing for love, suffering from a hunger that never ceases—and what it takes to break free of that cycle. An intimate, soul-baring tale that sheds much-needed light on one of the least understood and talked about addictions, *Insatiable* is the story of one woman's journey through the hellish, the humiliating, and the humbling in her single-minded pursuit of the most addictive drug of all: love. *The Naked Truth A Memoir* *Simon and Schuster* “A formidable, addictive storyteller, Morgan provides a highly stimulating story of a midlife education in the messiness of modern sex and love. A steamy, liberating tale of self-exploration and self-love that encourages readers to ‘revel in your sexuality’” —Kirkus Reviews Leslie Morgan, bestselling author of *Crazy Love* and *Mommy Wars*, was a mom turning fifty, reeling from divorce and determined to reclaim her life. In a radical break with convention, she dedicated a year to searching for five new lovers, seeking the rapture absent in a life of minivans and mom jeans—and finding a profound new sense of self-worth. When Leslie Morgan divorced after a twenty-year marriage, both her self-esteem and romantic optimism were shattered. She was determined to avoid the cliché of the “lonely, middle-aged divorcée” lamenting her stretch marks and begging her kids to craft her online dating profile. Instead, Leslie celebrated her independence with an audacious plan: she would devote a year to seeking out five lovers in hopes of unearthing the erotic adventures and authentic connections long missing from her life. Clumsy and clueless at first, she overcame mortifying early missteps, buoyed by friends and blind faith. And so she found men at yoga class, the airport, and high school reunions—all without the torture of dating websites. Along the way she uncovered new truths about sex,

aging, men, self-confidence, and what it means to be an older woman today. Packed with fearless, evocative details, *The Naked Truth* is a rare, unexpected, and wildly entertaining memoir about a soccer mom who rediscovers the magic of sexual and emotional connection, and the lasting gifts of reveling in your femininity at every age. *Intimate Treason Healing the Trauma for Partners Confronting Sex Addiction* *Central Recovery Press, LLC* Partners affected by sex addiction learn to develop healthy boundaries and make positive changes for themselves and their partners. *Quit Like a Woman The Radical Choice to Not Drink in a Culture Obsessed with Alcohol* *Dial Press* **NEW YORK TIMES BESTSELLER** • “An unflinching examination of how our drinking culture hurts women and a gorgeous memoir of how one woman healed herself.”—Glennon Doyle, #1 New York Times bestselling author of *Untamed* “You don’t know how much you need this book, or maybe you do. Either way, it will save your life.”—Melissa Hartwig Urban, Whole30 co-founder and CEO The founder of the first female-focused recovery program offers a groundbreaking look at alcohol and a radical new path to sobriety. We live in a world obsessed with drinking. We drink at baby showers and work events, brunch and book club, graduations and funerals. Yet no one ever questions alcohol’s ubiquity—in fact, the only thing ever questioned is why someone doesn’t drink. It is a qualifier for belonging and if you don’t imbibe, you are considered an anomaly. As a society, we are obsessed with health and wellness, yet we uphold alcohol as some kind of magic elixir, though it is anything but. When Holly Whitaker decided to seek help after one too many benders, she embarked on a journey that led not only to her own sobriety, but revealed the insidious role alcohol plays in our society and in the lives of women in particular. What’s more, she could not ignore the ways that alcohol companies were targeting women, just as the tobacco industry had successfully done generations before. Fueled by her own emerging feminism, she also realized that the predominant systems of recovery are archaic, patriarchal, and ineffective for the unique needs of women and other historically oppressed people—who don’t need to lose their egos and surrender to a male concept of God, as the tenets of Alcoholics Anonymous state, but who need to cultivate a deeper understanding of their own identities and take control of their lives. When Holly found an alternate way out of her own addiction, she felt a calling to create a sober community with resources for anyone questioning their relationship with drinking, so that they might find their way as well. Her resultant feminine-centric recovery program focuses on getting at the root causes that lead people to overindulge and provides the tools necessary to break the cycle of addiction, showing us what is possible when we remove alcohol and destroy our belief system around it. Written in a relatable voice that is honest and witty, *Quit Like a Woman* is at once a groundbreaking look at drinking culture and a road map to cutting out alcohol in order to live our best lives without the crutch of intoxication. You will never look at drinking the same way again. *The Daily Show (The Book) An Oral History as Told by*

Jon Stewart, the Correspondents, Staff and Guests *Grand Central Publishing*
NEW YORK TIMES BESTSELLER The complete, uncensored history of the award-winning *The Daily Show with Jon Stewart*, as told by its correspondents, writers, and host. For almost seventeen years, *The Daily Show with Jon Stewart* brilliantly redefined the borders between television comedy, political satire, and opinionated news coverage. It launched the careers of some of today's most significant comedians, highlighted the hypocrisies of the powerful, and garnered 23 Emmys. Now the show's behind-the-scenes gags, controversies, and camaraderie will be chronicled by the players themselves, from legendary host Jon Stewart to the star cast members and writers-including Samantha Bee, Stephen Colbert, John Oliver, and Steve Carell - plus some of *The Daily Show's* most prominent guests and adversaries: John and Cindy McCain, Glenn Beck, Tucker Carlson, and many more. This oral history takes the reader behind the curtain for all the show's highlights, from its origins as Comedy Central's underdog late-night program to Trevor Noah's succession, rising from a scrappy jester in the 24-hour political news cycle to become part of the beating heart of politics-a trusted source for not only comedy but also commentary, with a reputation for calling bullshit and an ability to effect real change in the world. Through years of incisive election coverage, passionate debates with President Obama and Hillary Clinton, feuds with Bill O'Reilly and Fox, and provocative takes on Wall Street and racism, *The Daily Show* has been a cultural touchstone. Now, for the first time, the people behind the show's seminal moments come together to share their memories of the last-minute rewrites, improvisations, pranks, romances, blow-ups, and moments of Zen both on and off the set of one of America's most groundbreaking shows. **Ready to Heal E-Book** *Breaking Free of Addictive Relationships* *eBookIt.com* It's no surprise that our culture is addicted to "love." The sappy love songs, the enticing ads for romantic getaways and the desire to be cherished by a special someone will never lose their appeal. But for some women, this poses a significant problem. Because of their insatiable desire for love, they will do anything to find it and ultimately land in destructive addictive relationships over and over again causing incredible harm. This newly revised and expanded edition of *Ready to Heal* provides an opportunity for women to break free from painful addictive relationships. Kelly McDaniel provides the reader with the tools they will need to move along the path to living a life where intimacy is possible. Readers have an opportunity to begin to "connect the dots" in their own relationship patterns by following the stories of four brave women. A newly added chapter on "Mother Hunger" explores the role of the mother in infancy and how she ultimately impacts a daughter's ability to have healthy intimate relationships later in life. **Break free from the chains of addictive relationships that sabotage happiness and self-respect. The Chicken Chronicles** *Sitting with the Angels Who Have Returned with My Memories: Glorious, Rufus, Gertrude Stein, Splendor, Hortensia, Agnes of God, The Gladyses, & Babe: A Memoir* *New Press/ORIM* A "life-affirmative and

eccentrically inspirational” collection from the National Book Award- and Pulitzer Prize-winning author of *The Color Purple* (Kirkus Reviews). In these glorious, offbeat, and compassionate tales, one of America’s preeminent authors shares her experiences raising and caring for a flock of affectionately named chickens. Walker addresses her “girls” directly, sometimes from the intimate proximity of her yard, other times at a great distance, during her travels to Bali and Dharamsala as an activist for peace and justice. On the way, she invites readers along on a surprising journey of spiritual discovery. Both heartbreaking and uplifting, *The Chicken Chronicles* lets us see a new and deeply personal side of one of the most captivating writers of our time. In turn, Walker has created a powerful touchstone for anyone seeking a deeper connection with the natural world. “Heartfelt, thought-provoking ruminations on sustenance from perspectives of both giver and receiver.” —Library Journal “Walker’s sage, compassionate memoir is meant to be savored and contemplated.” —Kirkus Reviews

Emotionally Naked: A Teacher's Guide to Preventing Suicide and Recognizing Students at Risk *John Wiley & Sons* Discover effective strategies to help prevent youth suicide In *Emotionally Naked: A Teacher’s Guide to Preventing Suicide and Recognizing Students at Risk*, trainer, speaker, and suicide loss survivor Anne Moss Rogers, and clinical social worker and researcher, Kimberly O’Brien, PhD, LICSW, empower middle and high school educators with the knowledge and skills to leverage their relationships with students to reduce this threat to life. The purpose of this book is not to turn teachers into therapists but given the pervasive public health problem of suicide in our youth, it’s a critical conversation that all educators need to feel comfortable having. Educators will learn evidence-based concepts of suicide prevention, plus lesser known innovative strategies and small culture shifts for the classroom to facilitate connection and healthy coping strategies, the foundation of suicide prevention. Included is commentary from teachers, school psychologists, experts in youth suicidology, leaders from mental health nonprofits, program directors, and students. In addition, readers will find practical tips, and sample scripts, with innovative activities that can be incorporated into teaching curricula. You’ll learn about: The teacher’s role in suicide prevention, intervention, postvention, collaboration The different and often cryptic ways students indicate suicidality What to do/say when a student tells you they are thinking of suicide Small shifts that can create a suicide-prevention classroom/school environment How to address a class of grieving students and the empty desk syndrome Link to a download of resources, worksheets, activities, scripts, quizzes, and more Who is it for: Middle/high school teachers and educators, school counselors, nurses, psychologists, coaches, and administrators, as well as parents who wish to better understand the complex subject of youth suicide. **We Are the Luckiest** *The Surprising Magic of a Sober Life* *New World Library* “**We Are the Luckiest** is a masterpiece. It’s the truest, most generous, honest, and helpful sobriety memoir I’ve read. It’s going to save lives.” — Glennon

Doyle, #1 New York Times bestselling author of *Love Warrior: A Memoir* What could possibly be “lucky” about addiction? Absolutely nothing, thought Laura McKowen when drinking brought her to her knees. As she puts it, she “kicked and screamed . . . wishing for something — anything — else” to be her issue. The people who got to drink normally, she thought, were so damn lucky. But in the midst of early sobriety, when no longer able to anesthetize her pain and anxiety, she realized that she was actually the lucky one. Lucky to feel her feelings, live honestly, really be with her daughter, change her legacy. She recognized that “those of us who answer the invitation to wake up, whatever our invitation, are really the luckiest of all.” Here, in straight-talking chapters filled with personal stories, McKowen addresses issues such as facing facts, the question of AA, and other people’s drinking. Without sugarcoating the struggles of sobriety, she relentlessly emphasizes the many blessings of an honest life, one without secrets and debilitating shame. *Drink The Intimate Relationship Between Women and Alcohol* Harper Collins In *Drink: The Intimate Relationship Between Women and Alcohol*, award-winning journalist Anne Dowsett Johnston combines in-depth research with her own personal story of recovery, and delivers a groundbreaking examination of a shocking yet little recognized epidemic threatening society today: the precipitous rise in risky drinking among women and girls. With the feminist revolution, women have closed the gender gap in their professional and educational lives. They have also achieved equality with men in more troubling areas as well. In the U.S. alone, the rates of alcohol abuse among women have skyrocketed in the past decade. DUIs, “drunkorexia” (choosing to limit eating to consume greater quantities of alcohol), and health problems connected to drinking are all rising—a problem exacerbated by the alcohol industry itself. Battling for women’s dollars and leisure time, corporations have developed marketing strategies and products targeted exclusively to women. Equally alarming is a recent CDC report showing a sharp rise in binge drinking, putting women and girls at further risk. As she brilliantly weaves in-depth research, interviews with leading researchers, and the moving story of her own struggle with alcohol abuse, Johnston illuminates this startling epidemic, dissecting the psychological, social, and industry factors that have contributed to its rise, and exploring its long-lasting impact on our society and individual lives. *Idiots Marriage, Motherhood, Milk & Mistakes* Simon and Schuster **INTERNATIONAL BESTSELLER** A fresh, hilarious, and relatable collection of essays about everything from motherhood and marriage to sobriety and work-life balance (or imbalance) from the nationally bestselling author of the “honest, complicated” (SheKnows) *Idiot*. **TRIGGER WARNING: TORN EVERYTHING!** In her first book, *Idiot*, bestselling author Laura Clery gave us mind-blowingly personal life stories about addiction, toxic relationships, and recovery—establishing herself as the preeminent voice of infinite conviction meets zero impulse control. Here she is two kids later asking, “How did we get here?” *Sex*. *Sex* is how we got here. Laura’s life has changed a great deal since she wrote

Idiot, but her hilarious candor has only increased with motherhood—plus she tells some of the stories she was too scared to tell in her first book (which is really saying something). In *Idiots*, Laura shares more than anyone ever asked for about: -Mucus plugs, vacuum extraction, and adult diapers -Dousing doulas, VagTime, and pelvic organ prolapse -Vaginismus, laxative overdose, and accidental lactivism -Placenta pills, mom brain, and vibrator manifestation -Nipple-twisting orgies and flinging a butt burrito in your doctor's face -ADHD, autism, postpartum depression, and the wisdom of a ninety-eight-year-old sage named Anne -Unsolicited dick, sexual assault, and sister-drugging -Stephen's cheating, Laura's cheating, fights, and forgiveness -Choosing love over fear and healing the world Laura does not hold back when it comes to sharing stories of screw-ups, triumphs, and learning from her mistakes. Whether she's crying into a diaper in a Whole Foods parking lot or desperately soliciting advice from a random elderly stranger (who has most certainly considered a restraining order), Laura is able to laugh at herself even during her worst moments—more important, she makes us laugh, cry, and feel less alone in the world. *Speak, Okinawa A Memoir* *Vintage A* "hauntingly beautiful memoir about family and identity" (NPR) and a young woman's journey to understanding her complicated parents—her mother an Okinawan war bride, her father a Vietnam veteran—and her own, fraught cultural heritage. Elizabeth's mother was working as a nightclub hostess on U.S.-occupied Okinawa when she met the American soldier who would become her husband. The language barrier and power imbalance that defined their early relationship followed them to the predominantly white, upstate New York suburb where they moved to raise their only daughter. There, Elizabeth grew up with the trappings of a typical American childhood and adolescence. Yet even though she felt almost no connection to her mother's distant home, she also felt out of place among her peers. Decades later, Elizabeth comes to recognize the shame and self-loathing that haunt both her and her mother, and attempts a form of reconciliation, not only to come to terms with the embattled dynamics of her family but also to reckon with the injustices that reverberate throughout the history of Okinawa and its people. Clear-eyed and profoundly humane, *Speak, Okinawa* is a startling accomplishment—a heartfelt exploration of identity, inheritance, forgiveness, and what it means to be an American. *Mein Kampf* *Diamond Pocket Books Pvt Ltd* 'MEIN KAMPF' is the autobiography of Adolf Hitler gives detailed insight into the mission and vision of Adolf Hitler that shook the world. This book is the merger of two volumes. The first volume of MEIN KAMPF' was written while the author was imprisoned in a Bavarian fortress. The book deals with events which brought the author into this blight. It was the hour of Germany's deepest humiliation, when Napoleon has dismembered the old German Empire and French soldiers occupied almost the whole of Germany. The books narrates how Hitler was arrested with several of his comrades and imprisoned in the fortress of Landsberg on the river Lech. During this period only the author wrote the first volume of MEIN KAMPF. The Second

volume of MEIN KAMPF was written after release of Hitler from prison and it was published after the French had left the Ruhr, the tramp of the invading armies still echoed in German ears and the terrible ravages had plunged the country into a state of social and economic Chaos. The beauty of the book is, MEIN KAMPF is an historical document which bears the imprint of its own time. Moreover, Hitler has declared that his acts and 'public statements' constitute a partial revision of his book and are to be taken as such. Also, the author has translated Hitler's ideal, the Volkischer Staat, as the People's State. The author has tried his best making German Vocabulary easy to understand. You will never be satisfied until go through the whole book. A must read book, which is one of the most widely circulated and read books worldwide. Corrections in Ink A Memoir *St. Martin's Press* "Brave, brutal . . . a riveting story about suffering, recovery, and redemption. Inspiring and relevant." —The New York Times An electric and unforgettable memoir about a young woman's journey—from the ice rink, to addiction and a prison sentence, to the newsroom—and how she emerged with a fierce determination to expose the broken system she experienced. Keri Blakinger always lived life at full throttle. Growing up, that meant throwing herself into competitive figure skating with an all-consuming passion that led her to nationals. But when her skating career suddenly fell apart, that meant diving into self-destruction with the intensity she once saved for the ice. For the next nine years, Keri ricocheted from one dark place to the next: living on the streets, selling drugs and sex, and shooting up between classes all while trying to hold herself together enough to finish her degree at Cornell. Then, on a cold day during her senior year, the police caught her walking down the street with a Tupperware full of heroin. Her arrest made the front page of the local news and landed her behind bars for nearly two years. There, in the Twilight Zone of New York's jails and prisons, Keri grappled with the wreckage of her missteps and mistakes as she sobered up and searched for a better path. Along the way, she met women from all walks of life—who were all struggling through the same upside-down world of corrections. As the days ticked by, Keri came to understand how broken the justice system is and who that brokenness hurts the most. After she walked out of her cell for the last time, Keri became a reporter dedicated to exposing our flawed prisons as only an insider could. Written with searing intensity, unflinching honesty, and shocks of humor, *Corrections in Ink* uncovers that dark, brutal system that affects us all. Not just a story about getting out and getting off drugs, this galvanizing memoir is about the power of second chances; about who our society throws away and who we allow to reach for redemption—and how they reach for it.