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TRIPPING OVER THE TRUTH

HOW THE METABOLIC THEORY OF CANCER IS OVERTURNING ONE OF MEDICINE'S MOST ENTRENCHED PARADIGMS

Chelsea Green Publishing Revision of: *Tripping over the truth*. 2014.

TRIPPING OVER THE TRUTH

THE METABOLIC THEORY OF CANCER

CreateSpace "In the wake of the Cancer Genome Atlas project's failure to provide a legible road map to a cure for cancer, science writer Travis Christofferson illuminates a promising blend of old and new perspectives on the disease. 'Tripping Over the Truth' follows the story of cancers proposed metabolic origin from the vaunted halls of the German scientific golden age, to modern laboratories around the world. The reader is taken on a journey through time and science that results in an unlikely connecting of the dots with profound therapeutic implications." --Cover.

CANCER AS A METABOLIC DISEASE

ON THE ORIGIN, MANAGEMENT, AND PREVENTION OF CANCER

John Wiley & Sons The book addresses controversies related to the origins of cancer and provides solutions to cancer management and prevention. It expands upon Otto Warburg's well-known theory that all cancer is a disease of energy metabolism. However, Warburg did not link his theory to the "hallmarks of cancer" and thus his theory was discredited. This book aims to provide evidence, through case studies, that cancer is primarily a metabolic disease requiring metabolic solutions for its management and prevention. Support for this position is derived from critical assessment of current cancer theories. Brain cancer case studies are presented as a proof of principle for metabolic solutions to disease management, but similarities are drawn to other types of cancer, including breast and colon, due to the same cellular mutations that they demonstrate.

THE POWER OF MOMENTS

WHY CERTAIN EXPERIENCES HAVE EXTRAORDINARY IMPACT

Simon and Schuster The New York Times bestselling authors of *Switch* and *Made to Stick* explore why certain brief experiences can jolt us and elevate us and change us—and how we can learn to create such extraordinary moments in our life and work. While human lives are endlessly variable, our most memorable positive moments are dominated by four elements: elevation, insight, pride, and connection. If we embrace these elements, we can conjure more moments that matter. What if a teacher could design a lesson that he knew his students would remember twenty years later? What if a manager knew how to create an experience that would delight customers? What if you had a better sense of how to create memories that matter for your children? This book delves into some fascinating mysteries of experience: Why we tend to remember the best or worst moment of an experience, as well as the last moment, and forget the rest. Why "we feel most comfortable when things are certain, but we feel most alive when they're not." And why our most cherished memories are clustered into a brief period during our youth. Readers discover how brief experiences can change lives, such as the experiment in which two strangers meet in a room, and forty-five minutes later, they leave as best friends. (What happens in that time?) Or the tale of the world's youngest female billionaire, who credits her resilience to something her father asked the family at the dinner table. (What was that simple question?) Many of the defining moments in our lives are the result of accident or luck—but why would we leave our most meaningful, memorable moments to chance when we can create them? *The Power of Moments* shows us how to be the author of richer experiences.

CURABLE

HOW AN UNLIKELY GROUP OF RADICAL INNOVATORS IS TRYING TO TRANSFORM OUR HEALTH CARE SYSTEM

Chelsea Green Publishing Journalist and healthcare advocate Christofferson looks at medicine through a magnifying glass and asks an important question: What if the roots of the current U.S. healthcare crisis are psychological and systemic, perpetuated not just by corporate influence and the powers that be, but by citizens?

THE METABOLIC APPROACH TO CANCER

INTEGRATING DEEP NUTRITION, THE KETOGENIC DIET, AND NONTOXIC BIO-INDIVIDUALIZED THERAPIES

Chelsea Green Publishing *The Optimal Terrain Ten Protocol to Reboot Cellular Health* Since the beginning of the twentieth century, cancer rates have increased exponentially--now affecting almost 50 percent of the American population. Conventional treatment continues to rely on chemotherapy, surgery, and radiation to attack cancer cells. Yet research has repeatedly shown that 95 percent of cancer cases are directly linked to diet and lifestyle. *The Metabolic Approach to Cancer* is the book we have been waiting for--it offers an innovative, metabolic-focused nutrition protocol that actually works. Naturopathic, integrative oncologist and cancer survivor Dr. Nasha Winters and nutrition therapist Jess Higgins Kelley have identified the ten key elements of a person's "terrain" (think of it as a topographical map of our body) that are crucial to preventing and managing cancer. Each of the terrain ten elements--including epigenetics, the microbiome, the immune system, toxin exposures, and blood sugar balance--is illuminated as it relates to the cancer process, then given a heavily researched and tested, non-toxic and metabolic, focused nutrition prescription. The metabolic theory of cancer--that cancer is fueled by high carbohydrate diets, not "bad" genetics--was introduced by Nobel Prize-laureate and scientist Otto Warburg in 1931. It has been largely disregarded by conventional oncology ever since. But this theory is resurging as a result of research showing incredible clinical outcomes when cancer cells are deprived of their primary fuel source (glucose). The ketogenic diet--which relies on the body's production of ketones as fuel--is the centerpiece of *The Metabolic Approach to Cancer*. Further, Winters and Kelley explain how to harness the anticancer potential of phytonutrients abundant in low-glycemic plant and animal foods to address the 10 hallmarks of cancer--an approach Western medicine does with drug based therapies. Their optimized, genetically-tuned diet shuns grains, legumes, sugar, genetically modified foods, pesticides, and synthetic ingredients while emphasizing whole, wild, local, organic, fermented, heirloom, and low-glycemic foods and herbs. Other components of their approach include harm-reductive herbal therapies like mistletoe (considered the original immunotherapy and common in European cancer care centers) and cannabinoids (which shrink tumors and increase quality of life, yet are illegal in more than half of the United States). Through addressing the ten root causes of cancer and approaching the disease from a nutrition-focused standpoint, we can slow cancer's endemic spread and live optimized lives.

KETO FOR CANCER

KETOGENIC METABOLIC THERAPY AS A TARGETED NUTRITIONAL STRATEGY

Chelsea Green Publishing *A Comprehensive Guide for Patients and Practitioners* Although evidence supporting the benefits of ketogenic diet therapies continues to mount, there is little to guide those who wish to adopt this diet as a metabolic therapy for cancer. *Keto for Cancer* fills this need. Inspired by the work of Dr. Thomas N. Seyfried, PhD, nutritionist Miriam Kalamian has written the first book to lay out comprehensive guidelines that specifically address the many challenges associated with cancer, and particularly the deep nutritional overhaul involved with the ketogenic diet. Kalamian, a leading voice in the keto movement, is driven by passion from her own experience in using the ketogenic diet for her young son. Her book addresses the nuts and bolts of adopting the diet, from deciding whether keto is the right choice to developing a personal plan for smoothly navigating the keto lifestyle. It is invaluable for both beginners and seasoned users of the ketogenic diet, as well as for health-care professionals who need a toolkit to implement this targeted metabolic therapy. The book guides readers to a deeper understanding of the therapeutic potential of the ketogenic diet--which extends well beyond simply starving cancer--emphasizing the powerful impact the diet has on the metabolism of cancer cells. Nutritional nuances are explored in sections such as "Fasting Protocols" and "Know What's in the Foods You Eat" while meal templates and tracking tools are provided in "Preparing Keto Meals." Kalamian also discusses important issues such as self-advocacy. Readers of *Keto for Cancer* are empowered to "get off the bench and get in the game." To that end, Kalamian offers tips on how to critically examine cancer-care options then incorporate what resonates into a truly personalized treatment plan.

FORGOTTEN TRUTH

Penguin Third in the extraordinary series featuring Alissa, a young woman seduced by the power of magic.

KETONES, THE FOURTH FUEL

WARBURG TO KREBS TO VEECH, THE 250 YEAR JOURNEY TO FIND THE FOUNTAIN OF YOUTH

In *The Fourth Fuel*, science writer Travis Christofferson weaves a fascinating narrative of humanities quest to understand how our bodies produce energy--transporting us on a scientific expedition from the past to the present--across early modern Europe to modern laboratories spanning the globe. The reader is taken on a riveting and revelatory journey that follows Nobel Prize-winning scientists from the 19th and 20th centuries as they map the pathways and cycles that comprise human metabolism. The reader is left with a new and lasting appreciation for the silent chemical motion that keeps us alive and healthy. Ultimately, the narrative arrives at a remarkable discovery that rewrites everything we thought we knew about metabolism--with profound therapeutic consequences. Coming back to the present, Christofferson reminds us that Americans are sicker than they have ever been. Heart disease, cancer, dementia, obesity and type 2 diabetes are rapidly becoming the norm. Yet we are presented with a revelation: the realization that we all have a potent, and easy-to-access hybrid metabolism that generates a different fuel--the fourth fuel--that "supercharges" our metabolism in a way that slows aging and by-passes the metabolic dysfunction that leads to the multitude of diseases that plague modern society.

BORN TO RUN

A HIDDEN TRIBE, SUPERATHLETES, AND THE GREATEST RACE THE WORLD HAS NEVER SEEN

Vintage Recounts the author's experiences with the reclusive Tarahumara Indians, whose techniques allow them to run long distances with ease, and describes his training for a fifty-mile race with the tribe and a number of ultramarathoners.

TRIPPING THE PROM QUEEN

THE TRUTH ABOUT WOMEN AND RIVALRY

Macmillan A psychological investigation into female rivalry negates popular beliefs about how women interact, contending that most women engage in covertly competitive behaviors, exploring the sources of rivalry among women, and detailing the ways in which female and male competitiveness differ. Reprint. 35,000 first printing.

FREAK THE MIGHTY

Usborne Publishing Ltd Max is used to being called Stupid. And he is used to everyone being scared of him. On account of his size and looking like his dad. Kevin is used to being called Dwarf. On account of his size and being some cripple kid. But greatness comes in all sizes, and together Max and Kevin become Freak The Mighty and walk high above the world. An inspiring, heartbreaking, multi-award winning international bestseller.

THOU SHALT NOT ROAD TRIP

Penguin From the award-winning author of *Five Flavors of Dumb* comes a novel featuring one crazy road trip full of rejection, redemption, and romance. Perfect for fans of John Green's *An Abundance of Katherines*, or Sara Zarr's *Once Was Lost*. Sixteen-year-old Luke's self-help book *Hallelujah* has become a national bestseller and his publisher is sending him on a cross-country book tour along the historic Route 66. Unfortunately for Luke, his irresponsible older brother Matt is coming along as chauffeur. When Matt offers to drive Luke's ex-crush, Fran, across the country too, things really get crazy. In this journey of self-discovery, Luke has to loosen up and discover what it truly means to have faith to win the girl he loves. "A highly readable balance of humor, heart, self-discovery, and shenanigans."—BCCB "Christian values are conveyed with humor, devoid of potentially preachy pitfalls."—School Library Journal "Features multifaceted teens whose faith is integrated with their thinking but doesn't define them completely . . . [A]n upbeat read with a unique premise, great settings, and just a little more."—Booklist

TIME ENOUGH FOR DRUMS

Laurel Leaf Sixteen-year-old Jem struggles to maintain the status quo at home in Trenton, New Jersey, when the family men join the war for independence. There are signs of rebellion in the Emerson household several years before the actual American Revolution hits in 1776! Brought up in a relatively liberal household, Jemima Emerson is quite a challenge for her tutor, John Reid, who is known as a Tory with strong ties to England. How could Jem's parents be friends with a man who opposes American freedom? Jem longs for freedom on every level, in the home and her homeland--and John represents the forces that restrict her. Jem and her family soon find themselves fighting for freedom in whatever ways they can in the Revolutionary War. Before long, Jem discovers that there is much more to Mr. Reid than she ever imagined. Her feelings about him change when Jem realizes that John shares her love of freedom--and will risk his life to defend it.

TRIPPING WITH ALLAH

ISLAM, DRUGS, AND WRITING

Catapult If *Tripping with Allah* is a road book, it's a road book in the tradition of *2001: A Space Odyssey*, rather than *On the Road*. Amazonian shamanism meets Christianity meets West African religion meets Islam in this work of reflection and inward adventure. Knight, the "Hunter S. Thompson of Islamic literature" seeks reconciliation between his Muslim identity and his drinking of ayahuasca, a psychedelic tea that has been used in the Amazon for centuries. His experience becomes an opportunity to investigate complex issues of drugs, religion, and modernity. Though essential for readers interested in Islam or the growing popularity of ayahuasca, this book is truly about neither Islam nor ayahuasca. *Tripping with Allah* provides an accessible look into the construction of religion, the often artificial borders dividing these constructions, and the ways in which religion might change in an increasingly globalized world. Finally, *Tripping with Allah* not only explores Islam and drugs, but also Knight's own process of creativity and discovery.

OTTO WARBURG

CELL PHYSIOLOGIST, BIOCHEMIST, AND ECCENTRIC

Oxford University Press

MERCHANTS OF TRUTH

THE BUSINESS OF NEWS AND THE FIGHT FOR FACTS

Simon & Schuster Former executive editor of *The New York Times* and one of our most eminent journalists Jill Abramson provides a "valuable and insightful" (*The Boston Globe*) report on the disruption of the news media over the last decade, as shown via two legacy (*The New York Times* and *The Washington Post*) and two upstart (*BuzzFeed* and *VICE*) companies as they plow through a revolution that pits old vs. new media. "A marvelous book" (*The New York Times Book Review*), *Merchants of Truth* is the groundbreaking and gripping story of the precarious state of the news business. The new digital reality nearly kills two venerable newspapers with an aging readership while creating two media behemoths with a ballooning and fickle audience of millennials. "Abramson provides this

deeply reported insider account of an industry fighting for survival. With a keen eye for detail and a willingness to interrogate her own profession, Abramson takes readers into the newsrooms and boardrooms of the legacy newspapers and the digital upstarts that seek to challenge their dominance” (Vanity Fair). We get to know the defenders of the legacy presses as well as the outsized characters who are creating the new speed-driven media competitors. The players include Jeff Bezos and Marty Baron (The Washington Post), Arthur Sulzberger and Dean Baquet (The New York Times), Jonah Peretti (BuzzFeed), and Shane Smith (VICE) as well as their reporters and anxious readers. *Merchants of Truth* raises crucial questions that concern the well-being of our society. We are facing a crisis in trust that threatens the free press. “One of the best takes yet on journalism’s changing fortunes” (Publishers Weekly, starred review), Abramson’s book points us to the future.

WISCONSIN DEATH TRIP

University of New Mexico Press First published in 1973, this remarkable book about life in a small turn-of-the-century Wisconsin town has become a cult classic. Lesy has collected and arranged photographs taken between 1890 and 1910 by a Black River Falls photographer, Charles Van Schaik.

INSTANT ZEN

WAKING UP IN THE PRESENT

North Atlantic Books Instant Zen presents the teachings of Foyan, a twelfth-century Chinese Zen master recognized as one of the greatest masters of the Song dynasty Zen renaissance in China. Returning to the uncomplicated genuineness of the original and classical Zen masters, Foyan offers many simple exercises in attention and thought designed to lead to the awakening of Zen insight into the real nature of the self. These succinct teachings emphasize independence and autonomy, and show us how to open our own eyes and stand on our own two feet, to see directly without delusion and act on truth without confusion. Translator Thomas Cleary provides an incisive introduction and extensive references from traditional Zen sources, placing the work in both historical and contemporary contexts. Newcomers to Zen will find this book a useful and sophisticated introduction to authentic inner Zen practices from an impeccable source, without cultural exoticism or religious cultism. Instant Zen sheds new light on this vital tradition, making available the immediacy of Zen practice and unveiling our innate potential for conscious awakening.

ALL AMERICAN BOYS

Simon and Schuster When sixteen-year-old Rashad is mistakenly accused of stealing, classmate Quinn witnesses his brutal beating at the hands of a police officer who happens to be the older brother of his best friend. Told through Rashad and Quinn's alternating viewpoints.

DON'T MAKE ME PULL OVER!

AN INFORMAL HISTORY OF THE FAMILY ROAD TRIP

Scribner “A lighthearted, entertaining trip down Memory Lane” (Kirkus Reviews), Don’t Make Me Pull Over! offers a nostalgic look at the golden age of family road trips—before portable DVD players, smartphones, and Google Maps. The birth of America’s first interstate highways in the 1950s hit the gas pedal on the road trip phenomenon and families were soon streaming—sans seatbelts!—to a range of sometimes stirring, sometimes wacky locations. In the days before cheap air travel, families didn’t so much take vacations as survive them. Between home and destination lay thousands of miles and dozens of annoyances, and with his family Richard Ratay experienced all of them—from being crowded into the backseat with noogie-happy older brothers, to picking out a souvenir only to find that a better one might have been had at the next attraction, to dealing with a dad who didn’t believe in bathroom breaks. Now, decades later, Ratay offers “an amiable guide...fun and informative” (New York Newsday) that “goes down like a cold lemonade on a hot summer’s day” (The Wall Street Journal). In hundreds of amusing ways, he reminds us of what once made the Great American Family Road Trip so great, including twenty-foot “land yachts,” oasis-like Holiday Inn “Holidomes,” “Smokey”-spotting Fuzzbusters, twenty-eight glorious flavors of Howard Johnson’s ice cream, and the thrill of finding a “good buddy” on the CB radio. An “informative, often hilarious family narrative [that] perfectly captures the love-hate relationship many have with road trips” (Publishers Weekly), Don’t Make Me Pull Over! reveals how the family road trip came to be, how its evolution mirrored the country’s, and why those magical journeys that once brought families together—for better and worse—have largely disappeared.

SUMMARY OF TRAVIS CHRISTOFFERSON'S TRIPPING OVER THE TRUTH

KEY TAKEAWAYS & ANALYSIS

Createspace Independent Publishing Platform PLEASE NOTE: This is a summary, analysis and review of the book and not the original book. In his controversial book, "Tripping Over the Truth," Travis Christofferson provides detailed and significant evidence that we have been looking at cancer all wrong for a very long time. This SUMOREADS Summary & Analysis offers supplementary material to "Tripping Over the Truth" to help you distill the key takeaways, review the book's content, and further understand the writing style and overall themes from an editorial perspective. Whether you'd like to deepen your understanding, refresh your memory, or simply decide whether or not this book is for you, SUMOREADS Summary & Analysis is here to help. Absorb everything you need to know in under 20 minutes! What does this SUMOREADS Summary & Analysis Include? An Executive Summary of the original book Editorial Review Key takeaways & analysis Brief chapter summaries A short bio of the the author Original Book Summary Overview "Tripping Over the Truth" by Travis Christofferson is a book exposing the world of cancer research, the figures influencing it, and the industry behind it. This is a short, but powerful, read full of insights about the triumphs and shortfalls behind the struggle against cancer. BEFORE YOU BUY: The purpose of this SUMOREADS Summary & Analysis is to help you decide if it's worth the time, money and effort reading the original book (if you haven't already). SUMOREADS has pulled out the essence-but only to help you ascertain the value of

the book for yourself. This analysis is meant as a supplement to, and not a replacement for, "Tripping Over the Truth."

THE KETOGENIC KITCHEN

LOW CARB. HIGH FAT. EXTRAORDINARY HEALTH.

Chelsea Green Publishing Cancer survivors Domini Kemp and Patricia Daly offer the first comprehensive ketogenic cookbook based on the most exciting new research on nutritional approaches to the prevention and management of cancer. For decades, the ketogenic diet which shifts the body's metabolism from burning glucose to burning fat, lowering blood sugar and insulin and resulting in a metabolic state known as ketosis has been used to successfully manage pediatric epilepsy. More recently, it has been used by the Paleo community as a weight loss strategy. Now emerging research suggests that a ketogenic diet, in conjunction with conventional treatments, also offers new hope for those coping with cancer and other serious disease. With endorsements from leading researchers and oncologists such as Dr. Thomas Seyfried (Cancer as a Metabolic Disease), The Ketogenic Kitchen offers more than 250 recipes, as well as meal plans and comprehensive scientific information about the benefits of a ketogenic diet, with sensible advice to help readers through periods of illness, recovery, and treatment. This North American paperback edition has been updated to include U.S. customary units of measure appearing side-by-side with metric measures. "

STUMBLING ON HAPPINESS

Vintage Canada A smart and funny book by a prominent Harvard psychologist, which uses groundbreaking research and (often hilarious) anecdotes to show us why we're so lousy at predicting what will make us happy - and what we can do about it. Most of us spend our lives steering ourselves toward the best of all possible futures, only to find that tomorrow rarely turns out as we had expected. Why? As Harvard psychologist Daniel Gilbert explains, when people try to imagine what the future will hold, they make some basic and consistent mistakes. Just as memory plays tricks on us when we try to look backward in time, so does imagination play tricks when we try to look forward. Using cutting-edge research, much of it original, Gilbert shakes, cajoles, persuades, tricks and jokes us into accepting the fact that happiness is not really what or where we thought it was. Among the unexpected questions he poses: Why are conjoined twins no less happy than the general population? When you go out to eat, is it better to order your favourite dish every time, or to try something new? If Ingrid Bergman hadn't gotten on the plane at the end of Casablanca, would she and Bogey have been better off? Smart, witty, accessible and laugh-out-loud funny, *Stumbling on Happiness* brilliantly describes all that science has to tell us about the uniquely human ability to envision the future, and how likely we are to enjoy it when we get there.

LOOK BOTH WAYS

A TALE TOLD IN TEN BLOCKS

Simon and Schuster "A collection of ten short stories that all take place in the same day about kids walking home from school"--

FLAMES OF TRUTH

NEW EDITION 2019

Lost Fae My name is Emma Jones. I'm a typical seventeen-year-old . . . except that I can see the future. Or, at least, what might happen in the future. I've never revealed my secret to anyone. I've always tried to fly under the radar and not attract anyone's attention. But this year there are some new boys at school. There's something different about them. I have a feeling things are going to change for me this year.

ARC OF JUSTICE

A SAGA OF RACE, CIVIL RIGHTS, AND MURDER IN THE JAZZ AGE

Henry Holt and Company An electrifying story of the sensational murder trial that divided a city and ignited the civil rights struggle In 1925, Detroit was a smoky swirl of jazz and speakeasies, assembly lines and fistfights. The advent of automobiles had brought workers from around the globe to compete for manufacturing jobs, and tensions often flared with the KKK in ascendance and violence rising. Ossian Sweet, a proud Negro doctor-grandson of a slave-had made the long climb from the ghetto to a home of his own in a previously all-white neighborhood. Yet just after his arrival, a mob gathered outside his house; suddenly, shots rang out: Sweet, or one of his defenders, had accidentally killed one of the whites threatening their lives and homes. And so it began-a chain of events that brought America's greatest attorney, Clarence Darrow, into the fray and transformed Sweet into a controversial symbol of equality. Historian Kevin Boyle weaves the police investigation and courtroom drama of Sweet's murder trial into an unforgettable tapestry of narrative history that documents the volatile America of the 1920s and movingly re-creates the Sweet family's journey from slavery through the Great Migration to the middle class. Ossian Sweet's story, so richly and poignantly captured here, is an epic tale of one man trapped by the battles of his era's changing times. *Arc of Justice* is the winner of the 2004 National Book Award for Nonfiction.

SOPHIE'S WORLD

A NOVEL ABOUT THE HISTORY OF PHILOSOPHY

Farrar, Straus and Giroux One day Sophie comes home from school to find two questions in her mail: "Who are you?" and "Where does the world come from?" Before she knows it she is enrolled in a correspondence course with a mysterious philosopher. Thus begins Jostein Gaarder's unique novel, which is not only a mystery, but also a complete and entertaining history of philosophy.

THE IDIOT

A NOVEL

Penguin A New York Times Book Review Notable Book • Finalist for the Pulitzer Prize for Fiction • Longlisted for the Women's Prize for Fiction "Easily the funniest book I've read this year." —GO "Masterly funny debut novel . . . Erudite but never pretentious, *The Idiot* will make you crave more books by Batuman." —Sloane Crosley, *Vanity Fair* A portrait of the artist as a young woman. A novel about not just discovering but inventing oneself. The year is 1995, and email is new. Selin, the daughter of Turkish immigrants, arrives for her freshman year at Harvard. She signs up for classes in subjects she has never heard of, befriends her charismatic and worldly Serbian classmate, Svetlana, and, almost by accident, begins corresponding with Ivan, an older mathematics student from Hungary. Selin may have barely spoken to Ivan, but with each email they exchange, the act of writing seems to take on new and increasingly mysterious meanings. At the end of the school year, Ivan goes to Budapest for the summer, and Selin heads to the Hungarian countryside, to teach English in a program run by one of Ivan's friends. On the way, she spends two weeks visiting Paris with Svetlana. Selin's summer in Europe does not resonate with anything she has previously heard about the typical experiences of American college students, or indeed of any other kinds of people. For Selin, this is a journey further inside herself: a coming to grips with the ineffable and exhilarating confusion of first love, and with the growing consciousness that she is doomed to become a writer. With superlative emotional and intellectual sensitivity, mordant wit, and pitch-perfect style, Batuman dramatizes the uncertainty of life on the cusp of adulthood. Her prose is a rare and inimitable combination of tenderness and wisdom; its logic as natural and inscrutable as that of memory itself. *The Idiot* is a heroic yet self-effacing reckoning with the terror and joy of becoming a person in a world that is as intoxicating as it is disquieting. Batuman's fiction is unguarded against both life's affronts and its beauty--and has at its command the complete range of thinking and feeling which they entail. Named one of the best books of the year by *Refinery29* • *Mashable* • *Elle Magazine* • *The New York Times* • *Bookpage* • *Vogue* • *NPR* • *Buzzfeed* • *The Millions*

BUSTING BREAST CANCER

FIVE SIMPLE STEPS TO KEEP BREAST CANCER OUT OF YOUR BODY

Avoid mammograms. Switch off birth control drugs-and progestin menopausal drugs, too. Lose your excess fat NOW! Stop holding onto those highly stressful jobs and relationships. Counterintuitive as these may seem, each is among *Busting Breast Cancer's Five Simple Steps*, documented to effectively prevent breast cancer, thanks to recent developments in our metabolic understanding of cancer. Each reduces your risk of breast cancer by 30 to 80 percent! Dr. Susan Wadia-Ells' shocking new book questions the presumed wisdom of most so-called authorities: National Academy of Medicine, American Cancer Society, Susan Komen, and mainstream cancer centers. And why wouldn't we question their wisdom? At least 30 percent of women treated for early-stage breast cancer go on to develop metastatic breast cancer--practically guaranteeing their early death. Physicians must report each recurrence to state registries. But you may be surprised to learn the industry and its federal partners keep these numbers hidden. Perhaps they're just too embarrassing to share. Dr. Wadia-Ells does not pussyfoot around. A journalist with graduate degrees in political economy and women's studies, she aims to change US culture on women's behalf. Reviewing thousands of studies while researching this book, she discovered the 2012 landmark text, *Cancer as a Metabolic Disease*, by Boston College biologist Thomas Seyfried, PhD who lays out the complete biological explanation of how a person's first cancer cell develops. Effective prevention is now possible! Take off the pink ribbons. Stop running for the cure. Keep vitamin D3 above 60 ng/ml. Get rid of the carbs. Practice meditation. Stop suffocating your breast cells' "batteries"--your fragile mitochondria. Take charge; stop that first breast cancer cell before it's ever born. *Busting Breast Cancer* also proposes political actions: demand the FDA allow affordable \$30 hormone-free IUDs; promote breast self-exams; mandate equal insurance coverage for ultrasound screenings and early-prevention thermography. Against a multibillion-dollar industry with too much financial incentive to abandon its failing direction, who can change the course of breast cancer prevention and treatment? YOU can! Only women have the self-interest to do it. And now, with *Busting Breast Cancer*, you'll have the knowledge, too.

LIAR'S MOON

Scholastic Inc. Prisons, poisons, and passions combine in a gorgeously written fantasy noir by the author of the Morris Award-winning *A Curse Dark As Gold*. As a pickpocket, Digger expects to spend a night in jail every now and then. But she doesn't expect to find Lord Durrel Decath there as well--or to hear he's soon to be executed for killing his wife. Durrel once saved Digger's life, and when she goes free, she decides to use her skills as a thief, forger, and spy to investigate his case and return the favor. But each new clue only opens up more mysteries. While Durrel's marriage was one of convenience, his behavior has been more impulsive than innocent. His late wife had an illegal business on the wrong side of the civil war raging just outside the city gates. Digger keeps finding forbidden magic in places it has no reason to be. And it doesn't help that she may be falling in love with a murderer . . .

FEAR AND LOATHING IN LAS VEGAS

A SAVAGE JOURNEY TO THE HEART OF THE AMERICAN DREAM

Vintage 50th Anniversary Edition • With an introduction by Caity Weaver, acclaimed New York Times journalist This cult classic of gonzo journalism is the best chronicle of drug-soaked, addle-brained, rollicking good times ever committed to the printed page. It is also the tale of a long weekend road trip that has gone down in the annals of American pop culture as one of the strangest journeys ever undertaken. Also a major motion picture directed by Terry Gilliam, starring Johnny Depp and Benicio del Toro.

SOMETIMES I TRIP ON HOW HAPPY WE COULD BE

Grand Central Publishing "Hear the dark liquor of her laughter rippling behind her sentences" in this magnetic memoir as it explores a journalist's obsession with pop culture and the difficulty of navigating relationships as a Black woman through fanfiction, feminism,

and Southern mores (Saeed Jones). Pop culture is the Pandora's Box of our lives. Racism, wealth, poverty, beauty, inclusion, exclusion, and hope -- all of these intractable and unavoidable features course through the media we consume. Examining pop culture's impact on her life, Nichole Perkins takes readers on a rollicking trip through the last twenty years of music, media and the internet from the perspective of one southern Black woman. She explores her experience with mental illness and how the TV series *Frasier* served as a crutch, how her role as mistress led her to certain internet message boards that prepared her for current day social media, and what it means to figure out desire and sexuality and Prince in a world where marriage is the only acceptable goal for women. Combining her sharp wit, stellar pop culture sensibility, and trademark spirited storytelling, Nichole boldly tackles the damage done to women, especially Black women, by society's failure to confront the myths and misogyny at its heart, and her efforts to stop the various cycles that limit confidence within herself. By using her own life and loves as a unique vantage point, Nichole humorously and powerfully illuminates how to take the best pop culture has to offer and discard the harmful bits, offering a mirror into our own lives.

THE ROAD

Vintage NATIONAL BESTSELLER • WINNER OF THE PULITZER PRIZE • A searing, post-apocalyptic novel about a father and son's fight to survive, this "tale of survival and the miracle of goodness only adds to McCarthy's stature as a living master. It's gripping, frightening and, ultimately, beautiful" (San Francisco Chronicle). A father and his son walk alone through burned America. Nothing moves in the ravaged landscape save the ash on the wind. It is cold enough to crack stones, and when the snow falls it is gray. The sky is dark. Their destination is the coast, although they don't know what, if anything, awaits them there. They have nothing; just a pistol to defend themselves against the lawless bands that stalk the road, the clothes they are wearing, a cart of scavenged food—and each other. *The Road* is the profoundly moving story of a journey. It boldly imagines a future in which no hope remains, but in which the father and his son, "each the other's world entire," are sustained by love. Awesome in the totality of its vision, it is an unflinching meditation on the worst and the best that we are capable of: ultimate destructiveness, desperate tenacity, and the tenderness that keeps two people alive in the face of total devastation.

OUT OF MY MIND

Simon and Schuster Considered by many to be mentally retarded, a brilliant, impatient fifth-grader with cerebral palsy discovers a technological device that will allow her to speak for the first time.

INTO THIN AIR

Anchor #1 NATIONAL BESTSELLER • "A harrowing tale of the perils of high-altitude climbing, a story of bad luck and worse judgment and of heartbreaking heroism." —PEOPLE A bank of clouds was assembling on the not-so-distant horizon, but journalist-mountaineer Jon Krakauer, standing on the summit of Mt. Everest, saw nothing that "suggested that a murderous storm was bearing down." He was wrong. The storm, which claimed five lives and left countless more—including Krakauer's—in guilt-ridden disarray, would also provide the impetus for *Into Thin Air*, Krakauer's epic account of the May 1996 disaster. By writing *Into Thin Air*, Krakauer may have hoped to exorcise some of his own demons and lay to rest some of the painful questions that still surround the event. He takes great pains to provide a balanced picture of the people and events he witnessed and gives due credit to the tireless and dedicated Sherpas. He also avoids blasting easy targets such as Sandy Pittman, the wealthy socialite who brought an espresso maker along on the expedition. Krakauer's highly personal inquiry into the catastrophe provides a great deal of insight into what went wrong. But for Krakauer himself, further interviews and investigations only lead him to the conclusion that his perceived failures were directly responsible for a fellow climber's death. Clearly, Krakauer remains haunted by the disaster, and although he relates a number of incidents in which he acted selflessly and even heroically, he seems unable to view those instances objectively. In the end, despite his evenhanded and even generous assessment of others' actions, he reserves a full measure of vitriol for himself. This updated trade paperback edition of *Into Thin Air* includes an extensive new postscript that sheds fascinating light on the acrimonious debate that flared between Krakauer and Everest guide Anatoli Boukreev in the wake of the tragedy. "I have no doubt that Boukreev's intentions were good on summit day," writes Krakauer in the postscript, dated August 1999. "What disturbs me, though, was Boukreev's refusal to acknowledge the possibility that he made even a single poor decision. Never did he indicate that perhaps it wasn't the best choice to climb without gas or go down ahead of his clients." As usual, Krakauer supports his points with dogged research and a good dose of humility. But rather than continue the heated discourse that has raged since *Into Thin Air*'s denouncement of guide Boukreev, Krakauer's tone is conciliatory; he points most of his criticism at G. Weston De Walt, who coauthored *The Climb*, Boukreev's version of events. And in a touching conclusion, Krakauer recounts his last conversation with the late Boukreev, in which the two weathered climbers agreed to disagree about certain points. Krakauer had great hopes to patch things up with Boukreev, but the Russian later died in an avalanche on another Himalayan peak, Annapurna I. In 1999, Krakauer received an Academy Award in Literature from the American Academy of Arts and Letters—a prestigious prize intended "to honor writers of exceptional accomplishment." According to the Academy's citation, "Krakauer combines the tenacity and courage of the finest tradition of investigative journalism with the stylish subtlety and profound insight of the born writer. His account of an ascent of Mount Everest has led to a general reevaluation of climbing and of the commercialization of what was once a romantic, solitary sport; while his account of the life and death of Christopher McCandless, who died of starvation after challenging the Alaskan wilderness, delves even more deeply and disturbingly into the fascination of nature and the devastating effects of its lure on a young and curious mind."

SHATTER ME

Harper Collins The gripping first installment in New York Times bestselling author Tahereh Mafi's *Shatter Me* series. One touch is all it takes. One touch, and Juliette Ferrars can leave a fully grown man gasping for air. One touch, and she can kill. No one knows why Juliette has such incredible power. It feels like a curse, a burden that one person alone could never bear. But *The Reestablishment* sees it as a gift, sees her as an opportunity. An opportunity for a deadly weapon. Juliette has never fought for herself before. But when she's reunited with the one person who ever cared about her, she finds a strength she never knew she had. And don't miss *Defy Me*,

the shocking fifth book in the Shatter Me series!

BIRD OF PARADISE

HOW I BECAME LATINA

Simon and Schuster Chronicles the author's quest to find out about her ancestry through DNA testing, sharing findings, stories, and the controversies around Latino identity.

TRIPPING OVER THE LUNCH LADY

An anthology of ten humorous short stories about life in school, written by well-known authors of children's books.

ACID FOR THE CHILDREN

A MEMOIR

Grand Central Publishing Iconic bassist and co-founder of the immortal Red Hot Chili Peppers finally tells his fascinating life story, complete with all the dizzying highs and the gutter lows you'd expect from an LA street rat turned world-famous rock star.