

## Eat Pray Fml

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### Tracked

A collection of stories of transformative journeys inspired by Elizabeth Gilbert's memoir Eat pray love.

### A Wife On Gorge River

Jazz Thornton first attempted to take her own life at the age of 12. Multiple attempts followed and she spent time in psychiatric wards and under medical supervision as she rode the rollercoaster of depression and anxiety through her teenage years - yet the attempts continued. Find out what Jazz learned about how her negative thought patterns came to be, and how she turned those thoughts - and her life - around. Who and what helped, and what didn't help. The insights she gives will help create greater understanding of those grappling with mental illness, and those around them who desperately want to help. Jazz went on to attend film school, and to co-found Voices of Hope, a non-profit organisation dedicated to helping those with mental health issues and show them there is a way forward. She creates online content to provide hope and help. Her first video Dear Suicidal Me has had over 80 million views all around the world. She went on to create Jessica's Tree, a web series that follows the 24 hours between a friend, Jess, going missing and the discovery of her body. It provides insights into Jessica's struggles, to help people better understand those suffering from depression. [https://www.youtube.com/watch?v=7QFU\\_qg7Msk](https://www.youtube.com/watch?v=7QFU_qg7Msk) Jessica's Tree was viewed more than 230,000 times in the two months following its release in March 2019 and immediately began winning international recognition and awards. The process and the delicate decisions that had to be made to create Jessica's Tree have themselves been documented in a film about Jazz called The Girl on the Bridge, due for release early in 2020.

### Love with a Chance of Drowning

I married a man who had lied to me for seven years, and I didn't even know it until he landed himself in prison. True story. I took an experience that could have devastated me and used it to launch myself into a life I couldn't even have dreamed of. I want to share that with you so you can find the courage to create a

better life for yourself.

### **Hohey: From Commune to Corner Office**

Presents a guide to sports supplements, providing descriptions, benefits, dosage recommendations, research studies and outcomes, and possible health concerns.

### **What I Was Doing While You Were Breeding**

"Andi Dorfman, the beloved finalist of season eighteen of The Bachelor who infamously rejected Juan Pablo and went on to star on season ten of The Bachelorette, dishes about what it's like to live out a love story--and its collapse--in front of the cameras, offering hard-won advice for moving on after a break-up, public or not"--

### **The Athlete's Guide to Sports Supplements**

Life with New Zealand's remotest family in a follow-on from the bestselling A Life on Gorge River by Robert Long. In 2010, New Zealand met its remotest family, through the writing of Robert Long - aka Beansprout - and we were intrigued. Now Beansprout's wife, Catherine Stewart, tells her story, and answers many of our questions. Why did she decide to join him on the wild West Coast, two days' walk from the nearest road? Why and how did they raise their family there? Was it terrifying to be so far from medical help? How did she home-school the children? How have they all fared now the kids are young adults, forging their own way in the world? And what lessons are there for the rest of us from her experiences raising her family in such splendid isolation? In this entertaining bestseller, and with dry humour and fascinating insights, Catherine paints a vivid picture of her life at Gorge River and beyond.

### **The Yellow Envelope**

Stella's future was set, and it was a bright one. She was engaged to a man she adored, and was headed to law school in the fall. Tragically, her perfectly planned future ends just as it was beginning. With no ties to family or friends, Stella finds herself alone in a new city, spiraling out of control. Her typical day comes to a close with her passed out on the floor; sometimes clothed. Luckily, her new roommate, essentially a stranger, is dead set on getting Stella past her grief and back to functioning within society. Putting one foot in front of the other, she climbs up from the bottom of a bottle. Even with all her progress, Stella walks through life unfeeling, numb. Defiant, she sends out warning signals for the world to keep away. But, is that what she really wants? With the steadfast help of a few tight knit friends, she gradually begins to feel again. She starts to savor the flavor of food again; lets herself notice how the handsome bartender glances at her. Still, after allowing herself a fling, she wonders if she will ever be able to let go of her shattered past, fully enjoy the present, or get over what she thought would be her perfect future and with the man who destroyed her heart.

### **Spilled Milk**

Based on a true story, *Confessions of Her* is the debut poetry novel by Cindy Cherie, one of today's most popular poets on Instagram. It is a tale of survival depicting how one young woman found love in herself, rather than searching for it in the arms of another. This autobiographical collection of poetry and prose takes you on a journey of love and loss, depicting how she overcame heartbreak to ultimately, save herself.

### **High Achiever**

Many people go on holiday to a beautiful sun-drenched location and say "I wish we lived here." Louise and Ben Taylor decided to make their dream a reality. After extensive planning, they left rainy London behind and set off for the idyllic scenery of Portugal's eastern Algarve. Thousands of people have followed The Taylor's adventures via Ben's popular blog "Moving to Portugal." This book now tells their story in printed form for the first time. A brand new narrative from Louise is complemented with a host of trivia and practical information for those considering a move of their own. "Moving to Portugal" examines the lows as well as the highs, and is essential reading for anyone considering a new life abroad.

### **Bare**

The best-selling author of *Life as I Blow It* documents her haphazard journey through America and Mexico as she embarks on crying jags in nail salons, mother-daughter road trips, lowan casinos and single-shaming resorts. Original.

### **Funny How It Works Out**

NATIONAL BESTSELLER • An up-close portrait of the mind of an addict and a life unraveled by narcotics—a memoir of captivating urgency and surprising humor that puts a human face on the opioid crisis. "Raw, brutal, and shocking. Move over, *Orange Is the New Black*."—Amy Dresner, author of *My Fair Junkie* When word got out that Tiffany Jenkins was withdrawing from opiates on the floor of a jail cell, people in her town were shocked. Not because of the twenty felonies she'd committed, or the nature of her crimes, or even that she'd been captain of the high school cheerleading squad just a few years earlier, but because her boyfriend was a Deputy Sherriff, and his friends—their friends—were the ones who'd arrested her. A raw and twisty page-turning memoir that reads like fiction, *High Achiever* spans Tiffany's life as an active opioid addict, her 120 days in a Florida jail where every officer despised what she'd done to their brother in blue, and her eventual recovery. With heart-racing urgency and unflinching honesty, Jenkins takes you inside the grips of addiction and the desperate decisions it breeds. She is a born storyteller who lived an incredible story, from blackmail by an ex-boyfriend to a soul-shattering deal with a drug dealer, and her telling brims with suspense and unexpected wit. But the true surprise is her path to recovery. Tiffany breaks through the stigma and silence to offer hope and inspiration to anyone battling the disease—whether it's a loved one or themselves.

### **Little Girl Speak**

We all dream it. Wade Rouse actually did it. Finally fed up with the frenzy of city life and a job he hates, Wade Rouse decided to make either the bravest decision of his life or the worst mistake since his botched Ogilvie home perm: to uproot his life and try, as Thoreau did some 160 years earlier, to "live a plain, simple life in radically reduced conditions." In this rollicking and hilarious memoir, Wade and his partner, Gary, leave culture, cable, and consumerism behind and strike out for rural Michigan—a place with fewer people than in their former spinning class. There, Wade discovers the simple life isn't so simple. Battling blizzards, bloodthirsty critters, and nosy neighbors equipped with night-vision goggles, Wade and his spirit, sanity, relationship, and Kenneth Cole pointy-toed boots are sorely tested with humorous and humiliating frequency. And though he never does learn where his well water actually comes from or how to survive without Kashi cereal, he does discover some things in the woods outside his knotty-pine cottage in Saugatuck, Michigan, that he always dreamed of but never imagined he'd find—happiness and a home. *At Least in the City Someone Would Hear Me Scream* is a sidesplitting and heartwarming look at taking a risk, fulfilling a dream, and finding a home—with very thick and very dark curtains. From the Hardcover edition.

### **Act Like a Lady**

From nationally bestselling author, YouTube star, and Facebook Video sensation Laura Clery comes a collection of comedic essays that paint "an honest, complicated portrait of how your life can change" (*SheKnows*). Laura Clery makes a living by sharing inappropriate comedy sketches with millions of strangers on the internet. She writes songs about her anatomy, talks trash about her one-eyed rescue pug, and sexually harasses her husband, Stephen. And it pays the bills! Now, in her first-ever book, Laura recounts how she went from being a dangerously impulsive, broke, unemployable, suicidal, cocaine-addicted narcissist, crippled by fear and hopping from one toxic romance to the next...to a more-happy-than-not, somewhat rational, meditating, vegan yogi with good credit, a great marriage, a fantastic career, and four unfortunate-looking rescue animals. Still, above all, Laura remains an amazingly talented, adorable, and vulnerable, self-described...Idiot. With her signature brand of offbeat, no-holds-barred humor, *Idiot* introduces you to a wildly original—and undeniably relatable—new voice.

### **You'll Grow Out of It**

A gripping memoir written in intense past moments, reflective chapters, and flash-forwards, Hopey chronicles the story of a courageous girl in a '70s Southern Indiana commune, complete with flowers for dinner, a ball of acid in the freezer, and orgies on the living room floor. An exhilarating read and captivating celebration of the human spirit!

### **Moving to Portugal**

New love. Exotic destinations. A once-in-a-lifetime adventure. What could go wrong? City girl Torre DeRoche isn't looking for love, but a chance encounter in a San Francisco bar sparks an instant connection with a soulful Argentinean man who unexpectedly sweeps her off her feet. The problem? He's just about to cast

the dock lines and voyage around the world on his small sailboat, and Torre is terrified of deep water. However, lovesick Torre determines that to keep the man of her dreams, she must embark on the voyage of her nightmares, so she waves good-bye to dry land and braces for a life-changing journey that's as exhilarating as it is terrifying. Somewhere mid-Pacific, she finds herself battling to keep the old boat, the new relationship, and her floundering sanity afloat. . . . This sometimes hilarious, often harrowing, and always poignant memoir is set against a backdrop of the world's most beautiful and remote destinations. Equal parts love story and travel memoir, *Love with a Chance of Drowning* is witty, charming, and proof positive that there are some risks worth taking.

### **It's Not Okay**

Get ready to shed everything that's weighing you down, treat your body like a beloved friend, and seize each day like you mean it! You are a badass, whole woman with big dreams, big feelings, and big potential. What are you hiding behind that shield of overeating? Who do you want to be when you put down the shield and take on life's battles Bare? In her second book, *Bare*, Susan Hyatt presents an empowering approach to transforming your body and your life. Inside this book, you'll learn: How to treat your body with care, love, and respect—not hateful criticism How to shed everything that's weighing you down, physically and mentally How to de-stress at the end of the day without relying on excessive food, alcohol, Netflix binging, and other habits that clog up your mind and drain your energy How to stop obsessing about your body and focus on the priorities that really matter in life—like dominating in your career, writing your novel, learning a foreign language, contributing to your community, or otherwise making your mark on the world This is a must-read book if you want to take excellent care of yourself, upgrade your mental and physical health, build confidence, conquer your goals, crush the patriarchy, and look and feel damn good doing it. *Bare* is not a weight-loss plan. It's a life-gain plan.

### **The Good Fight**

From New York Times bestselling author Meghan March comes a story of untold truths and one man's redemption in the *Dirty Mafia Duet*. Every family has a black sheep. In the infamous Casso crime family, that black sheep is me—Cannon Freeman. Except I'm not a free man. I've never been free. Not since the day I was born. I owe my loyalty to my father, Dominic Casso, even if he won't publicly acknowledge me as his blood. I've never had a reason to go against his wishes... until I met her. Drew Carson turned my world upside when she walked into my club looking for a job. Now, my honor and my life are on the line. Going against my father's wishes might buy me a bullet straight from his gun, but black sheep or not, it's time to make my stand. She's worth the fallout.

### **Marked**

What Would You Do with a Yellow Envelope? After Kim and her husband decide to quit their jobs to travel around the world, they're given a yellow envelope containing a check and instructions to give the money away. The only three rules

for the envelope: Don't overthink it; share your experiences; don't feel pressured to give it all away. Through Ecuador, Peru, Nepal, and beyond, Kim and Brian face obstacles, including major challenges to their relationship. As she distributes the gift to people she encounters along the way she learns that money does not have a thing to do with the capacity to give, but that giving—of ourselves—is transformational.

### **Black Sheep**

The Fast and the Furious gets a futuristic twist in this action-packed debut! On corporately controlled Castra, rally racing is a high-stakes game that seventeen-year-old Phoebe Van Zant knows all too well. Phee's legendary racer father disappeared mysteriously, but that hasn't stopped her from speeding headlong into trouble. When she and her best friend, Bear, attract the attention of Charles Benroyal, they are blackmailed into racing for Benroyal Corp, a company that represents everything Phee detests. Worse, Phee risks losing Bear as she falls for Cash, her charming new teammate. But when she discovers that Benroyal is controlling more than a corporation, Phee realizes she has a much bigger role in Castra's future than she could ever have imagined. It's up to Phee to take Benroyal down. But even with the help of her team, can a street-rat destroy an empire?

### **Drinking and Dating**

"Between The Stitching is the New England based romance between professional baseball player, Skyler Williams, and Taylor Higgins. Follow along as Skyler battles his way through minor league baseball in hopes of pursuing his dream of becoming a big leaguer all while Taylor struggles to keep her own identity afloat. Delve into the realities of modern day relationships and uncover secrets that lie underneath the surface of America's most beloved ball game. Join us during our travels, relate with our inseparable souls, live out of our suitcases, believe in our journeys, rest your heart when it breaks, and rebuild yourself when you're ready."--Amazon.com

### **TMI**

Part laugh-out-loud storytelling, part thoughtful self-reflection, this debut memoir from a television comedy writer follows her many adventures around the world in an attempt to escape her fear of commitment and settling down. Original. 50,000 first printing.

### **Lessons from a Lemonade Stand**

No one is prepared for the sacrifices Phee will have to make to win the war once and for all after Charles Benroyal's attacks grow bolder.

### **Confessions of Her**

Hosts of the award-winning Whine Down podcast, Jana Kramer and Michael Caussin explore the raw and real moments of their marriage—what it means to love, to fight, and to sincerely forgive—with spiritual guidance and practical advice for

anyone seeking stronger, more fulfilling love. From the beginning, Mike and Jana had the kind of everyday arguments that drive even the happiest couples apart. Money, careers, insecurity, jealousy. And then kids, infidelity, addiction, and growing walls around their individual hearts. Many people would have separated. But Jana and Mike discovered something invaluable: While fighting under the worst possible circumstances, they learned how to fight for each other with respect, kindness, humor, and faith. *The Good Fight* reveals how one couple decided to honor their forever love by battling it out and staying together, told from both sides. With honesty, warmth, and hilarity, Jana and Mike walk us through the details of the most complicated fights of their past. They show readers how they've communicated, prayed, forgiven, and radically embraced each other to live their happiest, most fulfilling lives possible, and offer lessons anyone—married, dating, single—can use to give and receive lasting love.

### **Stop Surviving Start Fighting**

The story of how Mario Lavandeira became Perez Hilton, the world's first and biggest celebrity blogger. With Perez's help, many promising young artists reached the masses – Katy Perry, Adele, Amy Winehouse, and Lady Gaga, to name a few. Soon Perez was a Hollywood insider, but after a dramatic fallout with Lady Gaga, his blog became increasingly mean. When people called him a bully and a hypocrite for outing gay celebrities, Perez was forced to reevaluate not only his alter ego, but also himself. *TMI* reveals the man behind the blog in a new, revealing, and still juicy memoir.

### **Next Level Basic**

The hosts of the popular podcast and E! show *LadyGang* offer a relatable, empowering, and hilarious take on being unapologetically yourself (even if that's not always your best self) in a manifesto that redefines womanhood for the twenty-first-century lady. If you're tired of being bombarded with the curated perfection on social media and you're starving for something raw, honest, and a little bit messy, welcome to the *LadyGang*. Keltie, Becca, and Jac are here to clear away the bullshit and give you the confidence to live your best lady life. Unabashedly sincere, clever, and full of questionable advice, *Act Like a Lady* explores the complexities surrounding topics like body image, breakups, navigating a career, and adult friendships through their own embarrassing experiences. The *LadyGang* has your back with essays like "Maybe She's Born with It, Maybe It's Photoshop" and "If You're Happy and You Know It, Thank Your Ex." You'll learn there's a million different ways to be a lady--and that includes accidentally farting during sex or having the guts to tell your friend she's being a selfish ass\*le. No matter what you're going through, you'll find a space to bond over the sloppy, heartbreaking, joyous, and often ridiculous realities of womanhood. Nothing is *TMI* here.

### **Eat, Pray, #FML**

The Number One international bestseller, *Eat, Pray Love* is a journey around the world, a quest for spiritual enlightenment and a story for anyone who has battled with divorce, depression and heartbreak.

## **The Adventures of Bumble Pea and Koala Pear**

### **At Least in the City Someone Would Hear Me Scream**

PEOPLE'S BEST BOOK OF THE YEAR! ONE OF NEW YORK TIMES' NOTABLE BOOKS OF 2016! INSTANT NEW YORK TIMES AND USA TODAY BESTSELLER! YOU'LL GROW OUT OF IT hilariously, and candidly, explores the journey of the twenty-first century woman. As both a tomboy and a late bloomer, comedian Jessi Klein grew up feeling more like an outsider than a participant in the rites of modern femininity. In YOU'LL GROW OUT OF IT, Klein offers—through an incisive collection of real-life stories—a relentlessly funny yet poignant take on a variety of topics she has experienced along her strange journey to womanhood and beyond. These include her "transformation from Pippi Longstocking-esque tomboy to are-you-a-lesbian-or-what tom man," attempting to find watchable porn, and identifying the difference between being called "ma'am" and "miss" ("Miss sounds like you weigh ninety-nine pounds"). Raw, relatable, and consistently hilarious, YOU'LL GROW OUT OF IT is a one-of-a-kind book by a singular and irresistible comic voice.

### **Idiot**

"These murder cases expose systemic problems. By examining each murder within the context of Indigenous identity and regional hardships, McDiarmid addresses these very issues, finding reasons to look for the deeper roots of each act of violence." —The New York Times Book Review In the vein of the bestsellers *I'll Be Gone in the Dark* and *The Line Becomes a River*, a penetrating, deeply moving account of the missing and murdered indigenous women and girls of Highway 16, and a searing indictment of the society that failed them. For decades, Indigenous women and girls have gone missing or been found murdered along an isolated stretch of highway in northwestern British Columbia. The corridor is known as the Highway of Tears, and it has come to symbolize a national crisis. Journalist Jessica McDiarmid meticulously investigates the devastating effect these tragedies have had on the families of the victims and their communities, and how systemic racism and indifference have created a climate in which Indigenous women and girls are overpoliced yet underprotected. McDiarmid interviews those closest to the victims—mothers and fathers, siblings and friends—and provides an intimate firsthand account of their loss and unflagging fight for justice. Examining the historically fraught social and cultural tensions between settlers and Indigenous peoples in the region, McDiarmid links these cases to others across Canada—now estimated to number up to four thousand—contextualizing them within a broader examination of the undervaluing of Indigenous lives in the country. *Highway of Tears* is a piercing exploration of our ongoing failure to provide justice for the victims and a testament to their families' and communities' unwavering determination to find it.

### **Divorce, Drinking & Dating**

Humour.

### **Eat, Pray, Love**

A year and a half into our marriage, I found out my husband had been having an affair with a nineteen-year-old for six months. I filed for divorce and left. Two weeks later I met a man, and we fell madly in love. It was a fairy-tale romance for a month and a half, and he convinced me to join him on a romantic month-long vacation in Italy. Forty-eight hours before we were supposed to get on a plane, he told me he needed to go by himself. I was devastated. So, I had a decision to make. Either stay home and be heartbroken, or go travel Europe for a month by myself. And staying at home heartbroken? F%\*k. That. What does a woman do when her life has fallen apart and her heart has been ripped out and stepped on twice in two months? She goes on a wild adventure, makes some bad decisions, and does a s\*\*t load of soul searching. But most importantly? She finds out how to love herself. This is so not Eat, Pray, Love. This is Eat, Pray, #FML.

### **By a Thread**

NEW YORK TIMES BESTSELLER #1 NATIONAL BESTSELLER Discover how to embrace your best basic self in this laugh-out-loud funny guidebook from the breakout star of Bravo's hit reality show *Vanderpump Rules*, perfect for fans of the relatable and entertaining books by *The Betches* and *Andi Dorfman*. Millions of *Vanderpump Rules* viewers and podcast listeners know Stassi Schroeder as a major defender of Basic Bitch rights. There's nothing more boring than people who take themselves too seriously or think that you have to be pretentious to be cool. Stassi champions the things that many of us are afraid to love publicly for fear of being labeled basic: lattes, pugs, bubbly cocktails, millennial pink, #OOTD (outfit of the day, obvs), astrology, hot dogs, the perfect pair of Louboutins, romantic comedies the list goes on and on. This book is for people tired of pretending they would rather see a Daniel Day-Lewis movie about sewing or read *War and Peace* than watch a *Saw* marathon or read well, this book! In *Next Level Basic*, the reality star, podcast queen, and ranch dressing expert gives you hilarious and pointed lessons on how to have fun and celebrate yourself, with exclusive stories from her own life and on the set of *Vanderpump Rules*. From her very public breakups to her most intimate details about her plastic surgery, Stassi shares her own personal experiences with her trademark honesty—all with the hope you can learn something from them.

### **Eat Pray Love Epz Film Export**

Once upon a time in a delicious place, Bumble Pea and Koala Pear were very best mates. They loved to eat pancakes, plate after plate, topped with syrup for a delicious taste! Everyday was the same from dusk until dawn, until one day, all the syrup was gone! What will they do! Where did the syrup go? Open this book, and then you shall know.

### **Fmylife!**

Based on a true story, Brooke Nolan is a battered child who makes an anonymous phone call about the escalating brutality in her home. When Social Services

jeopardize her safety, condemning her to keep her father's secret, it's a glass of spilled milk at the dinner table that forces her to speak about the cruelty she's been hiding. In her pursuit for safety and justice Brooke battles a broken system that pushes to keep her father in the home. When jury members and a love interest congregate to inspire her to fight, she risks losing the support of family and comes to the realization that some people simply do not want to be saved. "Beautifully written, hauntingly real, Spilled Milk is a must read for any young adult today." - F.P Lione, Author

### **Surviving My Birthright**

On the heels of her New York Times bestselling book *Drinking and Tweeting*, *Real Housewives of Beverly Hills* star Brandi Glanville takes readers on a wild ride through her dating life in this highly-entertaining relationship book. *Drinking and Dating* chronicles Glanville's misadventures stumbling through today's dating world. From social media blunders to bedroom escapades, Brandi withholds nothing. Each chapter is inspired by a relationship encounter she has had since her sensational divorce from actor Eddie Cibrian. Hilarious, surprising, vulnerable, and outspoken, Glanville's unexpected take on dating after heartbreak - and life in general - is as unique as she is. Just like Brandi herself, *Drinking and Dating* is sexy, funny, and eyebrow-raising.

### **Eat Pray Love Made Me Do It**

She's known for her rivalries on *The Real Housewives of Beverly Hills*, her dramatic divorce, her flawless physique--and her inability to keep her mouth shut. And now, Brandi Glanville is ready to tell all in her hilarious, no-holds barred memoir. Fans have been waiting for Brandi's scoop on one of the biggest divorces of the decade since Brandi's husband of seven years abandoned her and their two sons in 2009 to marry country singer, LeAnn Rimes. Now, not only will fans get Brandi's side of the split, they'll also get the full story of the lovable housewife's wild ride from the ghetto to Hollywood's most elite circles. For the first time, Brandi will share how she escaped a rough childhood on the outskirts of Sacramento with a drug-dealer father and stumbled into a successful modeling career that swept her into a world of Italian fashion shows, private jets, and plastic surgery. Before she knew it, Brandi was the perfect Hollywood trophy wife--at least until her marriage exploded. Today, Brandi is a recent divorcee, mother of two and the newest member of Bravo's juggernaut franchise *The Real Housewives of Beverly Hills*. Known for being the refreshingly filter-free housewife and unapologetic mom, she refuses to be the scorned ex-wife, to be bullied, to keep her mouth shut, and, on occasion, to wear a bra.

### **Drinking and Tweeting**

In case no one's told you lately, or ever: I'm so proud, of all you've accomplished in your life, and I'm so proud of who you are. I know we've had a rough go of things. Life sure hasn't ever been gentle with us or easy on us, but you rose up like a lion, and you fought back. You refused to let the darkness define you, or break you. I'm so incredibly proud of you. You've worked so hard for decades of your life, to grow

through the concrete we got slammed into over and over again, when life knocked us down. Never forget that there is beauty in how we fall, strength in how we continue to breathe, courage in how we decide to keep fighting, and fierceness, in how we rise.-Little girl speak

### **Between the Stitching**

### **Has Anyone Seen My Pants?**

This is a revealing and inspirational memoir by Casey Hammer, sole granddaughter of the American billionaire, industrialist, art collector and philanthropist Armand Hammer. SURVIVING MY BIRTHRIGHT is a story of hope, love, and the reclamation of empowerment. Casey's is a journey of discovery - recounting many years of blocked memories, violence, nightmares, hazardous behavior, guilt and feeling unworthy of joy or happiness. By taking responsibility for her life, no longer being prepared to accept the role of victim and by facing the truth, Casey began to heal. Hopefully, her story will inspire many others to do the same.

### **Highway of Tears**

Are all laws legitimate? And does winning a popularity contest (also called an election) give somebody the authority to boss you around? What if the government outlaws something you need to do? Is it okay to break the law if doing what's right has been classified as wrong? Surprising, engaging, and filled with examples, Lessons from a Lemonade Stand offers essential answers for teenagers and adults looking to better understand the world we live in.

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