

Squats And Margaritas A Journey To Finding Balance

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On My Knees

It is the seventies, at the height of flower power. Star has just joined Drop City, a hippie commune in sunny California living the simple, natural life. But underneath the drugs, music and transcendent bliss, she slowly discovers tensions and sexual rivalries that threaten to split the community apart. A world away in Boynton, a tiny town in the interior of Alaska, Sess Harder, a pioneer who actually does live off the land, hunting, trapping and fishing, yearns for someone to share the harsh winters with him. When the authorities threaten to close down Drop City, the hippies abandon camp and head up north to Alaska, the last frontier. But neither they nor the inhabitants of Boynton are completely prepared for each other - and as the two communities collide, unexpected friendships and dangerous enmities are born.

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Plays and Players

In June 1897, the young Constantine Cavafy arrives in Paris on the last stop of a long European tour, a trip that will deeply shape his future and push him toward his poetic inclination. With this lyrical novel, tinged with an hallucinatory eroticism that unfolds over three unforgettable days, celebrated Greek author Ersi Sotiropoulos depicts Cavafy in the midst of a journey of self-discovery across a continent on the brink of massive change. He is by turns exhilarated and tormented by his homosexuality; the Greek-Turkish War has ended in Greece's defeat and humiliation; France is torn by the Dreyfus Affair, and Cavafy's native Alexandria has surrendered to the indolent rhythms of the East. A stunning portrait of a budding author—before he became one of the 20th century's greatest poets—that illuminates the complex relationship of art, life, and the erotic desires that trigger creativity.

Sight and Sound

Yuri Zhivago, doctor and poet, lives and loves during the first three decades of 20th-century Russia.

The Wedding in Auschwitz

I Love You Rituals offers more than seventy delightful rhymes and games that send the message of unconditional love and enhance children's social, emotional, and school success. Winner of a 1999 Parent's Guide Children's Media Award, these positive nursery rhymes, interactive finger plays, soothing games, and physically active can be played with children from infancy through age eight. In only minutes a day, these powerful rituals: Prime a child's brain for learning Help children cope with change Enhance attention, cooperation, and self-esteem Help busy families stay close Affirm the parent-child bond

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that insulates children from violence, peer pressure, and drugs, and much more. Easy to learn and especially effective in stressful situations, I Love You Rituals gives parents, grandparents, caregivers, and teachers inspiring tools to help children thrive.

Functional Training

When thirteen-year-old Pierre Anthon leaves school to sit in a plum tree and train for becoming part of nothing, his seventh grade classmates set out on a desperate quest for the meaning of life.

On the Road to Mr. Mineo's

The Real Guide

Sherman, a one-legged pigeon, sets everyone aflutter in a small southern town.

Independent People

Moral Compass

How is a life defined by a city, and a city by the lives within? Where do an individual and a culture coincide? Perhaps more than any city in the world, Venice inspires these questions and suggests intriguing answers. This book focuses on people who have been shaped by Venice and have shaped Venice in their turn. The author considers them in five groups: the "mutilated culture heroes" (e.g., the eunuch Narses), who despite or because of some great sacrifice helped the city define itself and its mission; the "fugitives from splendor" (e.g., St. Pietro Orseolo or El Greco), so overwhelmed by beauty that they fled the city; the

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"prisoners of Venice"-the convicts, the cloistered, the mad; the "symbiotics," who lived in close communion with the city for long periods of time (e.g., Titian) and the "fugitives from self" (e.g., Igor Stravinsky), who have come from elsewhere seeking a new identity, and who ended up helping to create a new identity for the city itself. More than a collection of biographies, this richly textured and insightful work examines the roots of people's "Venice-ness" as well as the city's own humanity.

What's Left of the Night

Describes points of interest off the beaten path in each region of Mexico and recommends hotels and restaurants

Europe Central

The Nature of Nature

Two sisters share the surprising highs and cringe-worthy lows of social media fame, when their most private thoughts become incredibly public in this fresh and funny debut novel. Sisters Cassie and Sid Sunday have not done a bang-up job of keeping in touch. In their defense, it hasn't been easy: life veered in sharply different directions for the once-close sisters. Today, beautiful and big-hearted Sid lives an expat's life of leisure in far-off Singapore, while harried, iPhone-clutching Cassie can't seem to make it work as a wife and a mom to twin toddlers in Manhattan. It doesn't help that Sid spurns all social media while Cassie is addicted to Facebook. So when Sid issues a challenge to reconnect the old-fashioned way—through real, handwritten letters—Cassie figures, why not? The experiment exceeds both of their expectations, and the letters become a kind of mutual confessional that have real and soul-satisfying effects. And they just

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might have the power to help Cassie save her marriage, and give Sid the strength to get her life back on track. But first, one of Cassie ' s infamous lapses in judgment comes back to bite her, and all of the letters wind up the one place you ' d never, ever want to see them: the Internet

The Wellness Remodel

New York Times bestselling author Karen Hawkins crafts an unforgettable story about a sleepy Southern town, two fiercely independent women, and a truly magical friendship. Sarah Dove is no ordinary bookworm. To her, books have always been more than just objects: they live, they breathe, and sometimes they even speak. When Sarah grows up to become the librarian in her quaint Southern town of Dove Pond, her gift helps place every book in the hands of the perfect reader. Recently, however, the books have been whispering about something out of the ordinary: the arrival of a displaced city girl named Grace Wheeler. If the books are right, Grace could be the savior that Dove Pond desperately needs. The problem is, Grace wants little to do with the town or its quirky residents—Sarah chief among them. It takes a bit of urging, and the help of an especially wise book, but Grace ultimately embraces the challenge to rescue her charmed new community. In her quest, she discovers the tantalizing promise of new love, the deep strength that comes from having a true friend, and the power of finding just the right book. “ A mesmerizing fusion of the mystical and the everyday ” (Susan Andersen, New York Times bestselling author), *The Book Charmer* is a heartwarming story about the magic of books that feels more than a little magical itself. Prepare to fall under its spell.

After 9/11

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Mexico

Keep Me Posted

Presents a selection of spiritually and morally uplifting literature, organized according to the stages on life's way

The Master and Margarita

Offering strength, endurance, power, and sport-specific programming, Functional Training is the most comprehensive resource for athletes, coaches, and athletic trainers. In an ever-changing field, it emphasizes proven techniques and approaches to training results.

Drop City

“ You are a herald for your generation. Thank you for using your voice to help us make sense of that dark day, and forge a new beginning. ” —Hillary Rodham Clinton, in a letter to Helaina Hovitz
Helaina Hovitz was twelve years old and in middle school just blocks away when the World Trade Center was attacked. Her memoir encapsulates the journey of a girl growing up with PTSD after living through the events firsthand. After 9/11 chronicles its effects on a young girl at the outset of adolescence, following her as she spirals into addiction and rebellion, through loss, chaos, and confusion. The events and experiences that are now common knowledge to everyone were a very real part of Helaina ' s life and are still as vivid in her memory today. The sickening thud of falling bodies hitting cars, and the crumbling towers, her universe engulfed literally in a cloud, was all so much for a young girl to experience. Hundreds were stranded in the neighborhood, including Helaina, without phones or electricity or anyone to help. For fear of subsequent attack, not to mention the toxic

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substances in the air, few went outside. In the wake of 9/11, fear and despair took over her life. It would take Helaina more than a decade to overcome the PTSD—and subsequent alcohol addiction—that went misdiagnosed and mistreated for so many years. In many ways, *After 9/11* is the story of a generation growing up in the aftermath of America's darkest day—and for one young woman, it is the story of a survivor who, after witnessing the end, got to make a new beginning.

Daring to Rest

Few readers will want, or be able, to resist this modern bestiary. Borges' cunning and humorous commentary is sheer delight.

The Forbidden Stitch

A visceral and unflinching memoir of a young Russian soldier's experience in the Chechen wars. In 1995, Arkady Babchenko was an eighteen-year-old law student in Moscow when he was drafted into the Russian army and sent to Chechnya. It was the beginning of a torturous journey from naïve conscript to hardened soldier that took Babchenko from the front lines of the first Chechen War in 1995 to the second in 1999. He fought in major cities and tiny hamlets, from the bombed-out streets of Grozny to anonymous mountain villages. Babchenko takes the raw and mundane realities of war—the constant cold, hunger, exhaustion, filth, and terror—and twists it into compelling, haunting, and eerily elegant prose. Acclaimed by reviewers around the world, this is a devastating first-person account of war that brilliantly captures the fear, drudgery, chaos, and brutality of modern combat. An excerpt of *One Soldier's War* was hailed by Tibor Fisher in *The Guardian* as “right up there with Joseph Heller's *Catch-22* and Michael Herr's *Dispatches*.” Mark Bowden, bestselling author of *Black Hawk Down*, hailed it as “hypnotic and terrifying” and the book won Russia's inaugural Debut Prize, which recognizes authors

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who write despite, not because of, their life circumstances. “ If you haven ’ t yet learned that war is hell, this memoir by a young Russian recruit in his country ’ s battle with the breakaway republic of Chechnya, should easily convince you. ” —Publishers Weekly

The Spectator

A mysterious stranger appears in a Moscow park. Soon he and his retinue have astonished the locals with the magic show to end all magic shows. But why are they really here, and what has it got todo with the beautiful Margarita, or her lover, the Master, a silenced writer? A carnival for the senses and a diabolical extravaganza, this most exuberant of Russian novels was staged in this adaptation at Chichester Festival Theatre.

Doctor Zhivago

In international theatre studies, there has been a dearth of studies on Polish contemporary theatre. This book investigates how Polish theatre has changed since 1989 and the fall of Communism. It introduces the most prominent Polish theatre directors, namely Krystian Lupa and his two extremely talented students Krzysztof Warlikowski and Jan Klata. All three of them represent three absolutely different types of aesthetics and ways of thinking about theatre: Krystian Lupa mostly concentrates on Austrian and Russian literature. Krzysztof Warlikowski ’ s theatre is based on stage versions of William Shakespeare or Ancient authors. Jan Klata focuses his attention on Polish history and current social problems. This book highlights the creativity of Polish contemporary theatre, and shows how different from most theatre traditions in other European countries it is.

Nothing

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"From the seed of historical truth that is the death of President Lincoln's beloved eleven-year-old son Willie, George Saunders spins a story of familial love and loss that breaks free of its realistic, historical framework into a supernatural realm Willie Lincoln finds himself in a strange purgatory where ghosts mingle, gripe, commiserate, quarrel, and enact bizarre acts of penance. Within this transitional state--called, in the Tibetan tradition, the bardo--a monumental struggle erupts over young Willie's soul."--Amazon.com.

The Souls of Venice

Winner of the 2015 James Beard Award for Best Beverage Book and the 2015 IACP Jane Grigson Award. A revolutionary approach to making better-looking, better-tasting drinks. In Dave Arnold ' s world, the shape of an ice cube, the sugars and acids in an apple, and the bubbles in a bottle of champagne are all ingredients to be measured, tested, and tweaked. With *Liquid Intelligence*, the creative force at work in Booker & Dax, New York City ' s high-tech bar, brings readers behind the counter and into the lab. There, Arnold and his collaborators investigate temperature, carbonation, sugar concentration, and acidity in search of ways to enhance classic cocktails and invent new ones that revolutionize your expectations about what a drink can look and taste like. Years of rigorous experimentation and study—botched attempts and inspired solutions—have yielded the recipes and techniques found in these pages. Featuring more than 120 recipes and nearly 450 color photographs, *Liquid Intelligence* begins with the simple—how ice forms and how to make crystal-clear cubes in your own freezer—and then progresses into advanced techniques like clarifying cloudy lime juice with enzymes, nitro-muddling fresh basil to prevent browning, and infusing vodka with coffee, orange, or peppercorns. Practical tips for preparing drinks by the pitcher, making homemade sodas, and building a specialized bar in your own home are exactly what drink

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enthusiasts need to know. For devotees seeking the cutting edge, chapters on liquid nitrogen, chitosan/gellan washing, and the applications of a centrifuge expand the boundaries of traditional cocktail craft. Arnold's book is the beginning of a new method of making drinks, a problem-solving approach grounded in attentive observation and creative techniques. Readers will learn how to extract the sweet flavor of peppers without the spice, why bottling certain drinks beforehand beats shaking them at the bar, and why quinine powder and succinic acid lead to the perfect gin and tonic. *Liquid Intelligence* is about satisfying your curiosity and refining your technique, from red-hot pokers to the elegance of an old-fashioned. Whether you're in search of astounding drinks or a one-of-a-kind journey into the next generation of cocktail making, *Liquid Intelligence* is the ultimate standard—one that no bartender or drink enthusiast should be without.

The Book Charmer

A beautifully jacketed hardcover edition of the Nobel Prize-winning author's beloved epic novel about a stubbornly independent Icelandic sheep farmer and his spirited daughter. Set in the early twentieth century, *Independent People* recalls both Iceland's medieval epics and such classics as Sigrid Undset's *Kristin Lavransdatter*. If Bjartur of Summerhouses, the book's protagonist, is an ordinary sheep farmer, his flinty determination to achieve independence is genuinely heroic and, at the same time, terrifying and bleakly comic. Having spent eighteen years in humiliating servitude, Bjartur wants nothing more than to raise his flocks un beholden to any man. But Bjartur's spirited daughter wants to live un beholden to him. What ensues is a battle of wills that is by turns harsh and touching, elemental in its emotional intensity and intimate in its homely detail. Vast in scope and deeply rewarding, *Independent People* is a masterpiece.

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Lincoln in the Bardo

Fancy a fiesta? Savor sun-soaked beaches? Treasure tacos and tequila? Pack your bags and prepare to bask in the glow of vibrant Mexico! Equipped with this bestselling, opinion-packed guide, you'll follow in the footsteps of our Mexico experts through colorful Mexico City markets, across deserted Baja beaches, over Aztec and Mayan pyramids and into the soul of Mexico. GET AROUND - 180 detailed maps, more than any other guidebook to Mexico, plus comprehensive bus schedules BE INSPIRED - customized itineraries and full-color highlights up front to help you plan BECOME THE EXPERT - learn about Mexican history and cuisine from our expert contributors REST EASY - Spanish colonial inns, luxurious Caribbean resorts and other fine spots to lay your sombrero HABLA ESPAÑOL - handy language chapter and reviews of language schools throughout the country

The Year One Challenge for Women

The astonishing, uplifting story of a real-life Indiana Jones and his humanitarian campaign to use education to combat terrorism in the Taliban ' s backyard Anyone who despairs of the individual ' s power to change lives has to read the story of Greg Mortenson, a homeless mountaineer who, following a 1993 climb of Pakistan ' s treacherous K2, was inspired by a chance encounter with impoverished mountain villagers and promised to build them a school. Over the next decade he built fifty-five schools—especially for girls—that offer a balanced education in one of the most isolated and dangerous regions on earth. As it chronicles Mortenson ' s quest, which has brought him into conflict with both enraged Islamists and uncomprehending Americans, Three Cups of Tea combines adventure with a celebration of the humanitarian spirit. From the Trade Paperback edition.

Time Out Andalucía

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I Love You Rituals

A series of interconnected stories seeks to contrast the moral decisions made by famous and everyday individuals with regard to the warring authoritarian cultures of Germany and the USSR in the twentieth century, from a pair of generals who collaborate with the enemy to two heroes who place themselves at risk for their countries. Reprint.

Polish Theatre after the Fall of Communism

The Newbery Medal – winning childhood classic of life on a Florida farm—part of the Regional series from the author of the Mr. Small picture books. Birdie and her family are trying to build a farm in Florida. But it ' s not easy with the heat, droughts, and cold snaps—and neighbors that don ' t believe in fences. But Birdie won ' t give up on her dream of strawberries, and her family won ' t let those Slaters drive them from their home! This Newberry Medal – winning novel presents a realistic picture of life on the Florida frontier. This ebook features an illustrated biography of Lois Lenski including rare images and never-before-seen documents from the author ' s estate.

Three Cups of Tea

A brash, bawdy, and downright ballsy ode to the ups and downs of life and love, *On My Knees* opens with Periel Aschenbrand - still reeling from a breakup with her long - time boyfriend - chain - smoking her days away on a plastic - covered couch and watching reruns of *Law and Order* while she squats in her dead grandmother's apartment in the East Village. Armed with her wicked wit and a motley cast of characters that includes her hovering Jewish mother, an eccentric uncle, and her neurotic best friend/wingwoman, Aschenbrand embarks on a Dante - esque journey through the many rings of single -

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girl hell involving crazy one - night stands; an unhealthy attachment to a dental hygienist; a run - in with Philip Roth; and, in the end, a trip to Israel and an encounter with the man who just might be the one. Hysterical and heartfelt, *On My Knees* traces Periel's attempt to rebuild her life, her relationships, and her trademark confidence in a story so riotous it would make Chelsea Handler blush.

Bulgaria Today

Collects short stories and poems by Asian American women, from Oriental, Indian, and Polynesian backgrounds

The Book of Imaginary Beings

For millennia southern Spain has been perceived as a promised land. From Phoenician traders to Moorish invaders to today's northern European occupiers of the Costa del Sol, this extraordinarily varied region has offered the lure of beaches and mountains, classic cities and cutesy villages, magnificent deserts, vast forests and fertile plains - and a balmy climate that is the envy of the rest of the continent. *Time Out Andalucia* presents the full picture of this country within a province, giving an insider's view of its cultural and natural riches, but not shrinking from telling it like it is when confronting the environmental and aesthetic disasters that have afflicted much of the coastline. *Time Out's* expertise in city guides is fully exploited in the in-depth coverage of Andalucia's incomparable cities - light-hearted Malaga, wistful Cadiz, regal Cordoba, grave Granada and joyous Sevilla. Yet the guide also includes unparalleled coverage of Andalucia's lesser-known corners, such as the provinces of Almeria, Jaen and Huelva.

Chicago

What if you could reboot your health, tap into your creative self,

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reclaim your wild nature, lead from your heart—and still feel well rested? As modern women, we ’ re taught that we can do it all, have it all, and be it all. While this freedom is beautiful, it ’ s also exhausting. Being a “ worn-out woman ” is now so common that we think feeling tired all the time is normal. According to Karen Brody, feeling this exhausted is not normal—and it ’ s holding us back. In *Daring to Rest*, Brody comes to the rescue with a 40-day program to help you reclaim rest and access your most powerful, authentic self through yoga nidra, a meditative practice that guides you into one of the deepest states of relaxation imaginable. It ’ s time to lie down and begin the journey to waking up. Though it comes from the yogic tradition, yoga nidra doesn ’ t look like a typical yoga class—the entire practice is done lying down. As you listen to a guided meditation, you ’ re gently taken into complete inner stillness, effortlessly releasing into a healing state that works on both cellular and subtle body levels. With *Daring to Rest*, Brody presents a comprehensive yoga nidra program that unfolds in three phases: rest for physical exhaustion, release for mental and emotional exhaustion, and rise for tuning in to the “ life purpose exhaustion ” that can come when we ’ re not in our full power. Each phase includes a downloadable yoga nidra guided meditation and supportive practices. “ By directly accessing your subconscious mind, yoga nidra helps shift the long-held patterns that prevent you from stepping fully into your purpose and power, ” writes Brody. “ Now is the time to break the cycle of fatigue and return to your truest self—the woman you are when you ’ re not constantly exhausted. ”

Strawberry Girl

A collection of essays and photographs provides a holistic, many-angled view of humankind's relationship to the earth and features the world of Natalie Angier, Diane Ackerman, Thomas Eisner, Peter Mattheiessen, Judith Stone, and more

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Sideways

This program has helped thousands of women build their best bodies ever. Will YOU be next? What if you could build that hot “Hollywood body” without having your life revolve around it? What if you didn't have to starve yourself, put in long hours at the gym, or do grueling cardio sessions that turn your stomach? What if you could eat all of the foods you actually like and do muscle-building workouts that you actually enjoy? Imagine waking up every morning, looking in the mirror, and feeling downright excited by your reflection. Imagine being able to proudly wear the clothes you really want to wear and take them off with confidence. Well, you can have all of these things, and it 's not nearly as difficult or complicated as you probably think. The Year One Challenge for Women is a workout journal companion to the bestselling women 's fitness book *Thinner Leaner Stronger*, and it contains a full year's worth of workouts neatly organized so you can record, track, and review your progress toward the body you've always wanted. With this program, you can melt away up to 35 pounds of fat—including stubborn hip, belly, and thigh fat—add lean muscle to all the right places on your body, and double or even triple your whole-body strength. And that's just year one! So, if you're ready to build muscle definition and lose stubborn fat faster than you ever thought possible, scroll up, buy this journal today and start your journey to a thinner, leaner, and stronger you!

One Soldier's War

The star of HGTV 's *Flip or Flop* Christina Anstead partners with celebrity nutritionist Cara Clark to help women remodel their lives—in mind, body and spirit. Christina Anstead, star of HGTV 's *Flip or Flop* and *Christina on the Coast*, is known for her boundless energy, positive attitude, and radiant looks. But what was hidden from fans of her popular television shows was a very real health crisis, including a

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diagnosis of autoimmune disease, infertility, and the emotional and physical exhaustion of going through a divorce with two young children—all in the public eye. The stress of managing it all wreaked even more havoc on her already strained body. It wasn't until Christina met nutritionist Cara Clark that she discovered a path that allowed her to regain her health and heal in body and mind. In *The Wellness Remodel*, Christina chronicles her health journey and shares what she's learned about the importance of creating balance and prioritizing physical and mental self-care. Divided into three parts—“Gut Rehab” (food and nutrition); “Building a Strong Foundation” (exercise); and “The Rewire” (mindfulness)—the book will be an accessible guide to full-body wellness, offering simple strategies anyone can put into action for immediate results. Christina and Cara will also share their simple cooking strategies built for the real world of working parents and busy weeknights, including sixty of their favorite recipes, complete with beautiful photos and easy-to-follow instructions. Inspiring, informative, fun, and empowering, *The Wellness Remodel* will give readers everything they need to nourish the body, keep it strong, and help their spirit flourish.

McClure's Magazine

Sideways is the story of two friends—Miles and Jack—going away together for the last time to steep themselves in everything that makes it good to be young and single: pinot, putting, and prowling bars. In the week before Jack plans to marry, the pair heads out from Los Angeles to the Santa Ynez wine country. For Jack, the tasting tour is Seven Days to D-Day, his final stretch of freedom. For Miles—who has divorced his wife, is facing an uncertain career and has lost his passion for living—the trip is a weeklong opportunity to evaluate his past, his future and himself. A raucous and surprising novel filled with wonderful details about wine, *Sideways* is also a thought-provoking and funny book about men, women, and human relationships.

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General from the Jungle

Rudi Friemel fights for the International Brigades in the Spanish Civil War. When the Republican Front collapses, he is interned in France, sent to a Gestapo prison in Vienna, and then on to Auschwitz. From the camp, he petitions to be allowed to marry Marga, his sweetheart and the mother of his child. Eventually his petition is granted. The officials who spend all their time registering the deaths now register a marriage. A survivor reports: 'It was a victory - a proof that we were still alive - though we knew our lives hung by a thread, a whim.' Restrained and compassionate, based on real events, *The Wedding in Auschwitz* is a stark reminder of how, in the middle of the twentieth century, history determined the lives of individuals.

Liquid Intelligence: The Art and Science of the Perfect Cocktail

The sixth and last of the legendary Jungle Novels, and a masterpiece on guerrilla warfare. The book is filled with marvelously drawn characters, yet the true hero is the rebel army--illiterate, uneducated, and poor, but resourceful and dangerous.

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