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477 - ANNA HERRING

Life is a marathon and each one must choose how they will run, either to win or to lose. This book was written to encourage others to choose wisely. Run to win. The world has much to offer that has the power to destroy a life. It comes easy but with a big price and only with your permission. The road of destruction is Satan's plan (the lust of the flesh, the lust of the eyes, and the pride of life) is wide open, but the narrow road (Jesus Christ) leads to freedom and victory. The things of this world will someday pass away; choose the things that will last, lay up treasures in heaven, and trust God to lead. He has a good plan and a purpose for your life. Brenda Ueland was a well-known lawyer, feminist activist, writer, and journalist. *If You Want to Write* is her most famous work. It is a classic study of the essence of literary creativity and its techniques. When formulating a philosophy on creativity, Brenda wrote: "Why should we all use our creative power....? Because there is nothing that makes people so generous, joyful, lively, bold and compassionate, so indifferent to fighting and the accumulation of objects and money."

From the island of Barbados a serial killer recalls his catalogue of infamy - the trail of dead excused as a necessary evil of survival. When he is drawn into the local petty underworld he is convinced he has to kill again. A child is pulled from the burning wreckage of a caravan home at a funfair. The two incinerated bodies represent an escape from a life of persecution - but the demons remain. 'Scream If You Want To Go Faster' is a stunning exploration of the mentality of a serial killer - there may be more to them than you think.

For anyone who desires to become an author, two classic books share the necessary elements of creative writing and the habits and processes to make your writing successful. Professor William Strunk published *Elements of Style* at the end of the First World War. This book inspires us to write well while immersing readers in the atmosphere of a gentlemen's writing circle where we can almost smell the chalk and tweed. The professor encourages the writer to write well, if for no other reason than to escape his stern reprimand. *If You Want to Write* is Brenda Ueland's classic exploration of the essence and art of literary creativity. She believed that only by expressing one's creative spirit can we become "generous, joyful, lively, bold and sympathetic". William Strunk: *The Elements of Style* Brenda Ueland: *If You Want to Write*

The former Sex & Relationships Editor for *Cosmopolitan* and host of the wildly popular comedy show *Tinder Live* with Lane Moore presents her poignant, funny, and deeply moving first book. Lane Moore is a rare performer who is as impressive onstage—whether hosting her iconic show *Tinder Live* or being the enigmatic front woman of *It Was Romance*—as she is on the page, as both a former writer for *The Onion* and an award-winning sex and relationships editor for *Cosmopolitan*. But her story has had its obstacles, including being her own parent, living in her car as a teenager, and moving to New York City to pursue her dreams. Through it all, she looked to movies, TV, and music as the family and support systems she never had. From spending the holidays alone to having better "stranger luck" than with those closest to her to feeling like the last hopeless romantic on earth, Lane reveals her powerful and entertaining journey in all its candor, anxiety, and ultimate acceptance—with humor always her bolstering force and greatest gift. *How to Be Alone* is a must-read for anyone whose childhood still feels unresolved, who spends more time pretending to have friends online than feeling close to anyone in real life, who tries to have genuine, deep conversations in a roomful of people who would rather you not. Above all, it's a book for anyone who desperately wants to feel less alone and a little more connected through reading her words.

The days when people called Winnie Segal, "Sea Cow," are long over. She's still a big gal, and everybody around her's gone all PC and "Yay, body acceptance," but once in awhile something dredges up a bad memory. This time, the trigger is Cory Levane, former high school star quarterback, current NFL legend and former high school crush. After a triumphant career, he's come home to show off—or so Winnie thinks. She'd rather design and sell her artwork than give a damn, yet the garden in which she grows her damns thrives. After one month of early retirement, he's climbing the walls. He thought coming home would provide cheer and inspire him to plan his future, but people treat him like a celebrity instead of an actual person. He's happy about one thing, though: Winnie Segal hasn't changed—she's still gorgeous and funny as ever, and talented. If he weren't so damn tongue-tied around her he'd let her know. The opportunity to work together on a project has Cory anxious to get closer, and leaves Winnie suspicious of his motives. She keeps a tight hold on her heart,

and Cory knows it will take more than his football skills to get her to pass it to him.

An Instant New York Times Bestseller! If I Stay meets Your Name in Dustin Thao's *You've Reached Sam*, a heartfelt novel about love and loss and what it means to say goodbye. Seventeen-year-old Julie Clarke has her future all planned out—move out of her small town with her boyfriend Sam, attend college in the city; spend a summer in Japan. But then Sam dies. And everything changes. Heartbroken, Julie skips his funeral, throws out his belongings, and tries everything to forget him. But a message Sam left behind in her yearbook forces memories to return. Desperate to hear him one more time, Julie calls Sam's cell phone just to listen to his voice mail recording. And Sam picks up the phone. The connection is temporary. But hearing Sam's voice makes Julie fall for him all over again and with each call, it becomes harder to let him go. What would you do if you had a second chance at goodbye? A 2021 Kids' Indie Next List Selection A Cosmo.com Best YA Book Of 2021 A BuzzFeed Best Book Of November A Goodreads Most Anticipated Book

"God hath not given us the spirit of fear; but of power, and of love, and of a sound mind." (2 Timothy 1:7 KJV) This book and the teaching it contains clearly demonstrate how the power of God can set the captives free and prepare people for His Glory. Drawing on his many years of experience, Dr Smith explains how God can minister to the broken and enslaved. Ties that have bound people for years can be broken so that despair can be changed to joy. Lives can, he asserts, be changed from fear, desperation and hopelessness to ones that exude fulfilment, purpose and happiness. Too many people are weighed down by the sheer volume of their difficulties and appear to given up on ever finding peace. This book will inspire and give cause for hope as it so vividly explains the power of God to set at liberty those who are ensnared by the wiles of Satan. Using practical examples, based on his international ministry and personal experience, Dr Smith shows what it is possible to achieve and what an awesome God we are called to serve. Carefully study this book, as it could literally be a life-changing experience. Yes, you can be free...if you want to! Dr James Wesley Smith is known for his versatile blending of musical genres and the powerful message of Jesus' healing love and power for deliverance and restoration. His publications, teachings, music tapes, CDs and DVDs facilitate the ministry being heard and viewed in many parts of the world. His prophetic declarations call the Church to a steadfast commitment to holiness and to ministry setting the captives free. His ever-expanding, unique, and anointed healing ministry to the whole person glorifies God and brings unity and spiritual renewal to the Body of Christ.

Many people have participated in or observed athletic competition. This book is written for the athlete, the coach, and the fan who would like to improve their Christian journey. It is our hope that they will appreciate and understand the relationship between athletic training and improving their walk with God.

Are you looking for peace that passes all understanding? Are you looking to defeat your worries and starve your doubts in this often crude and cruel world? If the answer is yes, then you have chosen the right book. In this spiritually powerful book, Dr. Derrick R. Rhodes gives you some practical steps to help you deal with those things that are stealing your peace. You will also learn how to: Have peace with God Have peace within Have peace with others Let go of things you can't control Deal with your hurts Be happy in the moment Dr. Derrick R. Rhodes is a United Methodist pastor in Atlanta, Georgia. He holds degrees from North Carolina Central University, Gammon Theological Seminary of the Interdenominational Theological Center, and Drew University Theological School. He is the author of *If You Want God to Help You*, the first book in the series, and *Overcoming Barriers That Divide*.

Brenda Ueland was a journalist, editor, freelance writer, and teacher of writing. In *If You Want to Write: A Book about Art, Independence and Spirit* she shares her philosophies on writing and life in general. Ueland firmly believed that anyone can write, that everyone is talented, original, and has something important to say. In this book she explains how find that spark that will make you a great writer. Carl Sandburg called this book the best book ever written about how to write. Join the millions of others who've found inspiration and unlocked their own talent.

Tomorrow is not promised to any of us... We have heard that phrase time and time again, some of us leave our children money and a will with warm words but is that enough? I don't think so. This book is my "goodbye" to my daughter. If I died right now, then this is what I want my daughter to know, about me, the situation between her mom and I, as well as life. I am her father, and there is much she should know. So much... I also wrote this book

for any child who wants knowledge, the fundamentals. The rules in this book never change. This book is for all youth and parents, as well as my daughter. I hope you can appreciate the humor in it, as well as the lessons throughout. Tomorrow is not promised to any of us, and children are the future of this world. If you died today, what would you want your child to know?

If You're New To The Guitar and Want To Be Playing Your First Song In 7 Days or Less Then Keep Reading... Do you want to learn to play the Guitar? Do you want to do it in a fun and practical way? Do you want to be playing your first song by this time next week (or earlier)? If you're an aspiring Guitarist like I was, you probably answered yes to all of the questions. Now, learning the 'boring' parts like Music Theory and ALL Chords certainly has it's place, however, as a beginner what we want to do is PLAY Music, not theorize about it. That's why I'm so passionate about writing these books, to help aspiring Guitarists not go through the same boring fate I did. Not only that, I saw so many potentially great Guitarists give up because they couldn't deal with the mind-numbing teachings anymore. The funny thing is once you have hours and hours of playing time under your belt, learning the 'boring' parts isn't half as bad, as you know you're only doing it if it's essential to make you a better Guitarist. And, believe me, once you fall in love with playing and realize just how amazing playing your first full songs, or your first solo, or your all-time favorite song is, you will be a lot more motivated to sit down and learn the theory. But, as a beginner, you have no idea of the feeling playing can give you, so what you need first is that playing experience, and that's exactly what I'm here to give you. Oh, and you don't need to worry, this isn't a 24/7 all work, no play programme. Yes, you'll need to spend some time practicing, but it's the 21st Century, we have very busy lives, and I have busy lives, and I made all of the practices and learning as streamlined as possible for you! And, here's a slither of what you'll discover inside... The 7 MUST KNOW Chords For Any New Guitarist! (Without All The Fluff) The 3 Things You'll Want To Know Before Buying A New Guitar (Includes A Complete Buying Guide) A Proven Guide To Schedule Your Time To Maximize Your Results (We Don't All Have Endless Time To Practice Unfortunately) The Absolute Essentials To Guitar Maintenance And Why You're Potentially Wasting \$100's If You Ignore This The Bare Essentials Of Reading Music The Right Way, Without Boring You To Death 2 Tips That Could Prevent You From Wasting Hours Getting Nowhere With Your Practice 3 Tips For Preparing For Your First Song How Listening To Music Can Help You Rapidly Develop Your Skills An Easy Solution To Prevent The Dreaded Newbies Finger Pain... And that is a tiny fraction of what you're getting. Even if you've NEVER picked up a Guitar in your life, even if you have no idea how to even pick or tune a Guitar and even if you don't know the difference between a chord and a scale this Practical Beginners Guide will have you playing your first song in 7 days or less! (All for the price of a few cups of Coffee, I think that's a fair deal) So, If You Want A Fun And Practical Way To Actually Learn Guitar Without All The Boring And Mind-Numbing Parts Scroll Up And Click "Add To Cart."

This handbook details strategies for overcoming doubt, fear of failure, and conventional thinking, and serves as a roadmap for those who wish to bolster self-confidence. It offers exercises culled from personal experience and valuable advice from mentors in the fields of entertainment, business, and education. The value of rejecting conventional wisdom and commonplace precepts is demonstrated, and encouragement to tackle obstacles head on is offered. These insightful observations from a consummate self-starter and unrepentant maverick will embolden disaffected employees, timid individuals, and cautious entrepreneurs.

In Michael Parker's new novel, Joel Dunn Jr. tells the story of how he did everything he could to save his family after his mother left and his father's tenuous hold on sanity unraveled. On a journey from the town of Trent, North Carolina, to the coast, Joel and his little brother Tank thread their way back to their mother, fueled by potato chips, Coke, and the soundtrack of the powerful soul music that their daddy taught them to love. Always keeping the faith that their mother is waiting for them, they move from one kindly stranger to another on their odyssey, Joel ever certain they are being guided to her door: "I was being passed from person to person," he says, "on my way back into her wide open window." Caught between the endless idealism of childhood and the sobering tests of adulthood, Joel and Tank bravely negotiate their way through a landscape of love and beauty, abandonment and betrayal, to learn that the one sure thing is often right by your side.

Grow old on purpose. This book invites readers to navigate a purposeful path from adulthood to elderhood with choice, curiosity, and courage. Everyone is getting old; not everyone is growing old.

But the path of purposeful aging is accessible to all—and it's fundamental to health, happiness, and longevity. With a focus on growing whole through developing a sense of purpose in later life, *Who Do You Want to Be When You Grow Old?* celebrates the experience of aging with inspiring stories, real-world practices, and provocative questions. Framed by a long conversation between two old friends, the book reconceives aging as a liberating experience that enables us to become more authentically the person we always meant to be with each passing year. In their bestseller *Repacking Your Bags*, Richard J. Leider and David A. Shapiro defined the good life as "living in the place you belong, with people you love, doing the right work, on purpose." This book builds on that definition to offer a purposeful path for living well while aging well.

Betsy Dovydenas is an artist who painted and wrote her story about joining a bogus church run by a bogus pastor. In more than 200 monoprints with narrative text, she tells the story of being tricked, sweet-talked, coaxed, manipulated, conned, coerced and exploited. In short, she was brainwashed. This book shows how it happened.

The first time Moses Murphy's granddaughter killed on his orders, she was six years old. For twenty years, she was a prisoner of an organized crime syndicate, forced to use her magic to make Moses the most powerful and feared man on the East Coast. To escape his cruelty, she faked her own death and started a new life as Alice Worth. As a private investigator specializing in cases involving the supernatural, Alice walks a precarious line between atoning for the sins of her grandfather's cabal and keeping her true identity hidden. Hired to investigate the disappearance of a mysterious object of power, Alice enlists the help of Malcolm, a ghost running from a past as nightmarish as her own. It soon becomes clear the missing object was taken by someone with a dangerous secret and an unknown agenda. When her client is kidnapped, Alice must find her and the object of power before a vengeful killer destroys the city and slaughters thousands—starting with Alice.

If You Want to Dance with the Lord, You Have to Let Him Lead tells of the dance that began in my twenties when I committed my life to the Lord Jesus Christ. Step by step He has led me into places near and far, making life an exciting adventure.

You're one step away from the adventure of your life. John Ortberg invites you to consider the incredible potential that awaits you outside your comfort zone. Deep within you lies the same faith and longing that sent Peter walking across the wind-swept Sea of Galilee toward Jesus. In what ways is the Lord telling you, as he did Peter, "Come"? Out on the risky waters of faith, Jesus is waiting to meet you in ways that will change you forever, deepening your character and your trust in God. The experience is terrifying. It's thrilling beyond belief. It's everything you'd expect of someone worthy to be called Lord. The choice is yours to know him as only a water-walker can, aligning yourself with God's purpose for your life in the process. There's just one requirement: If You Want to Walk on Water, You've Got to Get Out of the Boat. In this Christianity Today Award-winning read, bestselling author John Ortberg pushes you to take the last step that separates you from the adventure of your life. And, as a result, you will learn to: Recognize God's presence Discern between faith and foolishness Not only expect problems, but field them when they come Reorient your thoughts about failure and see it as an opportunity to grow Wait on the Lord And, ultimately, connect more deeply with God Features discussion questions at the end of each chapter to enhance your reflection and spiritual growth. Also perfect for small group discussion.

He's a hard-boiled private detective with no clients and a crazy landlady looking for his overdue rent. After a young gunman walks into his office, telling him to lay off of a case he's not involved with, Ray soon finds himself in the middle of murder, deceit, and deception. Brought in to investigate a fiendish killing, which leads to another, the shamus tries to sort out the sinister motive. Paintings with eerie depictions of the murders hang near the bodies, and the police believe it's the work of a madman.

Time is an illusion

Discover a bold new approach to success in the world of sales and marketing with this practical guide to building your Power Niche. Bruce M. Stachenfeld is one of the most successful real estate lawyers in one of the toughest markets in the world: New York City. Now he shares the ideas and insights he developed through his own day-to-day experience. In *If You Want to Get Rich, Build a Power Niche*, Bruce shows you how you can become a superstar marketer or salesperson, whether you're just starting out, starting a new business, or you're a seasoned professional looking to improve your performance. Bruce offers clear, step-by-step advice on how to implement the strategic marketing process of building a Power Niche. His method is based on the principle that ownership in a small niche is dramatically stronger than having little or no ownership in a larger market. If you want to grow your sales and increase your revenue while becoming a valued resource in your industry, you need to build your Power Niche!

Crime novel Lisbon (Portugal). A hot summer night in 2020, a disturbing blue villa, a man dressed in black. Suddenly a sharp thud and blood everywhere on the pavement. Thus the lifeless body of

the head of an obscure religious organization is found, who has fallen from the third floor. Murder or suicide? Siena (Italy). "Do you remember me?" is the question with which Chiara, who has been missing for years, returns to Francesco, inviting him to accompany her on a journey to investigate the mystery that lies behind her strange death. Wewelsburg (Germany). What is the thin red line that connects a Nazi castle, which was the occult and esoteric center of the SS, to the investigation of the bank detective and his elusive companion? Montségur (France). The mystery deepens when all the clues lead to the enigmatic secret fortress of the Cathars and then to a remote island in the Croatian sea, where there is only one building: a lighthouse. Follow, if you want, the two protagonists in an engaging thriller full of twists and where nothing is as it seems ... "A new novel to read in one breath. Unmissable "-World News 24-" Pages that tickle the curiosity and keep glued to the last line "- Literary Chronicles "- Real events and disturbing crimes give life to a pressing narrative "- Boom Channel "- A novel that captures the reader, amidst puzzles, tormented loves and captivating stories "-The Nation-" True story skillfully intertwined with fantasy events "- Literary Coffee "- A mystery that fascinates and a love that intrigues, in a book that enchants "- Our Free Time - Translator: Erica Brusco PUBLISHER: TEKTIME

Do you feel that your relationships are not fulfilling or satisfying? Do you feel like you give so much but others let you down? Have you ever been overwhelmed by the thought that your life partner is not your perfect mate? If you replied positively to those questions, relationship expert, Dr Janet Crain might have the answer for you. Building long-lasting and fulfilling relationship, finding the perfect mate, putting life in order, enjoying well-balanced life, creating positive thinking attitude, understanding partners, and other closed ones better are the issues addressed in this easy, fun to read book. "If you want an egg roll, get out of the pizzeria" is an inspirational journey to the human inner side. Brings spiritual enrichment, plenty of helpful relationship advice for women and presents various relaxation techniques, which will change your life. Existing readers call it "my personal workbook". Don't miss the chance and join the followers club!

A surprisingly simple way for students to master any subject--based on one of the world's most popular online courses and the bestselling book *A Mind for Numbers* *A Mind for Numbers* and its wildly popular online companion course "Learning How to Learn" have empowered more than two million learners of all ages from around the world to master subjects that they once struggled with. Fans often wish they'd discovered these learning strategies earlier and ask how they can help their kids master these skills as well. Now in this new book for kids and teens, the authors reveal how to make the most of time spent studying. We all have the tools to learn what might not seem to come naturally to us at first--the secret is to understand how the brain works so we can unlock its power. This book explains: • Why sometimes letting your mind wander is an important part of the learning process • How to avoid "rut think" in order to think outside the box • Why having a poor memory can be a good thing • The value of metaphors in developing understanding • A simple, yet powerful, way to stop procrastinating Filled with illustrations, application questions, and exercises, this book makes learning easy and fun. Advises the reader about what to do, and not do, in order to successfully spot a whale, such as wrapping up in a not-too-cozy blanket, ignoring the roses, and especially, being patient.

DO YOU WANT TO KNOW? A LIGHTWORKER'S GUIDE TO THE UNIVERSE is many things. It is an easy to understand guide on how to overcome your fears and advance yourself spiritually. It is also a raw, uncensored look into the future. A direct communication from God. It is a results book for those that seek results. Flowery words are fine but if they do not produce results, what's the point? It is a reference book to keep with you as you continue your journey as a human being. It does not matter what your religious background is. For with God, there is no religion. God is love. This book will help you understand how much God loves you. By eliminating fear in your life, you will come to know how to love yourself as a true spiritual light.

If nobody has told that you have a Strawman, then this could be a very interesting experience for you. Your Strawman was created when you were very young, far too young to know anything about it. But then, it was meant to be a secret as it's purpose is to swindle you, and it has been used very effectively to do just that ever since it was created.

Forget the 10,000 hour rule— what if it's possible to learn the basics of any new skill in 20 hours or less? Take a moment to consider how many things you want to learn to do. What's on your list? What's holding you back from getting started? Are you worried about the time and effort it takes to acquire new skills—time you don't have and effort you can't spare? Research suggests it takes 10,000 hours to develop a new skill. In this nonstop world when will you ever find that much time and energy? To make matters worse, the early hours of practicing something new are always the most frustrating. That's why it's difficult to learn how to speak a new language, play an instrument, hit a golf ball, or shoot great photos. It's so much easier to watch TV or surf the web . . . In *The First 20 Hours*, Josh Kaufman offers a systematic approach to

rapid skill acquisition— how to learn any new skill as quickly as possible. His method shows you how to deconstruct complex skills, maximize productive practice, and remove common learning barriers. By completing just 20 hours of focused, deliberate practice you'll go from knowing absolutely nothing to performing noticeably well. Kaufman personally field-tested the methods in this book. You'll have a front row seat as he develops a personal yoga practice, writes his own web-based computer programs, teaches himself to touch type on a nonstandard keyboard, explores the oldest and most complex board game in history, picks up the ukulele, and learns how to windsurf. Here are a few of the simple techniques he teaches: Define your target performance level: Figure out what your desired level of skill looks like, what you're trying to achieve, and what you'll be able to do when you're done. The more specific, the better. Deconstruct the skill: Most of the things we think of as skills are actually bundles of smaller subskills. If you break down the subcomponents, it's easier to figure out which ones are most important and practice those first. Eliminate barriers to practice: Removing common distractions and unnecessary effort makes it much easier to sit down and focus on deliberate practice. Create fast feedback loops: Getting accurate, real-time information about how well you're performing during practice makes it much easier to improve. Whether you want to paint a portrait, launch a start-up, fly an airplane, or juggle flaming chainsaws, *The First 20 Hours* will help you pick up the basics of any skill in record time . . . and have more fun along the way.

Sufi poet Ghalib said, "Held back, unvoiced, grief bruises the heart." This is the story of a heart bruised for many years and the hurt around that. After her father dies of liver cancer, the author finally awakens and steps into a spiritual (and sober) life, including healing - from grief, from despair, from decades of inauthentic living. This hopeful story illustrates what is possible when grief is honored and transcended. "With admirable honesty, O'Neil recounts her journey from family dysfunction and alcoholism to a life of spiritual exploration and understanding." —Susan Richards, NY Times bestselling author "Her honesty is compelling, and her journey offers many lessons. I could not stop reading this book." —Sally Helgesen, author, *The Female Advantage*, *The Female Vision* "This book is courageous, human, insightful, and truly inspiring...it will help many readers immensely." —Kimberly Hughes, *Sacred Self Living*

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How To Get Everything You Want Out Of Life There are basic laws in this universe that will work for you if you know how to apply them. They work for anyone who knows they exist and how to use them. The law of electricity works for all of us. We can burn your house down with electricity or you can light your home with it. You don't have to be a genius to do it. A child three years old can push a button and turn the lights on. Millions of people have been taught to believe that the rules of success are indeed so very difficult and complicated that surely they could never learn them. I found out that anyone can be genuinely successful if he will learn the exact same "rules" that the successful people learned and use them. Scroll up to get your copy now.

In this ebook exclusive, Boston Globe film critic Ty Burr introduces the fifty films every movie lover must know. This carefully curated list of great movies spans over a century of filmmaking, from the silent era to the last decade, from American favorites to international classics. Including recognized masterpieces such as "City Lights" and "Casablanca," as well as more recent movies like "Aliens" and "Fight Club," Burr has given readers what is essentially an engaging, accessible Film 101 class. Short entries discuss the significance of each movie, the reason for its greatness, and why it has become a part of our shared culture of movie-making. He also includes suggestions for further viewing, delving deeper into the works of featured directors like Hitchcock, Fellini, Sturges, and Kurosawa. In a media environment that gives endless entertainment options—including an intimidating amount of mediocre films—Ty Burr has written an expert guide to the movies that are guaranteed to please readers, and increase their cinematic knowledge. It is a perfect book for movie-lovers who are just getting acquainted with the immense catalog of great cinema available to us today.

For most, the hardest part of writing is overcoming the mountain of self-denial that weighs upon the spirit, always threatening to extinguish those first small embers of ambition. Brenda Ueland, a writer and teacher, devotes most of her book, to these matters of the writer's heart. Still, the real gift of the book is Ueland herself: She liked to write, she didn't care what anyone thought, and she had a great sense of humor. You're simply happy to hang out with her.

Are You or Anyone You Know Suffering from Addiction? This enigmatic thing called addiction, for lack of a better term is responsible for ravaging through our population, killing and destroying anything in its way that can be destroyed. If You Want to understand Addiction... provides readers with the experiences and knowledge gained by a senior addictions professional over a course of three decades. The book is written in easy to read language without laborious statistics and technical jargon. People who suffer from addiction, their families, behavioral health professionals,

criminal justice professionals, students and any others wanting to gain insight into the phenomenon of addiction and recovery, will find this book to be useful for their understanding.

Lois E. Scott has generated and collected pithy one-liners for the past 50 years, gems that her husband Fred refers to as LOISisms. These one-liners can cut through the froth to the heart of a topic with wisdom, common sense, and often humor. They may give

comfort to a hurting person, or challenge a teenager as he or she struggles to deal with this world. With these gems, she has guided and instructed three sons and eleven grandchildren and their friends. She is now working on seven great-grandchildren. Friends and family have enjoyed and have been challenged by her kitchen bar stool ministry. Hopefully, these gems will give the reader a laugh or two, or as the Christian comedian Ken Davis

would say, "Lighten up and live!" If you are a believer in Jesus Christ, these gems may provide some food for thought as you live your life and raise your children. If you have not yet come to a saving relationship with the living Christ, hopefully some of these gems will challenge you to contemplate your relationship with Him, and hence your future beyond this limited time you have on this earth.