

## Sirius Xm Guide Channel

From New York Times bestselling author and nationally syndicated talk radio host Dave Ramsey comes the secret to how he grew a multimillion dollar company from a card table in his living room. If you're at all responsible for your company's success, you can't just be a hard-charging entrepreneur or a motivating, encouraging leader. You have to be both! Dave Ramsey, America's trusted voice on money and business, reveals the keys that grew his company from a one-man show to a multimillion-dollar business—with no debt, low turnover, and a company culture that earns it the "Best Place to Work" award year after year. This book presents Dave's playbook for creating work that matters; building an incredible group of passionate, empowered team members; and winning the race with steady momentum that will roll over any obstacle. Regardless of your business goals, you'll discover that anyone can lead any venture to unbelievable growth and prosperity through Dave's common sense, counterculture, EntreLeadership principles!

To country music icon Martina McBride, cooking and singing aren't all that different. When she makes something delicious, she wants to share it, which is a lot like sharing her music with an audience. When she's not on stage or in the studio, Martina is most likely experimenting in the kitchen and cooking with family and friends. Growing up on a farm in Kansas, Martina began helping her mother in the kitchen at an early age, preparing fresh-from-the-field ingredients. Meals and stories were shared daily around the table. It's a tradition she continues with her own family as often as she can because real life is what's worth celebrating. In this gorgeously photographed cookbook, readers will find more than 100 simple and satisfying recipes filled with fresh, seasonal ingredients and downhome flavor. Martina encourages cooking "outside the lines" and shows you how to make cooking fun with creative "ad-lib" tips for recipe riffs you might consider. Mix things up in the kitchen and create your own delicious memories with her inspired recipes to feed a handful or a houseful. Whip up Martina's family favorites like her mother-in-law Flavia's Deviled Eggs, husband John's Bacon-Wrapped Olives, or her go-to Grilled Shrimp Tacos with Chipotle Sauce and Slaw. Plan a weekend brunch menu, serving Baked French Toast with Pecan Crumble and Blackberry-Maple Syrup and Hashbrown Breakfast Casserole with Tomato Gravy. Toast friends at happy hour with her Blackberry-Lemon Gin & Tonic while enjoying Grilled Sweet Peppers with Goat Cheese and Herbs. And when it's time to celebrate with family and indulge in dessert, try Martina's Fresh Apple Cake with Homemade Caramel Sauce or No-Bake Peanut Butter-Chocolate Cookies.

War and the Presidency: Restoring the Republic from Congressional Failure discusses the limited role for the presidency that our nation's founders envisioned and its evolution into an out-of-control imperial position of power. Dr. Eland concludes that the presidency has gained more power through congressional timidity and abdication rather than through presidential overreach. The written Constitution enshrined Congress as the dominant branch of government. Thus, the dangerous imperial presidency is contingent and can be rolled back only with a congressional reawakening. To get Congress to do this, the author suggests ways in which internal congressional incentives can be changed to provide motivation for a legislative pushback. The author also outlines important actions Congress could take in order to reign in executive power as well as structural reforms that might limit the role of the imperial presidency.

Do you long to move from a dead-end job to pursue the calling that burns in your heart? It may seem out of reach, reserved for a privileged few who are lucky enough to have extraordinary talent or powerful connections. But the truth is, you don't need legendary talent, an inherited fortune, or an inside track with celebrities to find fulfillment in your career or meaning in your life. In *From \$6 an Hour to a Million Dollar Dream*, Cayman Kelly will show you how wise planning, perseverance, and willingness to buck norms when necessary can empower anyone to achieve happiness and success. Cayman Kelly tells the story of his own unlikely rise to success as a multimedia professional and how the principles that guided him can transform your life, too. From his humble beginnings as a teenage volunteer at a radio station, he now has over twenty years of experience as a voice artist and radio host, including his national show on Sirius XM Heart & Soul. This practical and energizing book will show you how to: - Set goals, take positive action, and begin building a network of support - Deal with the haters and naysayers in your life - Properly define and understand success--and learn from failure - Keep yourself sharp while avoiding stagnation and burnout - Stay true to your own unique gifts and purpose At the end of each chapter, reflective questions and action steps will help you evaluate how these principles can transform your personal career path. Order your copy today and chart your course for success!

Jay Shetty, social media superstar and host of the #1 podcast *On Purpose*, distills the timeless wisdom he learned as a monk into practical steps anyone can take every day to live a less anxious, more meaningful life. When you think like a monk, you'll understand: -How to overcome negativity -How to stop overthinking -Why comparison kills love -How to use your fear -Why you can't find happiness by looking for it -How to learn from everyone you meet -Why you are not your thoughts -How to find your purpose -Why kindness is crucial to success -And much more... Shetty grew up in a family where you could become one of three things—a doctor, a lawyer, or a failure. His family was convinced he had chosen option three: instead of attending his college graduation ceremony, he headed to India to become a monk, to meditate every day for four to eight hours, and devote his life to helping others. After three years, one of his teachers told him that he would have more impact on the world if he left the monk's path to share his experience and wisdom with others. Heavily in debt, and with no recognizable skills on his re?sume?, he moved back home in north London with his parents. Shetty reconnected with old school friends—many working for some of the world's largest corporations—who were experiencing tremendous stress, pressure, and unhappiness, and they invited Shetty to coach them on well-being, purpose, and mindfulness. Since then, Shetty has become one of the world's most popular influencers. In 2017, he was named in the *Forbes* magazine 30-under-30 for being a game-changer in the world of media. In 2018, he had the #1 video on Facebook with over 360 million views. His social media following totals over 38 million, he has produced over 400 viral videos which have amassed more than 8 billion views, and his podcast, *On Purpose*, is consistently ranked the

world's #1 Health and Wellness podcast. In this inspiring, empowering book, Shetty draws on his time as a monk to show us how we can clear the roadblocks to our potential and power. Combining ancient wisdom and his own rich experiences in the ashram, *Think Like a Monk* reveals how to overcome negative thoughts and habits, and access the calm and purpose that lie within all of us. He transforms abstract lessons into advice and exercises we can all apply to reduce stress, improve relationships, and give the gifts we find in ourselves to the world. Shetty proves that everyone can—and should—think like a monk.

Series of short stories. This collection consists of the typescripts of ten short stories written by Isabel Scott Rorick, which were then published as the book *Mr. and Mrs. Cugat: The Record of a Happy Marriage*. This novel was the basis of the radio program *My Favorite Husband*, which was later reworked into the television series *I Love Lucy*.

When Jon Gruden asks his Tampa Bay Bucs, "Do you love football?!" it's to remind them why they pull on their shoulder pads every Sunday morning. It's not about the money or the fame; it's about their passion for what they do. And passion is something that has fueled Gruden's entire career. From his college playing days and his climb through the coaching ranks -- from college to assistant coaching jobs with the NFL's elite teams, to his first head coach job with the Oakland Raiders, and finally, with the Tampa Bay Bucs -- his meteoric rise is unparalleled. Underneath it all, though, he's just a humble, hardworking, no-nonsense guy who has no hobbies: "I'm not a scratch golfer. I don't know how to bowl. I can't read the stock market. Hell, I have a hard time remembering my wife's cell phone number. But I can call 'Flip Right Double X Jet 36 Counter Naked Waggle at 7 X Quarter' in my sleep." Now, in this motivational memoir, Gruden provides insight into what makes him tick. *Do You Love Football?!* is an intimate look at his life as a player, coach, and head coach, as well as the principles that have made him the hottest coach in the NFL.

This latest collection of essays by columnist and talk show host, Father Jim Lisante, provides lively discussion material for individuals and groups searching for a Catholic response to contemporary issues.

AN INSTANT #1 NEW YORK TIMES BESTSELLER From New York Times bestselling author and beloved *Today* show co-host Hoda Kotb comes an inspiring collection of quotes that offer wisdom, courage, and hope—the perfect gift for Mother's Day! Several years ago, *Today* show co-host Hoda Kotb began posting a variety of quotes on her Instagram page. Some were penned by a favorite writer; others offered a dose of love or laughter. She thought the quotes were meaningful only to her, but soon a funny thing started happening—reactions poured in from thousands of people who were just as moved. The quotes weren't only providing inspiration to Hoda, they were comforting and connecting people. So many of their comments read, "I really needed this today," a phrase that inspired the book's title. In *I Really Needed This Today*, Hoda not only shares 365 sayings and quotes, she writes about the people and experiences that have pushed her to challenge boundaries, embrace change, and explore relationships to their fullest. Written with her signature wit and warmth, this book is the ideal companion to tuck beside your bed or to bring with you on-the-go to keep you motivated, recharged, and inspired each day.

In the entire history of the United States of America, we've never elected a woman as our president. And we've only had one president who was not a white man. After working on two presidential campaigns (for Barack Obama and Hillary Clinton), MSNBC political analyst and SiriusXM host Zerlina Maxwell gained first-hand knowledge of everything liberals have been doing right over the past few elections—and everything they are still doing wrong. Ultimately, these errors worked in President Donald Trump's favor in 2016; he effectively ran a campaign on white identity politics, successfully tapping into white male angst and resistance. In 2020, after the Democratic Party's most historically diverse pool of presidential candidates finally dwindled down to Joe Biden, once again an older white man, Maxwell has posed the ultimate question: what now, liberals? Fueled by Maxwell's trademark wit and candor, *The End of White Politics* dismantles the past and present problems of the Left, challenging everyone from scrappy, young "Bernie Bros" to seasoned power players in the "Billionaire Boys' Club." No topic is taboo; whether tackling the white privilege that enabled Mayor Pete Buttigieg's presidential run, the controversial #HashtagActivism of the Millennial generation, the massive individual donations that sway politicians toward maintaining the status quo of income inequality, or the lingering racism that debilitated some Democratic presidential contenders and cut their promising campaigns short, Maxwell pulls no punches in her fierce critique. However, underlying all of these individual issues, Maxwell argues that it's the "liberal-minded" party's struggle to engage women and communities of color—and its preoccupation with catering to the white, male working class—that threatens to be its most lethal shortfall. The times—and the demographics—are changing, and in order for progressive politics to prevail, we must acknowledge our shortcomings, take ownership of our flaws, and do everything in our power to level the playing field for all Americans. *The End of White Politics* shows exactly how and why progressives can lean into identity politics, empowering marginalized groups, and uniting under a common vision that will benefit us all.

National Bestseller "Students talk about Stewart D. Friedman, a management professor at the Wharton School, with a mixture of earnest admiration, gratitude and rock star adoration." —New York Times In this national bestseller, Stew Friedman gives you the tools you need to achieve "four-way wins"—improved performance in all domains of life: work, home, community, and self.

Friedman, celebrated professor and founding director of the Wharton School's Leadership Program and its Work/Life Integration Project, explains how three simple yet potent principles—be real, be whole, and be innovative—can help you, no matter what your age or what you do for work, become a better leader and have a richer life. In this engaging adaptation of his hands-on Wharton course, he offers step-by-step instruction to help you create positive, sustainable change in your world. This proven, programmatic method teaches you how to produce stronger results at work, find clearer purpose, feel less stressed, strengthen connections with the people who matter most to you, contribute further to important causes, and gain greater support for your vision of your future. If you're ready to learn to lead in all parts of your life—this is the book for you. For a full array of Total Leadership tips and tools, visit [totalleadership.org](http://totalleadership.org). Also look for Stew Friedman's book, *Leading the Life You Want*, which builds on Total Leadership by profiling well-known leaders—from Bruce Springsteen to Michelle Obama—who exemplify its principles and demonstrate how success in your work is accomplished not at the expense of the rest of your life, but as the result of meaningful attachments to all its parts. From the duo behind the massively successful and award-winning podcast *Stuff You Should Know* comes an unexpected look at things you thought you knew. Josh Clark and Chuck Bryant started the podcast *Stuff You Should Know* back in 2008 because they

were curious—curious about the world around them, curious about what they might have missed in their formal educations, and curious to dig deeper on stuff they thought they understood. As it turns out, they aren't the only curious ones. They've since amassed a rabid fan base, making *Stuff You Should Know* one of the most popular podcasts in the world. Armed with their inquisitive natures and a passion for sharing, they uncover the weird, fascinating, delightful, or unexpected elements of a wide variety of topics. The pair have now taken their near-boundless "whys" and "hows" from your earbuds to the pages of a book for the first time—featuring a completely new array of subjects that they've long wondered about and wanted to explore. Each chapter is further embellished with snappy visual material to allow for rabbit-hole tangents and digressions—including charts, illustrations, sidebars, and footnotes. Follow along as the two dig into the underlying stories of everything from the origin of Murphy beds, to the history of facial hair, to the psychology of being lost. Have you ever wondered about the world around you, and wished to see the magic in everyday things? Come get curious with *Stuff You Should Know*. With Josh and Chuck as your guide, there's something interesting about everything (...except maybe jackhammers).

A New York Times Notable Book | Lambda Literary Award Winner | Long-listed for the PEN Open Book Award "Charles Blow is the James Baldwin of our age." — Washington Blade "[An] exquisite memoir . . . Delicately wrought and arresting." — New York Times Universally praised on its publication, *Fire Shut Up in My Bones* is a pioneering journalist's indelible coming-of-age tale. Charles M. Blow's mother was a fiercely driven woman with five sons, brass knuckles in her glove box, and a job plucking poultry at a factory near their segregated Louisiana town, where slavery's legacy felt close. When her philandering husband finally pushed her over the edge, she fired a pistol at his fleeing back, missing every shot, thanks to "love that blurred her vision and bent the barrel." Charles was the baby of the family, fiercely attached to his "do-right" mother. Until one day that divided his life into Before and After—the day an older cousin took advantage of the young boy. The story of how Charles escaped that world to become one of America's most innovative and respected public figures is a stirring, redemptive journey that works its way into the deepest chambers of the heart. "Stunning . . . Blow's words grab hold of you . . . [and] lead you to a place of healing." — Essence "The memoir of the year." — A. V. Club

#1 NEW YORK TIMES BESTSELLER • Brené Brown has taught us what it means to dare greatly, rise strong, and brave the wilderness. Now, based on new research conducted with leaders, change makers, and culture shifters, she's showing us how to put those ideas into practice so we can step up and lead. Look for Brené Brown's new podcast, *Dare to Lead*, as well as her ongoing podcast *Unlocking Us!* NAMED ONE OF THE BEST BOOKS OF THE YEAR BY BLOOMBERG Leadership is not about titles, status, and wielding power. A leader is anyone who takes responsibility for recognizing the potential in people and ideas, and has the courage to develop that potential. When we dare to lead, we don't pretend to have the right answers; we stay curious and ask the right questions. We don't see power as finite and hoard it; we know that power becomes infinite when we share it with others. We don't avoid difficult conversations and situations; we lean into vulnerability when it's necessary to do good work. But daring leadership in a culture defined by scarcity, fear, and uncertainty requires skill-building around traits that are deeply and uniquely human. The irony is that we're choosing not to invest in developing the hearts and minds of leaders at the exact same time as we're scrambling to figure out what we have to offer that machines and AI can't do better and faster. What can we do better? Empathy, connection, and courage, to start. Four-time #1 New York Times bestselling author Brené Brown has spent the past two decades studying the emotions and experiences that give meaning to our lives, and the past seven years working with transformative leaders and teams spanning the globe. She found that leaders in organizations ranging from small entrepreneurial startups and family-owned businesses to nonprofits, civic organizations, and Fortune 50 companies all ask the same question: How do you cultivate braver, more daring leaders, and how do you embed the value of courage in your culture? In this new book, Brown uses research, stories, and examples to answer these questions in the no-BS style that millions of readers have come to expect and love. Brown writes, "One of the most important findings of my career is that daring leadership is a collection of four skill sets that are 100 percent teachable, observable, and measurable. It's learning and unlearning that requires brave work, tough conversations, and showing up with your whole heart. Easy? No. Because choosing courage over comfort is not always our default. Worth it? Always. We want to be brave with our lives and our work. It's why we're here." Whether you've read *Daring Greatly* and *Rising Strong* or you're new to Brené Brown's work, this book is for anyone who wants to step up and into brave leadership.

The hidden brain is the voice in our ear when we make the most important decisions in our lives—but we're never aware of it. The hidden brain decides whom we fall in love with and whom we hate. It tells us to vote for the white candidate and convict the dark-skinned defendant, to hire the thin woman but pay her less than the man doing the same job. It can direct us to safety when disaster strikes and move us to extraordinary acts of altruism. But it can also be manipulated to turn an ordinary person into a suicide terrorist or a group of bystanders into a mob. In a series of compulsively readable narratives, Shankar Vedantam journeys through the latest discoveries in neuroscience, psychology, and behavioral science to uncover the darkest corner of our minds and its decisive impact on the choices we make as individuals and as a society. Filled with fascinating characters, dramatic storytelling, and cutting-edge science, this is an engrossing exploration of the secrets our brains keep from us—and how they are revealed.

#1 New York Times Bestseller From the mind of basketball legend and Academy Award-winning storyteller Kobe Bryant comes this radically original portrait of five young basketball players, one enlightening coach, and the awesome transformative power of the game. Filled with insights about the mental stamina and emotional clarity that peak performance requires, this is an indispensable story for young athletes, coaches, educators, and anyone interested in the astonishing potential of team sports to unlock individual growth. *THE GAME WILL NEVER BE THE SAME* Magic doesn't seem possible for the West Bottom Badgers. They're the lowest-ranked basketball team in their league, and they live in the poorest neighborhood in Dren. Nobody expects them to succeed at anything. Plus, every kid on the team has secret struggles of his own. When a new coach named Professor Wizenard arrives on the first day of training camp, the Badgers can't explain the magical-seeming things they see and hear. Every player experiences unique and strange visions—visions that challenge everything they thought they knew about basketball, and about their lives and their secrets off the court. To survive the increasingly intense ordeals of training, the Badgers will need to take unimaginable risks, learn to trust their teammates, and confront the darkness within themselves.

NATIONAL BESTSELLER On the twenty-fifth anniversary of Kurt Cobain's death comes a new perspective on one of the most compelling icons of our time In early 1991, top music manager Danny Goldberg agreed to take on Nirvana, a critically acclaimed new band from the underground music scene in Seattle. He had no idea that the band's leader, Kurt Cobain, would become a pop-culture icon with a legacy arguably at the level of that of John Lennon, Michael Jackson, or Elvis Presley. Danny worked with Kurt

from 1990 to 1994, the most impactful period of Kurt's life. This key time saw the stratospheric success of Nevermind, which turned Nirvana into the most successful rock band in the world and made punk and grunge household terms; Kurt's meeting and marriage to the brilliant but mercurial Courtney Love and their relationship that became a lightning rod for critics; the birth of their daughter, Frances Bean; and, finally, Kurt's public struggles with addiction, which ended in a devastating suicide that would alter the course of rock history. Throughout, Danny stood by Kurt's side as manager, and close friend. Drawing on Goldberg's own memories of Kurt, files that previously have not been made public, and interviews with, among others, Kurt's close family, friends, and former bandmates, *Serving the Servants* sheds an entirely new light on these critical years. Casting aside the common obsession with the angst and depression that seemingly drove Kurt, *Serving the Servants* is an exploration of his brilliance in every aspect of rock and roll, his compassion, his ambition, and the legacy he wrought—one that has lasted decades longer than his career did. Danny Goldberg explores what it is about Kurt Cobain that still resonates today, even with a generation who wasn't alive until after Kurt's death. In the process, he provides a portrait of an icon unlike any that has come before.

There are hundreds of lives sown inside *Pretty Little Mistakes*, Heather McElhatton's singularly spectacular, breathtakingly unique novel that has more than 150 possible endings. You may end up in an opulent mansion or homeless down by the river; happily married with your own corporation or alone and pecked to death by ducks in London; a Zen master in Japan or morbidly obese in a trailer park. Is it destiny or decision that controls our fate? You can't change your past and start over from scratch in real life—but in *Pretty Little Mistakes*, you can! But be warned, choose wisely.

The #1 New York Times bestseller by Tom Brady, six-time Super Bowl champion and one of the NFL's 100 Greatest Players of All Time. Revised, expanded, and updated, the first book by Tampa Bay Buccaneers and former New England Patriots quarterback Tom Brady—who continues to play at an elite level into his forties—a gorgeously illustrated and deeply practical “athlete's bible” that reveals Brady's revolutionary approach to enhanced quality of life and performance through recovery for athletes of all abilities and ages. In this new edition of *The TB12 Method*, Tom Brady further explains and details the revolutionary training, conditioning, and wellness system that has kept him atop the NFL at an age when most players are deep into retirement. Brady—along with the expert Body Coaches at TB12, the performance lifestyle brand he cofounded in 2013—explain the principles and philosophies of pliability, a paradigm-shifting fitness concept that focuses on a more natural, healthier way of exercising, training, and living. Filled with lessons from Brady's own training regimen, *The TB12 Method* provides step-by-step guidance on how to develop and maintain one's own peak performance while dramatically decreasing injury risks. This illustrated, highly visual manual also offers more effective approaches to functional strength & conditioning, proper hydration, supplementation, cognitive fitness, restorative sleep, and nutritious, easy-to-execute recipes to help readers fuel-up and recover. Brady steadfastly believes that the TB12 approach has kept him competitive while extending his career, and that it can make any athlete, male or female, in any sport and at any level achieve his or her own peak performance. With instructions, drills, photos, in-depth case studies that Brady himself has used, along with personal anecdotes and experiences from his legendary career, *The TB12 Method* gives you a better way to train and get results with Tom Brady himself as living proof.

*Mad World* is a highly entertaining oral history that celebrates the New Wave music phenomenon of the 1980s via new interviews with 35 of the most notable artists of the period. Each chapter begins with a discussion of their most popular song but leads to stories of their history and place in the scene, ultimately painting a vivid picture of this colorful, idiosyncratic time. Mixtape suggestions, fashion sidebars, and quotes from famous contemporary admirers help fill out the fun. Participants include members of Duran Duran, New Order, The Smiths, Tears for Fears, Adam Ant, Echo and the Bunnymen, Devo, ABC, Spandau Ballet, A Flock of Seagulls, Thompson Twins, and INXS. In this surprising and moving memoir, the legendary rap star and cofounder of Run D.M.C. keeps it a hundred percent, speaking out about his battle with depression and overcoming suicidal thoughts—one of the most devastating yet little known health issues plaguing the black community today. As one third of the legendary rap group Run D.M.C., Darryl “DMC” McDaniels—aka Legendary MC, The Devastating Mic Controller, and the King of Rock—had it all: talent, money, fame, prestige. While hitting #1 on the Billboard charts was exhilarating, the group's success soon became overwhelming. A creative guy who enjoyed being at home alone or with his family, DMC turned to alcohol to numb himself, a retreat that became an addiction. For years, he went through the motions. But in 1997, when intoxication could no longer keep the pain at bay, he plunged into severe depression and became suicidal. He wasn't alone. During the same period, suicide became the number three leading cause of death among black people—a health crisis that continues to this day. In this riveting memoir, DMC speaks openly about his emotional and psychological struggles and the impact on his life, and addresses the many reasons that led him—and thousands of others—to consider suicide. Some of the factors include not being true to who you are, feelings of loneliness, isolation, and alienation, and a lack of understanding and support from friends and family when it's needed most. He also provides essential information on resources for getting help. Revealing how even the most successful people can suffer from depression, DMC offers inspiration for everyone in pain—information and insight that he hopes can help save other lives.

Don't settle . . . SUCCEED in the right career! Are you stuck in an unsatisfying job? In the wrong profession? An industry that just isn't a fit? Get unstuck! Land a new career—one you're genuinely passionate about. *Switchers* helps you realize that dream. Written by celebrated career coach and psychologist Dr. Dawn Graham, the book provides proven strategies that will get you where you want to go. The first step is to recognize that the usual rules and job search tools won't work for you. Resumes and job boards were designed with traditional applicants in mind. As a career switcher, you have to go beyond the basics, using tactics tailor-made to ensure your candidacy stands out. The book reveals how to: Understand the concerns of hiring managers—and think like they do • Craft a resume that catches their attention within six seconds • Spotlight transferable skills that companies covet • Rebrand yourself—aligning your professional identity with your new aspirations • Reach decision-makers by recruiting “ambassadors” from within your network • Nail interviews by turning tough questions to your advantage • Convince skeptical employers to shelve their assumptions and take a chance on you • Negotiate a competitive salary and benefits package—even as a “newbie” to the field Career changers face unique challenges that demand fresh approaches. Packed with psychological insights, practical exercises, and inspiring success stories, *Switchers* helps you leap over obstacles and into a whole new field. Want to pull off the most daring—and fulfilling—career move of your life? Read *Switchers*.

An ancient breed from the Middle East region, the Kuvasz is hailed as one of Hungary's fearless and courageous flock-guardian dogs. His large, muscular frame is enrobed in a solid white, full, luxuriant coat. This powerful sheepdog cannot be excelled as a guard; he's a self-motivated, thinking dog who lives to protect his family. His innate desire to guard his herd extends to his family, and he's particularly fond and protective of children. Author Nikki Moustaki has compiled a comprehensive and useful guide in this Special Limited Edition dedicated to the Kuvasz, covering the breed's origins, characteristics, the breed standard, showing and more. Guest authors and top breeders, Connie Townsend and Bea Page have provided an extensive look at the breed's history in the United States, highlighting the important dogs and breeders responsible for the breed's progress here. This full-color volume also discusses topics such as selection of a puppy, rearing the puppy, house-training and obedience lessons. Keeping in mind the Kuvasz's unique temperament and high sensitivity to praise and blame, the author instructs owners about the advantages of positive reinforcement in training the breed. As strong-willed and independent as the Kuvasz is, he is still a quick learner given the proper training. General maintenance, including feeding, grooming and exercise, is carefully considered, as is the preventive healthcare of the breed, capably handled by Dr. Lowell Ackerman, covering parasite control, vaccinations,

infectious diseases, spay/neuter and much more.

"...the notoriously media-wary Petty responds...about his life, career, and craft..." Publishers Weekly Conversations with Tom Petty is the first authorized book to focus solely on the life and work of the man responsible for some of the most memorable rock anthems of our generation, including: American Girl, Breakdown, Don't Come Around Here No More, I Won't Back Down, Free Fallin', Runnin' Down a Dream, You Don't Know How It Feels, and many others. He was inducted into The Rock and Roll Hall of Fame in 2002 and his work with Tom Petty & the Heartbreakers, as well as his solo albums and those with the Traveling Wilburys, have been critically acclaimed the world over and have earned numerous Platinum-status awards from the Recording Industry Association of America (RIAA), as well as Grammys, MTV Awards, a star on the Hollywood Walk of Fame, and many other honours. Author, Paul Zollo, conducted a series of in-depth discussions with Tom about his career, with special focus on his song writing. The conversations are reprinted with little or no editorial comment alongside rare photographs of the legend and represent a unique perspective on Tom's entire career.

Discover gripping true crime stories and the surprising tools you need to keep you and your family safe -- from iconic legal commentator, TV journalist, and New York Times bestselling author Nancy Grace. Nancy Grace wasn't always the iconic legal commentator we know today. One moment changed her entire future forever: her fiancé Keith was murdered just before their wedding. Driven to deliver justice for other crime victims, Nancy became a felony prosecutor and for a decade, put the "bad guys" behind bars in inner-city Atlanta. Now, with a new and potentially life-saving book, Nancy puts her crime-fighting expertise to work to empower you stay safe in the face of daily dangers. Packed with practical advice and invaluable prevention tips, Don't Be a Victim shows you how to: Fend off threats of assaults, car-jack and home invasion Defend yourself against online stalking, computer hackers and financial fraudsters Stay safe in your own home, at school and other public settings like parking garages, elevators and campsites Protect yourself while shopping, driving and even on vacation With insights on so many potential threats, you'll be empowered to protect yourself and your children at home and in the world at large by being proactive! Nancy's crime-fighting expertise helps keep you, your family, and those you love out of harm's way.

Pain is often treatable but doctors, medical professionals, and patients don't understand the intricacies of chronic pain. Millions who suffer from pain become hopeless. With Aches and Gains, Dr. Paul Christo, a Johns Hopkins physician and leading pain specialist sheds new light on what it means to live with and overcome chronic pain. Dr. Christo shares celebrity interviews, including Naomi Judd, Lisa Swayze, Montel Williams, Ally Hilfiger, and Clay Walker, from his Sirius XM radio show Aches and Gains®, and stories from patients who have found a way to overcome the pain that once controlled their lives. Offering traditional, integrative, and innovative methods of easing pain, the book is a life-changing tool for anyone associated with pain including pain sufferers themselves, doctors, nurses, medical professionals, and caregivers. Features a foreword by renowned talk show host Montel Williams.

FEATURING A FOREWORD BY COREY TAYLOR OF SLIPKNOT For lack of a better term, Lou Brutus is a "Professional Music Fan." He lives the dream of millions by traveling the Earth attending concerts and interviewing rock stars. He's spent his life blasting tunes on the radio, becoming the first to play all of your favorite bands, and gaining access to literally thousands of music events. There is no one in the media who has seen more shows or conducted more on-site interviews than Lou. Sonic Warrior is a collection of insane-but-true stories from the career of Rock Radio legend Lou Brutus. Each chapter is a separate tale that careens around his 40+ years of covering concerts, interviewing music's biggest stars, and influencing generations of radio listeners. Starting with the first show he attended (Black Sabbath at New York City's Madison Square Garden in December 1976, where he threw up Boone's Farm Strawberry Wine all over his older sister's boyfriend) and continuing to the present day (where he doesn't puke as much). Stops along the way include Live Aid in Philadelphia (where he threw up on the entire crowd from a helicopter), the Arctic (where he didn't throw up on anyone but did get in a mosh pit with the native Inuit villagers as Metallica performed a song about sodomizing a goat), Live Earth in London (where he chugged ale with Spinal Tap's "Stonehenge" dwarfs and almost threw up), and the New Jersey Turnpike (where the tour bus he was traveling in ran over a guy, which is much worse than throwing up). Whether having his life energy drained through the palm of his hand by Keith Richards of The Rolling Stones, watching cocaine get snorted off a stripper's ass in Pantera's dressing room, or drooling in his own lap after smoking some kind of mutant mind warp demon weed with Snoop Dogg, Brutus gives a hilariously unvarnished look at the realities of the music industry from his fly-on-the-wall, "I'm just the guy here to interview the band" vantage point. The book also features a Foreword by his friend Corey Taylor, Grammy Award winning singer for Slipknot and Stone Sour, as well as an original illustration for each chapter by artist Alan MacBain.

As entertaining as it is educational, Radio: The Book is a must-have guide to success for anyone interested in a career in radio. Providing a wealth of information and relating his own personal experiences, veteran radio personality, Program Director and Programming Consultant Steve Warren shares trade secrets and industry know-how that would usually take years to accumulate through experience. An invaluable advantage over your competition, this "cheat-sheet" for the radio programmer includes practical advice regarding: ·Radio as a career--from tips on getting started to job negotiations ·Programming--talk radio and music, from format science to picking the hits ·Relationships with listeners--everything from staying in touch with your audience to public image ·Branding, marketing, and advertising the radio station ·Research--music tests, audience analysis, ratings, and more ·Practical information about management policies ·Radio realities--information on rules and regulations This latest edition has been updated to include: ·Important updates on an ever-evolving field ·Essential forms for radio station functions--production orders, personnel files, absentee reports, PSA schedules, format clocks, remote schedule, and more.to be accompanied by an on-line section of electronic forms for convenience ·Ideas for successfully programming in new radio formats like satellite, internet, and cable In such a competitive industry where formal training can be hard to come by, Radio: The Book, 4e, is a short-cut to the fast track for current and future programmers and program directors. With an active radio broadcast career that is still exploring new ideas following more than forty years at some of America's most prestigious radio stations (including WNBC, WHN, WNEW, and CBS radio), Steve Warren is more than qualified to mentor readers. Steve has competed successfully in all music formats from Easy Listening to Country to Top 40 to Oldies, always putting the listener first and now, putting you first.

Everything clinicians need to know about the emotional well-being of kids. With the number and type of mental health issues in kids on the rise, and as more and more clinicians and counselors are being pushed to the front lines of defense, now more than ever there is a need for a comprehensive, practical resource that guides professionals through the complexities of child and adolescent mental health. This practical, comprehensive book answers that call.

HY in the world do I have a belly button? And WHAT in the world does it do? WHEN in the world will my nose stop growing? And HOW in the world does my pee keep flowing? The human body is a fascinating piece of machinery. It's full of mystery, wonder and WOW. And it turns out, every single human on the planet has one! Join Mindy Thomas and Guy Raz, hosts of the mega-popular Wow in the World podcast, as they take you on a fact-filled adventure from your toes and your tongue to your brain and your lungs. Featuring hilarious illustrations and filled with facts, jokes, photos, quizzes and experiments, The How and Wow of the Human Body has everything you need to better understand your own walking, talking, barfing, breathing, pooping body of WOW! A latest edition of a popular guide features updated and expanded entries in nearly 50 categories and incorporates new material for topics ranging from atheism and discoveries to beer and digital media.

The powerful story of the rebuilding of the World Trade Center, featuring dozens of never-before-seen color photos by the official site photographer. In late 2014, One World Trade Center—or the Freedom Tower—opened for business. It took nearly ten years, cost roughly four billion dollars, and required the sweat, strength, and stamina of hundreds of construction workers, digging deep below the earth's surface and dangling high in the air. It suffered setbacks that would've most likely scuttled any other project, including the ousting of a famed architect, the relocation of the building's footprints due to security reasons, and the internecine feuding of various politicians and governing bodies. And yet however over budget and over deadline, it ultimately got built, and today it serves as a 1,776-foot reminder of what America is capable of when we put aside our differences and pull together for a common cause. No writer followed the building of the Freedom Tower more closely than Esquire's Scott Raab. Between 2005 and 2015, Raab published a landmark ten-part series about the construction. He shadowed both the suits in their boardrooms and the hardhats in their earthmoving equipment, and chronicled it all in exquisite prose. While familiar names abound—Andrew Cuomo, Chris Christie, Mike Bloomberg and Larry Silverstein, the real estate developer who only a few weeks before 9/11 signed a ninety-nine-year, \$3.2 billion lease on the World Trade Center—just as memorable are the not-so-famous. People such as Bryan Lyons, a Yonkers-born engineer who lost his firefighter brother on 9/11 and served as a superintendent on the rebuilding effort. And Charlie Wolf, whose wife was killed in the North Tower and who, in one of the series' most powerful scenes, weeps on a policeman's shoulder after delivering her hairbrush and toothbrush for DNA samples. *Once More to the Sky* collects all ten original pieces along with a new epilogue from Raab about what's happened in the years since the Freedom Tower was completed, and why it remains such an important symbol. The four-color book also features dozens of photos—many never-before-seen—and a prologue from photographer Joe Woolhead, the official site photographer for the World Trade Center's rebuilding. Publishing to coincide with the twentieth anniversary of 9/11, it is a moving tribute to American resolve and ingenuity.

From the New York Times bestselling author, pro skater, satellite radio star and host of *The Jason Ellis Show* comes *The Awesome Guide to Life*, a hilarious follow-up full of no-holds-barred advice to help you get the most out of life. Drawing from his own experiences, Ellis offers the wisdom he's accumulated to help you handle any situation. Laugh-out-loud funny, told in the irreverent voice that draws legions of fans to his radio show, *The Awesome Guide to Life* teaches you how to create your signature look, how to party, how to get laid, how to maintain a relationship, how to pick up a hooker—and more. But to maximize the opportunities that life has to offer you have to have confidence, Ellis argues—the confidence to define what you want, pursue your passion, and make your dreams a reality. In *The Awesome Guide to Life* Jason Ellis shows you how to develop the positive attitude you need to truly make things happen.

From a legendary music journalist with four decades of unprecedented access, an insider's behind-the-scenes look at the major personalities of rock and roll. Lisa Robinson has interviewed the biggest names in music—including Led Zeppelin, the Rolling Stones, John Lennon, Patti Smith, U2, Eminem, Lady Gaga, Jay Z, and Kanye West. She visited the teenage Michael Jackson many times at his Encino home. She spent hours talking to John Lennon at his Dakota apartment—and in recording studios just weeks before his murder. She introduced David Bowie to Lou Reed at a private dinner in a Manhattan restaurant, helped the Clash and Elvis Costello get their record deals, was with the Rolling Stones on their jet during a frightening storm, and was mid-flight with Led Zeppelin when their tour manager pulled out a gun. A pioneering female journalist in an exclusive boys' club, Lisa Robinson is a preeminent authority on the personalities and influences that have shaped the music world; she has been recognized as rock journalism's ultimate insider. A keenly observed and lovingly recounted look back on years spent with countless musicians backstage, after-hours, and on the road, *There Goes Gravity* documents a lifetime of riveting stories, told together here for the first time.

A new page-turning mystery about science, faith, love and belonging, set in a friendly desert community where ghosts, angels, aliens, and government conspiracies are commonplace parts of everyday life. Welcome to Night Vale... "Brilliant, hilarious, and wondrously strange. I'm packing up and moving to Night Vale! —Ransom Riggs, #1 New York Times Bestselling Author of *Miss Peregrine's Home for Peculiar Children*. From the authors of the New York Times bestselling novel *Welcome to Night Vale* and the creators of the #1 international podcast of the same name, comes a mystery exploring the intersections of faith and science, the growing relationship between two young people who want desperately to trust each other, and the terrifying, toothy power of the Smiling God. Nilanjana Sikdar is an outsider to the town of Night Vale. Working for Carlos, the town's top scientist, she relies on fact and logic as her guiding principles. But all of that is put into question when Carlos gives her a special assignment investigating a mysterious rumbling in the desert wasteland outside of town. This investigation leads her to the Joyous Congregation of the Smiling God, and to Darryl, one of its most committed members. Caught between her beliefs in the ultimate power of science and her growing attraction to Darryl, she begins to suspect the Congregation is planning a ritual that could threaten the lives of everyone in town. Nilanjana and Darryl must search for common ground between their very different world views as they are faced with the Congregation's darkest and most terrible secret.

"Bevy knows what's what, and she is the kind of woman you want in your corner. If you don't believe me . . . buy the book."  
—Whoopi Goldberg "Funny, wise, well-experienced, empathetic, colorful—Bevy brings the spirit of humanity wherever she goes."  
—Pharrell Williams From the host of the fabulous and popular show *Bevelations* on SiriusXM's Radio Andy channel, Bevy Smith's irreverent and inspiring memoir about learning to live a big, authentic, and unapologetic life—and how you can, too Bevy Smith was living what seemed like a glamorous dream as a fashion advertising executive, blazing a lucrative career for herself in the whitewashed magazine world. She jetsetted to Europe for fashion shows, dined and danced at every hot spot, and enjoyed a mighty roster of lovers. So it came as quite a shock to Bevy when one day, after arriving at her luxury hotel in Milan, she collapsed on the Frette bedsheets and sobbed. Years of rolling with the in-crowd had taken its toll. Her satisfaction with work and life had hit rock bottom. But Bevy could not be defeated, and within minutes (okay, days) she grabbed a notepad and started realizing a truer path—one built on self-reflection and, ultimately, clarity. She figured out how to redirect her life toward meaningful creativity and freedom. In her signature lively and infectious voice (there's no one like Bevy!), *Bevelations* candidly shares how she reclaimed her life's course and shows how we too can manifest our most bodacious dreams. From repossessing her bold childhood nature to becoming her own brand to envisioning her life's next great destination (which will feature natural hair, important charitable giving, and a midcentury house overlooking the Pacific Ocean), Bevy invites readers along on the route of her personal transformation to reveal how each of us can live our best lives with honesty, joy, and, when we're in the mood, a killer pair of shoes.

THE MONEY PIT®, hosted by Tom Kraeutler and Leslie Segrete, is a syndicated home improvement call-in radio program that airs every weekend all over North America on more than 200 stations, as well as on XM Satellite Radio. Tom and Leslie give homeowners like you real information on how to get things done the right way by alerting you to what you need to know before you start a project. Room by room, Tom and Leslie share their extensive experience in home improvement, decorating, and remodeling in kitchens, bathrooms, bedrooms, family spaces, basements, and laundry rooms. They tell you secrets about lowering your energy bills. They've got great ideas about curb appeal and making exterior maintenance easier. And they give the best counsel anywhere on home safety and security, insurance, and preparing your home for sale. Before you start your next project, get advice from Tom and Leslie.

Collects Marvel's Voices: Legacy (2021) #1, Black Panther (2016) #1, Moon Girl and Devil Dinosaur (2015) #1, Black History Month variants; material from Marvel's Voices (2020) #1, Marvel's Voices (2020) #1 [New Printing], Black Panther (2018) #23-25. Stories from the world outside your window, by diverse creators who are making theirs Marvel - and making their voices heard! Inspired by Marvel's acclaimed podcast series MARVEL'S VOICES, new and established writers and artists share their unique perspectives on legendary characters - including Black Panther, Storm, Blade, Ironheart, Luke Cage, Spectrum, Shuri, Doctor Voodoo, Nick Fury and the Blue Marvel. It's a dizzying array of adventures that will inspire and uplift! Plus: The opening chapter of Ta-Nehisi Coates' revolutionary BLACK PANTHER epic, the sensational first meeting of Moon Girl and Devil Dinosaur, and a stunning gallery of Ernanda Souza's Black History Month variant covers!

Radically alter the impact of your advertising by changing your mindset Beyond Advertising offers concrete advice for actions to take and mindsets to adopt that will radically alter the impact of advertising—both for advertising professionals and target audiences. An ambitious book with insight from over 200 leading executives, innovators, and academics, this text paints a picture of what the future of advertising may look like by 2020. Most importantly, it provides concrete guidance regarding the changes you can make to your approach in order to thrive in an evolving industry, and explains what you can do differently now to create effective advertising across all consumer touchpoints. Advertising relies upon the engagement of target audience members to be successful, and achieving this engagement is becoming both easier and more difficult as communication channels change to keep up with the latest technology. Retaining a dynamic, flexible approach to advertising—and understanding where to make changes to your methods—is the only way to stay relevant in such a quickly moving industry. Visualize the evolution of the advertising industry, and understand how it may change in the coming decade Avoid the mistake of failing to change your approach to advertising as the industry evolves Identify the concrete actions you can take right now to improve your results Discover the RAVES method of advertising Beyond Advertising is a forward-thinking text that every advertising professional needs to maintain a level of relevancy as the industry continues to evolve.

NEW YORK TIMES BESTSELLER Grammy Award–nominated, platinum-selling musician Halsey is heralded as one of the most compelling voices of her generation. In *I Would Leave Me If I Could*, she reveals never-before-seen poetry of longing, love, and the nuances of bipolar disorder. In this debut collection, Halsey bares her soul. Bringing the same artistry found in her lyrics, Halsey's poems delve into the highs and lows of doomed relationships, family ties, sexuality, and mental illness. More hand grenades than confessions, these autobiographical poems explore and dismantle conventional notions of what it means to be a feminist in search of power. Masterful as it is raw, passionate, and profound, *I Would Leave Me If I Could* signals the arrival of an essential voice. Book cover painting, *American Woman*, by the author.

Mad WorldAn Oral History of New Wave Artists and Songs That Defined the 1980sAbrams

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