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Halftime Halftime *Halftime* **Halftime From Success to Significance Beyond Halftime Game Plan** **Finishing Well** *Halftime Dirt* Stuck in Halftime The Joy Model **Heat Among the Thugs Trade Up** *Native American Son Finding Meaning in the Second Half of Life* **The Elephant in the Boardroom** **The Killer Angels** **The 100-Year Life** **Sitting Bull, Prisoner of War** *Whatever Happens (Julie and the Phantoms, Novel #1)* *Drucker & Me* "The Devil's to Pay" Finishing Well *The Good Vibrations Book* **Consequential Leadership Path Lit by Lightning** Addicted to Perfect **Can't Hurt Me** **Burt Lancaster** **Kneel Transfluence** A Lingering Evil Better Off Read

Wellbeing: The Five Essential Elements Pearls and Pitfalls in Musculoskeletal Imaging Beyond Halftime Hero Maker Retire Inspired

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When her best hope of saving her storm-damaged library is found murdered, senior librarian Cleo Watkins hits the road in her bookmobile in search of justice. Septuagenarian librarian Cleo Watkins won't be shushed when an upstart young mayor threatens to permanently shelve her tiny town's storm-damaged library. She takes to her bookmobile, Words on Wheels, to collect allies and rally

library support throughout Catalpa Springs, Georgia. However, Cleo soon rolls into trouble. A major benefactor known for his eccentric DIY projects requests all available books on getting away with murder. He's no Georgia peach, and Cleo wonders if she should worry about his plans. She knows she should when she discovers him bludgeoned and evidence points to her best friend, Mary-Rose Garland. Sure of Mary-Rose's innocence, Cleo applies her librarian's sleuthing skills to the case, assisted by friends, family, and the dapper antiquarian bookseller everyone keeps calling her boyfriend. Evidence stacks up, but a killer is overdue to strike again. With lives and her library on the line, Cleo must shift into high gear to close the book on murder in Better Off Read, the charming Bookmobile series debut by Nora Page. They have names like Barmy Bernie, Daft Donald, and Steamin' Sammy. They like lager (in huge quantities), the Queen, football clubs (especially Manchester United), and themselves. Their dislike encompasses the

rest of the known universe, and England's soccer thugs express it in ways that range from mere vandalism to riots that terrorize entire cities. Now Bill Buford, editor of the prestigious journal *Granta*, enters this alternate society and records both its savageries and its sinister allure with the social imagination of a George Orwell and the raw personal engagement of a Hunter Thompson. Buford tells men how they can make their middle years a time of transformation toward a more satisfying life. The author guides readers through times of reflection and re-evaluation, to help clarify values and establish goals for a more intentional and more significant life. When you hear the word retirement, you probably don't imagine yourself scrambling to pay your bills in your golden years. But for too many Americans, that's the fate that awaits unless they take steps now to plan for the future. Whether you're twenty five and starting your first job or fifty five and watching the career clock start to wind down, today is the day to get

serious about your retirement. In *Retire Inspired*, Chris Hogan teaches that retirement isn't an age; it's a financial number an amount you need to live the life in retirement that you've always dreamed of. With clear investing concepts and strategies, Chris will educate and empower you to make your own investing decisions, set reasonable expectations for your spouse and family, and build a dream team of experts to get you there. You don't have to retire broke, stressed, and working long after you want to. You can retire inspired! New York Times Bestseller Over 2.5 million copies sold For David Goggins, childhood was a nightmare - poverty, prejudice, and physical abuse colored his days and haunted his nights. But through self-discipline, mental toughness, and hard work, Goggins transformed himself from a depressed, overweight young man with no future into a U.S. Armed Forces icon and one of the world's top endurance athletes. The only man in history to complete elite training as a Navy SEAL, Army

Ranger, and Air Force Tactical Air Controller, he went on to set records in numerous endurance events, inspiring Outside magazine to name him The Fittest (Real) Man in America. In this curse-word-free edition of Can't Hurt Me, he shares his astonishing life story and reveals that most of us tap into only 40% of our capabilities. Goggins calls this The 40% Rule, and his story illuminates a path that anyone can follow to push past pain, demolish fear, and reach their full potential. After his surrender at Fort Buford in what is now North Dakota, the United States Army transported Sitting Bull and his followers down the Missouri River to Fort Randall, roughly seventy miles west of Yankton. There the famed Hunkpapa leader remained for twenty-two months, until September 1883. During that year and a half, Sitting Bull conducted tribal business, met with dignitaries and visitors, and interacted with those who imprisoned him. Dennis Pope has written a dramatic account of that time and those relationships, taking the

reader inside Sitting Bull's camp to see the day-to-day reality of captive life for this powerful man and his people. This book focuses on how to get past the barriers to a significant Halftime experience. *A new edition of the international bestseller (a #1 bestseller in Japan), featuring a new preface* Does the thought of working for 60 or 70 years fill you with dread? Or can you see the potential for a more stimulating future as a result of having so much extra time? Many of us have been raised on the traditional notion of a three-stage approach to our working lives: education, followed by work and then retirement. But this well-established pathway is already beginning to collapse - life expectancy is rising, final-salary pensions are vanishing, and increasing numbers of people are juggling multiple careers. Whether you are 18, 45 or 60, you will need to do things very differently from previous generations and learn to structure your life in completely new ways. The 100-Year Life is here to help. Drawing on the unique pairing of

their experience in psychology and economics, Lynda Gratton and Andrew Scott offer a broad-ranging analysis as well as a raft of solutions, showing how to rethink your finances, your education, your career and your relationships and create a fulfilling 100-year life. · How can you fashion a career and life path that defines you and your values and creates a shifting balance between work and leisure? · What are the most effective ways of boosting your physical and mental health over a longer and more dynamic lifespan? · How can you make the most of your intangible assets - such as family and friends - as you build a productive, longer life? · In a multiple-stage life how can you learn to make the transitions that will be so crucial and experiment with new ways of living, working and learning? Shortlisted for the FT/McKinsey Business Book of the Year Award and featuring a new preface, *The 100-Year Life* is a wake-up call that describes what to expect and considers the choices and options that you will face. It is also

fundamentally a call to action for individuals, politicians, firms and governments and offers the clearest demonstration that a 100-year life can be a wonderful and inspiring one. A novel based on the action *Battle of Gettysburg*. "A must read. 10/10." —Broderick Hunter, actor, model, and activist This fearless debut novel explores racism, injustice, and self-expression through the story of a promising Black football star in Louisiana. The system is rigged. For guys like Russell Boudreaux, football is the only way out of their small town. As the team's varsity tight end, Rus has a singular goal: to get a scholarship and play on the national stage. But when his best friend is unfairly arrested and kicked off the team, Rus faces an impossible choice: speak up or live in fear. "Please rise for the national anthem." Desperate for change, Rus kneels during the national anthem. In one instant, he falls from local stardom and becomes a target for hatred. But he's not alone. With the help of his best friend and an unlikely ally, Rus will fight

for his dreams, and for justice. "A gripping story about what it looks like when we demand equity, justice, and recognition of our own humanity."
—Kalynn Byron, author of *Cinderella Is Dead*
Perfection is a mask we use to avoid pain. We think that if we can achieve perfection, we will achieve happiness. We believe that if we can avoid pain, we can also avoid abandonment and loneliness and unworthiness. Perfection is the thief of joy. It's a lie that keeps us in a stranglehold of chaos and people-pleasing and addiction and lack. Perfection says we are never good enough. It holds us back from being our truest, most authentic selves. Author Vitale Buford spent nearly three decades of her life in the web of perfection. The roots of her perfection were born in her childhood - she had a dysfunctional home-life fraught with alcoholism, workaholism and shame. This combination created an environment of neglect, where the only way Vitale got attention was to be perfect. She was praised for being an "easy

child," "pretty," and "self-motivated," so that's what she tried to be. Her need for perfection and outside success was coupled with her body image obsession. It was also a distraction from the pain of abandonment and loneliness she experienced in her childhood. It was the perfect storm - she tied her self-worth to her external success and her appearance, and hence, her addiction to perfection was born. The need for perfection followed her to college, and when she started gaining weight, she became obsessed with dieting to make her body smaller and more acceptable. She worked hard in college and got good grades, but her body shame was all consuming. Her junior year of college, she was introduced to Adderall as a "study drug." She used it for a few months - and ended up losing 20 pounds; she also got her best grades ever with her most rigorous course load. She was sure she had discovered the "perfect drug." She was able to obtain her own prescription the following year. It hooked her immediately. She

was addicted not only to Adderall but also to the perfection and the weight loss and her newfound ability to accomplish projects and tasks with ease. This was the beginning of a 10-year love affair with Adderall. In *Addicted to Perfect*, Vitale shares the highs and lows of having been a slave to Adderall, the destructive relationships that ensued, and the way that she finally broke free. She details the many twists and turns involved in the years leading up to her getting sober and the eating disorder that followed her into sobriety. It took parenthood and radical honesty for her to begin the road to true healing. Perfectionism is no longer something that enslaves her, and Vitale's story is one of hope that no matter where you are in your life, you can release the grip of perfection. You can heal your pain and your abandonment and your loneliness and your fear and your guilt and your shame. You can experience true freedom, and most importantly, replace perfection with self-love. Walt Rakowich brings a real-world

perspective to leadership that's based on experience, not just theory. Walt was CEO of Prologis, the world's largest owner of industrial warehouses and a critical partner to companies distributing products throughout the global supply chain. The company was near bankruptcy when Walt took over at the height of the Great Recession. While leading Prologis back to prominence, and in the years since, Walt realized leaders today must lean into timeless values and principles, but with a fresh perspective on the new realities of our leadership climates. The modern leadership environment exists at the convergence of three distinct and dynamic climates: the climates of access, diversity, and acceleration. On their own or in the aggregate, these climates produce significant opportunities and tensions that will challenge leaders for generations. With a fundamental understanding of these climates, leaders develop a selfless approach that withstands the toughest storms. Transfluence

shows leaders how they can have transformative influence by overcoming their fears and pride, building transparency into their leadership, developing a strong core of authentic values, and passionately pursuing a meaningful purpose. When leaders do this, they seize opportunities, embrace challenges, and make their organizations and communities greater than ever. In Hero Maker, you will learn how to bring real change to your church and community by developing the practical skills to help others reach their leadership potential. Drawing on five powerful practices found in the ministry of Jesus, Hero Maker presents the key steps of apprenticeship that will build up other leaders and provide strategies for how you can: activate the gifts of those around you help others take ownership of their mission develop a simple scorecard for measuring your kingdom-building progress With rich insights from the Gospels, Hero Maker is packed with real-life ministry stories ranging from paid staff to volunteer

leaders--from established churches to new church plants. Whether you lead ten people or ten thousand, Hero Maker will not only help you maximize your leadership impact; but, in doing so, you will also help shift today's church culture to a model of reproduction and multiplication. Chicago pastor and church planter Dave Ferguson and award-winning writer Warren Bird make a compelling case that God's power and purpose are best revealed when we train and release others to further advance the Kingdom of God. By becoming a hero maker and investing in others, you can join a movement of influencers that are impacting thousands of people around the world. Everybody wants to be a hero, but few understand the power of being a hero maker. Wisdom and Support for Your Halftime Journey Since the publication fifteen years ago of Bob Buford's award-winning and newly updated and expanded bestseller, Halftime, more than half a million men and women have made the halftime journey from

success to significance. If you are contemplating that journey yourself or have already started, *Beyond Halftime* is for you. "This book is the result of fifteen years of answering questions about halftime," writes Buford. "I've focused on the areas that seem to come up most from those who contact me, and I've answered them in much the same way I would answer you if we sat down together over coffee. So in a very real sense, this book allows me to be your companion as you negotiate the ups and downs of the whole halftime experience." *Beyond Halftime* invites you to slow down and take time to listen--really listen--to the voice of your heart and the rhythms of your life. The discoveries you're about to make during this vital phase of your life can't be rushed. Enjoy this wise guidance on the things that matter most in moving from gaining success to leaving a legacy. Your most rewarding years lie ahead of you. Welcome to the journey. What does it take to feel good--and do good--in work? More money? Money falls short, says Dean

Niewolny, whose finance career, four houses, boat, plane, and astronomical paycheck still left him restless. Call it smoldering discontent. Like most achievers, Dean found himself craving work that matters. So Dean took the hard road to trade up, eventually landing at the helm of *Halftime*. Now for almost anyone in any career--just starting, midway, or wrapping up--Dean has the goods. With deep insight from his personal journey, Dean lays out the path to a career with purpose. (Sometimes the career changes; always the heart does.) Readers get self-assessment tools and clear steps wrapped in twenty years worth of stories, hard-won wisdom, and grace. A person can know what he or she was wired to do--and how to get there. Shows the interconnections among the elements of well-being, how they cannot be considered independently, and provides readers with a research-based approach to improving all aspects of their lives. In *Halftime*, a book about mid-life, Buford focuses on the possibilities at

this stage for revitalization, for catching new vision for living the second, most rewarding half of life. His promise is that the second half of life can be better than the first. Burt Lancaster is perhaps most widely remembered as the tough, iron-jawed star of films such as *Gunfight at the OK Corral* and *Airport*. But as this superbly readable and insightful biography demonstrates, he was an actor with much broader ambitions - brilliantly realised in Visconti's *The Leopard* - as well as the founder of the first actor-led production company in Hollywood. Lancaster's liberal political views led not only to frequent clashes with the House Un-American Activities Committee and a voluminous FBI file, but also a private life that was colourful even by Hollywood standards. Although a devoted father and husband (to three wives), the actor took numerous lovers - of both sexes. In his sexual tastes as in his choice of roles, he defied classification. Kate Buford's definitive biography offers a full, frank, sensitive and compelling

portrait of the star of *Atlantic City*, *From Here to Eternity* and *Elmer Gantry* (for which he won a Best Actor Oscar). Lancaster emerges as a man of restless energy, relentless curiosity and continual development as an actor: a star every bit as interesting offscreen as on. As one American reviewer put it: 'Not many film stars receive first-class biographies; Burt Lancaster not only deserved one, he got one.' Acclaimed biographer Kate Buford has been a regular commentator on National Public Radio in the United States since 1994. Mac Pier offers a unique opportunity to learn from some of the most dynamic leaders of our day who are making a difference in difficult times including Tim Keller, George Gallup Jr., Frances Hesselbein, Bob Doll, Rich Stearns, Wilson Goode and others. If you see a need and want to contribute your own consequential leadership, this book is for you. Bob Buford believes the second half of your life can be better than the first. Much better. But first, you need time to figure out

what you want to do with the rest of your life. So he recommends that a reader call 'halftime' to reflect not only on where he's going, but why. In *Halftime*, Buford focuses on this important time of transition--the time when, as he says, a person moves beyond the first half of the game of life. It's halftime, a time of revitalization and for catching new vision for living the second, most rewarding half of life. As Buford explains, 'My passion is to multiply all that God has given me, and in the process, give it back.' That requires asking important questions: What am I really good at? What do I want to do? What is most important to me? What do I want to be remembered for? If my life were absolutely perfect, what would it look like? Buford fills *Halftime* with a blend of personal insight, true-life examples, and quotes from those who have successfully navigated the exhilarating and potentially dangerous shoals of midlife. Complete with a discussion guide, *Halftime* provides the encouragement and wisdom to

propel your life on a new course away from mere success to true significance--and the best years of your life. An award-winning Civil War historian's profile of the brilliant Union cavalry officer and the strategies he employed to prevent catastrophe at Gettysburg. The Battle of Gettysburg turned the tide of the Civil War. But the outcome of the decisive confrontation between North and South might have been dramatically different if not for the actions of Brig. Gen. John Buford, commander of the Union army's First Cavalry Division. An award-winning chronicler of America's War between the States and author of more than a dozen acclaimed works of historical scholarship, Eric J. Wittenberg now focuses on the iconic commanding officer known to his troops as "Honest John" and "Old Steadfast." Wittenberg describes in fascinating detail the brilliant maneuvers Buford undertook to keep Gen. Robert E. Lee's Confederate army at bay and later rescue what remained of the devastated

First and Eleventh Corps. "The Devil's to Pay" celebrates the stunning military achievements of an unparalleled tactical genius at the onset of the Gettysburg Campaign and paints an unforgettable portrait of a quiet, unassuming cavalryman who recognized a possible disaster in the making and took bold action to avert it. Based on a wealth of information from primary sources, "The Devil's to Pay" includes pages of illustrations, maps, and photographs, as well as a walking and driving tour of the battlefield sites where America's history was made at a staggeringly high cost in blood. A comprehensive tactical study that is both scholarly and eminently accessible, it is an essential addition to the library of any Civil War enthusiast. In Halftime, bestselling Buford challenged people to move from success to significance in their lives. Finishing Well tells the stories of 60 men and women who are doing just that. They have pioneered the art of finishing well, they have answered the question

on how to move from success to significance, and they teach you how to do the same. One way or another, every church will eventually lose its pastor or minister, yet few congregations prepare for this dramatic event. The pastor's departure evokes a range of reactions and problems--sorrow and grief, uncertainty, loss of mission and momentum, power struggles--yet no one wants to talk about this elephant in the church boardroom. Carolyn Weese and J. Russell Crabtree--experts in the field of church leadership--have written a nuts-and-bolts guide to developing a succession plan for smooth pastoral transitions. Filled with strategies and solid advice, this handy resource is based in solid research and the authors' many years of experience working with churches in a wide variety of denominations. Weese and Crabtree clearly show that leadership succession should be part of every church's planning process. Using assessment tools and quizzes, the book walks church leaders through the process of

identifying their particular church's culture type and creating a succession plan that will meet their congregation's needs. Firmly rooted in biblical principles and the best management thinking, *The Elephant in the Boardroom* puts the focus on health, asset building, and resiliency. Its many examples from real-life situations and solid explanations offer elders, deacons, board members, and other lay leaders a how-to manual for planning, preparing, and executing a leadership transition. When a radiological image includes unfamiliar features, how do you decide whether it is normal variation or pathological abnormality? If you decide an abnormality is present, can you make a diagnosis from the image alone? *Pearls and Pitfalls in Musculoskeletal Imaging* differentiates less common findings or normal variant mimickers from the more common similar appearing diseases, helping you make a quick and accurate diagnosis. Musculoskeletal disorders of the shoulder, upper extremity,

pelvis, and lower extremity are described in over 90 cases, highly illustrated with over 300 radiographic, CT, MRI and ultrasound images. Each case follows a standard format: imaging description, importance, typical clinical scenario, differential diagnosis and teaching point, enabling you to locate key information quickly. *Pearls and Pitfalls in Musculoskeletal Imaging* will help you spot artifacts, mimics and other unusual conditions, enabling you to avoid misdiagnosis and prevent mismanagement. An essential diagnostic tool for radiologists at every level. Julie and the Phantoms' adventures continue in this original novel based on the hit Netflix show from *Descendants* director Kenny Ortega! Julie Molina and her band, Julie and the Phantoms, play their dream gig at the Orpheum. It was supposed to be Luke, Reggie, and Alex's unfinished business as ghosts, so they could cross over. But they didn't. And now, suddenly, Julie can feel them. Whatever happens next, Julie and the guys know they've just had one of the

best days of their (after)lives. And it gets Luke and Julie thinking about their last perfect days. . . For Luke, it was the day he diedthe day Sunset Curve was supposed to play the Orpheum. For Julie, it was the day before she found out her mom was sickthe last normal day before her life changed forever. This exclusive Julie and the Phantoms story is told in flashbacks and alternating points of view! Buford tells men how they can make their middle years a time of transformation toward a more satisfying life. The author guides readers through times of reflection and re-evaluation, to help clarify values and establish goals for a more intentional and more significant life. Author Bob Buford called them "code breakers." They are people age 40 and older who have pioneered the art of finishing well in these modern times, and who can teach us to do the same, starting today. Buford sought out 60 of these trailblazers--including Peter Drucker, Roger Staubach, Jim Collins, Ken Blanchard, and Dallas Willard--and

has recorded their lively conversations in these pages so that they can serve as "mentors in print" for all of us. "Twenty years from now," Buford writes, "the rules for this second adulthood as a productive season of life may be better known. But for now, we're out across the frontier breaking new ground." Buford gives you a chance to sit at the feet of these pioneers and learn the art of finishing well so you can shift into a far more fulfilling life now, no matter your age, and pursue a lasting significance that will be a legacy for future generations. Bob Buford tells the compelling story of an unlikely, 23-year friendship between the Austrian-born 'father of modern management' who loves Japanese art, and a wealthy Texas cable TV operator and ardent Dallas Cowboys fan. Under-the-radar they organize meetings with an elite list of leaders to revolutionize the world of non-profit organizations. Thousands of readers have found an exciting new vision for the second half of life in the bestselling book, Halftime. Bob Buford

showed us that we aren't experiencing a midlife crisis that's winding us down to our retirement years, but a break in the game that can prepare us for the most exciting half of life. In *Game Plan*, Buford gives you a practical way to move from success to significance and create an individual strategy that can get you where you want to be five . . . ten . . . twenty . . . thirty . . . or more years from now. If you sense it's time for a positive change in your life, *Game Plan* gives you the tools to uncover your best self, aim for your highest dreams, and make your career and personal life more meaningful and fulfilling than ever. *Beyond Halftime* provides guidance, reassurance, and insight for men and women on the halftime journey from success to significance. In Bob Buford's bestseller, *Halftime*, he tells you how to make the transition, and *Beyond Halftime* accompanies you as a personal coach, answering questions and offering encouragement for every step of the way." What does it really mean to be a grown up

in today's world? We assume that once we "get it together" with the right job, marry the right person, have children, and buy a home, all is settled and well. But adulthood presents varying levels of growth, and is rarely the respite of stability we expected. Turbulent emotional shifts can take place anywhere between the age of thirty-five and seventy when we question the choices we've made, realize our limitations, and feel stuck—commonly known as the "midlife crisis." Jungian psycho-analyst James Hollis believes it is only in the second half of life that we can truly come to know who we are and thus create a life that has meaning. In *Finding Meaning in the Second Half of Life*, Hollis explores the ways we can grow and evolve to fully become ourselves when the traditional roles of adulthood aren't quite working for us, revealing a new way of uncovering and embracing our authentic selves. Offering wisdom to anyone facing a career that no longer seems fulfilling, a long-term relationship that has

shifted, or family transitions that raise issues of aging and mortality, *Finding Meaning in the Second Half of Life* provides a reassuring message and a crucial bridge across this critical passage of adult development. The first comprehensive biography of the legendary figure who defined excellence in American sports: Jim Thorpe, arguably the greatest all-around athlete the United States has ever seen. With clarity and a fine eye for detail, Kate Buford traces the pivotal moments of Thorpe's incomparable career: growing up in the tumultuous Indian Territory of Oklahoma; leading the Carlisle Indian Industrial School football team, coached by the renowned "Pop" Warner, to victories against the country's finest college teams; winning gold medals in the 1912 Olympics pentathlon and decathlon; defining the burgeoning sport of professional football and helping to create what would become the National Football League; and playing long, often successful—and previously

unexamined—years in professional baseball. But, at the same time, Buford vividly depicts the difficulties Thorpe faced as a Native American—and a Native American celebrity at that—early in the twentieth century. We also see the infamous loss of his Olympic medals, stripped from him because he had previously played professional baseball, an event that would haunt Thorpe for the rest of his life. We see his struggles with alcoholism and personal misfortune, losing his first child and moving from one failed marriage to the next, coming to distrust many of the hands extended to him. Finally, we learn the details of his vigorous advocacy for Native American rights while he chased a Hollywood career, and the truth behind the supposed reinstatement of his Olympic record in 1982. Here is the story—long overdue and brilliantly told—of a complex, iconoclastic, profoundly talented man whose life encompassed both tragic limitations and truly extraordinary achievements. *Success Is Great.*

But Significance Is Lasting. You've achieved a measure of success in the first half of life, and it's been a thrill. But deep in your heart, you want your second half to count for something far more. Something bigger than you. Significance. You're not alone; you're in "Halftime." You want to discover where your deepest passions intersect with your greatest abilities and harness them to help change the world. But what does significance look like? How do you attain it? What will it cost you? What if you are not yet financially independent? Who can help you make sense out of this stage of life? Lloyd Reeb knows how it is. He's wrestled with the same questions—and found answers. In *From Success to Significance*, he unfolds a blueprint that has helped thousands of men and women redefine success and infuse their lives with eternal significance. Adapt Reeb's approach to your circumstances and, with God's help, put it in motion. It works, and it will work for you. Discover God's unique purpose for your life.

Your talents, your drives, and everything you are will make sense in a new way and have an impact you've never dreamed of. Go ahead, start dreaming. Because significance is within your reach, and it starts by finding the freedom to dream. "Many people measure their success by wealth, recognition, power, and status. There's nothing wrong with those, but if that's all you're focused on, you're missing the boat. Lloyd Reeb shows that if you focus on significance—using your time and talent to serve others—that's when truly meaningful success can come your way." A riveting new biography of America's greatest all-around athlete by the bestselling author of the classic biography *When Pride Still Mattered*. Jim Thorpe rose to world fame as a mythic talent who excelled at every sport. He won gold medals in the decathlon and pentathlon at the 1912 Stockholm Olympics, was an All-American football player at the Carlisle Indian School, the star of the first class of the Pro Football Hall of Fame, and played major

league baseball for John McGraw's New York Giants. Even in a golden age of sports celebrities, he was one of a kind. But despite his colossal skills, Thorpe's life was a struggle against the odds. As a member of the Sac and Fox Nation, he encountered duplicitous authorities who turned away from him when their reputations were at risk. At Carlisle, he dealt with the racist assimilationist philosophy "Kill the Indian, Save the Man." His gold medals were unfairly rescinded because he had played minor league baseball. His later life was troubled by alcohol, broken marriages, and financial distress. He roamed from state to state and took bit parts in Hollywood, but even the film of his own life failed to improve his fortunes. But for all his travails, Thorpe did not succumb. The man survived, complications and all, and so did the myth. *Path Lit by Lightning* is a great American story from a master biographer. Weaving together his own spiritual journey, stories from his experience coaching others, and

down-to-earth principles and practices, management consultant and Christian life coach Jeff Spadafora helps readers find the joy in a life that is more vibrant and real than any they have experienced before. An increasing number of American Christians are frustrated. Even as they read their Bibles, listen to sermons, and hang out with other Christians, they become painfully aware that something is missing: joy. As a result, many have given up on their faith being a source of joy, and instead they seek meaning, purpose, and joy through their Christian service, work, relationships, hobbies, possessions, or even more destructive and hollow substitutes. The Joy Model offers a better way, showing readers that joy comes from balancing the practical and spiritual sides of our lives—the "Doing" and the "Being" of the Christian life. Jeff Spadafora reveals a plan to uncover significant increases in joy, including: tried and true disciplines to engage God practically a blueprint to move from knowing about God to actually experiencing him

practical steps to let our new understanding of God transform relationships, attitudes, finances, service, and work. Celebrity Barber and vegan life coach Lisa B, brings you her Alkaline vegan health and cook book. This book contains recipes all made with Dr. Sebi approved food list recipes, and vegan health tips. No matter if you are a newly beginning vegan or have been a long time vegan, this book will help assist you on your journey. "You can almost taste the food in Bill Buford's *Dirt*, an engrossing, beautifully written memoir about his life as a cook in France." —The Wall Street Journal

What does it take to master French cooking? This is the question that drives Bill Buford to abandon his perfectly happy life in New York City and pack up and (with a wife and three-year-old twin sons in tow) move to Lyon, the so-called gastronomic capital of France. But what was meant to be six months in a new and very foreign city turns into a wild five-year digression from normal life, as Buford apprentices at Lyon's best boulangerie, studies

at a legendary culinary school, and cooks at a storied Michelin-starred restaurant, where he discovers the exacting (and incomprehensibly punishing) rigueur of the professional kitchen. With his signature humor, sense of adventure, and masterful ability to bring an exotic and unknown world to life, Buford has written the definitive insider story of a city and its great culinary culture. The book that helped define a genre: *Heat* is a beloved culinary classic, an adventure in the kitchen and into Italian cuisine, by Bill Buford, author of *Dirt*. Bill Buford was a highly acclaimed writer and editor at the *New Yorker* when he decided to leave for a most unlikely destination: the kitchen at Babbo, one of New York City's most popular and revolutionary Italian restaurants. Finally realizing a long-held desire to learn first-hand the experience of restaurant cooking, Buford soon finds himself drowning in improperly cubed carrots and scalding pasta water on his quest to learn the tricks of the trade. His love of Italian food then

propels him further afield: to Italy, to discover the secrets of pasta-making and, finally, how to properly slaughter a pig. Throughout, Buford stunningly details the complex aspects of Italian cooking and its long history, creating an engrossing and visceral narrative stuffed with insight and humor. The result is a hilarious, self-deprecating, and fantastically entertaining journey into the heart of the Italian kitchen. On January 14, 1968, 51-year-old Buford Lolley was brutally murdered in Enterprise, Alabama. It took nearly nine years to arrest a suspect, who was later acquitted of the murder charges. After

more than a half-century, the Lolley murder remains a stone cold case. This book represents an opportunity to reexamine this terrible, unsolved crime and its aftermath under an objective light. Both the murder victim and David Hutto, the man who was almost certainly falsely accused of murder, deserve the opportunity to have their stories told. At the same time, the author remembers a simpler and more innocent time which was ultimately disrupted by evil.

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