

Bony To Beastly

Monsters are more than things that go bump in the night... Monsters are lurking in the woods, beneath the waves, and within our favorite books, films, and games--and there are good reasons why they appear so often. Monsters are manifestations of our fears and symbols of our society--not to mention they're a lot of fun--but each should serve a purpose and enhance the themes and tension in your fiction. In Writing Monsters, best-selling author Philip Athans uses classic examples from books, films, and the world around us to explore what makes monsters memorable--and terrifying. You'll learn what monsters can (and should) represent in your story and how to create monsters from the ground up. Writing Monsters includes:
• In-depth discussions of where monsters come from, what they symbolize, and how to best portray them in fiction
• Informative overviews of famous monsters, archetypes, and legendary creatures
• A Monster Creation Form to help you create your monster from scratch
• An annotated version of H.P. Lovecraft's chilling story "The Unnamable"
Whether you write fantasy, science fiction, or horror, your vampires, ghouls, aliens, and trolls need to be both compelling and meaningful. With Writing Monsters, you can craft creatures that will wreak havoc in your stories and haunt your readers' imaginations--and nightmares.

One evening some friends were gathered at the home of one of our most celebrated writers. Having dined sumptuously, they were discussing murder—apropos of what, I no longer remember probably apropos of nothing. Only men were present: moralists, poets, philosophers and doctors—thus everyone could speak freely, according to his whim, his hobby or his idiosyncrasies, without fear of suddenly seeing that expression of horror and fear which the least startling eye traces upon the horrified face of a notary. I—say notary, much as I might have said lawyer or porter, not disdainfully, of course, but in order to define the average French mind. With a calmness of spirit as perfect as though he were expressing an opinion upon the merits of the cigar he was smoking, a member of the Academy of Moral and Political Sciences said: “Really—I honestly believe that murder is the greatest human preoccupation, and that all our acts stem from it...” We awaited the pronouncement of an involved theory, but he remained silent. “Absolutely!” said a Darwinian scientist, “and, my friend, you are voicing one of those eternal truths such as the legendary Monsieur de La Palisse discovered every day: since murder is the very bedrock of our social institutions, and consequently the most imperative necessity of civilized life. If it no longer existed, there would be no governments of any kind, by virtue of the admirable fact that crime in general and murder in particular are not only their excuse, but their only reason for being. We should then live in complete anarchy, which is inconceivable. So, instead of seeking to eliminate murder, it is imperative that it be cultivated with intelligence and perseverance. I know no better culture medium than law.” Someone protested. “Here, here!” asked the savant, “aren’t we alone, and speaking frankly?” “Please!” said the host, “let us profit thoroughly by the only occasion when we are free to express our personal ideas, for both I, in my books, and you in your turn, may present only lies to the public.” The scientist settled himself once more among the cushions of his armchair, stretched his legs, which were numb from being crossed too long and, his head thrown back, his arms hanging and his stomach soothed by good digestion, puffed smoke/rings at the ceiling: “Besides,” he continued, “murder is largely self-propagating. Actually, it is not the result of this or that passion, nor is it a pathological form of degeneracy. It is a vital instinct which is in us all—which is in all organized beings and dominates them, just as the genetic instinct. And most of the time it is especially true that these two instincts fuse so well, and are so totally interchangeable, that in some way or other they form a single and identical instinct, so that we no longer may tell which of the two urges us to give life, and which to take it—which is murder, and which love. I have been the confidant of an honorable assassin who killed women, not to rob them, but to ravish them. His trick was to manage things so that his sexual climax coincided exactly with the death’spasm of the woman: ‘At those moments,’ he told me, ‘I imagined I was a God, creating a world!’”

Jeffrey Anderson was a big man with a foul temper - a sadist and an ugly drunk. When his horse The Black Emperor, an animal as mean as its owner, came home riderless, no one cared. And no one cared when no trace of the man could be found. But five months later, Detective-Inspector Bonaparte is called in - and he is determined to solve the mystery. With his usual tenacity he takes up the cold trail. What happened to Anderson, to his hat, to his stockwhip, to his horse's neck-rope? Bony must rely on his eyes and his wits to help him find the answers, for the local inhabitants, both black and white, are keeping their own secrets. Bony - a unique figure among top-flight detectives - BBC

The tragic story of Clisson and Eugenie reveals one of history’s great leaders to also be an accomplished writer of fiction.Written in an eloquently Romantic style true to its period, the story offers the reader a fascinating insight into how the young Napoleon viewed love, women and military life.

The Popes, the Catholic Church and the Transatlantic Enslavement of Black Africans 1418-1839

The 4-Hour Body

Daniel Deronda

A Simple and Practical Guide for Coaching Beginners

Clisson andEugénie

Ed King

A European trading concern hires Marlow to pilot a boat up the Congo River in search of Kurtz—a first-class ivory agent and the manager of the company’s highly profitable Inner Station—who is believed to be on his deathbed. With a handful of pilgrims as his passengers and a crew of cannibals, Marlow steams his way into the African interior. The terrifying discovery he makes at the end of his journey and the horrors he witnesses along the way have thrilled and disturbed readers for more than a century. A searing indictment of imperialism and a haunting exposé of mankind’s savage nature, Heart of Darkness is Joseph Conrad’s masterpiece. This ebook has been professionally proofread to ensure accuracy and readability on all devices. Heart of Darkness is a classic of world literature. The book tells a story about a voyage up the Congo River into the Congo Free State, in the heart of Africa. Marlow, the story’s narrator, tells his story to friends aboard a boat anchored on the River Thames, London, England. This setting provides the frame for Marlow’s story of his obsession with the ivory trader Kurtz, which enables Conrad to create a parallel between London and Africa as places of darkness. Central to Conrad’s work is the idea that there is little difference between so-called civilized people and those described as savages; Heart of Darkness raises important questions about imperialism and racism. Joseph Conrad acknowledged that Heart of Darkness was in part based on his own experiences during his travels in Africa. In 1890, at the age of 32, he was appointed by a Belgian trading company to serve as the captain of a steamer on the Congo River. Joseph Conrad (1857-1924), was a Polish author who wrote in English after settling in England. Conrad is regarded as one of the greatest novelists in English, though he did not speak the language fluently until he was in his twenties. He wrote stories and novels, often with a nautical setting, that depict trials of the human spirit in the midst of an indifferent universe. He was a master prose stylist who brought a distinctly non-English tragic sensibility into English literature. Contents: Heart of Darkness Memoirs & Letters: A Personal Record; or Some Reminiscences The Mirror of the Sea Notes on Life & Letters Biography & Critical Essays: Joseph Conrad (A Biography) by Hugh Walpole Joseph Conrad by John Albert Macy A Conrad Miscellany by John Albert Macy Joseph Conrad by Virginia Woolf

This is the book that started it all! The basis for the smash hit Tony Award-winning Broadway musical, Gregory Maguire’s breathtaking New York Times bestseller Wicked views the land of Oz, its inhabitants, its Wizard, and the Emerald City, through a darker and greener (not rosier) lens. Brilliantly inventive, Wicked offers us a radical new evaluation of one of the most feared and hated characters in all of literature: the much maligned Wicked Witch of the West who, as Maguire tells us, wasn’t nearly as Wicked as we imagined.

Shawn Baker’s Carnivore Diet is a revolutionary, paradigm-breaking nutritional strategy that takes contemporary dietary theory and dumps it on its head. It breaks just about all the “rules” and delivers outstanding results. At its heart is a focus on simplicity rather than complexity, subtraction rather than addition, making this an incredibly effective diet that is also easy to follow. The Carnivore Diet reviews some of the supporting evolutionary, historical, and nutritional science that gives us clues as to why so many people are having great success with this meat-focused way of eating. It highlights dramatic real-world transformations experienced by people of all types. Common disease conditions that are often thought to be lifelong and progressive are often reversed on this diet, and in this book, Baker discusses some of the theory behind that phenomenon as well. It outlines a comprehensive strategy for incorporating the Carnivore Diet as a tool or a lifelong eating style, and Baker offers a thorough discussion of the most common misconceptions about this diet and the problems people have when transitioning to it.

Aesthetics is much more than just being physically appealing. It is a lifestyle, a way of life. One does not attain aesthetic perfection over night. It takes years of consistency to shape your physique into a masterpiece,

but more, it takes you to change your entire outlook on life.

Rules for Vampires

The Age of Innocence

Torture Garden

Before We Were Yours

Writing Monsters

Roald Dahl's Beastly Brutes & Heroic Human Beans

A deserted mansion. Empty picture frames. A perfect red rose in a snowy garden. There is rich and powerful magic here, and a mystery to unravel. . . . When Natasha is forced to take shelter from a sudden, terrible blizzard, she is lucky to see a mansion looming out of the snow. Inside it's beautiful: the fire lit, the table set. But there is no one there. And on the walls, instead of paintings, are empty frames. In the garden, she finds one perfect red rose about to bloom, a vivid splash of scarlet against the snow. Dreamily she reaches out a hand . . . Only to have the master of the house appear – a terrifying, gigantic creature who looks like a cross between a bear and a man – and demand vengeance on her for taking his rose. So begins an extraordinary adventure that will see Natasha plunged deep into the heart of a mystery. She begins to realise she has stumbled onto a great tragedy – a spell of revenge laid on the young man the Beast once was, devised by a powerful sorcerer. But even if she can break the spell, the Beast she has now come to love will be snatched from her. Natasha will have a long journey, and many ordeals, ahead of her before there can be a happy ending. Inspired by two beautiful Russian fairytales – The Scarlet Flower (the Russian version of Beauty and the Beast) and Fenist the Falcon, Scarlet in the Snow is a beguiling mix of magic, romance, adventure and mystery.

A cat... a ping-pong ball... a drunken gardener... With these slight clues to go on Detective-Inspector Bonaparte investigates the mysterious death of famous author, Mervyn Blake, who dies an agonising death late one night in his writing room. But how did he die?

No one knows. No one that is until Bony's acute observation of human nature uncovers the murderer - and the method used to kill Blake. One of the few Bonaparte mysteries not set in the outback, reveals Upfield at his best and most ingenious. Napoleon Bonaparte

- my best detective. - Daily Express

"Reader beware--you choose the scare! GIVE YOURSELF GOOSEBUMPS! Rats! You're too old for a baby-sitter. But your mom hired one anyway. And that's the good news. The bad news is the baby-sitter works for a company called KidScare. So what do you do? If you like to play games, meet Dare. He knows some killer games -- but if you lose, you'll never go home again. Forget about playing nice! Or maybe you'd rather go to the Fun Zone. Look out! Will you drown in the Bottomless Ball Pit? Will you find your way out of the Tomb of the Unknown Rat? Just one bit of advice: Whatever you do, don't eat any of that stuff marked ""Switch Cheese""! The choice is yours in this scary GOOSEBUMPS adventure that's packed with over 20 super-spooky endings!"

A modern-day bestiary of the most incredible animals the world has ever seen—with 200 full-color illustrations Our planet is a writhing mass of wondrous life, positively popping at the seams with peculiar creatures. Life has wriggled its way into every conceivable nook and cranny, and nature has belched out organisms into even the most inhospitable environments. A Beastly Menagerie is a compendium of 100 of these most curious of creatures, from beasts that can fit on a pinhead and survive a saunter into space, to sea creatures just waiting for an excuse to smash a ship to smithereens. And let’s not forget to mention the remarkable Jesus Christ lizard, the bone-eating snot flower, the pink fairy armadillo, and the zombie fly. This beautifully illustrated collection will delight and bedazzle fans of the amazing animal kingdom in equal measure. Narrated by the affable eccentric Sir Pilkington-Smythe and assisted by his cronies at The Proceedings of the Ever So Strange, each entry is an enlightening and marvelous foray into our world and all its wonders . . . topped off with a soupçon of silliness. An excerpt Sharks are pretty pleased with themselves, and so they should be. You see, they are basically rippling slabs of muscle in gunmetal grey, with row upon row of huge razor-sharp teeth—awesome eating machines that have remained unchanged for millennia. . . . Of course, some sharks don't look so tough. Think of the bizarre hammerhead, goblin, and frilled sharks. Not that they're to be trifled with. And then there's the cookie cutter shark, a sniveling little guttersnipe who looks more like a fat lady's arm holding a kitchen utensil than the pinnacle of predatory evolution.

The Complete Guide to Building Muscle the Natural Way

Microbe Hunters

An Author Bites the Dust

A Natural History

A Book of Secrets

Scrawny to Brawny

From the bestselling author of Snow Falling on Cedars comes a classic of American life: a daringly told story of a man and a myth – dazzling and darkly funny.

THE BLOCKBUSTER HIT—Over two million copies sold! A New York Times, USA Today, Wall Street Journal, and Publishers Weekly Bestseller Look for Lisa Wingate’s powerful new historical novel, The Book of Lost Friends, available now! “Poignant, engrossing.”—People • “Lisa Wingate takes an almost unthinkable chapter in our nation’s history and weaves a tale of enduring power.”—Paula McLain Memphis, 1939. Twelve-year-old Rill Foss and her four younger siblings live a magical life aboard their family’s Mississippi River shantyboat. But when their father must rush their mother to the hospital one stormy night, Rill is left in charge—until strangers arrive in force. Wrenched from all that is familiar and thrown into a Tennessee Children’s Home Society orphanage, the Foss children are assured that they will soon be returned to their parents—but they quickly realize the dark truth. At the mercy of the facility’s cruel director, Rill fights to keep her sisters and brother together in a world of danger and uncertainty. Aiken, South Carolina, present day. Born into wealth and privilege, Avery Stafford seems to have it all: a successful career as a federal prosecutor, a handsome fiancé, and a lavish wedding on the horizon. But when Avery returns home to help her father weather a health crisis, a chance encounter leaves her with uncomfortable questions and compels her to take a journey through her family’s long-hidden history, on a path that will ultimately lead either to devastation or to redemption. Based on one of America’s most notorious real-life scandals—in which Georgia Tann, director of a Memphis-based adoption organization, kidnapped and sold poor children to wealthy families all over the country—Lisa Wingate’s riveting, wrenching, and ultimately uplifting tale reminds us how, even though the paths we take can lead to many places, the heart never forgets where we belong. Publishers Weekly’s #3 Longest-Running Bestseller of 2017 • Winner of the Southern Book Prize • If All Arkansas Read the Same Book Selection This edition includes a new essay by the author about shantyboat life.

The Answerth family's mansion seems to deserve its nickname of Venom House – perhaps because of its forbidding setting, an island in the centre of a man-made lake, its treacherous waters studded by the skeletons of long-dead trees. Perhaps it's because of the unquiet ghosts of the Aborigines slaughtered by the Answerth ancestors. Whatever the reason, most people are content to give Venom House and its occupants a wide berth... until a couple of corpses turn up in the lake... The strength of Upfield's accomplishment in this book is so overwhelming it makes the reader cower. The characters are well-developed, the conversation vernacular for the Australian outback, and the development compelling. The story is the nearest Upfield comes to a story that would have made Edgar Allen Poe envious, Upfield maintains a kind of corpse-like humour which is very amusing... The whole book is first-class Upfield and first-class crime fiction. – from The Spirit of Australia by Ray Browne.

Many of the earliest books, particularly those dating back to the 1900s and before, are now extremely scarce and increasingly expensive. We are republishing these classic works in affordable, high quality, modern editions, using the original text and artwork.

Life of Pi

Guide to Aesthetics

A Brilliant Press-out Paper Adventure

The Boy Scouts' Book of Campfire Stories

Wicked

Ulysses

Mehr als 400 Jahre lang erlitten schwarzafrikanische Männer, Frauen und Kinder während des transatlantischen Sklavenhandels schlimmste Formen der Versklavung und Erniedrigung durch Katholiken und das westliche Christentum. Damals wie heute glaube niemand an die tiefe Verwicklung der Kirche und des Papsttums in den schwarzafrikanischen Holocaust. Trotz jüngerer Behauptungen des päpstlichen Officiums in Rom, wonach die Päpste jegliche Form von Sklaverei verurteilten, so auch im Falle der Versklavung von Schwarzafrikanern, verweisen neuere Studien innerhalb dieses Forschungsfeldes auf das Gegenteil. Die Kirche und die Päpste nahmen vielmehr zentrale Rollen in diesem schlimmsten Verbrechen gegen die Schwarzafrikaner seit Beginn der schriftlichen Dokumentation ein. Mithilfe zahlreicher päpstlicher Bullen aus den Geheimarchiven des Vatikans und einer Vielzahl an königlichen Dokumenten aus dem portugiesischen Nationalarchiv in Lissabon, strebt der vorliegende Band eine kritische und analytische Untersuchung dieses Aspekts des transatlantischen Sklavenhandels an, der über so viele Jahre von den westlichen Historikern und Gelehrten verschleiert wurde. For over 400 years, Black African men, women and children suffered the worst type of enslavement and humiliation from the hands of Catholics and other Western Christians during the transatlantic slave trade. Before now, no one could ever believe that the Popes of the Church were deeply involved in this Holocaust against Black African people. Despite the claims made by the hallowed papal office in Rome in recent years that the Popes condemned the enslavement of peoples wherever it existed including that of Black Africans, recent researches in these fields of study have proved the contrary to be true. The Church and her Popes were rather among the major [role players] in this worst crime against Black Africans in recorded history. With the help of a considerable number of papal Bulls from the Vatican Secret Archives and a great amount of Royal documents from the Portuguese National Archives in Lisbon, the present book is aiming to undertake a critical and analytical inquiry of this aspect of the transatlantic slavery that has been kept in the dark for so many years by the Western historians and scholars. The results of this studious but fruitful academic inquiry are laid bare in this notable work of the 21st century. Pius Onyemечи Adiele is a Catholic priest of Ahiara Diocese Mbaise and an alumnus of Seat of Wisdom Seminary Owerri and Bigard Memorial Seminary Enugu in Nigeria. He obtained his licentiate in Theology from the famous University of Münster and his doctoral degree in Church History from the renowned University of Tübingen in Germany. At present, he is a research fellow in the areas of African Church History and Enslavement of peoples as well as the pastor in charge of the merged parishes of Lauchheim, Westhausen, Lippach, Röttingen and Hülen in Germany.

First published in 1927.

The Nevermoor series meets Hotel Transylvania in this dazzling debut middle grade adventure set in a world of talking spiders, living forests, and haunted castles about a vampire girl who wants to fit in but first must defeat an evil ghost. After one hundred years of being a vampire, it’s time for Eleonora to have her Birthday. Since Leo’s last rite of passage, her Grimwalk, ended with her losing her right leg and a good deal of her confidence, she’s hoping to redeem herself in the eyes of her mother, the fearsome Lady Sieglinde. All Leo has to do is hunt down and kill her first prey, and she already has the perfect plan. After all, who will miss an orphan from the bleak St. Friedal’s Home for Unwanted Children? But an accidental fire causes more death and destruction than Leo bargained for. Instead of killing one carefully selected victim, she’s created several ghosts from the orphanage residents. And one sinister specter, the Orphanmaster, is poised to terrorize the living residents in a nearby town. To stop him and try to undo some of the mess she’s made, Leo must team up with the orphan ghost Minna. Will Leo have the chance to prove herself as a vampire before her Birthday is over, or will she discover that there are no winners in the battle of undead versus undead?

A state-of-the-art weight-lifting and nutritional blueprint for "skinny" guys who want to pack on muscle Let's face it, naturally skinny guys are at a distinct genetic disadvantage when it comes to build muscle mass. But with the proper advice, these "hardgainers" definitely can realize their fitness goals. In Scrawny to Brawny, the authors draw on their years of practical experience as private strength and nutrition coaches to provide hardgainers with:
▯ A progressive, state-of-the-art program that optimizes results with shorter, less frequent workouts that maximize compound exercises
▯ A unique, action-based perspective on nutrition that shows how to prepare quick muscle-building meals and snacks--and how to take advantage of several critical times in the day when muscle growth can be stimulated by food intake
▯ Vital information on how to identify and fix any weak links in their physiques that may be precursors to injury Designed not only for frustrated adult hardgainers but also--with its strong anti-steroid message--a terrific how for the large teen market. Scrawny to Brawny fills a significant gap in the weight-lifting arsenal.

The Carnivore Diet

Beastly Menagerie

The Bone is Pointed

All Our Pretty Songs

The Greyskull LP: Second Edition

Scarlet in the Snow

Life of Pi is a masterful and utterly original novel that is at once the story of a young castaway who faces immeasurable hardships on the high seas, and a meditation on religion, faith, art and life that is as witty as it is profound. Using the threads of all of our best stories, Yann Martel has woven a glorious spiritual adventure that makes us question what it means to be alive, and to believe.

A Time Magazine Top 10 Nonfiction book of 2011 A Publishers Weekly Best Nonfiction title for 2011 On a hill above the Italian village of Ravello sits the Villa Cimbrone, a place of fantasy and make-believe. The characters that move through Michael Holroyd's new book are destined never to meet, yet the Villa Cimbrone unites them all. A Book of Secrets is a treasure trove of hidden lives, uncelebrated achievements, and family mysteries. With grace and tender imagination, Holroyd brings a company of unknown women into the light. From Alice Keppel, the mistress of both the second Lord Grimthorpe and the Prince of Wales; to Eve Fairfax, a muse of Auguste Rodin; to the novelist Violet Trefusis, the lover of Vita Sackville-West--these women are always on the periphery of the respectable world. Also on the margins is the elusive biographer, who on occasion turns an appraising eye upon himself as part of his investigations in the maze of biography. In A Book of Secrets, Holroyd gives voice to fragile human connections and the mystery of place.

This is a story about love, but not the kind of love you think. You'll see... In the lush and magical Pacific Northwest live two best friends who grew up like sisters: charismatic, mercurial, and beautiful Aurora, and the devoted, watchful narrator. Each of them is incomplete without the other. But their unbreakable bond is challenged when a mysterious and gifted musician named Jack comes between them. His music is like nothing I have ever heard. It is like the ocean surging, the wind that blows across the open water, the far call of gulls.

Suddenly, each girl must decide what matters most: friendship, or love. What both girls don't know is that the stakes are even higher than either of them could have imagined. They're not

the only ones who have noticed Jack's gift; his music has awakened an ancient evil—and a world both above and below which may not be mythical at all. We have paved over the ancient world but that does not mean we have erased it. The real and the mystical; the romantic and the heartbreaking all begin to swirl together in All Our Pretty Songs, Sarah McCarry's brilliant debut, carrying the two on journey that is both enthralling and terrifying. And it's up to the narrator to protect the people she loves—if she can.

The New York Times bestseller – with a new afterword about early specialization in youth sports – from the author of Range: Why Generalists Triumph in a Specialized World. The debate is as old as physical competition. Are stars like Usain Bolt, Michael Phelps, and Serena Williams genetic freaks put on Earth to dominate their respective sports? Or are they simply normal people who overcame their biological limits through sheer force of will and obsessive training? In this controversial and engaging exploration of athletic success and the so-called 10,000-hour rule, David Epstein tackles the great nature vs. nurture debate and traces how far science has come in solving it. Through on-the-ground reporting from below the equator and above the Arctic Circle, revealing conversations with leading scientists and Olympic champions, and interviews with athletes who have rare genetic mutations or physical traits, Epstein forces us to rethink the very nature of athleticism.

Starting Strength

Europe

Illegitimate Daughters, Absent Fathers

Weight Lifting Is a Waste of Time: So Is Cardio, and There's a Better Way to Have the Body You Want

Venom House

A Novel

When two modern-day kids discover a grotesque secret in an abandoned mailbox, they have no idea they are about to be drawn into a mystery that began on the other side of the world. Through the help of an English genie and a phantom postman, the two children begin to communicate with another boy, a young calligrapher's apprentice who lived 125 years ago in an Indian village. Writing back and forth, across continents and centuries, the three children eventually realize the possibility of changing history by delivering three letters that were never received. If they can make sure these lost letters reach those for whom they were intended, love may be restored, the life of a kidnapped child could be saved, and a secret agent might be able to prevent a pointless war.

Winner of the 1921 Pulitzer Prize, The Age of Innocence is an elegant, masterful portrait of desire and betrayal in old New York—now with a new introduction from acclaimed author Colm Tóibín for the novel's centennial. With vivid power, Wharton evokes a time of gaslit streets, formal dances held in the ballrooms of stately brownstones, and society people "who dreaded scandal more than disease." This is Newland Archer's world as he prepares to marry the docile May Welland. Then, suddenly, the mysterious, intensely nonconformist Countess Ellen Olenska returns to New York after a long absence, turning Archer's world upside down. This classic Wharton tale of thwarted love is an exuberantly comic and profoundly moving look at the passions of the human heart, as well as a literary achievement of the highest order.

#1 NEW YORK TIMES BESTSELLER • The game-changing author of Tribe of Mentors teaches you how to reach your peak physical potential with minimum effort. “A practical crash course in how to reinvent yourself.”—Kevin Kelly, Wired Is it possible to reach your genetic potential in 6 months? Sleep 2 hours per day and perform better than on 8 hours? Lose more fat than a marathoner by bingeing? Indeed, and much more. The 4-Hour Body is the result of an obsessive quest, spanning more than a decade, to hack the human body using data science. It contains the collective wisdom of hundreds of elite athletes, dozens of MDs, and thousands of hours of jaw-dropping personal experimentation. From Olympic training centers to black-market laboratories, from Silicon Valley to South Africa, Tim Ferriss fixated on one life-changing question: For all things physical, what are the tiniest changes that produce the biggest results? Thousands of tests later, this book contains the answers for both men and women. It's the wisdom Tim used to gain 34 pounds of muscle in 28 days, without steroids, and in four hours of total gym time. From the gym to the bedroom, it's all here, and it all works. You will learn (in less than 30 minutes each): • How to lose those last 5-10 pounds (or 100+ pounds) with odd combinations of food and safe chemical cocktails • How to prevent fat gain while bingeing over the weekend or the holidays • How to sleep 2 hours per day and feel fully rested • How to produce 15-minute female orgasms • How to triple testosterone and double sperm count • How to go from running 5 kilometers to 50 kilometers in 12 weeks • How to reverse “permanent” injuries • How to pay for a beach vacation with one hospital visit And that's just the tip of the iceberg. There are more than 50 topics covered, all with real-world experiments, many including more than 200 test subjects. You don't need better genetics or more exercise. You need immediate results that compel you to continue. That's exactly what The 4-Hour Body delivers.

The most user-friendly system for anyone interested in building quality strength and muscle. An in depth look at the principles used by Johnny Pain of the famed Greyskull Barbell Club to construct hordes of strong, capable beasts around the globe.

Strength Training for Women

Life and Times of the Wicked Witch of the West

Walden

Sir Pilkington-Smythe's Marvelous Collection Of Strange And Unusual Creatures

Ghost Letters

Attack of the Beastly Babysitter (Give Yourself Goosebumps #18)

"A world made by the Eight Creators on which to play out their games of passion and power, Paradise is a sprawling, diverse, often brutal place. Men and women live on Paradise as do dogs, cats, ferrets, goats, and horses. But dinosaurs predominate: wildlife, monsters, beasts of burden—and of war"—Amazon.com.

"All is yours, everywhere is open to you - except the lock that the single key fits. You must promise, if you love me, to leave it well alone."When a 17 year old virgin marries a mature and charismatic Marquis it seems like a fairy tale. But when the Marquis is called away on their wedding night, leaving her only her only his keys and a single instruction, her curiosity leads her to uncover a dark secret.Bryony Lavery's new stage adaptation of Angela Carter's story opened as a Northern Stage production in September 2008.

You've been lifting for a few years. When you take your shirt off, do you look like a professional athlete? Do you even look like you work out? Many fitness "experts" defend weights and cardio like they are infallible, but where are the results? Why does almost nobody look even marginally athletic? Fitness may be the most failed human endeavor, and you are about to see how exercise science has missed some obvious principles that when enacted will turn you into the superhuman you always wanted to be. In Weight Lifting is a Waste of Time, Dr. John Jaquish and Henry Alkire explore the science that supports this argument and lay out a superior strength training approach that has been seen to put 20 pounds of muscle on drug-free, experienced lifters (i.e., not beginners) in six months.

'Strength Training for Women' provides you with information tailored to the way your body works and responds to training, and the specific tools you need to reach your goals.

The Sports Gene

Nineteen Eighty-Four

Inside the Science of Extraordinary Athletic Performance

How to Craft Believably Terrifying Creatures to Enhance Your Horror, Fantasy, an d Science Fiction

The Bloody Chamber

The Dinosaur Lords

ULYSSES James Joyce's novel Ulysses is said to be one of the most important works in Modernist literature. It details Leopold Bloom's passage through Dublin on an ordinary day: June 16, 1904. Causing controversy, obscenity trials and heated debates, Ulysses is a pioneering work that brims with puns, parodies, allusions, stream-of-consciousness writing and clever structuring. Modern Library ranked it as number one on its list of the twentieth century's 100 greatest English-language novels and Martin Amis called it one of the greatest novels ever written. ULYSSES Ulysses is a modernist novel by Irish writer James Joyce. It is considered to be one of the most important works of modernist literature, and has been called "a demonstration and summation of the entire movement". Ulysses chronicles the peripatetic appointments and encounters of Leopold Bloom in Dublin in the course of an ordinary day, 16 June 1904. Ulysses is the Latinised name of Odysseus, the hero of Homer's epic poem Odyssey, and the novel establishes a series of parallels between its characters and events and those of the poem (the correspondence of Leopold Bloom to Odysseus, Molly Bloom to Penelope, and Stephen Dedalus to Telemachus). Joyce divided Ulysses into 18 chapters or "episodes". At first glance much of the book may appear unstructured and chaotic; Joyce once said that he had "put in so many enigmas and puzzles that it will keep the professors busy for centuries arguing over what I meant", which would earn the novel "immortality". James Joyce (1882-1941) was an Irish novelist and poet, considered to be one of the most influential writers in the modernist avant-garde of the early 20th century. Joyce is best known for Ulysses, the short-story collection Dubliners, and the novels A Portrait of the Artist as a Young Man and Finnegans Wake. ULYSSES As the day begins, Stephen Dedalus is displeased with his friend and remains aloof. A little later, he teaches history at Garrett Deasy's boys' school. ULYSSES Leopold Bloom begins his day by preparing breakfast for his wife, Molly Bloom. He serves it to her in bed along with the mail. ULYSSES As their day unfolds, Joyce paints for us a picture of not only what's happening outside but also what's happening inside their minds. ULYSSES Drawing on the characters, motifs and symbols of Homer's Odyssey, James Joyce's Ulysses is a remarkable modernist novel. It has lived through various criticisms and controversies and has undergone several theatre, film and television adaptations. It continues to remain a literary masterpiece. ULYSSES

"The campfire for ages has been the place of council and friendship and story-telling. The mystic glow of the fire quickens the mind, warms the heart, awakens memories of happy, glowing tales that fairly leap to the lips." Contains stories from Jack London, Ellis Parker Butler and others. Originally published in 1921.

A tale of cave bears and comet strikes and a hundred million years of history by the bestselling author of Here on Earth: "Marvelous."—Publishers Weekly (starred review) In Europe: A Natural History, world-renowned scientist, explorer, and conservationist Tim Flannery applies the eloquent interdisciplinary approach he used in his ecological histories of Australia and North America to the story of Europe. He begins 100 million years ago, when the continents of Asia, North America, and Africa interacted to create an island archipelago that would later become the Europe we know today. It was on these ancient tropical lands that the first distinctly European organisms evolved. Flannery teaches us about Europe's midwife toad, which has endured since the continent's beginning, while elephants, crocodiles, and giant sharks have come and gone. He explores the monumental changes wrought by the devastating comet strike and shows how rapid atmospheric shifts transformed the European archipelago into a single landmass during the Eocene. As the story moves through millions of years of evolutionary history, Flannery eventually turns to our own species, describing the immense impact humans had on the continent's flora and fauna—within 30,000 years of our arrival in Europe, the woolly rhino, the cave bear, and the giant elk, among others, would disappear completely. The story continues right up to the present, as Flannery describes Europe's leading role in wildlife restoration, and then looks ahead to ponder the continent's future: with advancements in gene editing technology, European scientists are working to recreate some of the continent's lost creatures, such as the great ox of Europe's primeval forests and even the woolly mammoth.

George Orwell's Nineteen Eighty-Four is unquestionably the most famous dystopian novel of all times. Written in the year of 1948, the author swapped the last two digits while describing a future totalitarian society where the minds, attitudes and actions of the subjects are thoroughly scrutinized by the "Thought Police", suspected dissidents tracked down and where the worship of the mythical party leader Big Brother is forced upon the masses. The low-ranking party member Winston Smith begins secretly to question the whole system and initiates a forbidden love affair with another party member.

An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman

Philadelphia Fire

HEART OF DARKNESS

One of John Wideman's most ambitious and celebrated works, the lyrical masterpiece and PEN/Faulkner winner inspired by the 1985 police bombing of the West Philadelphia row house owned by black liberation group Move. In 1985, police bombed a West Philadelphia row house owned by the Afrocentric cult known as Move, killing eleven people and starting a fire that destroyed sixty other houses. At the heart of Philadelphia Fire is Cudjoe, a writer and exile who returns to his old neighborhood after spending a decade fleeing from his past, and who becomes obsessed with the search for a lone survivor of the event: a young boy seen running from the flames. Award-winning author John Edgar Wideman brings these events and their repercussions to shocking life in this seminal novel. "Reminiscent of Ralph Ellison's Invisible Man" (Time) and Norman Mailer's The Executioner's Song, Philadelphia Fire is a masterful, culturally significant work that takes on a major historical event and takes us on a brutally honest journey through the despair and horror of life in urban America.