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[The Rose Hotel](#) [The Rose Hotel Broadcasting Happiness](#) [Jewels of Allah](#) [Developing Mental Toughness](#) [Developing Mental Toughness](#) [The Unexpected Professor](#) [Rules of Civility](#) [Islamophobia and Anti-Muslim Sentiment](#) [Iranian Diaspora Literature of Women](#) [Carolina Rain](#) [Captive in Iran](#) [Running Free](#) [Journey from the Land of No](#) [A Coastal Ghost](#) [Walking the Amazon](#) [The Courageous Classroom](#) [Lipstick Jihad](#) [Antoinette's Sister](#) [The City of Devi](#) [Old Before My Time](#) [The BreakBeat Poets](#) [This Boy We Made](#) [The Last Nomad](#) [Bad Mothers United](#) [In the House of My Bibi](#) [The Way of the Fight](#) [Do Something Now!](#) [Buses Are a Comin'](#) [42 Rules for B2B Social Media Marketing](#) [The Literature of the Iranian Diaspora](#) [Danger to Self](#) [Young at Heart](#) [A Doll Named Fannie](#) [Atypical](#) [The Disorderly Knights](#) [Beautiful Unbroken](#) [Night Stalks the Mansion](#) [The Cypress Tree](#) [Closing the Legal Loophole for Union Violence](#)

[Old Before My Time](#) Feb 09 2021 Hayley Okines is like no other 13-year-old schoolgirl. In *Old Before My Time*, Hayley and her mum Kerry reflect on her unusual life. Share Hayley's excitement as she travels the world meeting her pop heroes Kylie, Girls Aloud and Justin Bieber and her sadness as she loses her best friend to the disease at the age of 11. Now as she passes the age of 13 – the average life expectancy for a child with progeria – Hayley talks frankly about her hopes for the future and her pioneering drug trials in America which could unlock the secrets of ageing for everyone...

[Developing Mental Toughness](#) Jun 25 2022 How can individuals and organizations understand and measure mental toughness to deal with stress and challenge, and so improve performance? This fully updated third edition of *Developing Mental Toughness* provides the answers to unlock this potential. Tracing its development from sports psychology into the business sector, *Developing Mental Toughness* provides a reliable psychometric measure to apply at the organizational level. With coverage on how mental toughness relates to other behaviours and can be applied to employability, leadership, performance, creativity, emotional intelligence and motivation, the practical guidance and exercises in this book make it essential reading for academics, managers and coaches alike. This third edition includes an expansion of the 4Cs model to include concepts on learning orientation and resilience and new chapters on evidence-based practice and using the Mental Toughness Questionnaire (MTQ48) to gain richer self-awareness. Featuring case studies from Deloitte and Ethiad, *Developing Mental Toughness* is the practical coaching guide for developing capabilities and resilience.

[Closing the Legal Loophole for Union Violence](#) Jun 20 2019

[In the House of My Bibi](#) Sep 04 2020 The Iranian-American author describes her childhood in Iran during the nineteen sixties and seventies with her grandmother Bibi in Shiraz, her years of imprisonment in her mid-teens, and the tortuous treatment she endured before she was released and fled

[The Rose Hotel](#) Oct 29 2022 In this searing memoir, Rahimeh Andalibian struggles to make sense of two brutal crimes: a rape, avenged by her father, and a murder, of which her beloved oldest brother stands accused. Her journey, eloquently and intimately told, is a tribute to the resilience of families everywhere. Andalibian takes us first into her family's tranquil, jasmine-scented days of prosperity in Mashhad, Iran, where she and her brothers grow up in luxury at the Rose Hotel, owned by her father. In the aftermath of the 1979 revolution the family is forced to flee: first to the safety of a mansion in Tehran, next to a squalid one-room flat in London, and finally to California, where they discover they are not free from the weight of their own secrets. Caught between their parents' traditional values and their desire to embrace an American way of life, Andalibian and her brothers struggle to find peace in the wake of tragedy. In the tradition of "The Kite Runner," "House of Sand and Fog," and "Reading Lolita in Tehran," this is a universal story of healing and rebirth.

[Islamophobia and Anti-Muslim Sentiment](#) Feb 21 2022 This book explores the presence of Islamophobia through the political cartoon—a medium with an immediate and powerful impact. Islamophobia offers a fascinating and insightful look at our culture's misperceptions and why it's so important to stop "making Muslims the enemy".

[Journey from the Land of No](#) Sep 16 2021 An Iranian-American poet recounts her life as a daughter of Jewish parents growing up in Tehran, during which she witnessed the impact of the Ayatollah Khomeini's return to the nation and contemplated political asylum. Reader's Guide included. Reprint. 25,000 first printing.

[Night Stalks the Mansion](#) Aug 23 2019 Back by popular demand A supernatural detective story Winner of the 1977 National Writers Club Award for Nonfiction Now in paperback, this true story recounts a Philadelphia family's encounter with a supernatural presence in their eighteenth-century mansion. After experiencing footsteps at night, opening doors, strange sounds and activity that centered around the library, they investigate, unearthing the mansion's tragic past and changing their beliefs about the supernatural world.

[A Doll Named Fannie](#) Dec 27 2019 A doll named Fannie belongs to an Irish girl named Molly, who emigrates to New York with her father after her mother dies in the Irish potato famine. When her father is killed in an accident, Molly is sent on a train to Salisbury, North Carolina, where she is adopted by a widow. Fannie witnesses Molly's life as she grows up and has a daughter of her own.

[Developing Mental Toughness](#) May 24 2022 Mental toughness is about how effectively individuals deal with stress, pressure and challenge. It is rooted in the notion of resilience but moves beyond this by adding ideas from the world of positive psychology. The result is a complete process which is highly applicable and measurable. Tracing its development from sports psychology into business, health and education sectors, *Developing Mental Toughness* was the first book to look at applications at the organizational level and to provide a reliable psychometric measure. The new edition of *Developing Mental Toughness* includes greater coverage of how mental toughness relates to other behaviours and can be applied to leadership, creativity, emotional intelligence, and motivation. It also looks at its applications in employability and entrepreneurship, and has expanded coverage of coaching for mental toughness. Written for anyone coaching individuals and teams for improved performance, the book contains practical guidance and techniques, exercises and case studies, all reflecting the exciting developments in this field over the last five years.

[Broadcasting Happiness](#) Aug 27 2022 Broadcasting Happiness will "inspire you and change your life." —Parade Magazine We are all broadcasters. As managers, colleagues, parents and friends, we are constantly transmitting information to the people around us, and the messages we choose to broadcast create success or hold us back. What's your broadcast? New research from the fields of positive psychology and neuroscience shows that small shifts in the way we communicate can create big ripple effects on business and educational outcomes, including 31 percent higher productivity, 25 percent better performance ratings, 37 percent higher sales, and 23 percent lower levels of stress. In *Broadcasting Happiness*, Michelle Gielan, former national CBS News anchor turned positive psychology researcher, shows you how changing your broadcast changes your power by sharing jaw-dropping stories and incredible research. Learn Michelle's simple research-based communication habits that have been featured in her PBS program *Inspire Happiness* and Oprah's 21 Days to Happiness class. *Broadcasting Happiness* will help you: - Inoculate your brain against stress and negativity by fact-checking challenges - Drive success by leading a conversation or communication with positivity - Rewrite debilitating thought patterns and turn them into fuel for resilience and growth - Deal with negative people in a way that lessens their power - Share bad news more effectively to increase future social capital - Create and sustain a positive culture at work or home by creating contagious optimism - Help the people you care about most move from negative to positive in seconds *Broadcasting Happiness* showcases how real individuals and organizations have used these techniques to achieve results that include increasing revenues by hundreds of millions of dollars, raising a school district's graduation rate by 45 percent, and shifting family gatherings from toxic to thriving. Changing your broadcast can change your life, your success, and the lives of others around you. *Broadcasting Happiness* will show you how!

[The City of Devi](#) Mar 10 2021 Armed only with a pomegranate, Sarita ventures into the empty streets of Mumbai, on the eve of its threatened nuclear annihilation. She is looking for her physicist husband Karun, who has been missing for over a fortnight. She is soon joined on her quest by Jaz - cocky, handsome, Muslim, gay, and in search of his own lover.

Together they traverse the surreal landscape of a dystopia rife with absurdity, and are inexorably drawn to the patron goddess Devi ma, the supposed saviour of the city.

Groundbreaking and multilayered, *The City of Devi* is a fearlessly provocative tale of three individuals balancing on the sharp edge of fate.

[Antoinette's Sister](#) Apr 11 2021 As Marie Antoinette took her last breath as Queen of France in Paris, another formidable monarch—Antoinette's dearly beloved sister, Charlotte—was hundreds of miles away, in Naples, fighting desperately to secure her release from the revolutionaries who would take her life. Little did Charlotte know, however, that her sister's execution would change the course of history—and bring about the end of her own empire. "You are the queen. You are the queen that Antoinette wanted to be." Austria 1767: Maria Carolina Charlotte—tenth daughter and one of sixteen children of Empress Maria Theresa of Austria—knows her position as a Habsburg archduchess will inevitably force her to leave her home, her family, and her cherished sister, Antoinette, whose companionship she values over all else. But not yet. The Habsburg family is celebrating a great triumph: Charlotte's older sister, Josepha, has been promised to King Ferdinand IV of Naples and will soon take her place as queen. Before she can journey to her new home, however, tragedy strikes. After visiting the family crypt, Josepha contracts smallpox and dies. Shocked, Charlotte is forced to face an unthinkable new reality: she must now marry Ferdinand in her sister's stead. Bereft and alone, Charlotte finds that her life in Naples is more complicated than she could ever have imagined. Ferdinand is weak and feckless, and a disastrous wedding night plunges her into despair. Her husband's regent, Tanucci, a controlling and power-hungry man, has pushed the country to the brink of ruin. Overwhelmed, she asks her brother Leopold, now the Holy Roman Emperor, to send help—which he does in the form of John Acton, a handsome military man twenty years Charlotte's senior who is tasked with overseeing the Navy. Now, Charlotte must gather the strength to do what her mother did before her: take control of a country. In a time of political uprisings and royal executions and with the increasingly desperate crisis her favorite sister, Queen Marie Antoinette, is facing in France, how is a young monarch to keep hold of everything—and everyone—she loves? Find out in this sweeping, luxurious tale of family, court intrigue, and power. Includes a Reading Group Guide.

[Buses Are a Comin'](#) Jun 01 2020 "A firsthand exploration of the cost of boarding the bus of change to move America forward-written by one of the Civil Rights Movement's pioneers. At 18, Charles Person was the youngest of the original Freedom Riders, key figures in the U.S. Civil Rights Movement who left Washington, D.C. by bus in 1961, headed for New Orleans. This purposeful mix of black and white, male and female activists-including future Congressman John Lewis, Congress of Racial Equality Director James Farmer, Reverend Benjamin Elton Cox, journalist and pacifist James Peck, and CORE field secretary Genevieve Hughes-set out to discover whether America would abide by a Supreme Court decision that ruled segregation unconstitutional in bus depots, waiting areas, restaurants, and restrooms nationwide. The Freedom Riders found their answer. No. Southern states would continue to disregard federal law and use violence to enforce racial segregation. One bus was burned to a shell; the second, which Charles rode, was set upon by a mob that beat the Riders nearly to death. *Buses Are a Comin'* provides a front-row view of the struggle to belong in America, as Charles leads his colleagues off the bus, into the station, into the mob, and into history to help defeat segregation's violent grip on African American lives. It is also a challenge from a teenager of a previous era to the young people of today: become agents of transformation. Stand firm. Create a more just and moral country where students have a voice, youth can make a difference, and everyone belongs"--

This Boy We Made Dec 07 2020 A Black mother bumps up against the limits of everything she thought she believed—about science and medicine, about motherhood, and about her faith—in search of the truth about her son. One morning, Tophs, Taylor Harris’s round-cheeked, lively twenty-two-month-old, wakes up listless, only lifting his head to gulp down water. She rushes Tophs to the doctor, ignoring the part of herself, trained by years of therapy for generalized anxiety disorder, that tries to whisper that she’s overreacting. But at the hospital, her maternal instincts are confirmed: something is wrong with her boy, and Taylor’s life will never be the same. With every question the doctors answer about Tophs’s increasingly troubling symptoms, more arise, and Taylor dives into the search for a diagnosis. She spends countless hours trying to navigate health and education systems that can be hostile to Black mothers and children; at night she googles, prays, and interrogates her every action. Some days, her sweet, charismatic boy seems just fine; others, he struggles to answer simple questions. A long-awaited appointment with a geneticist ultimately reveals nothing about what’s causing Tophs’s drops in blood sugar, his processing delays—but it does reveal something unexpected about Taylor’s own health. What if her son’s challenges have saved her life? *This Boy We Made* is a stirring and radiantly written examination of the bond between mother and child, full of hard-won insights about fighting for and finding meaning when nothing goes as expected.

Beautiful Unbroken Sep 23 2019 An unflinching memoir by a working nurse As a child, Mary Jane Nealon dreams of growing up to become a saint or, failing that, a nurse. She idolizes Clara Barton, Kateri Tekakwitha, and Molly Pitcher, whose biographies she reads and rereads. But by the time she follows her calling to nursing school, her beloved younger brother is diagnosed with cancer, which challenges her to bring hope and healing closer to home. His death leaves her shattered, and she flees into her work, and into poetry. *Beautiful Unbroken* details Nealon’s life of caregiving, from her years as a flying nurse, untethered and free to follow friends and jobs from the Southwest to Savannah, to more somber years in New York City, treating men in a homeless shelter on the Bowery and working in the city’s first AIDS wards. In this compelling and revealing memoir, Nealon brings a poet’s sensitivity to bear on the hard truths of disease and recovery, life and death.

The Last Nomad Nov 06 2020 A remarkable and inspiring true story that "stuns with raw beauty" about one woman's resilience, her courageous journey to America, and her family's lost way of life. Winner of the 2022 Gold Nautilus Award, Multicultural & Indigenous Category Born in Somalia, a spare daughter in a large family, Shugri Said Salh was sent at age six to live with her nomadic grandmother in the desert. The last of her family to learn this once-common way of life, Salh found herself chasing warthogs, climbing termite hills, herding goats, and moving constantly in search of water and grazing lands with her nomadic family. For Salh, though the desert was a harsh place threatened by drought, predators, and enemy clans, it also held beauty, innovation, centuries of tradition, and a way for a young Sufi girl to learn courage and independence from a fearless group of relatives. Salh grew to love the freedom of roaming with her animals and the powerful feeling of community found in nomadic rituals and the oral storytelling of her ancestors. As she came of age, though, both she and her beloved Somalia were forced to confront change, violence, and instability. Salh writes with engaging frankness and a fierce feminism of trying to break free of the patriarchal beliefs of her culture, of her forced female genital mutilation, of the loss of her mother, and of her growing need for independence. Taken from the desert by her strict father and then displaced along with millions of others by the Somali Civil War, Salh fled first to a refugee camp on the Kenyan border and ultimately to North America to learn yet another way of life. Readers will fall in love with Salh on the page as she tells her inspiring story about leaving Africa, learning English, finding love, and embracing a new horizon for herself and her family. Honest and tender, *The Last Nomad* is a riveting coming-of-age story of resilience, survival, and the shifting definitions of home.

Lipstick Jihad May 12 2021 As far back as she can remember, Azadeh Moaveni has felt at odds with her tangled identity as an Iranian-American. In suburban America, Azadeh lived in two worlds. At home, she was the daughter of the Iranian exile community, serving tea, clinging to tradition, and dreaming of Tehran. Outside, she was a California girl who practiced yoga and listened to Madonna. For years, she ignored the tense standoff between her two cultures. But college magnified the clash between Iran and America, and after graduating, she moved to Iran as a journalist. This is the story of her search for identity, between two cultures cleaved apart by a violent history. It is also the story of Iran, a restive land lost in the twilight of its revolution. Moaveni’s homecoming falls in the heady days of the country’s reform movement, when young people demonstrated in the streets and shouted for the Islamic regime to end. In these tumultuous times, she struggles to build a life in a dark country, wholly unlike the luminous, saffron and turquoise-tinted Iran of her imagination. As she leads us through the drug-soaked, underground parties of Tehran, into the hedonistic lives of young people desperate for change, Moaveni paints a rare portrait of Iran’s rebellious next generation. The landscape of her Tehran -- ski slopes, fashion shows, malls and cafes -- is populated by a cast of young people whose exuberance and despair brings the modern reality of Iran to vivid life.

The Cypress Tree Jul 22 2019 Kamin Mohammadi was nine years old when her family fled Iran during the 1979 Revolution. Bewildered by the seismic changes in her homeland, she turned her back on the past and spent her teenage years trying to fit in with British attitudes to family, food and freedom. She was twenty-seven before she returned to Iran, drawn inexorably back by memories of her grandmother’s house in Abadan, with its traditional inner courtyard, its noisy gatherings and its very walls steeped in history. *The Cypress Tree* is Kamin’s account of her journey home, to rediscover her Iranian self and to discover for the first time the story of her family: a sprawling clan that sprang from humble roots to bloom during the affluent, Biba-clad 1960s, only to be shaken by the horrors of the Iran-Iraq War and the heartbreak of exile, and toughened by the struggle for democracy that continues today. This moving and passionate memoir is a love letter both to Kamin’s extraordinary family and to Iran itself, an ancient country which has survived so much modern tumult but where joy and resilience will always triumph over despair.

Jewels of Allah Jul 26 2022 "Inspired by Nina Ansary’s scholarly journey, *Jewels of Allah* is a provocative roller coaster ride that shatters the stereotypical assumptions and the often misunderstood story of women in Iran today" --Back cover.

The Courageous Classroom Jun 13 2021 Help students and educators cope with fear in the classroom with this up-to-date new resource In *The Courageous Classroom: Creating a Culture of Safety for Students to Learn and Thrive*, community psychiatrist Dr. Janet Taylor and nationally acclaimed educator, Jed Dearybury deliver a concise and insightful take on the culture of fear in schools around the country. You’ll learn about the various ways fear is present in students and educators, practical tools and strategies for educators to cope with fear and anxiety in the classroom, the reality of racism, homophobia and microaggressions and their impact on learning, and how to create a landscape of calm in your classroom. This important book will show you: The difference between fear and anxiety and how to respond to both How to create social-emotional learning environments where students feel mentally and physically safe Why, despite schools being safer than ever, students and educators fear for their personal safety How to manage educator stress, fear, and anxiety in a time of increasing coverage of school shootings Perfect for K-12 public school educators, *Courageous Classrooms* will also earn a place in the libraries of educators in training and parents with school-age children who wish to better help children cope with fear.

Bad Mothers United Oct 05 2020 The long-awaited sequel to the number one bestselling *THE BAD MOTHER’S HANDBOOK*. Before *Yummy Mummies* and *Slummy Mummies*, before the Battle Hymn of the Tiger Mother, before we wondered *How She Does It*, there was *THE BAD MOTHER’S HANDBOOK*. Hundreds of thousands of readers lived a year in the life of Charlotte, Karen and Nan as they struggled with becoming mothers for the first time. And now they are back. Certainly older, probably not wiser, and definitely as hilariously catastrophic as before. For all those who have asked how to be a woman, here is *HOW TO BE...A BAD MOTHER*. A storyteller in the Joanna Trollope league, Long writes astutely and comically about the complexities of motherhood' Independent 'Warm, witty and wise' Red 'One of the authors that I rush out to buy straight away. I find her work challenging, witty, fresh and real' Adele Parks

The Disorderly Knights Oct 25 2019 This third volume in *The Lymond Chronicles*, the highly renowned series of historical novels takes place in 1551, when Francis Crawford of Lymond is dispatched to embattled Malta, to assist the Knights of Hospitallers in defending the island against the Turks. But shortly the swordsman and scholar discovers that the greatest threat to the Knights lies within their own ranks, where various factions vie secretly for master.

The Literature of the Iranian Diaspora Mar 30 2020 The 1979 Revolution in Iran caused the migration of millions of Iranians, many of whom wrote, and are still writing, of their experiences. Formed at the junctions of Iranian culture, English language and Western cultures, this body of work has not only formed a unique literary space, offering an insightful reflection of Iranian diasporic experiences and its shifting nature, but it has also been making a unique and understudied contribution to World Literatures in English as significant as Indian, African and Asian writing in English. Sanaz Fotouhi here traces the origins of the emerging body of diasporic Iranian literature in English, and uses these origins to examine the socio-political position and historical context from which they have emerged. Fotouhi brings together, introduces and analyses, for the first time, a significant range of diasporic Iranian writers alongside each other and alongside other diasporic literatures in English. While situating this body of work through existing theories such as postcolonialism, Fotouhi sheds new light on the role of Iranian literature and culture in Western literature by showing that these writings distinctively reflect experiences unique to the Iranian diaspora. Analysing the relationship between Iranians and their new surroundings, by drawing on theories of migration, narration and identity, Fotouhi examines how the literature borne out of the Iranian diaspora reconstructs, maintains and negotiates their Individual and communal identities and reflects today’s socio-political realities. This book will be vital for researchers of Middle Eastern literature and its relationship with writings from the West, as well as those interested in the cultural history of the Middle East.

Rules of Civility Mar 22 2022 From the #1 New York Times-bestselling author of *The Lincoln Highway* and *A Gentleman in Moscow*, a “sharply stylish” (Boston Globe) book about a young woman in post-Depression era New York who suddenly finds herself thrust into high society—now with over one million readers worldwide On the last night of 1937, twenty-five-year-old Katey Kontent is in a second-rate Greenwich Village jazz bar when Tinker Grey, a handsome banker, happens to sit down at the neighboring table. This chance encounter and its startling consequences propel Katey on a year-long journey into the upper echelons of New York society—where she will have little to rely upon other than a bracing wit and her own brand of cool nerve. With its sparkling depiction of New York’s social strata, its intricate imagery and themes, and its immensely appealing characters, *Rules of Civility* won the hearts of readers and critics alike.

Carolina Rain Dec 19 2021 The bittersweet story of a beautiful young girl coming of age at the dawning of the Civil War. Her heart is filled with hope and a desire for love, yet her innocence makes her a target for the less than trustworthy.

Captive in Iran Nov 18 2021 Maryam Rostampour and Marziyeh Amirzadeh knew they were putting their lives on the line. Islamic laws in Iran forbade them from sharing their Christian beliefs, but in three years, they’d covertly put New Testaments into the hands of twenty thousand of their countrymen and started two secret house churches. In 2009, they were finally arrested and held in the notorious Evin Prison in Tehran, a place where inmates are routinely tortured and executions are commonplace. In the face of ruthless interrogations, persecution, and a death sentence, Maryam and Marziyeh chose to take the radical—and dangerous—step of sharing their faith inside the very walls of the government stronghold that was meant to silence them. In *Captive in Iran*, two courageous Iranian women recount how God used their 259 days in Evin Prison to shine His light into one of the world’s darkest places, giving hope to those who had lost everything and showing love to those in despair.

The Way of the Fight Aug 03 2020 A NEW YORK TIMES BESTSELLER From the world’s most popular UFC fighter, Georges “Rush” St. Pierre, comes a startlingly honest portrait of a fighter’s journey, highlighting the lessons that propelled his rise from bullying victim to internationally celebrated athlete and champion. There’s more to winning battles than fists and feet For world-renowned professional fighter Georges St-Pierre, the greatest asset is not physical strength or athleticism—it’s a sense of purpose. From his beginnings as a small, mercilessly bullied child first discovering karate to his years as a struggling garbage collector who spent all his free time in the gym, his hard-fought rise in the sport of mixed martial

arts, and his long, painful recovery from a career-threatening injury, Georges never lost sight of his ambition to become the greatest martial artist of all time. In *The Way of the Fight*, Georges for the first time reveals what propelled him not only to become a champion but to embrace obstacles as opportunities to build character. *The Way of the Fight* is an inspirational look into the mindset of a master. To Georges, all life is competition, and there's no more perfect metaphor for competition than the life of a fighter. He explains the value of discipline, risk and even fear, with the wisdom of one who knows that nothing is assured—his next fight could always be his last. Drawing inspiration from fighting legends, Eastern philosophy and a trusted inner circle, *The Way of the Fight* is a powerful, life-changing guide to living with purpose and finding the way to accomplish your loftiest goals.

The Unexpected Professor Apr 23 2022 Best known for his provocative take on cultural issues in *The Intellectuals and the Masses* and *What Good Are the Arts?*, John Carey describes in this warm and funny memoir the events that formed him - an escape from the London blitz to an idyllic rural village, army service in Egypt, an open scholarship to Oxford and an academic career that saw him elected, age 40, to Oxford's oldest English Literature professorship. He frankly portrays the snobberies and rituals of 1950s Oxford, but also his inspiring meetings with writers and poets - Auden, Graves, Larkin, Heaney - and his forty-year stint as a lead book-reviewer for the *Sunday Times*. This is a book about the joys of reading - in effect, an informal introduction to the great works of English literature. But it is also about war and family, and how an unexpected background can give you the insight and the courage to say the unexpected thing.

The Rose Hotel Sep 28 2022 A country in chaos and a family torn asunder... In the midst of the upheaval and violence of Iran's 1979 revolution, a young girl struggles to make sense of a complex swirl of mystery and change. In the novel, *The Rose Hotel*, Dr. Rahimeh Andalibian tells the true-life story of her Iranian Muslim family and two brutal crimes - one that her father solved and another of which her brother is accused. The Iranian-born author takes us first into the early intimacy of her pious family as they lived in prosperity in their luxury hotel in Mashhad, Iran. Their life of beauty and tranquility is ruptured by revolution, followed by a fall from grace, as her homeland is forever altered and her family is uprooted, first to London, and finally to California, where they suffer a different kind of revolution. Struggling to acculturate and adjust to a new host culture in America, they soon discover that although they escaped Iran, they were not free from their own lies and hidden truths. Heartbreaking and intimately told, *The Rose Hotel* is a story of healing, rebirth after tragedy, and hard-won redemption.

Walking the Amazon Jul 14 2021 From the star of Discovery Channel's *Naked and Marooned* comes a riveting, adventurous account of one man's history-making journey along the entire length of the Amazon—and through the most bio-diverse habitat on Earth. Fans of *Turn Right at Machu Piccu* and readers of Jon Krakauer and Bill Bryson will revel in Ed Stafford's extraordinary prose and lush descriptions. In April 2008, Ed Stafford set off to become the first man ever to walk the entire length of the Amazon. He started on the Pacific coast of Peru, crossed the Andes Mountain range to find the official source of the river. His journey led on through parts of Colombia and right across Brazil; all while outwitting dangerous animals, machete-wielding indigenous people as well as negotiating injuries, weather and his own fears and doubts. Yet, Stafford was undeterred. On his grueling 860-day, 4,000-plus mile journey, Stafford witnessed the devastation of deforestation firsthand, the pressure on tribes due to loss of habitats as well as nature in its true-raw form. Jaw-dropping from start to finish, *Walking the Amazon* is the unforgettable and gripping story of an unprecedented adventure. *Walking the Amazon* is also available as a Spanish edition entitled *Caminado El Amazonas*.

Running Free Oct 17 2021 'Just amazing and inspirational' Jeremy Vine Can you imagine being trapped inside your own body? Able to see and hear everything going on around you but unable to move or speak - the blink of an eye your only way of communicating. Fell-runner and fun-loving mother-of-three Kate Allatt's life was torn apart when what appeared to be a stress-related headache exploded into a massive brainstem stroke leading to locked-in syndrome. Totally paralysed, she became a prisoner inside her own body. Doctors warned her family she would never walk, talk or swallow or lead a normal life again. But they didn't know Kate. The words no and never were not in her vocabulary. With the help of her best friends and family she drew on every ounce of her runner's stamina and determination to make a recovery that amazed medical experts. Using a letter chart, Kate blinked the words "I will walk again". Soon she was moving her thumb and communicating with the world via Facebook. Eight months after her stroke, Kate said goodbye to nurses, walked out of hospital and returned home to learn how to run again. This is the story of her incredible journey.

A Coastal Ghost Aug 15 2021 *A Coastal Ghost* Nancy B. Brewer Debbie Zimmerman was newly divorced when she inherited her Aunt Celia's Victorian house in the coastal town of Southport, North Carolina. She had fond memories of vacationing there when she was a child, so she decided to pay it one last visit, before she would be forced to put it up for sale. When school was out, she took a leave from work, and she and her seven-year-old son Eddie traveled from Tennessee to Southport to spend the summer. Strangely enough that old house and its creaky floors soon seemed like home. Debbie found the peaceful afternoons sitting on the porch watching the ships pass was just what her soul needed. There was not much there to offer a single woman, especially a woman with a PhD. But, it was a good place to raise a child, her son was happy there, and at last she made the decision to forsake everything and start a new life in Southport. Soon she discovers that both the town and that old house have a few surprises in store for her.

Danger to Self Feb 27 2020 The psychiatric emergency room, a fast-paced combat zone with pressure to match, thrusts its medical providers into the outland of human experience where they must respond rapidly and decisively in spite of uncertainty and, very often, danger. In this lively first-person narrative, Paul R. Linde takes readers behind the scenes at an urban psychiatric emergency room, with all its chaos and pathos, where we witness mental health professionals doing their best to alleviate suffering and repair shattered lives. As he and his colleagues encounter patients who are hallucinating, drunk, catatonic, aggressive, suicidal, high on drugs, paranoid, and physically sick, Linde examines the many ethical, legal, moral, and medical issues that confront today's psychiatric providers. He describes a profession under siege from the outside—health insurance companies, the pharmaceutical industry, government regulators, and even "patients' rights" advocates—and from the inside—biomedical and academic psychiatrists who have forgotten to care for the patient and have instead become checklist-marking pill-peddlers. While lifting the veil on a crucial area of psychiatry that is as real as it gets, *Danger to Self* also injects a healthy dose of compassion into the practice of medicine and psychiatry.

Atypical Nov 25 2019 The poignant, funny, and truly unique observations of a young writer diagnosed with Asperger's Syndrome. "Please be forewarned that you are about to read the observations and life lessons of someone who entertains himself by farting in public and conversing in gibberish with his cats." Thus begins the charming, insightful, and memorable story of Jesse Saperstein. Diagnosed with Asperger's Syndrome, a mild form of autism, Jesse has struggled since childhood with many of the hallmark challenges of his condition—from social awkwardness and self-doubt to extreme difficulty with change and managing his emotions. He has also worked hard to understand and make the most of his AS—developing his keen curiosity and sense of humor, closely observing the world around him, and most of all, helping others with AS to better cope and even thrive. Told with endearing and unflinching honesty, Jesse brings his unique perspective to the circumstances of his life and his condition.

Young at Heart Jan 28 2020 The amazing and awkward life of Britain's 'oldest' teenager Hayley Okines is just like any other seventeen-year-old: she loves clothes, shopping, TV and boy bands and hates getting up in the morning. But she has the rare genetic condition progeria, which means she ages eight times faster than normal, giving her the body of a 126-year-old woman. Her positive attitude and infectious smile has charmed millions of people, through a series of 'Extraordinary People' TV documentaries. Now in *Young at Heart* Hayley continues her unusual life story, which began with *Old Before My Time*. She reflects on the pains and perks of growing up with progeria; from the heartbreak of being told she will never walk again to the delight of passing her exams and starting college. She reveals the success of pioneering American drug trials, the sadness of losing younger friends to the disease and considers mood swings, marriage, music and what it's like to be 'famous'. As she approaches her seventeenth birthday, four years beyond the average life expectancy, Hayley looks forward to an independent and healthy future and tries hard not to think of what lies ahead.

Iranian Diaspora Literature of Women Jan 20 2022 The series *Studies on Modern Orient* provides an overview of religious, political and social phenomena in modern and contemporary Muslim societies. The volumes do not only take into account Near and Middle Eastern countries, but also explore Islam and Muslim culture in other regions of the world, for example, in Europe and the US. The series *Studies on Modern Orient* was founded in 2010 by Klaus Schwarz Verlag.

42 Rules for B2B Social Media Marketing Apr 30 2020 Social media practitioners share their combined 20 years of hands-on social media experience explaining to best leverage social media for a business.

Do Something Now! Jul 02 2020 *Do Something Now!* Three simple letters. Three simple words that could change your organization—change your life. The scarcest resource in organizations right now is not money or talent or ideas or power; it's people who DO, people who add value and get things done. This book will inspire Dreamers to become Doers. Everyone wants to add value and this book shows you how.

The BreakBeat Poets Jan 08 2021 Hip-Hop is the largest youth culture in the history of the planet rock. This is the first poetry anthology by and for the Hip-Hop generation. It has produced generations of artists who have revolutionized their genre(s) by applying the aesthetic innovations of the culture. *The BreakBeat Poets* features 78 poets, born somewhere between 1961-1999, All-City and Coast-to-Coast, who are creating the next and now movement(s) in American letters. *The BreakBeat Poets* is for people who love Hip-Hop, for fans of the culture, for people who've never read a poem, for people who thought poems were only something done by dead white dudes who got lost in a forest, and for poetry heads. This anthology is meant to expand the idea of who a poet is and what a poem is for. *The BreakBeat Poets* are the scribes recording and remixing a fuller spectrum of experience of what it means to be alive in this moment. *The BreakBeat Poets* are a break with the past and an honoring of the tradition(s), an undeniable body expanding the canon for the fresher.