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It's Not Just a Game

Widow Maker

A fearless primer to the feminism we need now: tactics for advancing reproductive justice, promoting intersectionality, and pushing back against misogyny, gaslighting, and patriarchal systems of oppression. Too loud. Too shrill. Too far. Too much. Despite the systematic chipping away at our voices, autonomy, and rights, women who demand more--or even just enough--continue to be pushed aside, talked over, and dismissed. From unbridled online abuse to the unspoken societal rules that dictate who can express anger, when you're a feminist, the personal is political and it's time we all embrace feminism as a matter of survival. Author, cultural critic, and Gen-Z feminist Kylie Cheung lays bare the state of affairs for women in the 21st century: a time of Trumpism, racism, and rampant attacks on reproductive healthcare, but also empowering strides in #MeToo, unprecedented youth mobilization, and increasing recognition in the power and necessity of intersectional movements. Cheung weaves biting cultural commentary with personal narrative, sharing stories of feminist awakening, online harassment, seeking reproductive healthcare, and being affected by sexual assault, racism, fetishization, and misogyny in romantic relationships. She speaks candidly to a generation of young feminists seeking real, unfiltered experiences and guidance as they navigate coming of age in a sexist and unjust world. Uniquely positioned to tackle issues like the orgasm gap, rape culture, gender and racial essentialism in sex and dating, menstrual stigma, personhood and bodily autonomy, and the problematic legacy of white feminism, Cheung's manifesto is a tour-de-force of fourth-wave feminism, a call to arms that speaks truth to power as we engage the fight of and for our lives.

The Life of Dad

At 30 years old, Lewis Howes was outwardly thriving but unfulfilled inside. He was a successful athlete and businessman, achieving goals beyond his wildest dreams, but he felt empty, angry, frustrated, and always chasing something that was never enough. His whole identity had been built on misguided beliefs about what "masculinity" was. Howes began a personal journey to find inner peace and to uncover the many masks that men - young and old - wear. In *The Mask of Masculinity*, Howes exposes the ultimate emptiness of the Material Mask, the man who chases wealth above all things; the covering vulnerability that hides behind the Joker and Stoic Masks of men who never show real emotion; and the destructiveness of the Invincible and Aggressive Masks worn by men who take insane risks or can never back down from a fight. He teaches men how to break through the walls that hold them back and shows women how they can better understand the men in their lives. It's not easy, but if you want to love, be loved and live a great life, then it's an odyssey of self-discovery that all modern men must make. This book is a must-read for every man - and for every woman who loves a man.

No More Excuses

From NFL player turned film and TV star Terry Crews comes a wise and warmhearted memoir chronicling his lifelong quest to become a good man, loving husband, and responsible father. What does it mean to be a man? Terry Crews, TV's iconic "Old Spice Guy" and co-star of the hit Golden Globe Award-winning series *Brooklyn Nine-Nine*, has spent decades seeking the answer to that question. In *Manhood*, he shares what he's learned, telling the amazing story of his rise to fame and offering straight-talking advice for men and the women who love them. A self-described "super-driven superstar alpha male," Terry Crews embodies the manly ideal for millions worldwide. But as he looks back on his difficult childhood and shares hard-learned lessons from the many humbling experiences he endured to get where he is today, he shows how his own conception of manhood is constantly evolving. Crews offers up a lively, clear-eyed account of the ups and downs of his twenty-five-year marriage, revealing the relationship secrets that have kept it going—and the one dark secret that nearly tore it apart. Along the way, he shares his evolving appreciation for looking good, staying fit, and getting it done for the people you love. Being a man is about more than keeping your core strong. It's about keeping your core values stronger. With insightful observations on spirituality, work, and family, Terry Crews shows men how to face their inner demons, seek forgiveness from those they've wronged, and tear down the walls that prevent them from forging meaningful relationships with others. From the NFL gridiron to the Hollywood backlot, Terry Crews has survived it all with his sense of humor—and his marriage—intact. In *Manhood* he shows men everywhere that real strength is not measured in muscle mass—unless that muscle is the heart. From the Hardcover edition.

Dude, You're a Fag

ECPA 2020 Christian Book Award Finalist! Written by Rachael Denhollander, Recipient of Sports Illustrated's Inspiration of the Year Award and one of Time's 100 Most Influential People (2018). "Who is going to tell these little girls that what was done to them matters? That they are seen and valued, that they are not alone and they are not unprotected?" Rachael Denhollander's voice was heard around the world when she spoke out to end the most shocking US gymnastics scandal in history. The first victim to publicly accuse Larry Nassar, the former USA Gymnastics team doctor who sexually abused hundreds of young athletes, Rachael now reveals her full story for the first time. How did Nassar get away with it for so long? How did Rachael and the other survivors finally stop him and bring him to justice? And how can we protect the vulnerable in our own families, churches, and communities? *What Is a Girl Worth?* is the inspiring true story of Rachael's journey from an idealistic young gymnast to a strong and determined woman who found the courage to raise her voice against evil, even when she thought the world might not listen. This deeply personal and compelling narrative shines a spotlight on the physical and emotional impact of abuse, why so many survivors are reluctant to speak out, what it means to be believed, the extraordinary power of faith and forgiveness, and how we can learn to do what's right in the moments that matter most. This inspirational, empowering book is written by attorney, advocate, educator, and author Rachael Denhollander.

Ain't I a Feminist?

The former captain of the National Basketball League of Canada's Halifax Rainmen recounts his troubled youth, which was marred by his father's drug dealing and his mother's death from ovarian cancer, and his journey to success on the court.

Family: The Good "F" Word

After a sudden change of plans, a remarkable woman and her loyal group of friends try to figure out what she's going to do with the rest of her life--from Terry McMillan, the #1 New York Times bestselling author of *How Stella Got Her Groove Back* and *Waiting to Exhale* "McMillan brings her signature wit and wisdom to *It's Not All Downhill From Here*."--O: The Oprah Magazine Loretha Curry's life is full. A little crowded sometimes, but full indeed. On the eve of her sixty-eighth birthday, she has a booming beauty-supply empire, a gaggle of lifelong friends, and a husband whose moves still surprise. True, she's carrying a few more pounds than she should be, but Loretha is not one of those women who think her best days are behind her--and she's determined to prove wrong her mother, her twin sister, and everyone else with that outdated view of aging wrong. It's not all downhill from here. But when an unexpected loss turns her world upside down, Loretha will have to summon all her strength, resourcefulness, and determination to keep on thriving, pursue joy, heal old wounds, and chart

new paths. With a little help from her friends, of course.

An American Summer

Pudge and Prejudice is an homage to Jane Austen's *Pride and Prejudice*, transported to the fictitious Northfield Texas High School in the year 1984. After moving to Northfield with her family, Elyse Nebbit faces the challenge of finding her place in a new school, one dominated by social status and Friday night football. When Elyse's effortlessly beautiful older sister Jayne starts dating Charlie Bingley, the captain of the school football team, Elyse finds herself curious about Charlie's popular and brooding best friend, Billy Fitz. Elyse's body insecurities eventually complicate her relationship with Billy, leaving Jayne and Elyse's exceedingly blunt friend, Lottie, to step in and help Elyse accept herself for who she is, pant size and all.

Male vs. Man

Soon after the sexual misconduct allegations against film producer Harvey Weinstein became public in late 2017, the #MeToo movement went viral, opening up an explosive conversation about rape culture around the globe. In the US, someone is sexually assaulted every 98 seconds. More than 320,000 Americans over the age of twelve are sexually assaulted each year. Men are victims too. One in thirty-three American men will be sexually assaulted or raped in his lifetime. Yet only 3 percent of rapists ever serve time in jail. Learn about the patriarchal constructs that support rape culture and how to dismantle them: redefining healthy manhood and sexuality, believing victims, improving social and legal systems and workplace environments, evaluating media with a critical eye, and standing up to speak out. Case studies provide a well-rounded view of real people on all sides of the issues.

Tribe of Mentors

2020 J. ANTHONY LUKAS PRIZE WINNER From the bestselling author of *There Are No Children Here*, a richly textured, heartrending portrait of love and death in Chicago's most turbulent neighborhoods. The numbers are staggering: over the past twenty years in Chicago, 14,033 people have been killed and another roughly 60,000 wounded by gunfire. What does that do to the spirit of individuals and community? Drawing on his decades of experience, Alex Kotlowitz set out to chronicle one summer in the city, writing about individuals who have emerged from the violence and whose stories capture the capacity--and the breaking point--of the human heart and soul. The result is a spellbinding collection of deeply intimate profiles that upend what we think we know about gun violence in America. Among others, we meet a man who as a teenager killed a rival gang member and twenty years later is still trying to come to terms with what he's done; a devoted school social worker struggling with her favorite student, who refuses to give evidence in the shooting death of his best

friend; the witness to a wrongful police shooting who can't shake what he has seen; and an aging former gang leader who builds a place of refuge for himself and his friends. Applying the close-up, empathic reporting that made *There Are No Children Here* a modern classic, Kotlowitz offers a piercingly honest portrait of a city in turmoil. These sketches of those left standing will get into your bones. This one summer will stay with you.

A Woman's Place

What's the weirdest thing you've ever wanted to know about the penis but were afraid to ask? Dr. Aaron Spitz has that answer—and many more. Let Dr. Spitz—who served as assistant clinical professor at UC Irvine's Department of Urology for 15 years and who is a regularly featured guest on *The Doctors*—become your best friend as he fearlessly guides you through the hairiest and the scariest questions in *The Penis Book*. An unflinching, comprehensive guide to everything from sexually transmitted infections to the science of blood flow, *The Penis Book* prominently features an easy-to-follow holistic five-step plan for optimum penis health, including plant-based eating recommendations, information on some penis-healthy foods, and suggested exercises for penis wellbeing. Useful to men and women alike, *The Penis Book* is a one-stop-shop for the care and maintenance of the penis in your life.

The Lost Books of the Odyssey

Interview-based study of contemporary African American feminist men.

What Is a Girl Worth?

Elwood Watson is Professor of History, African Studies, and Gender Studies at East Tennessee State University. --

Master Key System - Law of Attraction

"Widow Maker" is a story about World War II seen from the perspective of six very young American men who are given the job of flying the highly controversial Martin B-26 bomber into combat.

Undisputed Truth

Draws on extensive research, counseling workshops with couples and the authors' own 30-year relationship to distill basic, provocative truths about marriage and provide essential tools for rendering a marriage more rewarding and positive.

50,000 first printing.

Come Find Me

Troy Dunn shares his tested and proven tools for repairing a broken family. He believes that whether you are just feeling a little stagnant in your home life or are already at your wit's end, there are clear steps to restore joy, connectedness and unity within your family or partnerships. This book focuses on recognizing both personal and family needs, how to break old patterns to improve individual happiness, as well as happiness within a partnership and within the family unit as a whole. Dunn explains that although we can't necessarily fix our given family, we owe it to ourselves to fix the family we have or are founding. His Life Changing Action Plan (LCA) includes four steps to determine what is wrong with your relationship, embrace the idea of change in a long-lasting way, repair damage and rebuild one's marriage or relationship, and provide empowerment and tools to permanently stabilize a family. Also dissected, diagnosed and given rules for remedy are 10 Relationship Roadblocks, including the biggest taboos of all: money and sex! This is a wake-up call for anyone who needs a little or larger dose of relationship remedy.

Assassin's Quest

Tim Ferriss, the #1 New York Times best-selling author of *The 4-Hour Workweek*, shares the ultimate choose-your-own-adventure book—a compilation of tools, tactics, and habits from 130+ of the world's top performers. From iconic entrepreneurs to elite athletes, from artists to billionaire investors, their short profiles can help you answer life's most challenging questions, achieve extraordinary results, and transform your life. From the author: In 2017, several of my close friends died in rapid succession. It was a very hard year, as it was for many people. It was also a stark reminder that time is our scarcest, non-renewable resource. With a renewed sense of urgency, I began asking myself many questions: Were my goals my own, or simply what I thought I should want? How much of life had I missed from underplanning or overplanning? How could I be kinder to myself? How could I better say “no” to the trivial many to better say “yes” to the critical few? How could I best reassess my priorities and my purpose in this world? To find answers, I reached out to the most impressive world-class performers in the world, ranging from wunderkinds in their 20s to icons in their 70s and 80s. No stone was left unturned. This book contains their answers—practical and tactical advice from mentors who have found solutions. Whether you want to 10x your results, get unstuck, or reinvent yourself, someone else has traveled a similar path and taken notes. This book, *Tribe of Mentors*, includes many of the people I grew up viewing as idols or demi-gods. Less than 10% have been on my podcast (*The Tim Ferriss Show*, more than 200 million downloads), making this a brand-new playbook of playbooks. No matter your challenge or opportunity, something in these pages can help. Among other things, you will learn: • More than 50 morning routines—both for the early riser and those who struggle to get out of bed. • How TED curator Chris

Anderson realized that the best way to get things done is to let go. • The best purchases of \$100 or less (you'll never have to think about the right gift again). • How to overcome failure and bounce back towards success. • Why Humans of New York creator Brandon Stanton believes that the best art will always be the riskiest. • How to meditate and be more mindful (and not just for those that find it easy). • Why tennis champion Maria Sharapova believe that “losing makes you think in ways victories can’t.” • How to truly achieve work-life balance (and why most people tell you it isn’t realistic). • How billionaire Facebook co-founder Dustin Moskovitz transformed the way he engages with difficult situations to reduce suffering. • Ways to thrive (and survive) the overwhelming amount of information you process every day. • How to achieve clarity on your purpose and assess your priorities. • And much more. This reference book, which I wrote for myself, has already changed my life. I certainly hope the same for you. I wish you luck as you forge your own path. All the best, Tim Ferriss

Performing American Masculinities

Manhood: an action plan for changing men's lives.

Unbroken

A MAN'S WORLD is a collection of 20 profiles of fascinating men by author and magazine writer Steve Oney. Written over a 40-year period for publications including Esquire, Premiere, GQ, Time, Los Angeles, and The Atlanta Journal & Constitution Magazine, the stories bring to life the famous (Harrison Ford), the brilliant (Robert Penn Warren), the tortured (Gregg Allman), and the unknown (Chris Leon, a 20-year-old Marine Corps corporal killed in the Iraq war). Several of the articles are prize winners. The Talented Mr. Raywood won the City and Regional Magazine Association Award for best profile in an American city magazine. Herschel Walker Doesn't Tap Out won the Chicago Headline Clubs Peter Lisagor Award for best magazine sports story. Hollywood Fixer won the Los Angeles Press Club Award for best magazine profile. The Casualty of War was a finalist for Columbia University's National Magazine Award.

Meet Me In Scotland

Be sure to check out IRON AMBITION: My Life with Cus D'Amato by Mike Tyson “Raw, powerful and disturbing—a head-spinning take on Mr. Tyson's life.”—Wall Street Journal Philosopher, Broadway headliner, fighter, felon—Mike Tyson has defied stereotypes, expectations, and a lot of conventional wisdom during his three decades in the public eye. Bullied as a boy in the toughest, poorest neighborhood in Brooklyn, Tyson grew up to become one of the most ferocious boxers of all time—and the youngest heavyweight champion ever. But his brilliance in the ring was often compromised by reckless

behavior. Yet—even after hitting rock bottom—the man who once admitted being addicted “to everything” fought his way back, achieving triumphant success as an actor and newfound happiness and stability as a father and husband. Brutal, honest, raw, and often hilarious, *Undisputed Truth* is the singular journey of an inspiring American original.

Kingdom of Darkness

In *Buffalo Palace*, the young Titus Bass sights, and then sets out into, the vast Rocky Mountain country, where he has his initial experiences with trapping beaver, surviving the freezing winter, fighting fierce Indians and even fiercer fellow mountain men, and celebrating at the hard-earned summer rendezvous. Most memorably, we walk with Titus as he first sees the immense herd which originally fueled his wanderlust, and now feeds, clothes and houses the frontier's pioneers, when he reaches the country lovingly called the "Buffalo Palace." From the Paperback edition.

It's Not All Downhill from Here

A BRILLIANT AND BEGUILING REIMAGINING OF ONE OF OUR GREATEST MYTHS BY A GIFTED YOUNG WRITER Zachary Mason's brilliant and beguiling debut novel, *The Lost Books of the Odyssey*, reimagines Homer's classic story of the hero Odysseus and his long journey home after the fall of Troy. With brilliant prose, terrific imagination, and dazzling literary skill, Mason creates alternative episodes, fragments, and revisions of Homer's original that taken together open up this classic Greek myth to endless reverberating interpretations. *The Lost Books of the Odyssey* is punctuated with great wit, beauty, and playfulness; it is a daring literary page-turner that marks the emergence of an extraordinary new talent.

A Man's World

TO PRESUME to multiply books in this day of excellent writers and learned book-makers is a rash thing perhaps for a novice. It may even be a presumption that shall be met by the production itself being driven from the market by the keen, searching criticism of not only the reviewers, but less noted objectors. And yet there are books that meet a ready sale because they seem like "Ishmaelites"--against everybody and everybody against them. Whether this work shall ever accomplish the design of the author may not at all be determined by its sale. While I hope to secure some pecuniary gain that I may accompany it with a companion illustrating what our women have done, yet by no means do I send it forth with the sordid idea of gain. I would rather it would do some good than make a single dollar, and I echo the wish of "Abou Ben Adhem," in that sweet poem of that name, written by Leigh Hunt. The angel was writing at the table, in his vision. The names of those who love the Lord. Abou wanted to know if his was there--and the angel said "No." Said Abou, I pray thee, then, write me as one that loves his fellow-men. That is what I ask to be recorded of me. The angel wrote and vanished. The

next night It came again, with a great awakening light. And showed the names whom love of God had blessed. And lo! Ben Adhem's name led all the rest. I desire that the book shall be a help to students, male and female, in the way of information concerning our great names. I have noticed in my long experience as a teacher, that many of my students were wofully ignorant of the work of our great colored men--even ignorant of their names. If they knew their names, it was some indefinable something they had done--just what, they could not tell. If in a slight degree I shall here furnish the data for that class of rising men and women, I shall feel much pleased. Herein will be found many who had severe trials in making their way through schools of different grades. It is a suitable book, it is hoped, to be put into the hands of intelligent, aspiring young people everywhere, that they might see the means and manners of men's elevation, and by this be led to undertake the task of going through high schools and colleges. If the persons herein mentioned could rise to the exalted stations which they have and do now hold, what is there to prevent any young man or woman from achieving greatness? Many, yea, nearly all these came from the loins of slave fathers, and were the babes of women in bondage, and themselves felt the leaden hand of slavery on their own bodies; but whether slaves or not, they suffered with their brethren because of color. That "sum of human villainies" did not crush out the life and manhood of the race. I wish the book to show to the world--to our oppressors and even our friends--that the Negro race is still alive, and must possess more intellectual vigor than any other section of the human family, or else how could they be crushed as slaves in all these years since 1620, and yet to-day stand side by side with the best blood in America, in white institutions, grappling with abstruse problems in Euclid and difficult classics, and master them? Was ever such a thing seen in another people? Whence these lawyers, doctors, authors, editors, divines, lecturers, linguists, scientists, college presidents and such, in one quarter of a century?

The Penis Book

For fans of James Rollins and Matthew Reilly comes a gripping, globe-spanning adventure in Andy McDermott's thrilling series featuring American archaeologist Nina Wilde and ex-SAS bodyguard Eddie Chase. History's most sought after treasure is now mankind's worst fear. In Los Angeles, a desperate man seeks out renowned archaeologist Nina Wilde and her husband, ex-SAS soldier Eddie Chase—only to be gunned down in front of them. The assassin is soon identified as a ninety-year-old Nazi war criminal—with the body of a healthy forty-year-old. Following the victim's final warnings, Nina and Eddie travel to Cairo to inspect the newly discovered tomb of Alexander the Great. But the real find is hidden in one of its treasures—a mechanical guide leading to one of antiquity's most tantalizing myths: a spring of water said to give eternal life to those who drink it. Nina, Eddie, and a team of Mossad agents realize that the myth is real, and that a group of former SS men who have tasted this water are now hunting for its source. But before they can act, Nina is kidnapped and spirited away to a secret Nazi enclave in Argentina, igniting a fierce, fateful, globe-spanning struggle in which her life hangs in the balance. All the while a terrifying possibility emerges—that the world's darkest evil could live on forever. Praise for the novels of Andy McDermott "Raises the bar to please adventure junkies who prefer to mainline their action."—Publishers

Weekly (starred review), on *The Hunt for Atlantis* "A fun, action-filled James Bond/Indiana Jones-esque story."—Geek Speak Magazine, on *Return to Atlantis* "Adventure stories don't get much more epic than this."—Daily Mirror (U.K.) Praise for *Kingdom of Darkness* "When it comes to archaeological adventure thrillers, I'm not sure that there's anyone writing in the genre today who is stronger, smarter, or more consistent than Andy McDermott. His Nina Wilde and Eddie Chase series is like a mixture of Indiana Jones, James Bond, Dirk Pitt, and Jack Bauer. . . . *Kingdom of Darkness* is smart, clever, and exciting stuff. . . . If you're looking for a solid archaeological adventure that is as committed to the history as to the thrills, then this is definitely worth a read."—Beauty in Ruins "Nonstop, relentless extreme action . . . [McDermott's] thrillers have become increasingly accomplished, confident and rounded. The characters of Nina and Eddie are so well developed they appear almost to have a life of their own and their story has become arguably the most important aspect of the books. The plots are always exciting, pacy and gobsmacking [and] the runaway train action is matched by heart, with many laugh-out-loud lines as well as other scenes of devastating sadness or cruelty. What a fantastic series!"—For Winter Nights "As ever, Andy McDermott mixes high-action car chases, gun battles and mysterious quests, then shakes them well to provide an explosive cocktail. A breakneck running battle on a speeding train is an absolute classic, reminiscent of Bond films at their best."—Crime Review "An excellent thriller, exhausting, laugh-out-loud funny and gobsmackingly heartbreaking. If you like high octane thrillers then you cannot miss this book."—Parmenion Books From the Paperback edition.

Manhood

After Nick's British father's plantation in Burma is invaded by the Japanese in 1941, and his father and others are taken prisoner, Nick and his friend Mya plan a daring escape on elephants, risking their lives to save Nick's father and Mya's brother from the prisoner of war camp.

American Badass

Males look to be served. Men look to be of service. Emmy Award-nominated actor best known for his role on *Queen Sugar* and transformational speaker Dondré Whitfield challenges us to be real men in this provocative look at the power found in serving others. Too many males abuse the power they have. Often those males grow up without healthy role models and so, while they look like men, they act like boys. Only now there are adult consequences to their actions. And many of us are caught in the shifting cultural ideas about manhood, unsure of how to make sound decisions or truly be a man. Every day we find evidence that the role of men at home, at work, and out in the world is deeply misinterpreted. In *Male vs. Man*, Dondré Whitfield equips us to become men rather than simply "grown males." Men are healthy and productive servant-leaders who bring positive change to their communities. Males are self-serving and stuck in negative cycles that we hear and read about daily. They create chaos instead of cultivating calm. *Male vs. Man* is an uplifting playbook for men who want

to level up. It will help men and women alike understand what real manhood is, based on biblical wisdom as well as hard-earned lessons from someone who has been there. With practical guidance and a strong spiritual foundation, Dondré shows how to cultivate the life-changing spiritual, emotional, and psychological attributes of servant leadership at home, at work, and in our communities.

Ongoingness

“[Manguso] has written the memoir we didn’t realize we needed.” —The New Yorker In Ongoingness, Sarah Manguso continues to define the contours of the contemporary essay. In it, she confronts a meticulous diary that she has kept for twenty-five years. “I wanted to end each day with a record of everything that had ever happened,” she explains. But this simple statement belies a terror that she might forget something, that she might miss something important. Maintaining that diary, now eight hundred thousand words, had become, until recently, a kind of spiritual practice. Then Manguso became pregnant and had a child, and these two Copernican events generated an amnesia that put her into a different relationship with the need to document herself amid ongoing time. Ongoingness is a spare, meditative work that stands in stark contrast to the volubility of the diary—it is a haunting account of mortality and impermanence, of how we struggle to find clarity in the chaos of time that rushes around and over and through us. “Bold, elegant, and honest . . . Ongoingness reads variously as an addict’s testimony, a confession, a celebration, an elegy.” —The Paris Review “Manguso captures the central challenge of memory, of attentiveness to life . . . A spectacularly and unsummarizably rewarding read.” —Maria Popova, Brain Pickings

Elephant Run

American Badass is the true story of a modern day Spartan. Dale Comstock is a Delta Force Operator - a member of America's secret army; the most enigmatic and combat tested elite counter-terrorism unit in the world. In his action packed story we journey with him from boyhood to manhood into a world of extreme violence where he learns the values of hard work, sacrifice, and love of family. As he succeeds and fails as a Delta Force Operator, Green Beret, husband and father, he elevates the meaning of being an American to being an American Badass.

How to Become an Alpha Male

Dubbed "The lazy man's way to easy sex and romance with 20 or more women a month," How to Become an Alpha Male is the no-risk, never-fail blueprint on how to 'magnetically' attract an endless flow of horny, ready-for-sex women to you without ever having to play their games or deal with rejection. Sold as an ebook at AlphaMaleMethod.com, John Alexander's

guide is now available, for the first time ever, as a hardcopy book. You see, once you have these secrets all the 'work' of meeting women will be done for you automatically! You can just 'flip on' your magnetic powers of attraction so to speak and instantly bring sex, romance and more roaring into your life! Why does the Alpha Male Method work so well? Because it's based on the same hush-hush psychological tactics advertisers have used for centuries to get filthy rich. They work for anyone, anywhere and at any time (no matter how desperate your situation is right now).

The Truth About Men

A memoir of growing up in the tough world of Baltimore in the 1980s chronicles the relationship between the author and his father, a Vietnam vet and Black Panther affiliate, and his campaign to keep his sons from falling victim to the temptations of the streets.

The Mask of Masculinity

“An enthralling conclusion to this superb trilogy, displaying an exceptional combination of originality, magic, adventure, character, and drama.”—Kirkus Reviews (starred review) King Shrewd is dead at the hands of his son Regal. As is Fitz—or so his enemies and friends believe. But with the help of his allies and his beast magic, he emerges from the grave, deeply scarred in body and soul. The kingdom also teeters toward ruin: Regal has plundered and abandoned the capital, while the rightful heir, Prince Verity, is lost to his mad quest—perhaps to death. Only Verity’s return—or the heir his princess carries—can save the Six Duchies. But Fitz will not wait. Driven by loss and bitter memories, he undertakes a quest: to kill Regal. The journey casts him into deep waters, as he discovers wild currents of magic within him—currents that will either drown him or make him something more than he was. Praise for Robin Hobb and *Assassin’s Quest* “Fantasy as it ought to be written . . . Robin Hobb’s books are diamonds in a sea of zircons.”—George R. R. Martin “Superbly written, wholly satisfying, unforgettable: better than any fantasy trilogy in print—including mine!”—Melanie Rawn

Making Marriage Simple

Relates the story of a U.S. airman who survived when his bomber crashed into the sea during World War II, spent forty-seven days adrift in the ocean before being rescued by the Japanese Navy, and was held as a prisoner until the end of the war.

The School of Greatness

You can run from your problems, but you can't hide from love in the Scottish seaside town of Gandiegow. When a video of her calling happily ever after "a foolish fantasy" goes viral, marriage therapist Emma Castle is out of a job—and off to Scotland. The tiny town of Gandiegow is the perfect place to ride out the media storm and to catch up with her childhood friend Claire. But also in Gandiegow is the one man she hoped never to see again. She's successfully avoided Gabriel MacGregor since Claire and Dominic's wedding, only to find he's now the village doctor—and just as tall, dark, and devilish as ever. Claire and Dominic's blissful marriage, however, is not what it used to be. Soon Emma and Gabriel find themselves taking sides even as the sparks begin to fly between them. Can Emma help her friends—or regain her career—as she struggles with her own happily ever after?

Men of Mark

Every man has the potential for a great body, insane sex, and an unreal life. (Seriously) Want to lose body fat? That's easy—you can drop 20 pounds in 6 weeks. Want bigger muscles? Done. A 50-pound increase to your bench press, coming right up. Want to be smarter? Not a problem—the strategies in this book have been proven to increase brain function. Want an awesome sex life? Yeah, there's a fix for that, too—increased libido and improved performance are just weeks away. You were born to achieve greatness, to be a man. But somewhere along the way you started to live an ordinary life. Fitness experts John Romaniello and Adam Bornstein developed a system that targets hormone optimization; their approach is specifically designed to transform you into the Alpha you were always meant to be. Strong. Confident. Powerful. Based on cutting-edge, scientifically validated methods known only to the fitness elite, Man 2.0 provides a step-by-step road map to regaining your health, looking your best, supercharging your sex life—even reversing the aging process. The systems in this book have changed the lives of countless men who've worked with Romaniello and Bornstein. In this book, you will discover: Answers to all the questions you have about training and nutrition—and even ones you haven't thought of yet. An easy-to-understand plan designed to work with your body, not against it, to burn fat, and build dense, rock-hard muscle. A comprehensive nutrition program, fully customized for Alphas, complete with meal plans.

Manhood

A study of the Holy Qur'an to extract key principles to support proper masculine development

Manhood Principles, Parables, Concepts and Characteristics from the Holy Qur'an

The "Master Key" is here given to the world as a means of tapping the great cosmic intelligence and attracting from it that which corresponds to the ambitions, and aspirations of each reader. Every thing and institution we see around us, created

by human agency, had first to exist as a thought in some human mind. Thought therefore is constructive. Human thought is the spiritual power of the cosmos operating through its creature man. "The Master Key" instructs the reader how to use that power, and use it both constructively and creatively. The things and conditions we desire to become realities we must first create in thought. "The Master Key" explains and guides the process Used as thus instructed "The Master Key" will make of the reader a greater, better personality, and equipped with a new power to achieve any worthy personal purpose and a new ability to enjoy life's beauty and wonder. (From the Introduction) Get Your Copy Now.

Buffalo Palace

The New York Times bestselling author of *The Wait* and “spiritual teacher for our times” (Oprah Winfrey) frankly and openly explores why men behave the way they do and what everyone—men and women alike—need to know about it. We hear it all the time. Men cheat. Men love power. Men love sex. Men are greedy. Men are dogs. But is this really the truth about men? In this groundbreaking book, DeVon Franklin dishes the real truth by making the compelling case that men aren’t dogs but all men share the same struggle. He provides the manual for how men can change, both on a personal and a societal level by providing practical solutions for helping men learn how to resist temptation, how to practice self-control, and how to love. But *The Truth About Men* isn’t just for men. DeVon tells female readers everything they need to know about men. He offers women a real-time understanding of how men’s struggles affect them, insights that can help them navigate their relationships with men and information on how to heal from the damage that some misbehaving men may have inflicted. This book is a raw, informative, and accessible look at an issue that threatens to tear our society apart yet it offers a positive way forward for men and women alike.

Pudge and Prejudice

When a career-ending injury left elite athlete and professional football player Lewis Howes out of work and living on his sister’s couch, he decided he needed to make a change for the better. He started by reaching out to people he admired, searching for mentors, and applying his past coaches’ advice from sports to life off the field. Lewis did more than bounce back: He built a multimillion-dollar online business and is now a sought-after business coach, speaker, and podcast host. In *The School of Greatness*, Howes shares the essential tips and habits he gathered in interviewing “the greats” on his wildly popular podcast of the same name. In discussion with people like Olympic gold medalist Shawn Johnson and Pencils of Promise CEO Adam Braun, Howes figured out that greatness is unearthed and cultivated from within. The masters of greatness are not successful because they got lucky or are innately more talented, but because they applied specific habits and tools to embrace and overcome adversity in their lives. A framework for personal development, *The School of Greatness* gives you the tools, knowledge, and actionable resources you need to reach your potential. Howes anchors each

chapter with a specific lesson he culled from his greatness “professors” and his own experiences to teach you how to create a vision, develop hustle, and use dedication, mindfulness, joy, and love to reach goals. His lessons and practical exercises prove that anyone is capable of achieving success and that we can all strive for greatness in our everyday lives.

The Beautiful Struggle

A heartwarming and enlightening collection of advice, wisdom, and practical skills featuring an all-star cast of fathers from the popular online community Life of Dad. Becoming a dad gives men a VIP pass into the greatest club on earth: fatherhood. Its rewards are unmatched, its challenges, uncharted. The experience can reach euphoric highs and gut-punching lows. For those moments (and everything in between), The Life of Dad has your back. The Life of Dad is an all-encompassing, entertaining distillation of the full dad experience, through a collection of interviews, podcasts, online chats, Facebook Lives, and more, dispensing collective wisdom from dads who have been in the trenches. From Shaquille O’Neal explaining how he’s taught his kids to be grateful, or Michael Strahan highlighting the importance of accountability, or Jim Gaffigan discussing the challenges of having a house full of kids, The Life of Dad has it all. Including thoughts from Ice Cube, Henry Winkler, Chris Jericho, Denis Leary, Freddie Prinze Jr, Charles Tillman, Mark Feuerstein, and many, many more, you’ll find plenty of camaraderie in the hardest—but most rewarding—job of your life!

Man 2.0 Engineering the Alpha

A perceptive ethnographic study explores the complex issues of gender identity and sexuality in high school, in a study based on eighteen months of fieldwork in a racially diverse working-class high school, looking at the definition of masculinity in terms of both a field of meaning and as a set of social practices. Simultaneous.

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