

Where To Download Raw My Journey Into The Wu Tang

Raw My Journey Into The Wu Tang | 1f17d764440ff2d166ee14916abfc6b2

Diary of a Madman
The Tao of Wu
Raw Material
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These Five Words Are Mine
H Is for Hawk
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Paid For: My Journey Through Prostitution
My Infamous Life
My Journey
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The Secret Lives of Boys: Inside the Raw Emotional World of Male Teens
Breaking Night
Coming Undone

Diary of a Madman

"These Five Words are Mine" is a journey to awareness through the stories of every day life. It embraces the everyday conversations we have with ourselves. It captures the connections we see and those we live with others. It's an ordinary perspective with perhaps different eyes. It's a walk down that familiar road with all the lights on instead of the one we so often take surrounded by darkness. It's a jolt of fresh air when you can't breathe. It's days with a notebook, but not writing so you miss out on what you can't see when your head is down. The words are already so much a part of us, they don't even need to be written. Just felt. Have you ever felt a really deep connection to someone else? To a feeling? To words? Author Jen Croneberger brings awareness into our every day life by connecting us to all of it. Through every day stories, she takes us on a journey. One you will likely relate to as well. It's time to take that walk with eyes wide open. Let's begin" Review: "Far from an ordinary book. It is a friend. If read with an open heart, not only do we realize we are not alone, but we will never look at ourselves and those around us the same."--Daniel Matos, Spoken Word Artist.

The Tao of Wu

This picture-driven raw lifestyle book is for busy people who want to improve their health and vitality without having to go 100% raw. It's an easy to use guide that showcases creative yet simple-to-make plant-based recipes, and highlights multiple nutrition-packed superfoods. But more than just a raw food guide, The Radiantly Raw Cookbook includes chapters on functional fitness & beauty, shares the basics of cleansing, and has helpful mind-body connection tips, all important pillars for optimum health. This healthy lifestyle guide is filled with vibrant and inspiring photos to help encourage your lifestyle shifts and food transformations. Summer will give you tools to add radiant plant-based foods into your diet no matter what your present eating style. She wants to inspire you to create your best life ever by making small shifts today that will affect your entire life and generations to come.

Raw Material

Sue Hollis lived in the fast lane, juggling a high powered career, being a supermom, and continually striving for perfection. But despite her external success, internally she felt a deep emptiness. Leaving her old life in the dirt, she mounted a superbike named Voodoo and set off on a fifteen-thousand-

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mile journey to discover what it really takes to feel fulfilled. Riding Raw is the incredible true story of Sue's eighty-three-day solo journey across North America. Through adventures on glaciers and in roadhouses and encounters with donut-eating dogs and Brazilian bikers, Sue offers a candid and vulnerable look at what it took for her to let go, change her story, step out of fear, and learn how to love herself. Exhilarating and emotional, Riding Raw takes readers on the trip of a lifetime, inspiring anyone searching for what it means to truly have it all.

RAW

'BREATH-TAKING' Dolly Alderton, 'REMARKABLE' Marian Keyes, 'LIFE-CHANGING' Emma Jane Unsworth, 'COMPELLING' Amy Liptrot, 'EXTRAORDINARY' Sali Hughes To everyone else, Terri White appeared to be living the dream - living in New York City, with a top job editing a major magazine. In reality, she was struggling with the trauma of an abusive childhood and rapidly skidding towards a mental health crisis that would land her in a psychiatric ward. Coming Undone is Terri's story of her unravelling, and her precarious journey back from a life in pieces.

Raw

A laugh-and-cry-out-loud memoir from the beloved star of Netflix's Queer Eye, Jonathan Van Ness Who gave Jonathan Van Ness permission to be the radiant human he is today? No one, honey. The truth is, it hasn't always been gorgeous for this beacon of positivity and joy. Before he stole our hearts as the grooming and self-care expert on Netflix's hit show Queer Eye, Jonathan was growing up in a small Midwestern town that didn't understand why he was so...over the top. From choreographed carpet figure skating routines to the unavoidable fact that he was Just. So. Gay., Jonathan was an easy target and endured years of judgement, ridicule and trauma-yet none of it crushed his uniquely effervescent spirit. Over the Top uncovers the pain and passion it took to end up becoming the model of self-love and acceptance that Jonathan is today. In this revelatory, raw, and rambunctious memoir, Jonathan shares never-before-told secrets and reveals sides of himself that the public has never seen. JVN fans may think they know the man behind the stiletto heels, the crop tops, and the iconic sayings, but there's much more to him than meets the Queer Eye. You'll laugh, you'll cry, and you'll come away knowing that no matter how broken or lost you may be, you're a Kelly Clarkson song, you're strong, and you've got this.

Raw and Radiant

Beginning in 2006, the agriculture departments of several large states-with backing from the U.S. Food and Drug Administration-launched a major crackdown on small dairies producing raw milk. Replete with undercover agents, sting operations, surprise raids, questionable test-lab results, mysterious illnesses, propaganda blitzes, and grand jury investigations, the crackdown was designed to disrupt the supply of unpasteurized milk to growing legions of consumers demanding healthier and more flavorful food. The Raw Milk Revolution takes readers behind the scenes of the government's tough and occasionally brutal intimidation tactics, as seen through the eyes of milk producers, government regulators, scientists, prosecutors, and consumers. It is a disturbing story involving marginally legal police tactics and investigation techniques, with young children used as political pawns in a highly charged atmosphere of fear and retribution. Are regulators' claims that raw milk poses a public health threat legitimate? That turns out to be a matter of

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considerable debate. In assessing the threat, The Raw Milk Revolution reveals that the government's campaign, ostensibly designed to protect consumers from pathogens like salmonella, E. coli 0157:H7, and listeria, was based in a number of cases on suspect laboratory findings and illnesses attributed to raw milk that could well have had other causes, including, in some cases, pasteurized milk. David Gumpert dares to ask whether regulators have the public's interest in mind or the economic interests of dairy conglomerates. He assesses how the government's anti-raw-milk campaign fits into a troublesome pattern of expanding government efforts to sanitize the food supply—even in the face of ever-increasing rates of chronic disease like asthma, diabetes, and allergies. The Raw Milk Revolution provides an unsettling view of the future, in which nutritionally dense foods may be available largely through underground channels.

Revolution of the Soul

She didn't see the hammer. For a fraction of a second JoAnne Jones saw a young black face, framed by a black hoodie, and then she descended into a place where she felt and saw nothing. Jones survived this sudden assault by a stranger, but it left her with severe traumatic brain injury (TBI), fractured hands, and PTSD. Headstrong tells the story of how she learned to live with the daily challenges of TBI. It brings the reader into a life traumatized by violence and set in the context of a society full of violence and vocal, visible white supremacists. Woven throughout Jones's account are the stories of how medical professionals, friends, family, and strangers became a foundation strong enough to hold her during the worst of times, and to give her the buoyancy to find a path toward hope.

Dottir

HEAL, ENERGIZE, AND SLIM DOWN WITH NATURE'S ORIGINAL FAST FOOD Brad Gruno is someone who loved a good steak and never could have imagined going raw, until he did and it changed his life, his health, and his career. Three months after going raw he was forty pounds lighter and had eradicated his high cholesterol, insomnia and depression. It also put him on a whole new path and gave him a mission to share what he learned. If you've been curious about raw foods, but are a little afraid that dieting this way is too hard to do, takes too much time, or is too expensive, then this is the book for you. With a simple 3-phase strategy that shows you how to make the transition, eating this close to nature has never been easier. Dip in and discover: --The science behind plant-based eating --The basic 8-week eating plan--Prepare, Simply Raw, and Living It! --The essential ingredients for continued success living 80/20 raw --150 quick, scrumptious, and easy recipes --Your personalized food diary, as well as Brad's answers to his most frequently asked questions about this lifestyle. Try it! You'll eliminate toxins, eliminate junk food cravings, and eliminate excess pounds. How easy is that?

Journey to the End of the Night

#1 NEW YORK TIMES BESTSELLER • The compelling, inspiring, and comically sublime story of one man's coming-of-age, set during the twilight of apartheid and the tumultuous days of freedom that followed NAMED ONE OF PASTE'S BEST MEMOIRS OF THE DECADE • NAMED ONE OF THE BEST BOOKS OF THE YEAR BY Michiko Kakutani, New York Times • USA Today • San Francisco Chronicle • NPR • Esquire • Newsday • Booklist Trevor Noah's unlikely path from apartheid South Africa to the desk of The Daily Show began with a criminal act: his birth. Trevor was born to a white Swiss father and a black Xhosa mother at a time when such a

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union was punishable by five years in prison. Living proof of his parents' indiscretion, Trevor was kept mostly indoors for the earliest years of his life, bound by the extreme and often absurd measures his mother took to hide him from a government that could, at any moment, steal him away. Finally liberated by the end of South Africa's tyrannical white rule, Trevor and his mother set forth on a grand adventure, living openly and freely and embracing the opportunities won by a centuries-long struggle. Born a Crime is the story of a mischievous young boy who grows into a restless young man as he struggles to find himself in a world where he was never supposed to exist. It is also the story of that young man's relationship with his fearless, rebellious, and fervently religious mother—his teammate, a woman determined to save her son from the cycle of poverty, violence, and abuse that would ultimately threaten her own life. The stories collected here are by turns hilarious, dramatic, and deeply affecting. Whether subsisting on caterpillars for dinner during hard times, being thrown from a moving car during an attempted kidnapping, or just trying to survive the life-and-death pitfalls of dating in high school, Trevor illuminates his curious world with an incisive wit and unflinching honesty. His stories weave together to form a moving and searingly funny portrait of a boy making his way through a damaged world in a dangerous time, armed only with a keen sense of humor and a mother's unconventional, unconditional love. Praise for Born a Crime "Compelling . . . By turns alarming, sad and funny, [Trevor Noah's] book provides a harrowing look, through the prism of Mr. Noah's family, at life in South Africa under apartheid. . . . Born a Crime is not just an unnerving account of growing up in South Africa under apartheid, but a love letter to the author's remarkable mother."—Michiko Kakutani, *The New York Times*

Headstrong

A one-of-a kind survey of rap and hip hop history from 1973 to today by Chuck D, arguably the most influential rapper in the world. In the more than 40 years since the days of DJ Kool Herc and "Rapper's Delight," hip hop and rap have become a billion-dollar worldwide phenomenon. Yet there is no definitive history of the genre—until now. Based on Chuck's long-running show on Rapstation.com, this massive compendium details the most iconic moments and influential songs in the genre's recorded history, from Kurtis Blow's "Christmas Rappin'" to The Miseducation of Lauryn Hill to Kendrick Lamar's ground-breaking verse on "Control." Also included are key events in hip hop history, from Grandmaster Flash's first scratch through Tupac's holographic appearance at Coachella. Throughout, Chuck offers his insider's perspective on the chart toppers and show stoppers as he lived it. Illustrating the pages are more than 100 portraits from the talented artists specializing in hip hop.

Raw

The Mi'kmaq of eastern Canada were among the first indigenous North Americans to encounter colonial Europeans. As early as the mid-sixteenth century, they were trading with French fishers, and by the mid-seventeenth century, large numbers of Mi'kmaq had converted to Catholicism. Mi'kmaq Catholicism is perhaps best exemplified by the community's regard for the figure of Saint Anne, the grandmother of Jesus. Every year for a week, coinciding with the saint's feast day of July 26, Mi'kmaq peoples from communities throughout Quebec and eastern Canada gather on the small island of Potlotek, off the coast of Nova Scotia. It is, however, far from a conventional Catholic celebration. In fact, it expresses a complex relationship between the Mi'kmaq, Saint Anne, a series of eighteenth-century treaties, and a cultural hero named Kluskap. Finding Kluskap brings together years of historical research and

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learning among Mi'kmaw peoples on Cape Breton Island, Nova Scotia. The author's long-term relationship with Mi'kmaw friends and colleagues provides a unique vantage point for scholarship, one shaped not only by personal relationships but also by the cultural, intellectual, and historical situations that inform postcolonial peoples. The picture that emerges when Saint Anne, Kluskap, and the mission are considered in concert with one another is one of the sacred life as a site of adjudication for both the meaning and efficacy of religion—and the impact of modern history on contemporary indigenous religion.

[Finding Kluskap](#)

Follow a sweater with an "Italian Merino" label back far enough and chances are its life began not in Milan, but in Montana. Many people want to look behind the label and know where their clothes come from, but the textile supply chain – one of the most toxic on the planet -- remains largely invisible. In *Raw Material: Working Wool in the West*, Stephany Wilkes tells the story of American wool through her own journey to becoming a certified sheep shearer. What begins as a search for local yarn becomes a dirty, unlikely, and irresistible side job. Wilkes leaves her comfortable high tech job for a way of life considered long dead in the American West. Along the way, she meets ornery sheep that weigh more than she does, carbon-sequestering ranchers, landless grazing operators, rare breed stewards, and small-batch yarn makers struggling with drought, unfair trade agreements, and faceless bureaucracies as they work to bring eco-friendly fleece to market. *Raw Material* demonstrates that the back must break to clothe the body, that excellence often comes by way of exhaustion. With humor and humility, Wilkes follows wool from the farm to the factory, through the hands of hardworking Americans trying to change the culture of clothing. Her story will appeal to anyone interested in the fiber arts or the textile industry, and especially to environmentally conscious consumers, as it extends the concerns of the sustainable food movement to fleece, fiber, and fashion.

[You Don't Have to Say You Love Me](#)

Selected as a Best Book of the Year by *Esquire* "Couldn't put it down." –Charlamagne Tha God "Mesmerizing." –Raekwon da Chef "Insightful, moving, necessary." –Shea Serrano "Cathartic." –The New Yorker "A classic." –The Washington Post The explosive, never-before-told story behind the historic rise of the Wu-Tang Clan, as told by one of its founding members, Lamont "U-God" Hawkins. "It's time to write down not only my legacy, but the story of nine dirt-bomb street thugs who took our everyday life-scrappin' and hustlin' and tryin' to survive in the urban jungle of New York City—and turned that into something bigger than we could possibly imagine, something that took us out of the projects for good, which was the only thing we all wanted in the first place." –Lamont "U-God" Hawkins The Wu-Tang Clan are considered hip-hop royalty. Remarkably, none of the founding members have told their story—until now. Here, for the first time, the quiet one speaks. Lamont "U-God" Hawkins was born in Brownsville, New York, in 1970. Raised by a single mother and forced to reckon with the hostile conditions of project life, U-God learned from an early age how to survive. And surviving in New York City in the 1970s and 1980s was no easy task—especially as a young black boy living in some of the city's most ignored and destitute districts. But, along the way, he met and befriended those who would eventually form the Clan's core: RZA, GZA, Method Man, Raekwon, Ol' Dirty Bastard, Inspectah Deck, Ghostface Killah, and Masta Killa. Brought up by the streets, and bonding over their love of hip-hop, they sought to pursue the impossible: music as their ticket out of the

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ghetto. U-God's unforgettable first-person account of his journey, from the streets of Brooklyn to some of the biggest stages around the world, is not only thoroughly affecting, unfiltered, and explosive but also captures, in vivid detail, the making of one of the greatest acts in American music history.

Raw

The star of TV's Hercules: The Legendary Journeys reveals how a series of debilitating strokes at the height of his career changed his life

Rawmazing

Teenage boys have come a long way since the staid 1980s when they were all lumped into the Breakfast Club categories of Brains, Druggies, and Jocks. Crisscrossing the country - meeting with boys from different cultures, and socioeconomic backgrounds - journalist Malina Saval introduces readers to the next generation of male teens by creating new archetypes and redrawing the ever-expanding social map. The Secret Lives of Boys offers an uncensored look into boyhood that reveals the spine-tingling confessions, heartrending sadness and isolation, unbridled optimism, and seemingly boundless resilience of male teens today. Saval asks the pertinent questions: Who are these boys? What do they think of themselves? A compelling and candid look at male adolescence in the twenty-first century, The Secret Lives of Boys uncovers what our young people want you to know.

The Raw Milk Revolution

One of Rolling Stone's Best Music Books of 2015 From Geto Boys legend and renowned storyteller Scarface, comes a passionate memoir about how hip-hop changed the life of a kid from the south side of Houston, and how he rose to the top-and ushered in a new generation of rap dominance. Scarface is the celebrated rapper whose hits include "On My Block," "Mind Playing Tricks on Me" and "Damn It Feels Good to be a Gangsta" (made famous in the cult film Office Space). The former president of Def Jam South, he's collaborated with everyone from Kanye West, Ice Cube and Nas, and had many solo hits such as "Guess Who's Back" feat. Jay-Z and "Smile" feat. Tupac. But before that, he was a kid from Houston in love with rock-and-roll, listening to AC/DC and KISS. In Diary of a Madman, Scarface shares how his world changed when he heard Run DMC for the first time; how he dropped out of school in the ninth grade and started selling crack; and how he began rapping as the new form of music made its way out of New York and across the country. It is the account of his rise to the heights of the rap world, as well as his battles with his own demons and depression. Passionately exploring and explaining the roots and influences of rap culture, Diary of a Madman is the story of hip-hop-the music, the business, the streets, and life on the south side Houston, Texas.

True Strength

"A memoir about a life almost lost and a revealing look at the dark side of hip hop's golden era a story of struggle, survival, and hope down the mean streets of New York City"--Dust flap jacket.

These Five Words Are Mine

Unflinching in its honesty, My Journey is the extraordinary memoir of Jim

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Stynes: Irishman, footballer, Brownlow Medallist, Reach co-founder and former president of Melbourne Football Club whose very public battle with cancer touched the lives of everyone who knew him. When Jim was diagnosed with cancer at the age of 43, he was given nine months to live. The diagnosis caught him by surprise – and he didn't have time for illness. He was a busy father, husband, brother, mentor and businessman. Jim Stynes never took the easy road, on or off the field. He loved a challenge. He pushed himself, and worked hard to help others realise their potential. The same could be said about his cancer journey. Knowing his odds weren't good, Jim gave his all to trying to beat the disease. He embraced life, and made his journey public. His ability to use mind over matter, to never give in, to overcome pain, to believe in himself and his will to succeed gave him two extra years on the prognosis. He worked hard to keep hope alive for himself and his family, and for other cancer sufferers too, defying expectations time and time again. Jim died on 27 March 2012, a month shy of his forty-sixth birthday. A state funeral was held at St Paul's Cathedral in Melbourne, with thousands of mourners watching from Federation Square. A memorial service was also held at his local Ballyroan parish church in Dublin. Jim kept diary notes throughout his battle with cancer, and spent many months talking about his life with his long-time friend, journalist Warwick Green. My Journey celebrates the legacy of Jim Stynes, offering an intimate portrait of a man learning to face his fears and get the most out of every single day. 'If you don't have cancer, cherish life. If you do, cherish it even more.' – Jim Stynes, My Journey For all media enquiries please contact Anyez Lindop on 03 9811 2512 or on 0419008556 or by email anyez.lindop@au.penguinroup.com 'A moving account of his life before and after the June 2009 cancer diagnosis.' Sunday Mail 'Jim could not have left a better manual for life. [His] voice resonates from every page and he has a great capacity for savage self-reflection.' Sunday Herald Sun 'Here then is a story of immense courage, of being knocked down and getting up again only to be belted even harder.' Canberra Times

[H Is for Hawk](#)

An inspiring and illuminating guide to true self care, from the sage teacher and breakout star of the critically acclaimed drama, Queen Sugar, from Executive Producers Oprah Winfrey and Ava DuVernay for OWN. Featured on Essence Magazine's Culture List In all your years of schooling, did you ever take a single class that explained how to navigate the hurt, drama, and fear that come with living? Tina Lifford sure didn't. She learned the hard way-through experience as both a Hollywood actress and as the founder of the personal development network The Inner Fitness Project. Now, she brings together her own hard-won insights as well as those of her clients in this helpful and transformative guide. A blend of personal anecdotes and meaningful, practical-and most important, actionable-advice, The Little Book of Big Lies is the life skills class you need to nurture the inner you and move beyond the past. In fourteen raw, personal stories, Tina teaches you how to change your self-perception-to see yourself in the best possible light, to love and honor what you see, and to forge a new sense of what's possible in every aspect of your life. But make no mistake, The Little Book of Big Lies is not a "rah-rah" quick fix for fear and pain. Like physical fitness, building and maintaining emotional strength requires continued effort. This invaluable book is the foundation you need to start building inner health and well-being so you can thrive. Tina guides you on a journey of self-discovery that will help you turn shame into self-acceptance, self-rejection into self-love, blame into freedom, and old hurt into power. Wise and powerful, The Little Book of Big Lies will completely change how you think and live.

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[Over the Top](#)

Selected as a Best Book of the Year by Esquire "Couldn't put it down." - Charlamagne Tha God "Mesmerizing." - Raekwon da Chef "Insightful, moving, necessary." - Shea Serrano "Cathartic." -The New Yorker "A classic." -The Washington Post The explosive, never-before-told story behind the historic rise of the Wu-Tang Clan, as told by one of its founding members, Lamont "U-God" Hawkins. "It's time to write down not only my legacy, but the story of nine dirt-bomb street thugs who took our everyday life-scrappin' and hustlin' and tryin' to survive in the urban jungle of New York City-and turned that into something bigger than we could possibly imagine, something that took us out of the projects for good, which was the only thing we all wanted in the first place." -Lamont "U-God" Hawkins The Wu-Tang Clan are considered hip-hop royalty. Remarkably, none of the founding members have told their story-until now. Here, for the first time, the quiet one speaks. Lamont "U-God" Hawkins was born in Brownsville, New York, in 1970. Raised by a single mother and forced to reckon with the hostile conditions of project life, U-God learned from an early age how to survive. And surviving in New York City in the 1970s and 1980s was no easy task-especially as a young black boy living in some of the city's most ignored and destitute districts. But, along the way, he met and befriended those who would eventually form the Clan's core: RZA, GZA, Method Man, Raekwon, Ol' Dirty Bastard, Inspectah Deck, Ghostface Killah, and Masta Killa. Brought up by the streets, and bonding over their love of hip-hop, they sought to pursue the impossible: music as their ticket out of the ghetto. U-God's unforgettable first-person account of his journey, from the streets of Brooklyn to some of the biggest stages around the world, is not only thoroughly affecting, unfiltered, and explosive but also captures, in vivid detail, the making of one of the greatest acts in American music history.

[Iron Age](#)

The Instant New York Times Bestseller Shortlisted for the Carnegie Medal for Excellence in Nonfiction A searing, deeply moving memoir about family, love, loss, and forgiveness from the critically acclaimed, bestselling National Book Award-winning author of The Absolutely True Diary of a Part-Time Indian. Family relationships are never simple. But Sherman Alexie's bond with his mother Lillian was more complex than most. She plunged her family into chaos with a drinking habit, but shed her addiction when it was on the brink of costing her everything. She survived a violent past, but created an elaborate facade to hide the truth. She selflessly cared for strangers, but was often incapable of showering her children with the affection that they so desperately craved. She wanted a better life for her son, but it was only by leaving her behind that he could hope to achieve it. It's these contradictions that made Lillian Alexie a beautiful, mercurial, abusive, intelligent, complicated, and very human woman. When she passed away, the incongruities that defined his mother shook Sherman and his remembrance of her. Grappling with the haunting ghosts of the past in the wake of loss, he responded the only way he knew how: he wrote. The result is a stunning memoir filled with raw, angry, funny, profane, tender memories of a childhood few can imagine, much less survive. An unflinching and unforgettable remembrance, YOU DON'T HAVE TO SAY YOU LOVE ME is a powerful, deeply felt account of a complicated relationship. One of the most anticipated books of 2017--Entertainment Weekly and Bustle

[Raw Food Diet](#)

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Raw is the story of one woman's quest for health and happiness, which dragged her kicking and screaming into spiritual adulthood. Anxiety and a desire to heal it holistically—even before she knew what it was—is at the heart of this story, which reveals Carter's struggles to face her fears, release perfectionism, surrender things beyond her control, and find validation within for her life and work. The book is divided into three sections—body, mind, and spirit—and it begins with Carter's efforts to holistically cure chronic stomach problems. Toward that end, she adopted a 100 percent raw, vegan diet, which eased her symptoms and produced impressive, unexpected perks, but didn't completely heal her. She then looked to her mind for answers and discovered that unconscious negative thoughts combined with a stressful, hectic-paced life sabotaged her well-being. Finally, a few mystical experiences brought her "home" to a visceral understanding of who she really is.

[Chuck D Presents This Day in Rap and Hip-Hop History](#)

In the beginning, he was one of nine—the Wu-Tang Clan's first swordsman. But much more than just 11.11% of a greater entity, Ghostface Killah established himself as a seminal rapper in hip-hop history and one of the greatest artists to skulk the planet. In a series of essays that blend music criticism, cultural examination, and personal appreciation, Dean Van Nguyen examines every side of Ghost's bionic make-up. This essential collection is for students of East Coast rap, comic book culture, grindhouse cinema, and New York history. Most of all, it's for fans of the almighty Ghostface Killah, one of the most thrilling, fascinating rappers of our time.

[Facing the Congo](#)

The Wu-Tang Clan is American hip-hop royalty. Rolling Stone called them the 'best rap group ever' and their debut album is considered one of the greatest of all time. Since 1992, they have released seven gold and platinum studio albums with sales of more than 40 million copies. So how did nine kids from the Brownsville projects go from nothing to global icons? Remarkably, no one has told their story—until now. Raw is the incredible first-person account of one boy's journey from the Staten Island projects to international stardom. Part social history, part confessional memoir, U-God's intimate portrait of his life – and those of his Wu-Tang brothers – is a brave and unfiltered account of escaping poverty to transform the New York hip-hop scene forever.

[Raw Challenge](#)

An astonishingly brave memoir of prostitution and its lingering influence on a woman's psyche and life. "The best work by anyone on prostitution ever, Rachel Moran's Paid For fuses the memoirist's lived poignancy with the philosopher's conceptual sophistication. The result is riveting, compelling, incontestable. Impossible to put down. This book provides all anyone needs to know about the reality of prostitution in moving, insightful prose that engages and disposes of every argument ever raised in its favor." –Catharine A. MacKinnon, law professor, University of Michigan and Harvard University Born into a troubled family, Rachel Moran left home at the age of fourteen. Being homeless, she was driven into prostitution to survive. With intelligence and empathy, she describes the exploitation she and others endured on the streets and in the brothels. Moran also speaks to the psychological damage inherent to prostitution and the inevitable estrangement from one's body. At twenty-two, Moran escaped the sex trade. She has since become a writer and an abolitionist activist.

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[Becoming Superman](#)

The Best Raw Food Recipes to Help You Look and Feel Amazing (even if you're not fully raw) Do you LOVE eating and hate calorie counting? What if I told you that you can lose weight, increase your energy levels, and improve your overall health without having to eat less? It's as simple as enriching your diet with fresh, raw foods (and you don't have to be perfect!). Focus on ABUNDANCE. Health does not have to be complicated! Raw food lifestyle is very flexible. It means that it doesn't matter if you are vegan, vegetarian, paleo, alkaline, gluten-free, or you don't follow anything at all. You can always add more raw foods into your existing diet to enjoy all the benefits (natural weight loss, healthy looking skin, unstoppable energy) you deserve. The good news is - you do not need to spend hundreds of dollars on expensive superfood fads or herbs from the other side of the world The solution is just in front of you and it's not about following some crazy and restrictive fruit cult diet Here's exactly what you will learn with Raw Food Diet: Exciting raw salads, soups, and creams Vegan Alkaline (raw) treats and desserts Super tasty salad dressings and salsas so that you never feel bored with raw food The best healing herbs to help you transform (and make your healthy food taste better than "normal food"). How to combine raw food with cooked food (so that you can still keep it healthy but never get bored) The most effective healing smoothies (they are so rich in nutrients that even if you have only 1 day, you will be able to level up your energy!) It's up to you if you want to go raw full-time or part-time because the raw lifestyle is very flexible. You will also discover the best raw food recipes to: Improve your digestion Sleep better Mesmerize people with your healthy-looking skin and hair Supercharge your immune system and feel energized so that you spend less time sick and more time doing things you love Ready to take revolutionize your health on a deeper level? Grab your copy today and help your body and mind feel great again! Join thousands of others in our flexible raw alkaline community and start transforming your body with the most delicious raw food recipes.

[Brad's Raw Made Easy](#)

Kara knew she could reach the summit of Mt. Kilimanjaro. She had done it once before. That's why, when she failed in a second attempt, it brought her so low. As she struggled with food addiction and looked for ways to cope with feelings of failure and shame, Kara's weight shot to more than 300 pounds. Deep in her personal gorge, Kara realized the only way out was up. She resolved to climb the mountain again—and this time, she would reach the summit without waiting for her plus-sized status to disappear. Gorge: My Journey Up Kilimanjaro at 300 Pounds is the raw story of Kara's ascent from the depths of self-doubt to the top of the world. Her difficult but inspiring trek speaks to every woman who has struggled with her self-image or felt that food was controlling her life. Honest and unforgettable, Kara's journey is one of intense passion, endurance, and self-acceptance. In Gorge, Kara shows that big women can do big things.

[Paid For: My Journey Through Prostitution](#)

An autobiographical novel provides an intimate look inside the schizophrenic mind and describes the narrator's experiences in jail, mental hospitals, and attempting to function in "normal society"

[My Infamous Life](#)

This is a memoir by two-time CrossFit Games champion, Katrin Davidsdottir.

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Dottir is two-time consecutive CrossFit Games Champion Katrin Davidsdottir's inspiring and poignant memoir. As one of only three women in history to have won the title of "Fittest Woman on Earth" twice, Davidsdottir knows all about the importance of mental and physical strength. She won the title in 2015, backing it up with a second win in 2016, after starting CrossFit in just 2011. A gymnast as a youth, Davidsdottir wanted to try new challenges and found a love of CrossFit. But it hasn't been a smooth rise to the top. In 2014, just one year before taking home the gold, she didn't qualify for the Games. She used that loss as motivation and fuel for training harder and smarter for the 2015 Games. She pushed herself and refocused her mental game. Her hard work and perseverance paid off with her return to the Games and subsequent victories in 2015 and 2016. In *Dottir*, Davidsdottir shares her journey with readers. She details her focus on training, goal setting, nutrition, and mental toughness.

[My Journey](#)

Celebrated yoga teacher and activist Seane Corn shares pivotal accounts of her life with raw honesty—enriched with in-depth spiritual teachings—to help us heal, evolve, and change the world “My first lessons in spirituality and yoga had nothing to do with a mat, but everything to do with waking up. They included angels, seeing God, and being in Heaven. But, believe me, not the way you might think.” So begins *Revolution of the Soul*. What comes next reads like a riveting memoir filled with uncensored moments of joy, pain, wonder, and humor. Except, this book is so much more than that. Seane's real purpose is to guide us into a deep, gut-level understanding of our highest Self through yoga philosophy and other tools for emotional healing—not just as abstract ideas but as embodied, fully felt wisdom. Why? To spark a "revolution of the soul" in each of us, so we can awaken to our purpose and become true agents of change. Just a few of the stops along the way include: The everyday "angels" Seane finds in the gritty corners of New York's 1980s East Village; her early struggles as a total yoga-class misfit; the profound shadow work and body-based practices that helped her to heal childhood trauma, OCD, unhealthy behaviors, and relationship wounding; hard-earned lessons from some of the most heartbreaking places on the planet; and many other unforgettable teaching stories.

[When the Music's Over](#)

From the founder of the Wu-Tang Clan—celebrating their 25th anniversary this year—an inspirational book for the hip hop fan. The RZA, founder of the Wu-Tang Clan, imparts the lessons he's learned on his journey from the Staten Island projects to international superstardom. A devout student of knowledge in every form in which he's found it, he distills here the wisdom he's acquired into seven "pillars," each based on a formative event in his life—from the moment he first heard the call of hip-hop to the death of his cousin and Clan-mate, Russell Jones, aka ODB. Delivered in RZA's unmistakable style, at once surprising, profound, and provocative, *The Tao of Wu* is a spiritual memoir the world has never seen before, and will never see again. A nonfiction Siddhartha for the hip-hop generation from the author of *The Wu-Tang Manual*, it will enlighten, entertain, and inspire.

[Gorge](#)

When it was published in 1932, this revolutionary first fiction redefined the art of the novel with its black humor, its nihilism, and its irreverent, explosive writing style, and made Louis-Ferdinand Celine one of France's—and

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literature's--most important 20th-century writers. The picaresque adventures of Bardamu, the sarcastic and brilliant antihero of Journey to the End of the Night move from the battlefields of World War I (complete with buffoonish officers and cowardly soldiers), to French West Africa, the United States, and back to France in a style of prose that's lyrical, hallucinatory, and hilariously scathing toward nearly everybody and everything. Yet, beneath it all one can detect a gentle core of idealism.

Born a Crime

One of the New York Times Book Review's 10 Best Books of the Year One of Slate's 50 Best Nonfiction Books of the Last 25 Years ON MORE THAN 25 BEST BOOKS OF THE YEAR LISTS: including TIME (#1 Nonfiction Book), NPR, O, The Oprah Magazine (10 Favorite Books), Vogue (Top 10), Vanity Fair, Washington Post, Boston Globe, Chicago Tribune, Seattle Times, San Francisco Chronicle (Top 10), Miami Herald, St. Louis Post Dispatch, Minneapolis Star Tribune (Top 10), Library Journal (Top 10), Publishers Weekly, Kirkus Reviews, Slate, Shelf Awareness, Book Riot, Amazon (Top 20) The instant New York Times bestseller and award-winning sensation, Helen Macdonald's story of adopting and raising one of nature's most vicious predators has soared into the hearts of millions of readers worldwide. Fierce and feral, her goshawk Mabel's temperament mirrors Helen's own state of grief after her father's death, and together raptor and human "discover the pain and beauty of being alive" (People). H Is for Hawk is a genre-defying debut from one of our most unique and transcendent voices.

The Little Book of Big Lies

Contains over one hundred raw food recipes, including doughnut holes, zucchini corn cakes with cilantro cream, and apple cranberry "cheesecake."

My Journey with Jake

Brett Dalton is a tough guy - hardened, angry, uncaring and always ready to use his fists. When the world hates you, you might as well hate it back But when Brett is busted by the cops for stealing and sent to The Farm for rehab, there are no fences to keep him in and anger gets in his way - but so does love. Brett's trapped in a grave new world, a world where he's not hardened at all; he's raw.

Riding Raw

Take the 30-Day Raw Challenge and Discover a Happier, Healthier You! Raw Challenge makes it fun and easy to adopt a healthy, raw vegetarian diet in just 30 days. The Raw Challenge program guides you, day by day, towards a healthier way of life and takes the guesswork out of your raw food experience. Raw Challenge features a 30-day planner, complete with daily recipes, helpful hints, and words of wisdom from raw food experts. It also includes success stories and easy-to-follow tips to keep you going strong during your diet and health make-over. Raw Challenge will help you: • Improve your health and lose weight • Find the best way to transition to a raw diet • Prepare a wide variety of delicious, nutritious raw food recipes • Stay motivated with testimonials and inspiring words • Stay on track with helpful hints by raw food experts Remember, Raw Challenger: YOU are in control of your diet and your life, so let Raw Challenge help you maximize the potential of your food--and yourself! Whether you want to lose weight safely or just add a healthier approach to your eating habits, this plan is for you. Raw Challenge

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features over 50 delicious, original recipes from Lisa Montgomery and her Raw Challengers, including: • Cinnamon Morning Smoothie • Smokey Backyard Tomato Soup • Raw Vegetable Pasta • Baby Bella Burgers • Summer Squash Slaw • Raw Thai Curry • Chile Con Amore • Spicy BBQ Zucchini Chips • Mango Tango Cake • Green Tea Ice Cream • And many more!

Raw

Jake is celebrating his tenth birthday. That's a remarkable feat, because at birth he was given only three years to live. Miriam Edelson is his mother, a dedicated fighter for Jake and families in similar situations. Edelson poses some tough questions: How do parents cope with a child who has special needs? Are we failing, as a society, to care for children with disabilities? Whatever happened to the federal government's promise of a "Children's Agenda"? My Journey with Jake works on two levels. It's a poignant memoir by a devoted mother, and a hard-hitting, well-researched look at health care for Canada's children.

The Secret Lives of Boys: Inside the Raw Emotional World of Male Teens

In the vein of *The Glass Castle*, *Breaking Night* is the stunning memoir of a young woman who at age fifteen was living on the streets, and who eventually made it into Harvard. Liz Murray was born to loving but drug-addicted parents in the Bronx. In school she was taunted for her dirty clothing and lice-infested hair, eventually skipping so many classes that she was put into a girls' home. At age fifteen, Liz found herself on the streets. She learned to scrape by, foraging for food and riding subways all night to have a warm place to sleep. When Liz's mother died of AIDS, she decided to take control of her own destiny and go back to high school, often completing her assignments in the hallways and subway stations where she slept. Liz squeezed four years of high school into two, while homeless; won a New York Times scholarship; and made it into the Ivy League. *Breaking Night* is an unforgettable and beautifully written story of one young woman's indomitable spirit to survive and prevail, against all odds.

Breaking Night

The author describes his 1,100-mile journey down central Africa's Congo River in a dugout canoe and his encounters with lush jungles, corrupt officials and soldiers, difficult climatic conditions, and untold natural wonders.

Coming Undone

Featuring an introduction by Neil Gaiman! "J. Michael Straczynski is, without question, one of the greatest science fiction minds of our time." -- Max Brooks (*World War Z*) For four decades, J. Michael Straczynski has been one of the most successful writers in Hollywood, one of the few to forge multiple careers in movies, television and comics. Yet there's one story he's never told before: his own. In this dazzling memoir, the acclaimed writer behind *Babylon 5*, *Sense8*, Clint Eastwood's *Changeling* and Marvel's *Thor* reveals how the power of creativity and imagination enabled him to overcome the horrors of his youth and a dysfunctional family haunted by madness, murder and a terrible secret. Joe's early life nearly defies belief. Raised by damaged adults—a con-man grandfather and a manipulative grandmother, a violent, drunken father and a mother who was repeatedly institutionalized—Joe grew up in abject poverty,

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living in slums and projects when not on the road, crisscrossing the country in his father's desperate attempts to escape the consequences of his past. To survive his abusive environment Joe found refuge in his beloved comics and his dreams, immersing himself in imaginary worlds populated by superheroes whose amazing powers allowed them to overcome any adversity. The deeper he read, the more he came to realize that he, too, had a superpower: the ability to tell stories and make everything come out the way he wanted it. But even as he found success, he could not escape a dark and shocking secret that hung over his family's past, a violent truth that he uncovered over the course of decades involving mass murder. Straczynski's personal history has always been shrouded in mystery. Becoming Superman lays bare the facts of his life: a story of creation and darkness, hope and success, a larger-than-life villain and a little boy who became the hero of his own life. It is also a compelling behind-the-scenes look at some of the most successful TV series and movies recognized around the world.

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