

Hand To Mouth Living In Bootstrap America

Food is fundamental to health and social participation, yet food poverty has increased in the global North. Adopting a realist ontology and taking a comparative case approach, *Families and Food in Hard Times* addresses the global problem of economic retrenchment and how those most affected are those with the least resources. Based on research carried out with low-income families with children aged 11-15, this timely book examines food poverty in the UK, Portugal and Norway in the decade following the 2008 financial crisis. It examines the resources to which families have access in relation to public policies, local institutions and kinship and friendship networks, and how they intersect. Through 'thick description' of families' everyday lives, it explores the ways in which low income impacts upon practices of household food provisioning, the types of formal and informal support on which families draw to get by, the provision and role of school meals in children's lives, and the constraints upon families' social participation involving food. Providing extensive and intensive knowledge concerning the conditions and experiences of low-income parents as they endeavour to feed their families, as well as children's perspectives of food and eating in the context of low income, the book also draws on the European social science literature on food and families to shed light on the causes and consequences of food poverty in austerity Europe.

Here is a book as joyous and painful, as mysterious and memorable, as childhood itself. I Know Why the Caged Bird Sings captures the longing of lonely children, the brute insult of bigotry, and the wonder of words that can make the world right. Maya Angelou's debut memoir is a modern American classic beloved worldwide. Sent by their mother to live with their devout,

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self-sufficient grandmother in a small Southern town, Maya and her brother, Bailey, endure the ache of abandonment and the prejudice of the local “powhitetrash.” At eight years old and back at her mother’s side in St. Louis, Maya is attacked by a man many times her age—and has to live with the consequences for a lifetime. Years later, in San Francisco, Maya learns that love for herself, the kindness of others, her own strong spirit, and the ideas of great authors (“I met and fell in love with William Shakespeare”) will allow her to be free instead of imprisoned. Poetic and powerful, *I Know Why the Caged Bird Sings* will touch hearts and change minds for as long as people read. “*I Know Why the Caged Bird Sings* liberates the reader into life simply because Maya Angelou confronts her own life with such a moving wonder, such a luminous dignity.”—James Baldwin From the Paperback edition.

Reproduction of the original: *The Dunwich Horror* by H. P. Lovecraft

A Newbery Honor Winner
A New York Times Bestseller
This stunning fantasy inspired by Chinese folklore is a companion novel to *Starry River of the Sky* and the New York Times bestselling and National Book Award finalist *When the Sea Turned to Silver*. In the valley of Fruitless mountain, a young girl named Minli lives in a ramshackle hut with her parents. In the evenings, her father regales her with old folktales of the Jade Dragon and the Old Man on the Moon, who knows the answers to all of life's questions. Inspired by these stories, Minli sets off on an extraordinary journey to find the Old Man on the Moon to ask him how she can change her family's fortune. She encounters an assorted cast of characters and magical creatures along the way, including a dragon who accompanies her on her quest for the ultimate answer. Grace Lin, author of the beloved *Year of the Dog* and *Year of the Rat* returns with a wondrous story of adventure, faith, and friendship. A fantasy crossed with Chinese folklore, *Where the*

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Mountain Meets the Moon is a timeless story reminiscent of The Wizard of Oz and Kelly Barnhill's The Girl Who Drank the Moon. Her beautiful illustrations, printed in full-color, accompany the text throughout. Once again, she has created a charming, engaging book for young readers.

What if the idealized image of American society a land of opportunity that will reward hard work with economic success is completely wrong? Few topics have as many myths, stereotypes, and misperceptions surrounding them as that of poverty in America. The poor have been badly misunderstood since the beginnings of the country, with the rhetoric only ratcheting up in recent times. Our current era of fake news, alternative facts, and media partisanship has led to a breeding ground for all types of myths and misinformation to gain traction and legitimacy. Poorly Understood is the first book to systematically address and confront many of the most widespread myths pertaining to poverty. Mark Robert Rank, Lawrence M. Eppard, and Heather E. Bullock powerfully demonstrate that the realities of poverty are much different than the myths; indeed in many ways they are more disturbing. The idealized image of American society is one of abundant opportunities, with hard work being rewarded by economic prosperity. But what if this picture is wrong? What if poverty is an experience that touches the majority of Americans? What if hard work does not necessarily lead to economic well-being? What if the reasons for poverty are largely beyond the control of individuals? And if all of the evidence necessary to disprove these myths has been readily available for years, why do they remain so stubbornly pervasive? These are much more disturbing realities to consider because they call into question the very core of America's identity. Armed with the latest research, Poorly Understood not only challenges the myths of poverty and inequality, but it explains why

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these myths continue to exist, providing an innovative blueprint for how the nation can move forward to effectively alleviate American poverty.

One of the year's most anticipated books by The Millions, Colorlines and Remezcla! Carribean Fragoza's debut collection of stories reside in the domestic surreal, featuring an unusual gathering of Latinx and Chicanx voices from both sides of the U.S./Mexico border, and universes beyond. "Eat the Mouth that Feeds You renders the feminine grotesque at its finest."—Myriam Gurba, author of Mean "Eat the Mouth that Feeds You will establish Fragoza as an essential and important new voice in American fiction."—Héctor Tobar, author of The Barbarian Nurseries "The writing is sharp and unexpected, and full of vivid turns."—David Ulin, Books editor, Alta Magazine In visceral, embodied prose, Fragoza's imperfect characters are drawn with a sympathetic tenderness as they struggle against circumstances and conditions designed to defeat them. A young woman returns home from college, only to pick up exactly where she left off: a smart girl in a rundown town with no future. A mother reflects on the pain and pleasures of being inexorably consumed by her small daughter, whose penchant for ingesting grandma's letters has extended to taking bites of her actual flesh. A brother and sister watch anxiously as their distraught mother takes an ax to their old furniture, and then to the backyard fence, until finally she attacks the family's beloved lime tree. Victories are excavated from the rubble of personal hardship, and women's wisdom is brutally forged from the violence of history that continues to unfold on both sides of the US-Mexico border. "Fragoza's surreal and gothic stories, focused on Latinx, Chicanx, and immigrant women's voices, are sure to surprise and move readers."—Zoe Ruiz, The Millions "Fragoza's debut collection delivers expertly crafted tales of Latinx people trying to make sense of violent, dark

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realities. Magical realism and gothic horror make for effective stylistic entryways, as Fragoza seamlessly blurs the lines between the corporeal and the abstract."—Publishers Weekly "Fierce and feminist, *Eat the Mouth That Feeds You* is a soul-quaking literary force."—Dontaná McPherson-Joseph, *The Foreword* "The magic realism of *Eat the Mouth that Feeds You* is thoroughly worked into the fabric of the stories themselves . . . a wonderful debut."—Brian Evenson, author of *Song for the Unraveling of the World* "Fragoza's prose, a switchblade of a magical glow, cauterizes as it cuts. In a setting of barren citrus trees, poison-filled balloons, and stuccos haunted by the menace of the past, *Eat the Mouth That Feeds You* reinvents the sunny noir."—Salvador Plascencia, author of *The People of Paper* "Caribbean Fragoza goes deep. This book makes central the lives of women, whether sourced locally or rooted in Mexico, whether alive or dead to the world, surrealistic or hyper realistic, in the flesh or as spirits centuries old. This is storytelling that astonishes . . ."—Sesshu Foster, author of *Atomik Aztex* "I felt this collection deep in my bones. Like the Chicax women whose voices she centers, Caribbean Fragoza's writing doesn't flinch. It is sharp and dream-like, tender-hearted and brutal, carved from the violence and resilience of generations past and present."—Natalia Sylvester, author of *Everyone Knows You Go Home*

NATIONAL BESTSELLER • A stunning "portrait of the enduring grace of friendship" (NPR) about the families we are born into, and those that we make for ourselves. A masterful depiction of love in the twenty-first century. A NATIONAL BOOK AWARD FINALIST • A MAN BOOKER PRIZE FINALIST • WINNER OF THE KIRKUS PRIZE *A Little Life* follows four college classmates—broke, adrift, and buoyed only by their friendship and ambition—as they move to New York in search of fame and fortune. While their relationships, which are tinged by

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addiction, success, and pride, deepen over the decades, the men are held together by their devotion to the brilliant, enigmatic Jude, a man scarred by an unspeakable childhood trauma. A hymn to brotherly bonds and a masterful depiction of love in the twenty-first century, Hanya Yanagihara's stunning novel is about the families we are born into, and those that we make for ourselves. Look for Hanya Yanagihara's new novel, *To Paradise*, coming in January 2022.

As a botanist, Robin Wall Kimmerer has been trained to ask questions of nature with the tools of science. As a member of the Citizen Potawatomi Nation, she embraces the notion that plants and animals are our oldest teachers. In *Braiding Sweetgrass*, Kimmerer brings these two lenses of knowledge together to take us on "a journey that is every bit as mythic as it is scientific, as sacred as it is historical, as clever as it is wise" (Elizabeth Gilbert). Drawing on her life as an indigenous scientist, and as a woman, Kimmerer shows how other living beings—asters and goldenrod, strawberries and squash, salamanders, algae, and sweetgrass—offer us gifts and lessons, even if we've forgotten how to hear their voices. In reflections that range from the creation of Turtle Island to the forces that threaten its flourishing today, she circles toward a central argument: that the awakening of ecological consciousness requires the acknowledgment and celebration of our reciprocal relationship with the rest of the living world. For only when we can hear the languages of other beings will we be capable of understanding the generosity of the earth, and learn to give our own gifts in return.

A psychologist shows how gestures rather than sounds formed the basis of language fundamentals, using evidence from anthropology, animal behavior, neurology, molecular biology, and anatomy to make his case.

There are two kinds of families: the ones we are born into and the ones we create. Walk has

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never left the coastal California town where he grew up. He may have become the chief of police, but he's still trying to heal the old wound of having given the testimony that sent his best friend, Vincent King, to prison decades before. Now, thirty years later, Vincent is being released. Duchess is a thirteen-year-old self-proclaimed outlaw. Her mother, Star, grew up with Walk and Vincent. Walk is in overdrive trying to protect them, but Vincent and Star seem bent on sliding deeper into self-destruction. Star always burned bright, but recently that light has dimmed, leaving Duchess to parent not only her mother but her five-year-old brother. At school the other kids make fun of Duchess—her clothes are torn, her hair a mess. But let them throw their sticks, because she'll throw stones. Rules are for other people. She's just trying to survive and keep her family together. A fortysomething-year-old sheriff and a thirteen-year-old girl may not seem to have a lot in common. But they both have come to expect that people will disappoint you, loved ones will leave you, and if you open your heart it will be broken. So when trouble arrives with Vincent King, Walk and Duchess find they will be unable to do anything but usher it in, arms wide closed. Chris Whitaker has written an extraordinary novel about people who deserve so much more than life serves them. At times devastating, with flashes of humor and hope throughout, it is ultimately an inspiring tale of how the human spirit prevails and how, in the end, love—in all its different guises—wins.

Examines the progress made by groups working to empower marginalized women
The definitive guide to the therapeutic Japanese practice of shinrin-yoku, or the art and science of how trees can promote health and happiness Notice how a tree sways in the wind. Run your hands over its bark. Take in its citrusy scent. As a society we suffer from nature deficit disorder, but studies have shown that spending mindful, intentional time around trees--what the

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Japanese call shinrin-yoku, or forest bathing--can promote health and happiness. In this beautiful book--featuring more than 100 color photographs from forests around the world, including the forest therapy trails that criss-cross Japan--Dr. Qing Li, the world's foremost expert in forest medicine, shows how forest bathing can reduce your stress levels and blood pressure, strengthen your immune and cardiovascular systems, boost your energy, mood, creativity, and concentration, and even help you lose weight and live longer. Once you've discovered the healing power of trees, you can lose yourself in the beauty of your surroundings, leave everyday stress behind, and reach a place of greater calm and wellness. Tom was 20 years old, broke and wanted to go to India. So he packed up his clarinet, toothbrush and sleeping bag and hitchhiked there with no money at all. Braving hunger, deserts, amoebas and rape attempts by frustrated truck drivers, Tom followed in the footsteps of the original hippies and arrived in Goa with less than a dollar to his name. -I bet this guy never worked a day in his life.- Howard Marks

Reproduction of the original: A Doll ?s House by Henrik Ibsen

"Open these pages and let your heart and your life be transformed by love!!! You will discover fresh-flowing love for the very special people God has placed in your life. More than that, you will experience amazing insights on the secret for pouring His love into the lives of others. Open your heart to hear God's voice as you turn these anointed pages!" Glenna Salsbury Professional Speaker Author of The Art of The Fresh Start "Mimi is a gutsy gal whose relationship skills were forged in the crucible of a sometimes harsh life. But God sent her an angel, a mother-in-law with a heart of gold and an abundance of grace. Through this woman, Mimi let God transform her own life. Today she has opened to us all the rich store of advice

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and examples she gained in the process. Beautifully presented, this book is full of illustrations of the balance between loving those special in-laws God sends us and receiving grace with humility, then passing it on. Thank you, Mimi, for showing us that in-lawing can work to the glory of God." Ethel Herr, Christian Writer & Speaker Mimi Moseley's favorite saying is, "It's never too late to be who you were meant to be." A scared childhood could have produced a troubled adult had God not intervened. Mimi has served in various aspects of ministering to women for over 25 years. She and her husband, Marty, live in Northern California. They have two sons, Marty III and Matthew: two amazing daughters-in-law, Rebecca and Anna; and two adorable grandchildren, Marty IV and Malea. Mimi communicates her calling to encourage conference and retreat attendees, as well as one-on-one counseling, to cultivate practical changes, which enhances good relationships and give hope to those facing hopeless ones. "What does everyone in the modern world need to know? [The author's] answer to this most difficult of questions uniquely combines the hard-won truths of ancient tradition with the stunning revelations of cutting-edge scientific research. [The author discusses] discussing discipline, freedom, adventure and responsibility, distilling the world's wisdom into 12 practical and profound rules for life"--

The hauntingly prophetic classic novel set in a not-too-distant future where books are burned by a special task force of firemen. 'Another indispensable classic' The Times "Ray Bradbury's gift for storytelling reshaped our culture and expanded our world' Barack Obama Guy Montag is a fireman. His job is to burn books, which are forbidden, being the source of all discord and unhappiness. Even so,

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Montag is unhappy; there is discord in his marriage. Are books hidden in his house? The Mechanical Hound of the Fire Department, armed with a lethal hypodermic, escorted by helicopters, is ready to track down those dissidents who defy society to preserve and read books. The classic dystopian novel of a post-literate future, Fahrenheit 451 stands alongside Orwell's 1984 and Huxley's Brave New World as a prophetic account of Western civilization's enslavement by the media, drugs and conformity. Bradbury's powerful and poetic prose combines with uncanny insight into the potential of technology to create a novel which, decades on from first publication, still has the power to dazzle and shock.

A successful art dealer confesses the story of his meteoric rise in this “sleek, swift, and graceful” novel “with unexpectedly sharp teeth” (Lauren Groff, New York Times bestselling author). In a first-class lounge at JFK airport, our narrator listens as Jeff Cook, a former classmate he only vaguely remembers, shares the uncanny story of his adult life—a life that changed course years before, the moment he resuscitated a drowning man. Jeff reveals that after that traumatic, galvanizing morning on the beach, he was compelled to learn more about the man whose life he had saved, convinced that their fates were now entwined. But are we agents of our fate—or are we its pawns? Upon discovering that the man is renowned art dealer Francis Arsenault, Jeff begins to surreptitiously visit his

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Beverly Hills gallery. Although Francis does not seem to recognize him as the man who saved his life, he nevertheless casts his legendary eye on Jeff and sees something worthy. He takes the younger man under his wing, initiating him into his world, where knowledge, taste, and access are currency; a world where value is constantly shifting and calling into question what is real, and what matters. The paths of the two men come together and diverge in dizzying ways until the novel's staggering ending. Sly, suspenseful, and engrossing, Mouth to Mouth masterfully blurs the line between opportunity and exploitation, self-respect and self-delusion, fact and fiction—exposing the myriad ways we deceive each other, and ourselves.

Tells a story about the strange relationship of two migrant workers who are able to realize their dreams of an easy life until one of them succumbs to his weakness for soft, helpless creatures and strangles a farmer's wife.

BARACK OBAMA'S SUMMER READING PICK, 2019. BBC RADIO 4 BOOK OF THE WEEK. Educated meets Nickel and Dimed in Stephanie Land's memoir about working as a maid. A beautiful and gritty exploration of poverty in the western world. Includes a foreword by international bestselling author Barbara Ehrenreich. 'My daughter learned to walk in a homeless shelter.' As a struggling single mum, determined to keep a roof over her daughter's head, Stephanie Land

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worked for years as a maid, working long hours in order to provide for her small family. In *Maid*, she reveals the dark truth of what it takes to survive and thrive in today's inequitable society. As she worked hard to climb her way out of poverty as a single parent, scrubbing the toilets of the wealthy, navigating domestic labour jobs as a cleaner whilst also juggling higher education, assisted housing, and a tangled web of government assistance, Stephanie wrote. She wrote the true stories that weren't being told. The stories of the overworked and underpaid. Written in honest, heart-rending prose and with great insight, *Maid* explores the underbelly of the upper-middle classes and the reality of what it's like to be in service to them. 'I'd become a nameless ghost,' Stephanie writes. With this book, she gives voice to the 'servant' worker, those who fight daily to scramble and scrape by for their own lives and the lives of their children.

Analyzes the Salem Witch Trials to offer key insights into the role of women in its events while explaining how its tragedies became possible.

One of the Best 5 Books of 2014 — *Esquire* "I've been waiting for this book for a long time. Well, not this book, because I never imagined that the book I was waiting for would be so devastatingly smart and funny, so consistently entertaining and unflinchingly on target. In fact, I would like to have written it myself – if, that is, I had lived Linda Tirado's life and extracted all the hard

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lessons she has learned. I am the author of *Nickel and Dimed*, which tells the story of my own brief attempt, as a semi-undercover journalist, to survive on low-wage retail and service jobs. Tirado is the real thing." —from the foreword by Barbara Ehrenreich, New York Times bestselling author of *Nickel and Dimed* We in America have certain ideas of what it means to be poor. Linda Tirado, in her signature brutally honest yet personable voice, takes all of these preconceived notions and smashes them to bits. She articulates not only what it is to be working poor in America (yes, you can be poor and live in a house and have a job, even two), but what poverty is truly like—on all levels. Frankly and boldly, Tirado discusses openly how she went from lower-middle class, to sometimes middle class, to poor and everything in between, and in doing so reveals why “poor people don’t always behave the way middle-class America thinks they should.”

The revolutionary literary vision that sowed the seeds of Objectivism, Ayn Rand's groundbreaking philosophy, and brought her immediate worldwide acclaim. This modern classic is the story of intransigent young architect Howard Roark, whose integrity was as unyielding as granite...of Dominique Francon, the exquisitely beautiful woman who loved Roark passionately, but married his worst enemy...and of the fanatic denunciation unleashed by an enraged society against

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a great creator. As fresh today as it was then, Rand's provocative novel presents one of the most challenging ideas in all of fiction—that man's ego is the fountainhead of human progress... "A writer of great power. She has a subtle and ingenious mind and the capacity of writing brilliantly, beautifully, bitterly...This is the only novel of ideas written by an American woman that I can recall."—The New York Times

NATIONAL BOOK CRITICS CIRCLE AWARD WINNER • The first full history of Black America's shocking mistreatment as unwilling and unwitting experimental subjects at the hands of the medical establishment. No one concerned with issues of public health and racial justice can afford not to read this masterful book. "[Washington] has unearthed a shocking amount of information and shaped it into a riveting, carefully documented book." —New York Times From the era of slavery to the present day, starting with the earliest encounters between Black Americans and Western medical researchers and the racist pseudoscience that resulted, *Medical Apartheid* details the ways both slaves and freedmen were used in hospitals for experiments conducted without their knowledge—a tradition that continues today within some black populations. It reveals how Blacks have historically been prey to grave-robbing as well as unauthorized autopsies and dissections. Moving into the twentieth century, it shows how the pseudoscience

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of eugenics and social Darwinism was used to justify experimental exploitation and shoddy medical treatment of Blacks. Shocking new details about the government's notorious Tuskegee experiment are revealed, as are similar, less-well-known medical atrocities conducted by the government, the armed forces, prisons, and private institutions. The product of years of prodigious research into medical journals and experimental reports long undisturbed, *Medical Apartheid* reveals the hidden underbelly of scientific research and makes possible, for the first time, an understanding of the roots of the African American health deficit. At last, it provides the fullest possible context for comprehending the behavioral fallout that has caused Black Americans to view researchers—and indeed the whole medical establishment—with such deep distrust.

#1 NEW YORK TIMES BESTSELLING PHENOMENON More than 6 million copies sold A Reese Witherspoon x Hello Sunshine Book Club Pick A Business Insider Defining Book of the Decade "I can't even express how much I love this book! I didn't want this story to end!"--Reese Witherspoon "Painfully beautiful."--The New York Times Book Review For years, rumors of the "Marsh Girl" have haunted Barkley Cove, a quiet town on the North Carolina coast. So in late 1969, when handsome Chase Andrews is found dead, the locals immediately suspect Kya Clark, the so-called Marsh Girl. But Kya is not what they say. Sensitive and intelligent, she has survived for years alone in

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the marsh that she calls home, finding friends in the gulls and lessons in the sand. Then the time comes when she yearns to be touched and loved. When two young men from town become intrigued by her wild beauty, Kya opens herself to a new life--until the unthinkable happens. *Where the Crawdads Sing* is at once an exquisite ode to the natural world, a heartbreaking coming-of-age story, and a surprising tale of possible murder. Owens reminds us that we are forever shaped by the children we once were, and that we are all subject to the beautiful and violent secrets that nature keeps.

Hiroshima is the story of six people--a clerk, a widowed seamstress, a physician, a Methodist minister, a young surgeon, and a German Catholic priest--who lived through the greatest single manmade disaster in history. In vivid and indelible prose, Pulitzer Prize-winner John Hersey traces the stories of these half-dozen individuals from 8:15 a.m. on August 6, 1945, when Hiroshima was destroyed by the first atomic bomb ever dropped on a city, through the hours and days that followed. Almost four decades after the original publication of this celebrated book, Hersey went back to Hiroshima in search of the people whose stories he had told, and his account of what he discovered is now the eloquent and moving final chapter of *Hiroshima*.

A first book by a widely read, controversial essayist on poverty profiles the realities of the working poor in America and why poor people make decisions that are popularly criticized. 40,000 first printing. Tour.

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#1 NEW YORK TIMES BESTSELLER • ONE OF TIME MAGAZINE'S 100 BEST YA BOOKS OF ALL TIME The extraordinary, beloved novel about the ability of books to feed the soul even in the darkest of times. When Death has a story to tell, you listen. It is 1939. Nazi Germany. The country is holding its breath. Death has never been busier, and will become busier still. Liesel Meminger is a foster girl living outside of Munich, who scratches out a meager existence for herself by stealing when she encounters something she can't resist—books. With the help of her accordion-playing foster father, she learns to read and shares her stolen books with her neighbors during bombing raids as well as with the Jewish man hidden in her basement. In superbly crafted writing that burns with intensity, award-winning author Markus Zusak, author of *I Am the Messenger*, has given us one of the most enduring stories of our time. “The kind of book that can be life-changing.” —*The New York Times* “Deserves a place on the same shelf with *The Diary of a Young Girl* by Anne Frank.” —*USA Today* **DON'T MISS BRIDGE OF CLAY, MARKUS ZUSAK'S FIRST NOVEL SINCE THE BOOK THIEF.** Young Cassie Logan endures humiliation and witnesses the racism of the KKK as they embark on a cross-burning rampage, before she fully understands the importance her family attributes to having land of their own.

"Extraordinarily affecting....A very important book....To read and remember the stories in this book, to take them to heart, is to be called as a witness." **THE BOSTON GLOBE**
There is no safety net for the millions of heartbroken refugees from the American

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Dream, scattered helplessly in any city you can name. RACHEL AND HER CHILDREN is an unforgettable record for humanity, of the desperate voices of the men, women, and especially children, and their hourly struggle for survival, homeless in America. The story of a kind of poverty in America so deep that we, as a country, don't even think exists from a leading national poverty expert who defies convention ("New York Times")"

This is the story of a young man's struggle to stay afloat. By turns poignant and comic, Paul Auster's memoir is essentially an autobiographical essay about money--and what it means not to have it. From one odd job to the next, from one failed scheme to another, Auster investigates his own stubborn compulsion to make art and describes his ingenious, often far-fetched attempts to survive on next to nothing. From the streets of New York City and Paris to the rural roads of upstate New York, the author treats us to a series of remarkable adventures and unforgettable encounters and, in several elaborate appixes, to previously unknown work from these years.

The New York Times bestselling work of undercover reportage from our sharpest and most original social critic, with a new foreword by Matthew Desmond, author of Evicted Millions of Americans work full time, year round, for poverty-level wages. In 1998, Barbara Ehrenreich decided to join them. She was inspired in part by the rhetoric surrounding welfare reform, which promised that a job—any job—can be the ticket to a better life. But how does anyone survive, let alone prosper, on \$6 an hour? To find out,

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Ehrenreich left her home, took the cheapest lodgings she could find, and accepted whatever jobs she was offered. Moving from Florida to Maine to Minnesota, she worked as a waitress, a hotel maid, a cleaning woman, a nursing-home aide, and a Wal-Mart sales clerk. She lived in trailer parks and crumbling residential motels. Very quickly, she discovered that no job is truly "unskilled," that even the lowliest occupations require exhausting mental and muscular effort. She also learned that one job is not enough; you need at least two if you int to live indoors. Nickel and Dimed reveals low-rent America in all its tenacity, anxiety, and surprising generosity—a land of Big Boxes, fast food, and a thousand desperate stratagems for survival. Read it for the smoldering clarity of Ehrenreich's perspective and for a rare view of how "prosperity" looks from the bottom. And now, in a new foreword, Matthew Desmond, author of Evicted: Poverty and Profit in the American City, explains why, twenty years on in America, Nickel and Dimed is more relevant than ever.

A New York Times Bestseller A Washington Post Notable Nonfiction Book of 2020 Named a Best Book of 2020 by NPR “A fascinating scientific, cultural, spiritual and evolutionary history of the way humans breathe—and how we’ve all been doing it wrong for a long, long time.” —Elizabeth Gilbert, author of Big Magic and Eat Pray Love No matter what you eat, how much you exercise, how skinny or young or wise you are, none of it matters if you’re not breathing properly. There is nothing more essential to our health and well-being than breathing: take air in, let it out, repeat twenty-five

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thousand times a day. Yet, as a species, humans have lost the ability to breathe correctly, with grave consequences. Journalist James Nestor travels the world to figure out what went wrong and how to fix it. The answers aren't found in pulmonology labs, as we might expect, but in the muddy digs of ancient burial sites, secret Soviet facilities, New Jersey choir schools, and the smoggy streets of São Paulo. Nestor tracks down men and women exploring the hidden science behind ancient breathing practices like Pranayama, Sudarshan Kriya, and Tummo and teams up with pulmonary tinkerers to scientifically test long-held beliefs about how we breathe. Modern research is showing us that making even slight adjustments to the way we inhale and exhale can jump-start athletic performance; rejuvenate internal organs; halt snoring, asthma, and autoimmune disease; and even straighten scoliotic spines. None of this should be possible, and yet it is. Drawing on thousands of years of medical texts and recent cutting-edge studies in pulmonology, psychology, biochemistry, and human physiology, *Breath* turns the conventional wisdom of what we thought we knew about our most basic biological function on its head. You will never breathe the same again.

Fabiana Da Silva had been living and teaching in the United States for only few years when she met the prince she had been searching for her entire life. After they married on May 4, 2013, they shared beautiful moments for seven months until the day Fabiana received a shocking diagnosis. She had leukemia. In a heartwarming retelling, Fabiana leads others chronologically through her life in the days before the diagnosis as she

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excitedly prepared for a trip to Brazil, through her symptoms that ultimately steered her to a diagnosis, her treatments and their impact on her marriage, and her positive outlook through it all. As she candidly brings each moment to life, Fabiana encourages others to keep their faith, hope, and humor during their own health challenges so that they, too, can live in the present and embrace every moment, good or bad.

You know the FRUSTRATIONS: Colds are annoying. Flu and intestinal infections are miserable and even scary. Babies & the elderly are seriously sensitive, with the CDC reporting hundreds of thousands of annual hospitalizations for flu-related complications. Children in daycare & preschool get sick even more times per year (called "daycare syndrome"). When your child gets sick, often the caretaking parent gets sick too, and then the rest of the family. Illness and its expense can spread to grandparents, relatives, and coworkers. You may lose income & even risk your job, by losing productive energy or taking time off work. Costs quickly add up for over-the-counter remedies, doctor visits, medications, car trips, as well as the time spent to acquire those aids. Every doctor or hospital visit, even if paid for by insurance, costs not only time, but is yet another exposure to even more sick people and their germs. Let this book SAVE YOU money: Every time a child does NOT put his or her hand to mouth, is one less chance to get sick. Every illness that this book helps prevent can mean hundreds of dollars in your pocket. Multiple illnesses prevented in a year can literally save a family thousands. This book not only helps prevent many of those illnesses, but

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it does so in a way that delights your child. No more need for nagging reprimands! Proven to work: This book is the result of a day of utter exasperation. Nothing we said kept our toddler from putting his hand into his mouth. Often three days after venturing out of our house, he would be sick. He would pass it on to me, and soon my husband would be sick too. If our son stayed home, we all stayed well---but who wants to be so limited? In a moment of inspiration, my husband made up an early version of these stories which held our tyke 's attention, and had him giggling with glee. After telling these stories a few times, all we had to do was to say gently, "A little bird flew over" whenever we saw our toddler 's hand moving toward his mouth. His hand would immediately go down, and he would smile. Before long the hand-in-mouth habit was "gone." In the process our son was "cheerful and cooperative." Professional Praise: "I would like to recommend "A Bird Flew Over." As a nurse, I can say it is important to educate our children on health situations. This book creates an awareness that children need. I am happy that this book is available in a bright, fun, and adventurous way to actually make it "fun" to learn about public health hazards." ---Rochelle Forrest, RN, MSM, Founder of Createhealthnaturally.com For ages 0-8 .

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