

Download Ebook The Wild Oats Project By Robin Rinaldi

Thank you very much for reading **The Wild Oats Project By Robin Rinaldi**. Maybe you have knowledge that, people have look hundreds times for their chosen books like this The Wild Oats Project By Robin Rinaldi, but end up in infectious downloads.

Rather than reading a good book with a cup of coffee in the afternoon, instead they juggled with some infectious virus inside their computer.

The Wild Oats Project By Robin Rinaldi is available in our book collection an online access to it is set as public so you can download it instantly.

Our books collection saves in multiple countries, allowing you to get the most less latency time to download any of our books like this one.

Merely said, the The Wild Oats Project By Robin Rinaldi is universally compatible with any devices to read

OD8 - JAEALYN CARR

The world's most comprehensive, well documented and well illustrated book on this subject. With extensive subject and geographical index. 66 photographs and illustrations - mostly color. Free of charge in digital PDF format on Google Books.

A delicious new single dad standalone romance from New York Times bestseller Kendall Ryan! Lexington Dane was my brother's best friend growing up. We did everything together. He taught me how to throw a punch, how to change a tire...and he taught me how to kiss. I fell hard and fast, and gave him all my firsts. I promised I'd wait for him... But I'm done waiting, because he went off to college and never came back. He took his fancy business degree and moved to New York City, where he promptly became a real estate mogul—turning every penthouse and apartment project he touched into gold. It's been ten years, and now he's back and needs a favor...someone to watch his little girl. That's right, the cocky penthouse prince and heartbreaker extraordinaire Lexington is back with an adorable two-year-old daughter. Guess who he wants to watch her? I've never been able to say no to him. I might agree to be the nanny for his precious little angel, but there's no way in hell I'm falling for her hot-as-sin daddy.

Attachment theory has entered the mainstream, but most discussions focus on how we can cultivate secure monogamous relationships. What if, like many people, you're striving for secure, happy attachments with more than one partner? Polyamorous psychotherapist Jessica Fern breaks new ground by extending attachment theory into the realm of consensual nonmonogamy. Using her nested model of attachment and trauma, she expands our understanding of how emotional experiences can influence our relationships. Then, she sets out six specific strategies to help you move toward secure attachments in your multiple relationships. Polysecure is both a trailblazing theoretical treatise and a practical guide.

A testament to how far feminism has taken us all...her search for sexual nirvana is hugely refreshing. The Sunday Times A revealing...quest for sexual meaning The Independent The project was simple: Robin Rinaldi, a successful magazine journalist, would move into a San Francisco apartment, join a dating site, and get laid. Never mind that she already owned a beautiful flat a few blocks away, that she was forty-four, or that she was married to a man she'd been in love with for eighteen years. What followed—a year of abandon, heartbreak, and unexpected revelation—is the topic of this riveting memoir, *The Wild Oats Project*. Monogamous and sexually cautious her entire adult life, Rinaldi never planned on an open marriage—her priority as she approached midlife was to start a family. But when her husband insisted on a vasectomy, something snapped. If I'm not going to have children, she told herself, then I'm going to have lovers. During the week she would live alone, seduce men (and women), attend erotic workshops, and partake in wall-banging sex. On the weekends, she would go home and be a wife. Her marriage provided safety and love, but she also needed passion, and for that she was willing to go outside of it. At a time when the bestseller lists are topped by books about eroticism and the shifting roles of women, this brave, brutally honest memoir explores how our sexuality defines us, how it relates to maternal longing, and how we all must walk the line between loving others and staying true to ourselves. Like the most searing memoirs—Cheryl Strayed's *Wild*, Mary Karr's *The Liars' Club*—*The Wild Oats Project* challenges our sensibilities, rendering truths we all can recognize but which few would dare write down.

This volume offers Alcott's 1876 novel which includes the sketches "Transcendental Wild Oats" and "Independence: A Centennial Love Story."

What if for just one year you explored everything you'd wondered about sex but hadn't tried? The project was simple: An attractive, successful magazine journalist, Robin Rinaldi, would move into a San Francisco apartment, join a dating site, and get laid. Never mind that she already owned a beautiful flat a few blocks away, that she was forty-four, or that she was married to a man she'd been in love with for eighteen years. What followed—a year of sex, heartbreak, and unexpected revelation—is the topic of this riveting memoir, *The Wild Oats Project*. An open marriage was never one of Rinaldi's goals—her priority as she approached midlife was to start a family. But when her husband insisted on a vasectomy, she decided that she could remain married only on her own terms. If I can't have children, she told herself, then I'm going to have lovers. During the week she would live alone, seduce men (and women), attend erotic workshops, and partake in wall-banging sex. On the weekends, she would go home and be a wife. At a time when the bestseller lists are topped by books

about eroticism and the shifting roles of women, this brave memoir explores how our sexuality defines us—and it delivers the missing link: an everywoman's account of sex. Combining the strong literary voice of Cheryl Strayed's *Wild* with the adventurousness of Elizabeth Gilbert's *Eat, Pray, Love*, *The Wild Oats Project* challenges our sensibilities and evokes the delicate balance between loving others and staying true to oneself.

A propulsive, scorching modern gothic, *Yes, Daddy* follows an ambitious young man who is lured by an older, successful playwright into a dizzying world of wealth and an idyllic Hamptons home where things take a nightmarish turn.

For *Love of the Dollar* is a young writer's tale of ambitions undermined by economic forces, racial divides and artistic hubris. Hilarious, irreverent, even cynical, Servín worked in kitchens, gas stations, golf courses, and finally, as a "manny" for a dysfunctional Connecticut family. His view of the plight of the undocumented worker confronts as much what it means to be Mexican, as it does American, laying bare a version of the American dream few have had the courage to articulate.

Far from being a fad, food dehydrating is one of the most ancient, effective, and nutritious ways of preserving food. Now, at last, there is a book that teaches absolutely everything there is to know about using an electric food dehydrator to dry foods at home -- and gives more than 100 foolproof recipes for scrumptious snacks and meals made from dried foods. With this extraordinary book, you can learn how to cross junk food and expensive store-bought snacks off your family's shopping list -- and add to your cupboard homemade, preservative-free fruit leathers, candied apricots, beef (and fish) jerkies, "sun" dried tomatoes, corn chips, banana chips, and so much more! Mary Bell gives specific techniques and instructions for preparing every kind of fruit (from apples to watermelon) and vegetable (from asparagus to zucchini). She also provides important shopping tips for buying an electric food dehydrator. The recipes for cooked meals (including mushroom soup, sloppy joes, pesto, and moist banana bread) will make this book a kitchen classic. And recipes for lightweight, filling trail snacks mean that the book will travel, too. Additional chapters explain to how make herb seasonings, granolas, celery powder, cosmetics, dried fruit sugars, potpourri -- and even pet treats! Food drying is an excellent way for gardeners to preserve their produce. It is a great way to make healthful snacks for the kids. It's perfect for the new wave of thrifty consumers who can't bear to spend dollars at health food stores for treats they could make for pennies themselves. And food drying doesn't use chemicals or preservatives—so it's great for you and for the planet, too! In *The Carrier Bag Theory of Fiction*, visionary author Ursula K. Le Guin retells the story of human origin by redefining technology as a cultural carrier bag rather than a weapon of domination. Hacking the linear, progressive mode of the Techno-Heroic, the Carrier Bag Theory of human evolution proposes: 'before the tool that forces energy outward, we made the tool that brings energy home.' Prior to the preeminence of sticks, swords and the Hero's long, hard, killing tools, our ancestors' greatest invention was the container: the basket of wild oats, the medicine bundle, the net made of your own hair, the home, the shrine, the place that contains whatever is sacred. The recipient, the holder, the story. The bag of stars. This influential essay opens a portal to terra ignota: unknown lands where the possibilities of human experience and knowledge can be discovered anew. With a new introduction by Donna Haraway, the eminent cyberfeminist, author of the revolutionary *A Cyborg Manifesto* and most recently, *Staying with the Trouble and Manifestly* Haraway. With images by Lee Bul, a leading South Korean feminist artist who had a retrospective at London's Hayward Gallery in 2018.

The Art of the Chase is for anyone who is single -- was single -- or might be single again someday. Both males and females. "Where are all the great guys?" women wonder. For young men there is virtually no good dating and mating guide available. How could a basic instruction manual for such a crucially important topic not exist until now? So most young men are clueless when it comes to women. This book covers everything guys need to understand when trying to learn how to cope with the mystifying world of women, and shows how it's done. "A man chases a woman -- until she catches him," the saying goes. So *The Art of the Chase* is for women also, because women are involved both as chaseses and as quietly subtle chasers themselves. Fortunately for women there are also many dating guides available, from magazine articles to books *Women's complaints about men* are heard everywhere. It is a sign that many men do not really know what they are doing when it comes to women. Robert Graves said he'd despair if he

were a girl because the supply of good women exceeds that of men who deserve them. That demonstrates the need for this book, *The Art of the Chase*. Our story is set in 1980, the peak of the Sexual Revolution that began in 1965 with *The Pill* for birth control, and gained momentum during the 1970s -- but was brought to a halt after 1980 by AIDS. This story captures the spirit of those happy times - like putting joy in a bottle. You will hear the actual words spoken at the time by young people living life to the fullest and enjoying it immensely. The 1970s was a time when people had more fun -- a time of happiness and hedonism. But after that came fear of AIDS. Each character in our story is glad that their sex life began after the start of the Sexual Revolution. In the life of a young man is a season of "sowing wild oats" -- when he thinks about chasing girls. This chase is seemingly easier for the few desired by many. Now is the season to sow for Darryl Chase, who according to various rumors is having the time of his life.

What if for just one year you let desire call the shots? The project was simple: Robin Rinaldi, a successful magazine journalist, would move into a San Francisco apartment, join a dating site, and get laid. Never mind that she already owned a beautiful flat a few blocks away, that she was forty-four, or that she was married to a man she'd been in love with for eighteen years. What followed—a year of abandon, heartbreak, and unexpected revelation—is the topic of this riveting memoir, *The Wild Oats Project*. Monogamous and sexually cautious her entire adult life, Rinaldi never planned on an open marriage—her priority as she approached midlife was to start a family. But when her husband insisted on a vasectomy, something snapped. If I'm not going to have children, she told herself, then I'm going to have lovers. During the week, she would live alone, seduce men (and women), attend erotic workshops, and have wall-banging sex. On the weekends, she would go home and be a wife. Her marriage provided safety and love, but she also needed passion, and she was willing to go outside her marriage to find it. At a time when the bestseller lists are topped by books about eroticism and the shifting roles of women, this brave, brutally honest memoir explores how our sexuality defines us, how it relates to maternal longing, and how we must walk the line between loving others and staying true to ourselves. Like the most searing memoirs, *The Wild Oats Project* challenges our sensibilities, yielding truths that we all can recognize but that few would dare write down.

A Read with Jenna Today Show Book Club Pick! Finalist for the 2020 National Book Award (Fiction) One of Barack Obama's Summer Reads A Best Book of the Year From: The Washington Post * Time * NPR * Elle * Esquire * Kirkus * Library Journal * The Chicago Public Library * The New York Public Library * BookPage * The Globe and Mail * EW.com * The LA Times * USA Today * InStyle * The New Yorker * AARP * Publisher's Lunch * LiHub * Book Marks * Electric Literature * Brooklyn Based * The Boston Globe A magnetic novel about two families, strangers to each other, who are forced together on a long weekend gone terribly wrong. From the bestselling author of *Rich and Pretty* comes a suspenseful and provocative novel keenly attuned to the complexities of parenthood, race, and class. *Leave the World Behind* explores how our closest bonds are reshaped—and unexpected new ones are forged—in moments of crisis. Amanda and Clay head out to a remote corner of Long Island expecting a vacation: a quiet reprieve from life in New York City, quality time with their teenage son and daughter, and a taste of the good life in the luxurious home they've rented for the week. But a late-night knock on the door breaks the spell. Ruth and G. H. are an older couple—it's their house, and they've arrived in a panic. They bring the news that a sudden blackout has swept the city. But in this rural area—with the TV and internet now down, and no cell phone service—it's hard to know what to believe. Should Amanda and Clay trust this couple—and vice versa? What happened back in New York? Is the vacation home, isolated from civilization, a truly safe place for their families? And are they safe from one another?

"This funny and fresh take on a classic tale manages to comment on gender roles, racial disparities, and white privilege all while creeping me all the way out. So good."—Zakiya Dalila Harris, author of *The Other Black Girl* *Steel Magnolias* meets *Dracula* in this New York Times best-selling horror novel about a women's book club that must do battle with a mysterious newcomer to their small Southern town. Bonus features: • Reading group guide for book clubs • Hand-drawn map of Mt. Pleasant • Annotated true-crime reading list by Grady Hendrix • And more! Patricia Campbell's life has never felt smaller. Her husband is a workaholic, her teenage kids have their own lives, her senile mother-in-law needs constant care, and she's always a step behind on her endless to--

do list. The only thing keeping her sane is her book club, a close-knit group of Charleston women united by their love of true crime. At these meetings they're as likely to talk about the Manson family as they are about their own families. One evening after book club, Patricia is viciously attacked by an elderly neighbor, bringing the neighbor's handsome nephew, James Harris, into her life. James is well traveled and well read, and he makes Patricia feel things she hasn't felt in years. But when children on the other side of town go missing, their deaths written off by local police, Patricia has reason to believe James Harris is more of a Bundy than a Brad Pitt. The real problem? James is a monster of a different kind—and Patricia has already invited him in. Little by little, James will insinuate himself into Patricia's life and try to take everything she took for granted—including the book club—but she won't surrender without a fight in this blood-soaked tale of neighborly kindness gone wrong.

For over a decade, artist Jimmy Fike traveled across the continental United States in an epic effort to photograph wild edible flora. *Edible Plants* is the culmination of that journey, featuring over 100 photographs that Fike has selectively colorized to highlight the comestible part of the plant. While the images initially appear to be scientific illustrations or photograms from the dawn of photography when plants were placed directly on sensitized paper and exposed under the sun, a closer look reveals, according to Liesl Bradner of the Los Angeles Times, "haunting [and] eerily beautiful" photographs. Beyond instilling wonder, Fike's contemporary, place-based approach to landscape photography emphasizes our relationship to the natural world, reveals food sources, and encourages environmental stewardship. His clever and beautiful method makes it easy to identify both the specimen and its edible parts and includes detailed descriptions about the plant's wider purposes as food and medicine. Sumptuously illustrated and delightfully informative, *Edible Plants* is the perfect gift for anyone curious about unlocking the secrets of native North American plants.

The project was simple: Robin Rinaldi, a successful magazine journalist, would move into a San Francisco apartment, join a dating site, and get laid. Never mind that she already owned a beautiful flat a few blocks away, that she was forty-four, or that she was married to a man she'd been in love with for eighteen years. What followed—a year of abandon, heartbreak, and unexpected revelation—is the topic of this riveting and beautifully-written memoir, *The Wild Oats Project*. Monogamous and sexually cautious her entire adult life, Rinaldi never planned on an open marriage, but, now in midlife, she realized that in order to feel like she'd lived fully, she needed the freedom to explore her desires. During the week she lived alone, doing just that. On the weekends, she went home to be a wife. Her marriage provided safety and love, but she also needed passion, and she was willing to go outside her marriage to find it. At a time when books about eroticism and the shifting roles of women top the bestseller lists, this brave, brutally honest memoir explores how our sexuality defines us, and how we must walk the line between loving others and staying true to ourselves. Like the most searing memoirs, *The Wild Oats Project* challenges our sensibilities, yielding truths that few would dare write down.

Based on extensive inside sources, including exclusive interviews with the President and Vice President, *The Faith of Donald J. Trump* explores his rarely discussed, but deeply important, religious beliefs and relationships with leading Evangelicals. The Chief Political Correspondent for the Christian Broadcasting Network and the "Jesus in the Public Square" columnist for the Washington Times explore the rarely discussed, but deeply important, religious beliefs and worldview of Donald J. Trump and his advisors. Donald J. Trump was raised as a Presbyterian and has praised both Christianity and the primacy of the Bible. In the Oval Office, he has surrounded himself with close advisors who share his deep faith. In this deeply reported book, David Brody and Scott Lamb draw on unparalleled access to the White House to explain President Trump's connection to the Christian faith, the evangelical right, the prosperity gospel, and the pressing moral and ethical issues of our day. In part, the authors argue, President Trump won over evangelicals not by pandering to them, but by supporting them and all their most important issues without pretending to be something he's not. Though the forty-fifth president is far from the perfect vessel—he has been married three times—his supporters argue that Donald Trump may be just what America needs. This book reveals how he has surrounded himself with believers who think he is the one guiding figure who can return us to the traditional values—hard work, discipline, duty, respect, and faith—that have long been the foundation of American life, and truly make America great again in all ways.

1914. Thomas Maggs is thirteen and lives with his parents and sister at the Blue Anchor pub, in the village of Dunwich on the Suffolk coast. Born in winter while the sea stormed, Thomas is the youngest child, and the only son surviving. In Dunwich, life is quiet and shaped by the seasons: fishing and farming, the summer visitors, and the girls who come down from the Highlands to gut and pack the herring. Thomas visits his brothers' grave in the churchyard, sketches the boats from the harbor, and longs for adventure -- a chance to go to sea. Then one day a mysterious Scotsman and his red-haired wife arrive in the village. The man's name

is Charles Rennie Mackintosh, but the locals are soon calling him Mac. Mac and his wife are both artists, regarded as eccentrics in town, but a source of wonder and fascination for Thomas. Yet just as Thomas and Mac's friendship begins to bloom, war with Germany is declared. The summer guests flee, replaced by regiments of soldiers on their way to Belgium. And as the war weighs increasingly heavily on the community, the villagers on the home front become increasingly suspicious of Mac and his curious behavior. *Mr. Mac and Me* is the story of an unlikely friendship, and a vivid portrait of one of the most brilliant and misunderstood artists of his generation.

A former evangelical Christian and virgin-when-married mother of three finds the courage to explore her wild side, at 37. Rock concert, smoking (even marijuana!), dancing, watching porn and more, the 20-plus 'wild oat' tasks she tries over one summer are nothing compared to the fears she faces as she resists then embraces transformation.

Just when Whit Filmore thought he and Anna Upton would finally start their investigation business without any obstacles, a new missing person case comes his way, kicking things off with a bang. But when Anna is too busy to join him right away, his head start takes him to a Mississippi town where obstacles are the least of his worries. On a mission to find the client's missing son, Whit will uncover secrets long hidden. Have the locals been missing something that's been right under their noses all along? Or are things never what they seem?

The stories in the book are grouped for expected developmental levels for children between the ages of two and seven, reflecting the growing world of the child from self-centric to an understanding of facts far removed from the child's immediate world.

"Amber's beautiful book is bursting with great ideas that make healthy eating a joy-and she's done a great job covering all the bases that, in my experience, teens and kids really want." Jamie Oliver Fifteen-year-old Amber Kelley is inspiring a whole new generation of eaters to get in the kitchen and have fun. She is the first winner of Food Network Star Kids, a member of celebrity chef Jamie Oliver's Food Tube family, and the host of her own web series on A href="https://protect-us.mimecast.com/s/w5AICVO20OUI-g025cjsi5l?domain=foodnetwork.com"Foodnetwork.com/a and YouTube. Her work has been recognized by First Lady Michelle Obama, and Amber has been featured on national TV networks such as the Disney Channel, E!, and NBC's Today. Now, Amber's 80 most popular and delicious recipes have been hand-picked for her cookbook to empower teens to get in the kitchen. From nourishing breakfasts to start the day right, to school lunches to impress your friends, party ideas for every occasion, and even recipes for the best homemade facial scrubs to fight that dreaded teen acne, Amber shares her secrets for using the power of food to get the best out of her teen years. Includes 45 full-color photographs throughout.

Choice collection of 13 stories includes "Life in the Iron Mills" by Rebecca Harding Davis, Zora Neale Hurston's "Sweat," plus superb fiction by Kate Chopin, Willa Cather, Edith Wharton, many others.

He set out to make his utopian dream come true - Bronson Alcott, his wife and four daughters, and an odd assortment of friends who knew more about philosophy than they did about farming. Would their experiment at Fruitlands last through the hard New England winter? Louisa May Alcott's classic satire on her father's Transcendental commune is for readers of all ages who love Alcott, history, or just a good story told with humor and sensitivity.

The two-time Pulitzer Prize-winning biologist delivers "an astonishing literary achievement" (Anthony Gottlieb, *The Economist*). Winner of the 2010 Heartland Prize, Anthill follows the thrilling adventures of a modern-day Huck Finn, enthralled with the "strange, beautiful, and elegant" world of his native Nokobee County. But as developers begin to threaten the endangered marshlands around which he lives, the book's hero decides to take decisive action. Edward O. Wilson—the world's greatest living biologist—elegantly balances glimpses of science with the gripping saga of a boy determined to save the world from its most savage ecological predator: man himself.

Whatever society we live in, and however open-minded we like to think we are, when it comes to our sex lives we all like to keep a few secrets. But this makes the jobs of sexologists - professionals who study sexual behaviour - pretty difficult. Luckily, David Spiegelhalter, Professor of Risk at Cambridge University, is here to unravel the web of exaggerations, misdirections and downright lies that surround sex in modern society. Drawing on the Natsal survey, the widest survey of sexual behaviour since the Kinsey Report, he answers crucial questions such as what are we all doing? How often? And how has it changed? Accompanying a major Wellcome exhibition on the same subject, *Sex by Numbers* is an informed and entertaining look at the most enduring of human obsessions, from one-night stands to the seven-year itch.

Abel James, the ABC star and creator of the #1 Fat-Burning Man Show, shares his revolutionary weight-loss program in *The Wild Diet* - now a New York Times Bestseller! Can you really lose 20 pounds in 40 days while enjoying real butter, juicy burgers, chicken parmesan, chocolate, and even cheesecake? The answer might surprise you. By focusing on simple, fresh ingredients and

nutrient-dense meals, *The Wild Diet* programs your body to burn fat as its main fuel source. Eating Wild, thousands of people across the world have dropped 20, 60, or even more than 100+ pounds without hunger... and often with minimal exercise. In *The Wild Diet*, you'll find that we are not meant to starve ourselves, count calories, or avoid delicious food. We're wired to eat luxuriously and live well without getting fat. If you think that you're stuck with the genes you inherited and there's nothing you can do about it, read closely. *The Wild Diet* paints a different picture, one in which we have the power to influence our genetic expression by taking control of the quality of food we eat, the way we move, and the environment around us. We once had access to an immense variety of fresh seasonal foods from small, local sources. Now we have access to few varieties of processed foods from a massive industrial system often thousands of miles from where we live. The secret to great health simply getting back to our wild roots and enjoying real, Wild foods grown on a farm and not in a factory. By prioritizing foods found in the natural world, rich in fiber and nutrients, your body will burn fat instead of sugar for energy. When you reduce your consumption of processed grains, sugars and other simple carbohydrates in favor of healthy plants and animals, you will be shocked by how quickly you can reverse the damage of decades of poor eating. *The Wild Diet* proves that it's possible to get in best shape of your life while eating delicious foods like chicken parmesan, bacon cheeseburgers, and even chocolate pudding. If you want to know how to burn more fat by indulging in incredible meals and exercising less, it's time to treat yourself to *The Wild Diet*.

?Not only funny, it's also fully triumphant...a heartbreaking pleasure to read.?(Elle) Suzanne Finamore didn't see it coming. Well, she saw some things?for example, a cocktail napkin on which her husband had scribbled a Cole Porter love song and an indecipherable name?but she refused to acknowledge it. She was busy tending to their son and creating the perfect home. Until the night it all imploded. ?I deserve happiness,? he said, which apparently translated into ousting her from his life. At once funny, sad, and unflinchingly fierce, this memoir will resonate with anyone who has endured the end of a relationship?and come out on the other side changed.

"Erica Garza has written a riveting, can't-look-away memoir of a life lived hardcore...In an era when predatory male sexual behavior has finally become a topic of urgent national discourse...Getting Off makes for a wild, timely read" (Elle). A fixation on porn and orgasm, strings of failed relationships and serial hook-ups with strangers, inevitable blackouts to blunt the shame—these are not things we often hear women share publicly, and not with the candor, eloquence, and introspection Erica Garza brings to *Getting Off*. What sets this courageous and riveting account apart from your typical misery memoir is the absence of any precipitating trauma beyond the garden variety of hurt we've all had to endure in simply becoming a person—reckoning with family, learning to be social, integrating what it means to be sexual. Whatever tenor of violence or abuse Erica's life took on through her behavior was of her own making, fueled by fear, guilt, self-loathing, self-pity, loneliness, and the hopelessness those feelings brought on as she runs from one side of the world to the other in an effort to break her habits—from East Los Angeles to Hawaii and Southeast Asia, through the brothels of Bangkok and the yoga studios of Bali to disappointing stabs at therapy and twelve-steps back home. In these remarkable pages, Garza draws an evocative, studied portrait of the anxiety that fuels her obsessions, as well as the exhilaration and hope she begins to feel when she suspects she might be free of them. *Getting Off* offers a brave and necessary voice to our evolving conversations about addiction and the impact that internet culture has had on us—all—"a profoundly genuine, gripping story that any reader can appreciate" (Vice). "In reading Garza's insight into her own experiences, we better understand ourselves" (The New York Times Book Review).

What does a free-spirited, fifty-something professional do when she breaks up with her non-committal Buddhist boyfriend and longs for a life partner? She holds a 'letting go' ceremony with the boyfriend, challenges herself to go on 50 dates, takes a few lovers, and voila! *Finding Mr. Right* becomes a sexy dating project. Set in the SF Bay Area world of personal growth workshops and spiritual ceremonies, *Fifty First Dates after Fifty* traces the adventurous path of Carolyn's universal quest for love. The goal of fifty pulls her forward through the highs and lows of dating—magical and ecstatic, pining and painful—while her heart soars, falls, and keeps on going. Buoyed by her dating project, she avoids settling for the wrong guy, discovers the type of man she wants, reconciles a love of independence and sex with her desire for commitment and emotional connection, and finds the unique partner for her. This upbeat memoir about the search for a partner in midlife is also a celebration of a woman's unabashed sexuality. Erotic in places, funny in others, it offers a positive view of dating as an enjoyable journey of self-discovery and self-love along the way to one's own Mr. Right.

A biography of the author of "Little Women" describes how she struggled to achieve her dream of becoming an author and discusses her private life and her accomplishments.

A memoir chronicling Shirley MacLaine's remarkable experiences

filming *Wild Oats* in the Canary Islands and the extraordinary memories her time there brought forth of a past life on the lost continent of Atlantis

This heartbreaking, hilarious, and brutally honest memoir shares the deeply personal life story of a girl next door and her transformation into a household name. For more than forty years, Katie Couric has been an iconic presence in the media world. In her brutally honest, hilarious, heartbreaking memoir, she reveals what was going on behind the scenes of her sometimes tumultuous personal and professional life - a story she's never shared, until now. Of the medium she loves, the one that made her a household name, she says, "Television can put you in a box; the flat-screen can flatten. On TV, you are larger than life but smaller, too. It is not the whole story, and it is not the whole me. This book is." Beginning in early childhood, Couric was inspired by her journalist father to pursue the career he loved but couldn't afford to stay in. Balancing her vivacious, outgoing personality with her desire to be taken seriously, she overcame every obstacle in her way: insecurity, an eating disorder, being typecast, sexism . . . challenges, and how she dealt with them, setting the tone for the rest of her career. Couric talks candidly about adjusting to sudden fame after her astonishing rise to co-anchor of the *TODAY* show, and guides us through the most momentous events and news stories of the era, to which she had a front-row seat: Rodney King, Anita Hill, Columbine, the death of Princess Diana, 9/11, the Iraq War . . . In every instance, she relentlessly pursued the facts, ruffling more than a few feathers along the way. She also recalls in vivid and sometimes lurid detail the intense pressure on female anchors to snag the latest "get"—often sensational tabloid stories like Jon Benet Ramsey, Tonya Harding, and OJ Simpson. Couric's position as one of the leading lights of her profession was shadowed by the shock and trauma of losing her husband to stage 4 colon cancer when he was just 42, leaving her a widow and single mom to two daughters, 6 and 2. The death of her sister Emily, just three years later, brought yet more trauma—and an unwavering commitment to cancer awareness and research, one of her proudest accomplishments. Couric is unsparing in the details of her historic move to the anchor chair at the *CBS Evening News*—a world rife with sexism and misogyny. Her "welcome" was even more hostile at *60 Minutes*, an unrepentant boys club that engaged in outright hazing of even the most established women. In the wake of the

MeToo movement, Couric shares her clear-eyed reckoning with gender inequality and predatory behavior in the workplace, and downfall of Matt Lauer—a colleague she had trusted and respected for more than a decade. Couric also talks about the challenge of finding love again, with all the hilarity, false-starts, and drama that search entailed, before finding her midlife Mr. Right. Something she has never discussed publicly—why her second marriage almost didn't happen. If you thought you knew Katie Couric, think again. *Going There* is the fast-paced, emotional, riveting story of a thoroughly modern woman, whose journey took her from humble origins to superstardom. In these pages, you will find a friend, a confidante, a role model, a survivor whose lessons about life will enrich your own.

An honest and compelling memoir, *Girl in Need of a Tourniquet* is Merri Lisa Johnson's account of her borderline personality disorder and how it has affected her life and relationships. Johnson describes the feeling of "bleeding out" — unable to tell where she stopped and where her partner began. A self-confessed "psycho girlfriend," she was influenced by many emotional factors from her past. She recalls her path through a dysfunctional, destructive relationship, while recounting the experiences that brought her to her breaking point. In recognizing her struggle with borderline personality disorder, Johnson is ultimately able to seek help, embarking on a soul-searching healing process. It's a path that is painful, difficult, and at times heart-wrenching, but ultimately makes her more able to love and coexist in healthy relationships.

Cover crops slow erosion, improve soil, smother weeds, enhance nutrient and moisture availability, help control many pests and bring a host of other benefits to your farm. At the same time, they can reduce costs, increase profits and even create new sources of income. You'll reap dividends on your cover crop investments for years, since their benefits accumulate over the long term. This book will help you find which ones are right for you. Captures farmer and other research results from the past ten years. The authors verified the info. from the 2nd ed., added new results and updated farmer profiles and research data, and added 2 chap. Includes maps and charts, detailed narratives about individual cover crop species, and chap. about aspects of cover cropping.

*** Winner of the 2012 Costa First Novel Award *** *** Winner of the 2013 Harold U. Ribalow Prize, the 2013 Sam Rohr Prize for Jew-

ish Literature, the 2012 Costa First Novel Award, and the 2012 National Jewish Book Award for Fiction *** A smart and slyly funny tale of love, temptation, confusion, and commitment; a triumphant and beautifully executed recasting of Edith Wharton's *The Age of Innocence*. Newly engaged and unthinkingly self-satisfied, twenty-eight-year-old Adam Newman is the prize catch of Temple Fortune, a small, tight-knit Jewish suburb of London. He has been dating Rachel Gilbert since they were both sixteen and now, to the relief and happiness of the entire Gilbert family, they are finally to marry. To Adam, Rachel embodies the highest values of Temple Fortune; she is innocent, conventional, and entirely secure in her community—a place in which everyone still knows the whereabouts of their nursery school classmates. Marrying Rachel will cement Adam's role in a warm, inclusive family he loves. But as the vast machinery of the wedding gathers momentum, Adam feels the first faint touches of claustrophobia, and when Rachel's younger cousin Ellie Schneider moves home from New York, she unsettles Adam more than he'd care to admit. Ellie—beautiful, vulnerable, and fiercely independent—offers a liberation that he hadn't known existed: a freedom from the loving interference and frustrating parochialism of North West London. Adam finds himself questioning everything, suddenly torn between security and exhilaration, tradition and independence. What might he be missing by staying close to home?

Remodelista.com is the go-to, undisputed authority for home design enthusiasts, remodelers, architects, and designers. Unlike sites that cater to all tastes, Remodelista has a singular and clearly defined aesthetic: classic pieces trump designs that are trendy and transient, and well-edited spaces take precedence over cluttered environments. High and low mix seamlessly here, and getting the look need not be expensive (think *Design Within Reach* meets *Ikea*). Remodelista decodes the secrets to achieving this aesthetic, with in-depth tours and lessons from 12 enviable homes; a recipe-like breakdown of the hardest-working kitchens and baths; dozens of do-it-yourself projects; "The Remodelista 100," a guide to the best everyday household objects; and an in-depth look at the ins and outs of the remodeling process. In a world of design confusion, Remodelista takes the guesswork out of the process.

Reproduction of the original: *The Crux* by Charlotte Perkins Gilman