

Download Ebook *Fragile The True Story Of My Lifelong Battle With Anorexia*

Fragile The True Story Of My Lifelong Battle With Anorexia

Sixteen-year-old Nate is a GEM—a Genetically Engineered Medi-tissue—created by Gathos City scientists as a cure for the elite from the fatal lung rot ravaging the population. As a child, Nate was smuggled out of the laboratory where he was held captive and taken into the Withers—a quarantined, lawless region. He manages to survive by becoming a Tinkerer, fixing broken tech in exchange for food or a safe place to sleep. When he meets Reed, a kind and fiercely protective boy who makes his heart race, and

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his misfit gang of scavengers, Nate finds the family he's always longed for—even if he can't risk telling them what he is. But Gathos created a genetic fail-safe in their GEMs—a flaw in their DNA that causes their health to rapidly deteriorate as they age unless they are regularly dosed with medication controlled by Gathos City. When violence erupts across the Withers, Nate's illegal supply of medicine is cut off, and a vicious attack on Reed threatens to expose his secret. With time running out, Nate is left with only two options: work for a shadowy terrorist organization that has the means to keep him alive, or stay—and die—with the boy he loves. Say the name Nikki Grahame and most people will

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remember the bubbly, highly strung and hugely entertaining Big Brother 7 contestant, famous for her diary room outbursts. Since leaving the Big Brother house, she had forged a successful career for herself in presenting and writing. Yet Nikki isn't just another reality television contestant and her life story is not like any other you will ever read. From the age of eight until she was nineteen, Nikki battled anorexia nervosa—but few cases have been quite as extreme as hers. What she has been through while suffering from this illness might surprise you—it will definitely shock you. At just seven years old, Nikki began feeling that she was overweight. A remark about her being fat from a fellow pupil at a gymnastics class

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along with insecurity brought about by her parents' separation and her beloved grandfather's death, were the catalysts for Nikki's long-term eating disorder. Aged just eight and weighing just under three stone, she was diagnosed as anorexic. For the next eight years, Nikki was in and out of institutions—seven in total—during which time she attempted suicide twice and had to be sedated up to four times a day so that she could be force-fed. At one point, she was sedated for fourteen days while doctors sewed a tube into her stomach, through which she was fed in order to get her weight out of the critical range. Nikki admits that she knew every anorexic's trick in the book: from breaking into hospital kitchens to water down

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full-fat milk, altering her diet sheet and switching name tags on food to ensure that she received smaller amounts, to even stuffing a door-stop down her trousers before a weigh-in. The extremes that she went to in order to avoid eating and find ways to exercise excessively shocked doctors who have worked in the field for years. As Nikki says, "I've always wanted to be the best at everything I do, so I had to be the best anorexic—and I was." This is the heart-rending and powerful story of a girl who lost her childhood but was brave enough to finally admit that she wanted to live again. With searing honesty, Nikki recounts her long and painful road to recovery, how she has had to come to terms with the long-term

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ramifications of her illness, how she coped with being in the Big Brother house and how she uses her new-found fame to promote awareness of eating disorders and to help those who are suffering from similar problems. This compelling book tells the story of an incredible journey.

Six years after trading in his combat gear for hospital scrubs, Luke still hasn't found what he's been searching for; a normal life. At work, Luke is faced with things just as heartbreaking as those on the battlefield, none more so than the abused children brought in by a pretty red-headed social worker. For Devon, being a social worker is a rewarding job, but also a constant reminder of her own troubled youth.

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Devon takes everything one day at a time, unable to form a relationship with anyone except the children she rescues. Can Luke break through Devon's emotional barriers?

I am Comet Caldwell. And I sort of, kind of, absolutely hate my name. People expect extraordinary things from a girl named Comet. That she'll be effortlessly cool and light up a room the way a comet blazes across the sky. But from the shyness that makes her book-character friends more appealing than real people to the parents whose indifference hurts more than an open wound, Comet has never wanted to be the center of attention. She can't wait to graduate from her high school in

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Edinburgh, Scotland, where the only place she ever feels truly herself is on her anonymous poetry blog. But surely that will change once she leaves to attend university somewhere far, far away. When new student Tobias King blazes in from America and shakes up the school, Comet thinks she's got the bad boy figured out. Until they're thrown together for a class assignment and begin to form an unlikely connection. Everything shifts in Comet's ordinary world. Tobias has a dark past and runs with a tough crowd—and none of them are happy about his interest in Comet. Targeted by bullies and thrown into the spotlight, Comet and Tobias can go their separate ways...or take a risk on something

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extraordinary. From the New York Times bestselling author of The Impossible Vastness of Us and the On Dublin Street series comes a heartfelt and beautiful new young adult novel, set in Scotland, about daring to dream and embracing who you are.

Redemptive and touching, "Fragile Beasts" is a tender and intelligent novel by beloved "New York Times"-bestselling author O'Dell. The author's observational skills about places and people are sure to immerse readers in the world she has created.

'This open access book addresses an urgent issue on which little organized information exists. It reflects experience in Africa but is highly relevant to other fragile states as well.' —Constantine Michalopoulos,

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John Hopkins University, USA and former Director of Economic Policy and Co-ordination at the World Bank
Fragile countries face a triple data challenge. Up-to-date information is needed to deal with rapidly changing circumstances and to design adequate responses. Yet, fragile countries are among the most data deprived, while collecting new information in such circumstances is very challenging. This open access book presents innovations in data collection developed with decision makers in fragile countries in mind. Looking at innovations in Africa from mobile phone surveys monitoring the Ebola crisis, to tracking displaced people in Mali, this collection highlights the challenges in data collection

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researchers face and how they can be overcome. For readers of Tom Perrotta and Lorrie Moore, these nine unforgettable stories, all set in and around Cape Canaveral, showcase Patrick Ryan's masterly understanding of regret and hope, relationships and family, and the universal longing for love. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY St. Louis Post Dispatch • Refinery 29 • Electric Literature The Dream Life of Astronauts balances heartbreak with wry humor as its characters try to make sense of the paths they find themselves on. A would-be Miss America auditions for a shady local talent scout over vodka and Sunny D; a NASA engineer begins to wonder if the woman he's having an affair with is

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slowly poisoning her husband; a Boy Scout troop leader, recovering from a stroke, tries to protect one of his scouts from being bullied by his own sons; an ex-mobster living in witness protection feuds with the busybody head of his condo board; a grandmother, sentenced to driver's ed after a traffic accident, surprises herself by falling for her instructor. Set against landmark moments—the first moon launch, Watergate, the Challenger explosion—these private dramas unfurl in startling ways. The Dream Life of Astronauts ratifies the emergence of an indelible new talent in fiction. Praise for The Dream Life of Astronauts “[Ryan] displays a gift for excavating the dashed hopes and

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yearnings that lie beneath. He is especially adept at capturing the point of view of children, with a Salingeresque understanding of their alienation, their vulnerability, their keen powers of observation.”—Michiko Kakutani, The New York Times “Quietly commanding . . . A wry and smart collection—a beam of intelligent life from an author who clearly likes to probe the outer edges of the familiar.”—Maureen Corrigan, NPR’s Fresh Air “Ryan is a master of that old-fashioned, captivating storytelling that deceptively reads as effortless. . . . Ryan never actually sends his characters into space; but his orbits of the human heart are enough.”—The New York Times Book Review “Ryan brings a wry

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sense of intimacy to these dreamers who are always searching for a better life, for something new.”—BBC
“Patrick Ryan’s short stories go down lightly—but that doesn’t mean they’re lightweight. In the best of them, Ryan’s transparent prose and seemingly casual tone sneakily ensnare you in tough moments and wryly rueful deflations of the heart and spirit.”—The Seattle Times
“You don’t have to be a rocket scientist to appreciate this funny collection of stories set around Cape Canaveral. Moon missions and shuttle launches take a backseat to the earthly predicaments faced by the eclectic cast of Boy Scouts, gangsters, grandmothers and beauty queens.”—The Atlanta Journal-Constitution
“There is

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humanity and heart in each one of these tales, all rendered with nuance and depth that will leave a mark on your thoughts long past the final pages.”—Refinery29 “Patrick Ryan’s characters are people who are a little more beaten down than they know. They are not introspective by default, and yet, due to circumstances, they are forced to look into themselves and find something that, in his own phrase, feels like life.”—Literary Hub “The author illuminates [his] characters with pitch-perfect dialogue and period references that capture the various decades in which the stories take place.”—Publishers Weekly
Summer 1936: a sunny day in Kent, a perfect

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afternoon for a garden party, and everything seems right in the tranquil and ordered world of the Jordan family. But before the day is out that peace is shattered due to a war being fought in a country not their own. Summer 1940: London is at war, and for the first time in the history of combat a civilian population is under attack from the air. As a consequence - also for the first time - a generation of young men is called upon to face the enemy not from within an organised force on land or on sea but in individual and lethal combat in the skies above the green, fertile and until now peaceful fields of southern England... The war was not of their making but the Jordan family will do whatever it takes to

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save all that they hold dear. The perfect family saga of love, war and hope for fans of Josephine Cox, Lily Graham and Natasha Lester.

[The True Story of My Lifelong Battle with Anorexia](#)
[Antifragile](#)

[Short Fictions and Wonders](#)

[The House of Fragile Things](#)

[A Mother's Story of a Bipolar Son](#)

[Jewish Art Collectors and the Fall of France](#)

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[Data Collection in Fragile States](#)

[Why It's So Hard for White People to Talk About Racism](#)

[The Dream Life of Astronauts](#)

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[A True Story about Light, Darkness, and the Hope Beyond the Veil](#)

*This unique book provides a striking look at the dramatic changes that are happening to our planet. 230 dramatic images of sea level rising, glaciers melting, flooding, and impacts from fires. Striking images of the following locations are included: * American, European and Asian glaciers * Australian bushfires * Pacific Islands under threat * Rivers drying out * Cities flooding * Alaskan coastline * Advancing deserts * Greenland's shrinking ice A unique record of the dramatic changes which are shaping our planet.*

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Mary is a difficult grandmother for Durga to love. She is sharp-tongued and ferocious, with more demons than there are lines on her palms. When Durga visits her in rural Malaysia, she only wants to endure Mary, and the dark memories home brings, for as long as it takes to escape. But a reckoning is coming. Stuck together in in the rising heat, both women must untangle the truth from the myth of their family's past. What happened to Durga's mother after she gave birth? Why did so many of their family members disappear during the war? And who is to blame for the childhood tragedy that haunts her to this day? Catherine Menon's stunning debut

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novel traces one family's story from 1920 to the present, unravelling a thrilling tale of love, betrayal and redemption against the backdrop of natural disasters and fallen empires. Written in vivid technicolour, with an electric daughter-grandmother relationship at its heart, Fragile Monsters explores what happens when secrets fester through the generations.

April 18, 1906: A massive earthquake rocks San Francisco just before daybreak, igniting a devouring inferno. Lives are lost, lives are shattered, but some rise from the ashes forever changed. Sophie Whalen is a young Irish immigrant so desperate to get out of a New

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York tenement that she answers a mail-order bride ad and agrees to marry a man she knows nothing about. San Francisco widower Martin Hocking proves to be as aloof as he is mesmerizingly handsome. Sophie quickly develops deep affection for Kat, Martin's silent five-year-old daughter, but Martin's odd behavior leaves her with the uneasy feeling that something about her newfound situation isn't right. Then one early-spring evening, a stranger at the door sets in motion a transforming chain of events. Sophie discovers hidden ties to two other women. The first, pretty and pregnant, is standing on her doorstep. The second is hundreds of miles away in

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the American Southwest, grieving the loss of everything she once loved. The fates of these three women intertwine on the eve of the devastating earthquake, thrusting them onto a perilous journey that will test their resiliency and resolve and, ultimately, their belief that love can overcome fear. From the acclaimed author of The Last Year of the War and As Bright as Heaven comes a gripping novel about the bonds of friendship and mother love, and the power of female solidarity. From the author of stunning debut The Mourning Hours comes a powerful new novel that explores every parent's worst nightmare... The Kaufmans have always

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considered themselves a normal, happy family. Curtis is a physics teacher at a local high school. His wife, Kathleen, restores furniture for upscale boutiques. Daniel is away at college on a prestigious music scholarship, and twelve-year-old Olivia is a happy-go-lucky kid whose biggest concern is passing her next math test. And then comes the middle-of-the-night phone call that changes everything. Daniel has been killed in what the police are calling a "freak" road accident, and the remaining Kaufmans are left to flounder in their grief. The anguish of Daniel's death is isolating, and it's not long before this once-perfect

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family finds itself falling apart. As time passes and the wound refuses to heal, Curtis becomes obsessed with the idea of revenge, a growing mania that leads him to pack up his life and his anxious teenage daughter and set out on a collision course to right a wrong. An emotionally charged novel, The Fragile World is a journey through America's heartland and a family's brightest and darkest moments, exploring the devastating pain of losing a child and the beauty of finding the way back to hope. "Heart-stopping. A gripping read that delivers a beautiful reminder of the resilience of love." —Karen Brown, author of The Longings of Wayward Girls

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The debut novel from a publishing industry veteran tells the "thought-provoking and heartbreaking" story of friendship, love, and the struggles of finding yourself. 17-year-old Ava Collins grew up constantly reminded that she wasn't - and couldn't - be normal. A deaf student in public high school, her entire life was spent feeling like she needed to be 'fixed', but it wasn't until she met Theo De Vries that she learned the truth. Ava is learning that her life is her choice, that she gets to decide what she wants from her future, and that maybe we're all a little bit broken. And normal? Well, normal is whatever you decide.

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To live is to suffer; to survive is to find some meaning in the suffering. Friedrich Nietzsche
FRANKIE
The bitterness is consuming. Its intensity slashes and claws at my insides, its hatred wrenching my soul as it curls and nurtures my need for revenge. His torture only feeds my vice. I won't let him break me, only strengthen me. The pain he gives is welcomed, its rawness fuelling the loathing inside with each of his thrashes and tears on my pale skin, with every harsh truth he breathes in my ear and with each of his crippling holds. I have waited too long for this and I'll never let the bastard win. He will have to end me before I give in. But now he has a

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weapon against me. Something I swore throughout my life I would never let in; Love. Tate. TATE Her strength astounds me. He doesn't seem to break her. His relentless persecution and determination to bury her under his furious reign and brutality eats at my soul. It has found that dark place inside me, the pit of hell I had locked and secured away, and enriched it, demanded its flourish and ripened its ferocity. The family wrath. She'll never give in, and I pray every night as I guide her through the darkness that tomorrow will bring the light to her soul before it is consumed, finally, by the plague of him; Evil. Jude. JUDE She blossoms under my torture, the

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soft suppleness of her skin ripping and tearing as though her soul is trying to break free from the agony. I'll allow it, because I can. Because I need her soul. I crave the sustenance it feeds my rage with, my thirst for cruelty quenched by the sounds of her desolate screams and my hunger for blood, nourished by the slow drip of her life force at my feet. She thinks I won't break her, so does he. They underestimate the blood that slithers through my veins. It's sustained by pain and suffering. It's the blood that tenures those around me. The Bloodthirsty. The Shadows of Sin.

A powerful history of Jewish art collectors in France,

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and how an embrace of art and beauty was met with hatred and destruction In the dramatic years between 1870 and the end of World War II, a number of prominent French Jews—pillars of an embattled community—invested their fortunes in France’s cultural artifacts, sacrificed their sons to the country’s army, and were ultimately rewarded by seeing their collections plundered and their families deported to Nazi concentration camps. In this rich, evocative account, James McAuley explores the central role that art and material culture played in the assimilation and identity of French Jews in the fin-de-siècle. Weaving together

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narratives of various figures, some familiar from the works of Marcel Proust and the diaries of Jules and Edmond Goncourt—the Camondos, the Rothschilds, the Ephrussis, the Cahens d'Anvers—McAuley shows how Jewish art collectors contended with a powerful strain of anti-Semitism: they were often accused of “invading” France’s cultural patrimony. The collections these families left behind—many ultimately donated to the French state—were their response, tragic attempts to celebrate a nation that later betrayed them.

Jai when in school, poured his heart out in a letter which he wrote for Geeta whom he was in love with. But

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fate has its own plans and she disappears abruptly, leaving him distressed and broken. Years later, Jai moves to Bangalore for further studies and there he meets Riya, his junior who tries to fill the void in his life. The two soon get into a relationship. Life makes an unexpected twist when Jai shifts to Mumbai for his job and meets someone from the past. Torn between his past and present, what will Jai do? Read The Fragile Heart to know more.

[Writing from The New Yorker on Climate Change](#)

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[*Fragile Planet: the Impact of Climate Change*](#)

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[*Fragile Truths*](#)

[*Fragile Remedy Stories*](#)

[*A Cardiac Surgeon's Stories of Life and Death on the Operating Table*](#)

[*Fragile Power*](#)

In gripping prose, one of the world's leading cardiac surgeons lays bare both

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the wonder and the horror of a life spent a heartbeat away from death When Stephen Westaby witnessed a patient die on the table during open-heart surgery for the first time, he was struck by the quiet, determined way the surgeons walked away. As he soon understood, this detachment is a crucial survival strategy in a profession where death is only a heartbeat away. In Open Heart, Westaby reflects on over 11,000 surgeries, showing us why the

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*procedures have never become routine and will never be. With astonishing compassion, he recounts harrowing and sometimes hopeful stories from his operating room: we meet a pulseless man who lives with an electric heart pump, an expecting mother who refuses surgery unless the doctors let her pregnancy reach full term, and a baby who gets a heart transplant—only to die once it's in place. For readers of Atul Gawande's *Being Mortal* and of Henry Marsh's *Do No**

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Harm, Open Heart offers a soul-baring account of a life spent in constant confrontation with death.

The haunting story of a family of dreamers and tale-tellers looking for home in an unwelcoming world. This exquisite and unusual magic realist debut, told in intensely lyrical prose by an award winning author, traces one girl's migration from war to peace, loss to loss, home to home. Firuzeh and her brother Nour are children of fire,

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born in an Afghanistan fractured by war. When their parents, their Atay and Abay, decide to leave, they spin fairy tales of their destination, the mythical land and opportunities of Australia. As the family journeys from Pakistan to Indonesia to Nauru, heading toward a hope of home, they must rely on fragile and temporary shelters, strangers both mercenary and kind, and friends who vanish as quickly as they're found. When they arrive in

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Australia, what seemed like a stable shore gives way to treacherous currents. Neighbors, classmates, and the government seek their own ends, indifferent to the family's fate. For Firuzeh, her fantasy worlds provide some relief, but as her family and home splinter, she must surface from these imaginings and find a new way.

Evelyn Hopkins leaves everything she knows and heads to London at the height of the Roaring Twenties, intent upon

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living her life to the fullest. But will the dark cloud of the Great War keep her from happiness and love? Edward Hopkins returned from the war, but he is a shadow of his former self, broken by his experiences. His sister makes him a promise: to live her life well enough for both of them. London is a colorful world of jazz, fashion, and opportunities for lust and romance at every turn. When Evelyn meets handsome, eccentric Jos—with her butch style and

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gentle manner—she knows true attraction for the first time. But can love sustain them through tragedy and carry Evelyn into a new life she can be proud of?

*A New York Times New & Noteworthy Book
One of the Daily Beast's 5 Essential Books to Read Before the Election
A collection of the New Yorker's groundbreaking reporting from the front lines of climate change—including writing from Bill McKibben, Elizabeth*

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Kolbert, Ian Frazier, Kathryn Schulz, and more Just one year after climatologist James Hansen first came before a Senate committee and testified that the Earth was now warmer than it had ever been in recorded history, thanks to humankind's heedless consumption of fossil fuels, New Yorker writer Bill McKibben published a deeply reported and considered piece on climate change and what it could mean for the planet. At the time, the piece

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was to some speculative to the point of alarmist; read now, McKibben's work is heroically prescient. Since then, the New Yorker has devoted enormous attention to climate change, describing the causes of the crisis, the political and ecological conditions we now find ourselves in, and the scenarios and solutions we face. The Fragile Earth tells the story of climate change—its past, present, and future—taking readers from Greenland to the Great

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Plains, and into both laboratories and rain forests. It features some of the best writing on global warming from the last three decades, including Bill McKibben's seminal essay "The End of Nature," the first piece to popularize both the science and politics of climate change for a general audience, and the Pulitzer Prize-winning work of Elizabeth Kolbert, as well as Kathryn Schulz, Dexter Filkins, Jonathan Franzen, Ian Frazier, Eric Klinenberg,

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and others. The result, in its range, depth, and passion, promises to bring light, and sometimes heat, to the great emergency of our age.

Rule #3: Don't stare at invisible faeries. Aislinn has always seen faeries. Powerful and dangerous, they walk hidden in mortal world. Aislinn fears their cruelty—especially if they learn of her Sight—and wishes she were as blind to their presence as other teens. Rule #2: Don't speak to

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invisible faeries. Now faeries are stalking her. One of them, Keenan, who is equal parts terrifying and alluring, is trying to talk to her, asking questions Aislinn is afraid to answer. Rule #1: Don't ever attract their attention. But it's too late. Keenan is the Summer King who has sought his queen for nine centuries. Without her, summer itself will perish. He is determined that Aislinn will become the Summer Queen at any cost—regardless of

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her plans or desires. Suddenly none of the rules that have kept Aislinn safe are working anymore, and everything is on the line: her freedom; her best friend, Seth; her life; everything. Faerie intrigue, mortal love, and the clash of ancient rules and modern expectations swirl together in Melissa Marr's stunning 21st century faery tale.

'Emma has joined an elite club of authors.' Sunday Mail FRAGILE CORD is

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an emotional rollercoaster charting the psychological meltdown of a mother with a deadly secret. Introducing Salford detectives Kevin Coupland and Alex Moreton as they investigate what appears to be a routine murder-suicide. Tracey Kavanagh was her usual upbeat self; right up until the moment she drowned her son before killing herself and her unborn child. For Alex Moreton, this case couldn't have come at a worse time, battling with her partner over

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whether to have another child, she is superstitious about pushing their luck - they're happy enough as they are...aren't they? DS Kevin Coupland is dealing with a serious assault outside a wine bar in Swinton. Devoted family man Ricky Wilson is brutally stabbed following an altercation with youths while out with his wife and their children to celebrate her birthday. Coupland and Moreton's cases merge when it transpires that Tracey and Ricky

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were tragically connected. Is it possible that there could be more to these two investigations than pure coincidence? And what was Tracey Kavanagh so frightened of she thought wiping out her family was the answer? As the past collides with the present Coupland uncovers a tragic secret that will destroy Tracey's family, or what's left of it. Coupland must choose whether the truth shall come out - or be taken to the grave. Fans of Mark

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Billingham and Angela Marsons will be gripped by this exceptional crime fiction series. Watch out for more from D.S. Coupland: Book Two, A PLACE OF SAFETY: A Detective battling personal tragedy, Kevin Coupland will stop at nothing to protect a key witness in a drive-by shooting. Other books in the series include: ONE BAD TURN, ABSENT, FLESH AND BLOOD, STICKS AND STONES, WHEN DARKNESS FALLS. Praise for Emma Salisbury: 'I read the whole series in

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a week.' 'An author to watch.'

Goodreads reviewer 'Love the way this author writes.' What people are saying about Fragile Cord 'A police procedural done right.' 'Keeps you guessing.'

'Tautly written. Would make a brilliant TV series.' 'A page-turner that keeps you guessing right to the final twist.'

'Once started I couldn't put down.'

'Edge of your seat.'

Volume II of The Archisan Tales Taya and Lorkrin's shape-changing Myunan

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tribe faces an invasion by Noran, which is intent on mining the valuable iron ore from their sacred mountain, Absaleth. But the mountain is haunted and fights back with supernatural powers. Then a mine tunnel collapses and the miners are trapped. With them are Taya and Lorkrin's parents, Nayalla and Mirkrin, who had been searching for their unruly children. Taya and Lorkrin are terrified for their parents. But help arrives in the form of their Uncle

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Emos. He and his friend Draegar know there is one chance for the trapped people -- another entrance to the caves far back in the mountain range. A rescue party sets out as the mountain starts to collapse in on itself. Today, I look forward to a future where anorexia's voice will be silenced, where I can simply be Nikki Grahame and not be defined or controlled by my illness.' Say the name Nikki Grahame and most people will remember the

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bubbly, highly strung and hugely entertaining Big Brother 7 contestant. Since leaving the Big Brother house, she has forged a successful career for herself in presenting and writing. Yet Nikki isn't just another reality television contestant and her life story is not like any other you will ever read. From the age of eight until she was nineteen Nikki battled anorexia nervosa but few cases have been quite as extreme as hers. This compelling

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book tells the story of her incredible journey and has been revised to include Nikki's ongoing struggle with anorexia. Aged just eight and weighing just under three stone, Nikki was diagnosed as anorexic. For the next eight years, she was in and out of institutions - eleven in total - during which time she attempted suicide twice and had to be sedated up to four times a day so that she could be force-fed. At one point, she was sedated for fourteen days while

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doctors sewed a tube into her stomach, through which she was fed to get her weight out of the critical range. The lengths that she went to in order to avoid eating and find ways to exercise excessively shocked doctors who have worked in the field for years. As Nikki says, 'I've always wanted to be the best at everything I do, so I had to be the best anorexic - and I was.' With searing honesty, Nikki recounts her long and painful road to recovery, how

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she has had to come to terms with the long-term ramification of her illness, how she uses her new-found fame to promote awareness of eating disorders and to help those who are suffering from similar problems.

[Fragile Bully](#)

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[A Fragile Thread of Hope](#)

[Nikki Grahame - Dying to Be Thin](#)

[Why Having Everything Is Never Enough;](#)

[Lessons from Treating the Wealthy and Famous](#)

[Fragile Cord](#)

[A Novel](#)

"Paul has been training his whole life to be a Protector. Together he and his assigned Speaker will help lingering souls move from our world to the next. But no amount of training has prepared

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him for Vivienne--a Speaker with hot pink hair, piercings, and a blatant disregard for rules"--

Say the name Nikki Grahame and most people will remember the bubbly, highly strung and hugely entertaining Big Brother 7 contestant. Since leaving the Big Brother house, she has forged a successful career for herself in presenting and writing. Yet Nikki isn't just another reality television contestant, and her life story is not

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like any other you will ever read. From the age of eight until she was nineteen, Nikki battled anorexia nervosa but few cases have been quite as extreme as hers. Aged just eight and weighing just under 45 pounds, Nikki was diagnosed as anorexic. For the next eight years, she was in and out of institutions—seven in total—during which time she attempted suicide twice and had to be sedated up to four times a day so that she could be force-fed.

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At one point, she was sedated for fourteen days while doctors sewed a tube into her stomach, through which she was fed in order to get her weight out of the critical range. The lengths that she went to avoid eating and find ways to exercise excessively shocked doctors who have worked in the field for years. As Nikki says, "I've always wanted to be the best at everything I do, so I had to be the best anorexic—and I was." This compelling

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book tells the story of an incredible journey.

A thrilling novel from New York Times bestselling author Lisa Unger about the hunt for a missing girl and one community's intricate yet fragile bonds. "[A] nail-biting nuanced whodunit."—People Everybody knows everybody in The Hollows, a quaint, charming town outside of New York City. It's a place where neighbors keep an eye on one another's kids, where people

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say hello in the grocery store, and where high school cliques and antics are never quite forgotten. As a child, Maggie found living under the microscope of small-town life stifling. But as a wife and mother, she has happily returned to The Hollows's insular embrace. As a psychologist, her knowledge of family histories provides powerful insights into her patients' lives. So when the girlfriend of her teenage son, Rick, disappears, Maggie's

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intuitive gift proves useful to the case—and also dangerous. Eerie parallels soon emerge between Charlene's disappearance and the abduction of another local girl that shook the community years ago when Maggie was a teenager. The investigation has her husband, Jones, the lead detective on the case, acting strangely. Rick, already a brooding teenager, becomes even more withdrawn. In a town where the past is always

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present, nobody is above suspicion, not even a son in the eyes of his father. As she tries to reassure him that Rick embodies his father in all of the important ways, Maggie realizes this might be exactly what Jones fears most. Determined to uncover the truth, Maggie pursues her own leads into Charlene's disappearance and exposes a long-buried town secret—one that could destroy everything she holds dear. The author describes her battles

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raising three children with Fragile X syndrome, the frightening episodes involving her disabled sons, and how she attempted suicide as a means of escape.

“A prodigiously imaginative collection.” –New York Times Book Review, Editor’s Choice “Dazzling tales from a master of the fantastic.”

–Washington Post Book World Fragile Things is a sterling collection of exceptional tales from Neil Gaiman,

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multiple award-winning (the Hugo, Bram Stoker, Newberry, and Eisner Awards, to name just a few), #1 New York Times bestselling author of The Graveyard Book, Anansi Boys, Coraline, and the groundbreaking Sandman graphic novel series. A uniquely imaginative creator of wonders whose unique storytelling genius has been acclaimed by a host of literary luminaries from Norman Mailer to Stephen King, Gaiman's astonishing powers are on glorious displays in

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Fragile Things. Enter and be amazed! "Illuminating and brilliant, with poetry and prose, mother and son lay bare the ravages of bipolar disorder and the journey toward growth and understanding. A touching, lyrical memoir." –Jewell Parker Rhodes, award-winning author, Voodoo Dreams and Douglass' Women Told in a mother's own words, this is a moving story of a loving African American family that faces the daily crisis of an

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unpredictable mental disorder.

Charlotte Pierce-Baker and her husband did everything right when raising their son Mark: providing emotional support, the best education possible, and the freedom to choose his own path. At age 25, Mark was pursuing a postgraduate degree in film, living with his fiancée, and seemingly in control of his life, so Pierce-Baker never imagined her high-achieving son would wind up handcuffed, barely clothed,

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dirty, mad, and in jail. Mark's bipolar disorder manifested late and included hospitalizations, calls in the night, pleas for money, jail, lawyers, prescriptions, doctors, alcohol and drug relapses, and continuous disputes about how to live—and not live. This autobiography weaves a fascinating story of mental illness, race, family, the drive of African Americans to succeed, and a mother's love for her son. Charlotte Pierce-Baker is a

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professor of women's studies, gender studies, and English at Vanderbilt University and the author of Surviving the Silence. She lives in Nashville, Tennessee.

An ER doctor examines the beautiful tension between life and death through heartfelt stories of loss, love, and hope.

The New York Times best-selling book exploring the counterproductive reactions white people have when their

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assumptions about race are challenged, and how these reactions maintain racial inequality. In this "vital, necessary, and beautiful book" (Michael Eric Dyson), antiracist educator Robin DiAngelo deftly illuminates the phenomenon of white fragility and "allows us to understand racism as a practice not restricted to 'bad people' (Claudia Rankine). Referring to the defensive moves that white people make when challenged racially, white

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fragility is characterized by emotions such as anger, fear, and guilt, and by behaviors including argumentation and silence. These behaviors, in turn, function to reinstate white racial equilibrium and prevent any meaningful cross-racial dialogue. In this in-depth exploration, DiAngelo examines how white fragility develops, how it protects racial inequality, and what we can do to engage more constructively.

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[Against Anorexia](#)

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Obsessive self-promotion, an aggressive triggering response, and retaliatory rants. “Both sensitive and incisive, beautifully capturing the paradoxical dynamic of narcissism—that the grandiosity and surrounding bravado belies an underlying fragility and brittleness.”

—Kenneth N. Levy, PhD, Associate Professor, Penn State University; Senior Fellow, Personality Disorders Institute, Cornell University

Even before Donald Trump entered America’s highest office, an international survey revealed that narcissism is part of the assumed “national character” of Americans. While only a small number actually meet the criteria for Narcissistic Personality Disorder, those exploitive few have a way of gaining center stage in our culture. Fragile Bully: Understanding Our Destructive Affair With Narcissism in the Age of Trump looks beyond the sound bites of self-aggrandizing celebrities and selfish tweets to the real

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problem of narcissism. We see past the solo act to the vicious circles that arise in relationships with a fragile bully, and how patterns like this generate both power and self-destruction. We also look at the problem of Echo, how so many of us get hooked by the narcissist, and how variations on the destructive affair leave both partners dehumanized and diminished. Once we recognize the steps in each dance, we can break the cycle and allow and the possibility of true engagement.

Shares insights into how adversity can bring out the best in individuals and communities, drawing on multiple disciplines to consider such topics as the superiority of city states over nation states and the drawbacks of debt.

Who are these homeless teens wandering the streets of America, backpacks slung over their shoulders, cigarettes dangling from

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their hands? Why are they on the streets instead of safely harbored at home? A Fragile Thread of Hope answers these questions in the words of four young women rescued from the streets by the author, Andi Buerger. Her own childhood abuse made her keenly aware of three homeless teenaged mothers when she volunteered at a shelter on Thanksgiving of 2008. That day she decided to do something to help. A Fragile Thread of Hope is the story of Andi's redemption from the abuse that sought to define her intertwined with the eventual birth of Beulah's Place, a refuge for lost and wandering teens caught up in drugs, alcohol and even sex trafficking. The women speak their hearts, not just their experiences. The reader will see young street people in a whole new light.

A Belletrist Book Club Selection "Van Meter's debut is an unwavering triumph . . . A coming-of-age that's as human as it is

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wild.” —The New York Times Book Review On the eve of Evangeline’s wedding, on the shore of Winter Island, a dead whale is trapped in the harbor, the groom may be lost at sea, and Evie’s mostly absent mother has shown up out of the blue. From there, in this mesmerizing, provocative debut, the narrative flows back and forth through time as Evie reckons with her complicated upbringing in this lush, wild land off the coast of Southern California. Evie grew up with her well-meaning but negligent father, surviving on the money he made dealing the island’s world-famous strain of weed, Winter Wonderland. Although her father raised her with a deep respect for the elements, the sea, and the creatures living within it, he also left her to parent herself. With wit, love, and bracing flashes of anger, Creatures probes the complexities of love and abandonment, guilt and forgiveness, betrayal and grief—and the

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ways in which our childhoods can threaten our ability to love if we are not brave enough to conquer the past. Lyrical, darkly funny, and ultimately cathartic, Creatures exerts a pull as strong as the tides.

It is perhaps our noblest cause, and certainly one of our oldest: to end suffering. Think of the Buddha, Chuang Tzu, or Marcus Aurelius: stoically composed figures impervious to the torments of the wider world, living their lives in complete serenity—and teaching us how to do the same. After all, isn't a life free from suffering the ideal? Isn't it what so many of us seek? Absolutely not, argues Todd May in this provocative but compassionate book. In a moving examination of life and the trials that beset it, he shows that our fragility, our ability to suffer, is actually one of the most important aspects of our humanity. May starts with a simple but hard truth:

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suffering is inevitable. At the most basic level, we suffer physically—a sprained ankle or a bad back. But we also suffer insults and indifference. We suffer from overburdened schedules and unforeseen circumstances, from moral dilemmas and emotional heartaches. Even just thinking about our own mortality—the fact that we only live one life—can lead us to tremendous suffering. No wonder philosophies such as Buddhism, Taoism, Stoicism, and even Epicureanism—all of which counsel us to rise above these plights—have had appeal over the centuries. May highlights the tremendous value of these philosophies and the ways they can guide us toward better lives, but he also exposes a major drawback to their tenets: such invulnerability is too emotionally disengaged from the world, leading us to place too great a distance between ourselves and our experience. Rather than seeking absolute

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immunity, he argues most of us just want to hurt less and learn how to embrace and accept what suffering we do endure in a meaningful way. Offering a guide on how to positively engage suffering, May ultimately lays out a new way of thinking about how we exist in the world, one that reassures us that our suffering, rather than a failure of physical or psychological resilience, is a powerful and essential part of life itself.

A revealing exploration of people whose wealth, fame, beauty, and social status grant them immense power. Celebrity culture drives us to aspire to be like the few who seem to have figured out how to have it all. But is it possible that they simultaneously have everything and nothing at all? Having treated some of the world's most successful people, psychotherapist "Dr. Paul" sets out to answer why so many people who have everything end up feeling like

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their achievements are never enough—as well as what that pattern can reveal about ourselves and the society in which we live. The exclusivity of living behind the velvet rope or the gilded gate doesn't guarantee happiness for the rich, famous, and powerful; there are downsides to attainment as well. We all—including people who seem protected by their privileged lives—can experience the self-destructive behaviors common to modern life, including chronic stress, addiction, anxiety, imposter syndrome, infidelity, negative body image, and narcissism. Division marks our era. There's a growing separation between the haves and have nots, men and women, as well as the empowered and the disenfranchised. At the same time, our culture is defined by celebrities, and the powerful, affluent people we put on a pedestal to idolize and emulate. Too often, we think our lives would be better if we could have what they

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have or be more like them. It's time to realize that even the most admired people can go through life feeling unloved and unable to escape their problems. From the therapist's chair, we learn how feelings of shame, insecurity, abandonment, and emotional pain are all part of the human condition. With empathy, we can overcome our sense of isolation by realizing that we all crave—and deserve—understanding, intimacy, and real connection.

[*A Fragile Life*](#)

[*A Fragile Peace*](#)

[*White Fragility*](#)

[*Innovations from Africa and Beyond*](#)

[*Fragile Beasts*](#)

[*The Fragile World*](#)

[*The Fragile Earth*](#)

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The Fragile Face of God

Things that Gain from Disorder

Beauty in Chaos, Grace in Tragedy, and the Hope That Lives in

Between

The Fragile Ordinary