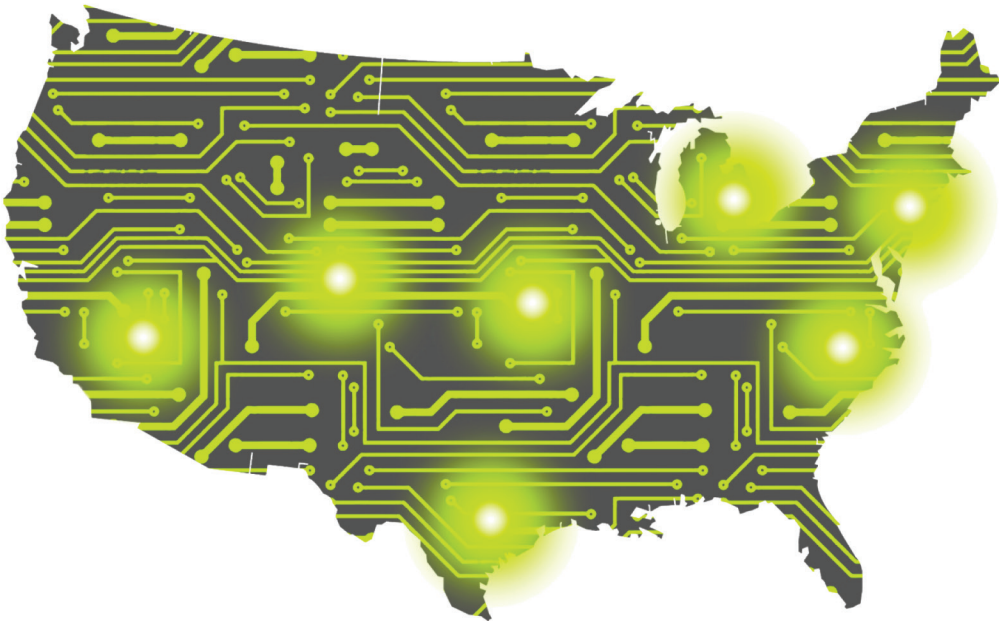


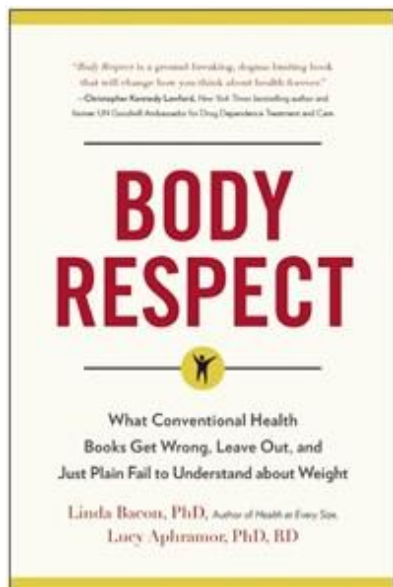
BenBella Books

11 YEARS OF INNOVATIVE PUBLISHING



FALL 2014





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Body Respect

What Conventional Health Books Get Wrong, Leave Out, and Just Plain Fail to Understand about Weight

Linda Bacon and Lucy Aphramor

Summary

Mainstream health science has let you down.

Weight loss is not the key to health, diet and exercise are not effective weight-loss strategies and fatness is not a death sentence.

You've heard it before: there's a global health crisis, and, unless we make some changes, we're in trouble. That much is true—but the epidemic is NOT obesity. The real crisis lies in the toxic stigma placed on certain bodies and the impact of living with inequality—not the numbers on a scale. In a mad dash to shrink our bodies, many of us get so caught up in searching for the perfect diet, exercise program, or surgical technique that we lose sight of our original goal: improved health and well-being. Popular methods for weight loss don't get us there and lead many people to feel like failures when they can't match unattainable body standards. It's time for a cease-fire in the war against obesity.

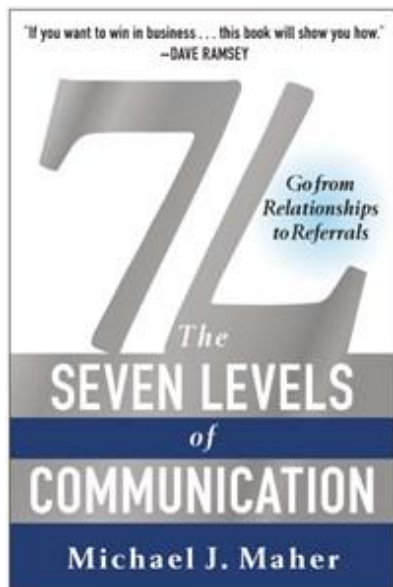
Dr. Linda Bacon and Dr. Lucy Aphramor's *Body Respect* debunks common myths about weight, including the misconceptions that BMI can accurately measure health, that fatness necessarily leads to disease, and that dieting will improve health. They also help make sense of how poverty and oppression—such as racism, homophobia, and classism—affect life opportunity, self-worth, and even influence metabolism.

Body insecurity is rampant, and it doesn't have to be. It's time to overcome our culture's shame and distress about weight, to get real about inequalities and health, and to show every body respect.

Contributor Bio

Linda Bacon, Ph.D., is an internationally recognized authority on topics related to nutrition, weight, and health. A nutrition professor and researcher, she holds graduate degrees in physiology, psychology, and exercise metabolism, with a specialty in nutrition. She has conducted federally funded studies on diet and health, and is well-published in top scientific journals. Linda's advocacy for Health at Every Size® has generated a large following on social media, health and nutrition listservs and specialty blogs, and the international lecture circuit. She and her work are quoted regularly in national and international publications, with recent appearances in the *New York Times*, London's *Sunday Times*, *ABC Nightly News with Diane Sawyer*, *Good Morning America*, and magazines including *Prevention*, *Glamour*, *Cooking Light*, *Newsweek*, *Fitness Magazine*, and *National Geographic*. Well known for her hard-hitting political and social commentary, Linda writes a regular column on the Health at Every Size blog and frequently guest posts elsewhere. Her first book, *Health at Every Size: The Surprising Truth About Your Weight* was called the "Bible" of the alternative health movement by *Prevention Magazine*.

Lucy Aphramor, Ph.D., R.D., notably pioneered the use of a health at every size approach in the U.K. National Health Service, developing an eight-week HAES course that is now available internationally through licensed facilitators. She is director of a consultancy dedicated to advancing health at every size theory and practice in and beyond the U.K. through training, research, and community engagement. Dr. Aphramor is also an honorary research fellow at Glyndwr University, Wales, and a visiting lecturer in nutrition and dietetics at Surrey University. Dr. Aphramor is the only U.K. dietitian with publishing and teaching expertise in critical weight science. She is at the forefront of the new international Critical Dietetics movement where her work blending critical thinking and compassionate self-care is enthusiastically received.



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Scott Hoffman, scott@foliolit.com

7L: The Seven Levels of Communication

Go From Relationships to Referrals

Michael J. Maher

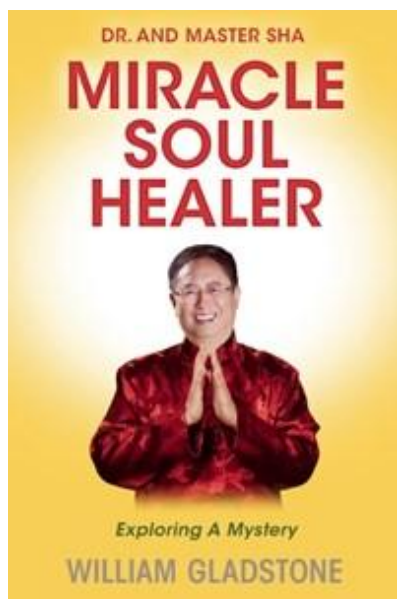
Summary

Can you imagine receiving a referral each and every day? Neither could real estate agent Rick Masters.

(7L) *The Seven Levels of Communication* tells the entertaining and educational story of Rick Masters, who is suffering from a down economy when he meets a mortgage professional who has built a successful business without advertising or personal promotion. Skeptical, he agrees to accompany her to a conference to learn more about her mysterious methods. Rick soon learns that the rewards for implementing these strategies are far greater than he had ever imagined. In seeking success, he finds significance. This heartwarming tale of Rick's trials and triumphs describes the exact strategies that helped him evolve from the Ego Era to the Generosity Generation. This book is about so much more than referrals. This is about building a business that not only feeds your family, but also feeds your soul.

Contributor Bio

Michael J. Maher, "North America's Most Referred Real Estate Professional" and founder of the Generosity Generation, is dedicated to helping salespeople earn a better living and live better lives. He rocketed to the top of his profession by earning more than \$1 million in his third year of full-time real estate. With the slogan of *We're not #1...YOU are®*, the Kansas City Home Team continues to be one of the top real estate companies in Kansas City. Maher is one of the most in-demand speakers on referrals, generosity, marketing, and relationship-building.



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Dr. and Master Sha: Miracle Soul Healer

Exploring A Mystery

William Gladstone

Bill Gladstone analyzes Dr. Sha's healing practices with a skeptical/scientific eye and explains the who/how/why of Dr. Sha's spiritual teachings.

Summary

What accounts for miraculous healings unexplainable by doctors? Is there a reality to spiritual healings?

William Gladstone initially approached Dr. Zhi Gang Sha with some skepticism and disbelief. William believed that there was more to life than the material world, but he knew that the world has many dishonest and self-deceiving mystics. So he decided to explore.

William, having studied medical anthropology at Harvard University, had met and worked with some of the greatest spiritual leaders on the planet. He was excited to explore Dr. Sha and his healing practices.

William spent weeks with Dr. Sha watching him at work, talking to his students, and observing his healings. He interviewed him at length, asking for specifics and addressing difficult questions. He delved into the science behind Dr. Sha's work and explored the underlying concepts beneath these "miracle" healings.

What William learned amazed him and opened his mind to possibilities he never expected.

Dr. Zhi Gang Sha is a medical doctor trained in both Western medicine and traditional Chinese medicine, as well as ancient Chinese sacred energy and spiritual healing. Over the last decade, he has healed hundreds of thousands of individuals with thousands documented and available for viewing on YouTube. How does he do it? Is it the placebo effect or something much more profound?

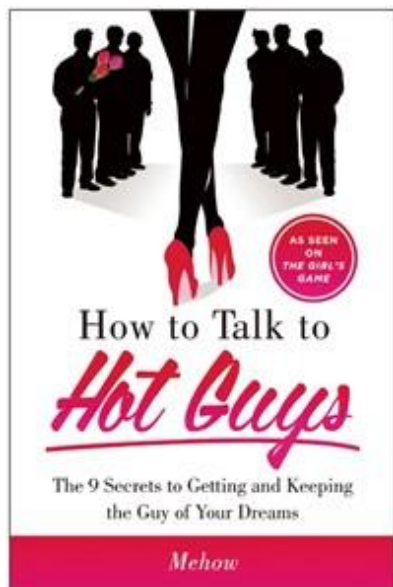
Dr. and Master Sha: Miracle Soul Healer documents the remarkable journey of a world renowned spiritual teacher and master healer who has not only demonstrated the ability to heal but also to teach people to heal themselves.

Written for skeptics as well as believers, *Dr. and Master Sha: Miracle Soul Healer* explores the results and methodology of Dr. Sha's unique life journey and his stated life mission to serve humanity and the Divine and create a healthier and happier world.

This book explores the ultimate mystery of how faith, science, and healing can change your life.

Contributor Bio

William Gladstone is coauthor of the books *Tapping the Source* and *The Golden Motorcycle Gang* and author of the international bestselling novel *The Twelve* and *The Power of Twelve*. Gladstone is considered an international expert on indigenous cultures and the meaning of 2012. He is also coproducer of the highly acclaimed film *Tapping the Source*. As a literary agent, Gladstone has worked with some of the most respected and influential authors of our time, including Eckhart Tolle, Deepak Chopra, and Barbara Marx Hubbard. As a pioneer in the publishing industry, he contributed to the creation of the first print-on-demand book publishing company as well as the first ebook company. Gladstone is a trustee of the International Club of Budapest whose honorary members include the Dalai Lama, Dr. Jane Goodall, and Mikhail Gorbachev. Gladstone has served on the boards of public and private companies and was the founding president of the Alumni Association for School Year Abroad, based in Andover, Mass. He attended Yale College and earned a graduate degree in cultural anthropology from Harvard University.



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How to Talk to Hot Guys

The 9 Secrets to Getting and Keeping the Guy of Your Dreams

Mehow

Summary

Mehow is changing the rules of The Game...by teaching women to play!

Tired of being told you have to wait for fate to find you the perfect man? Can't stand the thought of another loser hitting on you in a bar? Or do you think your dream guy is "out of your league?" Then it's time to learn *How to Talk to Hot Guys*.

Whether you're new to the dating scene or experienced, or looking for Mr. Right or Mr. Tonight, *How to Talk to Hot Guys* will teach you the tricks of getting the man of your dreams to fall for your personality. By sharing his nine essential secrets, legendary pick-up artist Mehow® encourages you to stop waiting for Prince Charming and get out there and meet him tonight! Learn how to subtly lead the interaction away from small talk and filler, toward playful banter and flirtation. Free associate boring topics and spin them into something that seems flirty one minute and sassy the next, and learn how to secretly use your wits to have any guy eating out of the palm of your hand. Don't worry—this isn't about making big changes or pretending to be someone you're not; Mehow's easy techniques simply show you how to present the best version of your awesome self so you can make a great first impression.

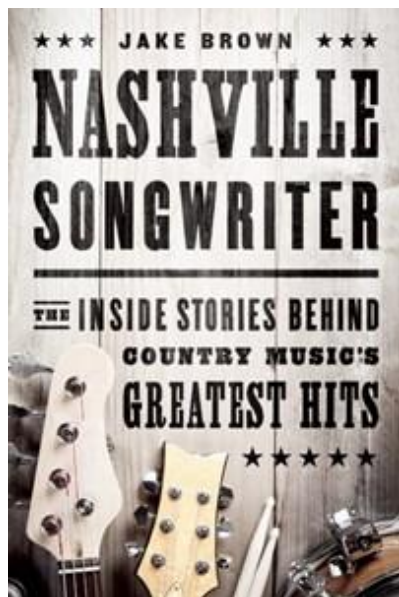
Packed with detailed advice on what to do, examples of what to say, and tips on how to develop your own "game," *How to Talk to Hot Guys* will help you reach new levels of confidence so you have the freedom to date the men you really want—and to be the woman who guys want to date. This is the independent woman's guide to making sure the next man you meet falls for way more than just your looks.

Contributor Bio

Mehow was born Michal P. in Warsaw, Poland. (His professional Pickup Artist name, Mehow, is the phonetic English spelling of his Polish first name, "Michal.") In early 2005, he discovered the seduction world through attending a "boot camp" taught by Mystery, at that time the most famous Pickup Artist (PUA) in the world.

Soon Mehow developed his own pickup methodology, transforming himself from a lonely computer nerd to a successful PUA with a more active social life than he could handle. He formed his own company, Mehow Inc., in early 2007 and established a website that has developed into one of the top-producing websites in the seduction business. Mehow has written eight books on seduction and given countless talks and taught thousands of students.

Mehow has become one of the best-known Pickup Artists in the world and is the host and creator of Yahoo!'s "The Girls Game." His other media appearances include *Cosmopolitan*, *MTV True Life* and *LIVE*, *WealthTV*, *Current TV*, *Young Hollywood*, *Playboy Radio* and *Loveline*.



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Nashville Songwriter

The Inside Stories Behind Country Music's Greatest Hits

Jake Brown

Summary

You've heard them on the radio, listened to them on repeat for days, and sang along at the top of your lungs—but have you ever wondered about the real stories behind all your favorite country songs?

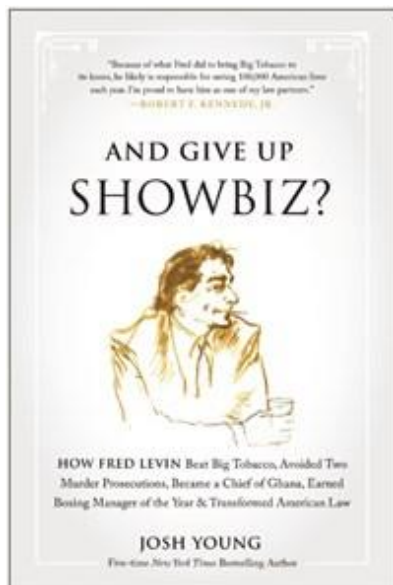
Nashville Songwriter gives readers the first completely authorized collection of the true stories that inspired hits by the biggest multi-platinum country superstars of the last half century—recounted by the songwriters themselves. Award-winning music biographer Jake Brown gives readers an unprecedented, intimate glimpse inside the world of country music songwriting.

Featuring exclusive commentary from country superstars and chapter-length interviews with today's biggest hit-writers on Music Row, this book chronicles the stories behind smash hits such as:

- Willie Nelson's "Always on My Mind"
- Tim McGraw's "Live Like You Were Dying," "Southern Voice," and "Real Good Man"
- George Jones's "Tennessee Whiskey"
- Carrie Underwood's "Jesus Take the Wheel" and "Cowboy Casanova"
- Brooks & Dunn's "Ain't Nothing 'Bout You"
- Lady Antebellum's "We Owned the Night" and "Just a Kiss"
- Brad Paisley's "Mud on the Tires," "We Danced," and "I'm Still a Guy"
- Luke Bryan's "Play It Again," "Crash My Party," and "That's My Kind of Night" The
- Oak Ridge Boys's "American Made"
- George Strait's "Ocean Front Property" and "The Best Day,"
- Rascal Flatts's "Fast Cars and Freedom," and "Take Me There"
- Kenny Chesney's "Living in Fast Forward" and "When the Sun Goes Down"
- Ricochet's "Daddy's Money"
- Montgomery Gentry's "If You Ever Stop Loving Me"
- The Crickets's "I Fought the Law"
- Tom T. Hall's "A Week in a County Jail" and "That Song Is Driving Me Crazy"
- Trace Adkins's "You're Gonna Miss This"
- David Lee Murphy's "Dust on the Bottle"
- Jason Aldean's "Big Green Tractor" and "Fly Over States"
- And many more top country hits over the past 40 years!

Contributor Bio

Award-winning Music biographer **Jake Brown** has written 35 published books in his decade-long career, featuring many authorized collaborations with some of rock's biggest artists, including 2013 Rock & Roll Hall of Fame inductees Heart (with Ann and Nancy Wilson), living guitar legend Joe Satriani, heavy metal pioneers Motorhead (with Lemmy Kilmister), late hip hop icon Tupac Shakur (with the estate), late Funk pioneer Rick James, superstar country music anthology *Nashville Songwriter*, and the all-star rock producers anthology *Behind the Boards*, among many others. Brown has also appeared as the featured biographer of record on Fuse TV's *Live Through This* series and Bloomberg TV's *Game Changers* series. In 2012, Brown won the Association for Recorded Sound Collections Awards in the category of Excellence in Historical Recorded Sound Research.



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And Give Up Showbiz?

How Fred Levin Beat Big Tobacco, Avoided Two Murder Prosecutions, Became a Chief of Ghana, Earned Boxing Manager of the Year, and Transformed American Law

Josh Young

Summary

In the early '90s, Big Tobacco was making a killing. There was no entity more powerful, and national tobacco-related deaths numbered in the hundreds of thousands each year. The economic loss from smoking-related illnesses was billions of dollars. And yet, Big Tobacco had never paid a nickel in court.

Until one Southern, small-town lawyer figured out how Florida could sue Big Tobacco to reimburse the state for health care costs. The end result? Beyond the \$13 billion settlement, hundreds of thousands of American lives have been, and will continue to be, saved.

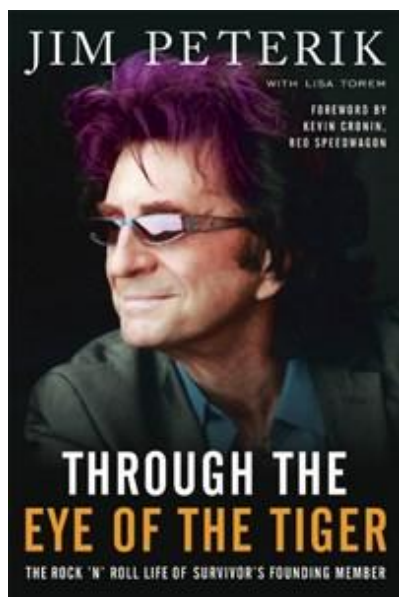
Meet Fred Levin. Called by his own son "a philanthropist and a cockroach," Fred Levin is no ordinary attorney, and his remarkable story is far from squeaky clean.

In *And Give Up Showbiz?*, *New York Times* bestselling author Josh Young works closely with Levin to give readers a glimpse into the extraordinary and entertaining life of the top trial lawyer who was a pioneer in establishing American personal injury law. Seen as an inspiring innovator by some and a flamboyant self-promoter by others, Levin has not only fought against Big Tobacco, he has won victories for women, African Americans, and workers everywhere.

Levin's unprecedented legal career is just one aspect of his roller-coaster life story. From managing one of the world's greatest boxers to avoiding multiple disbarment attempts, and from becoming a chief in the country of Ghana to even being a person of interest in two separate murder investigations, his story reads like a novel suitable for the silver screen. *And Give Up Showbiz?* is both shockingly candid and wildly funny.

Contributor Bio

Josh Young is a bestselling author whose works spans entertainment, business, politics, science and natural history. He has coauthored five *New York Times* bestsellers and two national bestsellers. He is the coauthor of comedian Howie Mandel's *Here's The Deal: Don't Touch Me, You're Only As Good As Your Next One* with Mike Medavoy, Dr. Sam Parnia's *Erasing Death: The Science That Is Rewriting The Boundaries Between Life And Death*, and *The Link: Uncovering Our Oldest Ancestor with Colin Tudge*, which has been translated into five languages. Additionally, he is the coauthor of *Pure Imagination: The Making of 'Willy Wonka and the Chocolate Factory'* and David Attenborough's *First Life: A Journey Back in Time* with Matt Kaplan. On the film side, Josh served as Production Consultant on *White House Down* (June 2013). As a journalist, Josh has contributed to *George* magazine, *Entertainment Weekly*, *LIFE* magazine, *The New York Times Sunday*, *The New Republic*, *Details*, *The (London) Sunday Telegraph*, and *Los Angeles*.



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Through the Eye of the Tiger

The Rock 'n' Roll Life of Survivor's Founding Member

Jim Peterik with Lisa Torem, Foreword by Kevin Cronin

Summary

"Hey, yo, Jim . . . This is Sylvester Stallone. Give me a call . . ."

It was these words that would set Jim Peterik on the road to rock 'n' roll immortality. After he and his Survivor bandmates recorded "Eye of the Tiger" for the *Rocky III* soundtrack, the song would go on to earn a Grammy, an Oscar nomination, reach triple platinum status—and become one of the most recognizable tunes in music history.

But there's much more to the story of Survivor and its founding member, Jim Peterik, than meets the eye. As one of the most prolific songwriters of his generation, Peterik has cowritten songs with some of the most famous bands and artists of our time, including 38 Special ("Caught Up in You," "Hold on Loosely"), Sammy Hagar ("Heavy Metal"), The Beach Boys, The Doobie Brothers, REO Speedwagon, Cheap Trick, and many more. Now, for the first time, Peterik is sharing his stories.

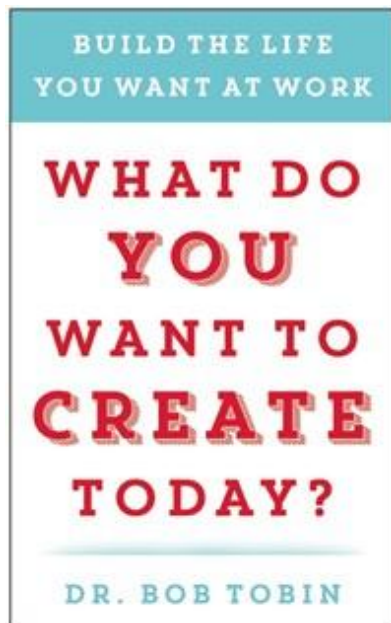
Filled with tales from Peterik's life in rock 'n' roll, *Through the Eye of the Tiger* documents his early days of success with The Ides of March ("Vehicle"), through the often torturous power struggles within Survivor, and the giddy highs that accompany a trail of worldwide hits. From going to a party in Led Zeppelin's hotel room (and turning right back out the door) to escorting a disoriented Janis Joplin back to her hotel room after opening her show in Calgary, Peterik's accounts will surprise and delight.

Through the Eye of the Tiger is more than just a memoir of a songwriting legend; it's a classic rock 'n' roll story told through the eyes of someone who has lived through it all—and through the Eye of the Tiger.

Contributor Bio

What do Survivor, The Ides Of March, .38 Special, Sammy Hagar, and The Beach Boys have in common? The uncommon songwriting, vocal, and production talents of **Jim Peterik**. In high school, Peterik put together his first band, The Ides Of March, whose single "Vehicle" hit No. 2 on the Billboard chart. Just out of high school, the band did shows with Led Zeppelin, The Grateful Dead, Janis Joplin, and many more. In 1977, Jim founded one of the premier rock bands of the '80s: Survivor. After two critically acclaimed albums, he received a call from Sylvester Stallone to write a song for an upcoming movie. With worldwide sales now reaching 30 million, the Peterik/Sullivan-penned anthem "Eye Of The Tiger" became the title song of *Rocky III* and one of the most popular motivational anthems of all time. Peterik garnered 18 Top 10 hits, including "Hold On Loosely," "Caught Up In You," "Rocking Into The Night," and "Fantasy Girl." With Peterik's *Songwriting for Dummies* now a bestseller, he is traveling the world doing songwriting seminars. Ides Of March recently celebrated 50 years of making music together.

Lisa Torem has conducted more than 100 interviews with rock personalities, but she is especially excited about the one that ultimately led to her collaboration with Jim Peterik on *Through the Eye of the Tiger*. Her features, profiles, and reviews have appeared in *Popmatters*, *Windy City Times*, *New City*, *The Chicago Reader*, and *Pennyblackmusic*, where she launched "Rock Salt Row," a debate forum, and "Raging Pages," for literary reviews. Lisa's multicultural album, *Singlish*, has been performed at the Chicago Cultural Center, and her one-act play, *Dog Sharing* was produced by Love Creek Theater, Manhattan. Her instrumental/vocal music has appeared on educational tapes and in Chicago theaters. A voting member of The Recording Academy, she lives in Chicago with her blues-harpist husband, rock 'n' roll daughters, and quartet of cats.



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What Do You Want to Create Today?

Build the Life You Want at Work

Bob Tobin

Summary

Forget what you think you know about success and make your own happiness.

Dr. Bob Tobin lived what looked like a great life in Southern California: he had a house by the beach, a good consulting practice, and a BMW. But he wasn't truly happy. Work didn't really work for him.

After losing a job, going on a life-changing trip, and gaining a major change in perspective, Bob relocated to Japan, where his career path changed in ways he had never predicted and he finally found personal satisfaction, success, and happiness.

But how did he do it? And how can you do it?

Many of us are dissatisfied with our lives but don't make happiness a priority. It's time to forget everything you think you know about success, and stop trying to fit the mold. Traditional models of "success" don't work—not in a way that is right for you. Start learning more about yourself and your passions—and start realizing your creative and professional dreams—today.

What Do You Want to Create Today?: Build the Life You Want at Work shows you how to develop your career in a way that uniquely suits you. Tobin has spent 25 years using the strategies outlined in this book to inspire hundreds of executives and thousands of students to create the kind of lives they want at work.

Offering a mix of inspiring advice, practical suggestions, questions for reflection, and uplifting stories, *What Do You Want to Create Today?* is an essential guide in finding happiness and fulfillment via your work.

You'll gain a new perspective as you learn:

- Why focusing on objectives is holding you back
- How to "read the air" and act on what people *don't* say
- How to develop courage and confidence
- How best to handle difficult coworkers

It's time to embrace your dreams, surround yourself with positive people, summon your courage, have fun working, and never stop learning.

Contributor Bio

Dr. Bob Tobin is a consultant, executive coach, and conference speaker who has consulted to organizations such as IBM, Gap, NEC, AIG, Disney, CitiGroup, the European Commission, the U.S. Navy, UBS, and Louis Vuitton. He was a host of Japan's most popular educational program, a commentator for the Boston ABC-TV affiliate, and a TED speaker in Tokyo.

A resident of Tokyo, Bob has taught at universities throughout the United States and Asia. Now Professor Emeritus, he was the first tenured American professor at Japan's Keio University Faculty of Business and Commerce and has taught thousands in his courses on leadership, creativity, communication, and change.

He blogs at drbobtobin.com and runs the Tobin Ohashi Gallery, which Time magazine called one of the four best places to see art in Tokyo.



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Finding Zoe

A Deaf Woman's Story of Identity, Love, and Adoption

Brandi Rarus and Gail Harris, Foreword by Marlee Matlin

Summary

At just a few months old, Zoe was gradually losing her hearing. Her adoptive parents loved her—yet agonized—feeling they couldn't handle raising a Deaf child. Would Zoe go back into the welfare system and spend her childhood hoping to find parents willing to adopt her? Or, would she be the long-sought answer to a mother's prayers?

Brandi Rarus was just 6 when spinal meningitis took away her hearing. Because she spoke well and easily adjusted to lip reading, she was mainstreamed in school and socialized primarily in the hearing community. Brandi was a popular, happy teen, but being fully part of every conversation was an ongoing struggle. She felt caught between two worlds—the Deaf and the hearing.

In college, Brandi embraced Deaf Culture along with the joys of complete and effortless communication with her peers. Brandi went on to become Miss Deaf America in 1988 and served as a spokesperson for her community. It was during her tenure as Miss Deaf America that Brandi met Tim, a leader of the Gallaudet Uprising in support of selecting the university's first Deaf president. The two went on to marry and had three hearing boys—the first non-deaf children born in Tim's family in 125 years.

Brandi was incredibly grateful to have her three wonderful sons, but couldn't shake the feeling something was missing. She didn't know that Zoe, a six-month-old Deaf baby girl caught in the foster care system, was desperately in need of a family unafraid of her different needs. Brandi found the answer to her prayers when fate brought her new adopted daughter into her life.

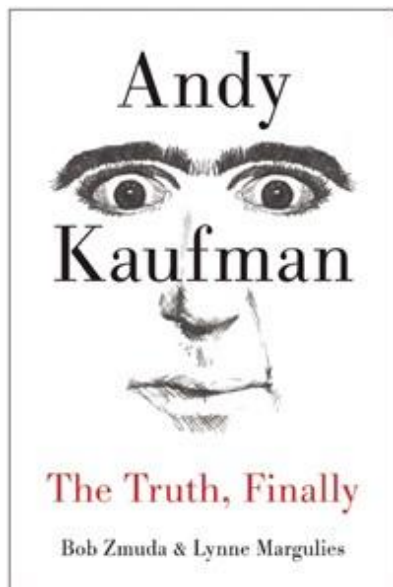
Set against the backdrop of Deaf America, *Finding Zoe* is an uplifting story of hope, adoption, and everyday miracles.

Contributor Bio

Deaf since age six after contracting spinal meningitis, **Brandi Rarus** could speak and read lips, but felt caught between the deaf and hearing world--fitting into neither. When she realized you don't need to hear to live a fulfilled life, she became empowered and was chosen as Miss Deaf America. From signing the National Anthem at a Chicago Cubs game to speaking at corporate conferences, Brandi traveled the country speaking out for deaf children and building awareness of what it means to be Deaf.

She married Tim Rarus, an advocate for Deaf people whose work inspired the landmark Americans with Disabilities Act. Together, they have paved the way to bring new technologies that promote equal access in communication. Brandi and Tim live in Austin, Texas, with their four children: three hearing boys and the youngest, Zoe, a Deaf girl they adopted. Today, Brandi and her family are tirelessly dedicated to ensuring all children find their rightful place in our world.

Award-winning writer and teacher of the intuitive process, **Gail Harris** has experienced the joy of adopting a child. She brings her knowledge of the adoption process and in-vitro fertilization to this book, along with her ability to articulate from a hearing person's perspective what is fascinating about the Deaf experience. In the four years that it took to write *Finding Zoe*, Gail conducted more than 75 interviews to uncover. Gail is the author of *Your Heart Knows the Answer* and a featured blogger on several popular parenting blogs. She lives with her husband and son in Framingham, MA.



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Andy Kaufman

The Truth, Finally

Bob Zmuda and Lynne Margulies

Summary

For the first time ever, the two people who knew Andy Kaufman best open up about the most enigmatic artist of our generation.

Comedian and *Taxi* star Andy Kaufman, known for his crazy antics on screen and off, was the ultimate prankster, delighting audiences with his Elvis and Mighty Mouse impressions while also antagonizing them with his wrestling and lounge-lizard alter ego, Tony Clifton. Some say he died in 1984, while others believe he performed the ultimate vanishing act.

In *Andy Kaufman: The Truth, Finally*, Bob Zmuda, Andy's writer and best friend, and Lynn Margulies, the love of Andy's life, reveal all—including surprising secrets that Andy made Lynne and Bob promise never to tell until both of his parents had died.

Hilarious and poignant, this book separates fact from fiction, and includes a candid inside look at the Milos Forman film *Man on the Moon*, which Zmuda coexecutive produced and featured Jim Carrey as Andy, Paul Giamatti as Zmuda, Courtney Love as Margulies, and Danny DeVito as Andy's manager, George Shapiro.

Finally, Bob Zmuda shares in detail the reasons he believes Andy Kaufman did, in fact, fake his own death, including exactly how he did it and why he will return.

Contributor Bio

Andy Kaufman and his writing partner, **Bob Zmuda**, changed the worlds of comedy and performance in the 1970s, showing fans and friends alike a determination to follow put-ons into territory no one had ever even considered "comic" before. Their fervor was so intense that when Kaufman passed away suddenly in 1984, it seemed as if his death had been staged, with the reveal soon to come.

Zmuda met Kaufman in 1974, when Zmuda was a struggling comic himself. Soon he began writing for Andy until his (supposed) death in '84. Bob also wrote briefly for Rodney Dangerfield and was the late great Sam Kinison's producer, "another gifted provocateur," said Zmuda.

For nearly 30 years, Bob Zmuda has been the driving force behind one of America's most beloved charities, Comic Relief, probably best recognized for their telethons on HBO hosted by Robin Williams, Whoopi Goldberg, and Billy Crystal. As president and founder, he and his fellow comedians have raised over \$80 million for those in need.

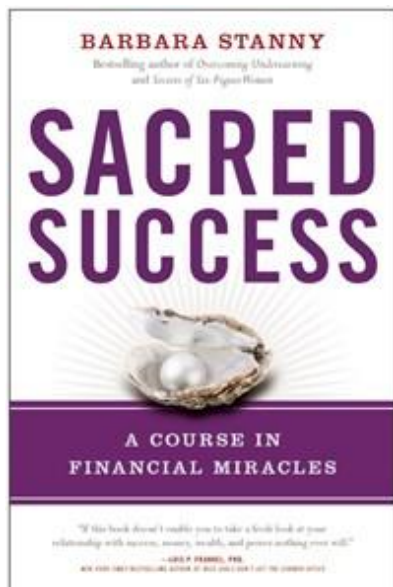
A Grammy nominee and Emmy Award winner, Bob is also a bestselling author. His book *Andy Kaufman Revealed* made top 10 lists nationwide. Two-time Academy Award winning director Milos Forman said, "I was so fascinated by the melding of Zmuda and Kaufman's minds that I spent two years of my life making a movie about them, *Man on the Moon*." The award winning film starred Jim Carrey as Kaufman and Paul Giamatti as Zmuda. Zmuda also coexecutive produced the film with Danny DeVito and Jersey Films.

On television, Bob has hosted several specials for Comedy Central and A&E. His television appearances include Saturday Night Live, Late Show with David Letterman, Jimmy Kimmel Live, The Oprah Winfrey Show, and all the Comic Relief telecasts. His acting credits include *Punchline*, *Batman*, *Man on the Moon*, *D.C. Cab* (which he also wrote), and *The Number 23*, again with Jim Carrey.

For the last few years, Zmuda has been producing Kaufman's alter ego,

international singing sensation Tony Clifton, to sold out audiences. He is currently working on mounting the largest star-studded fundraiser ever for endangered wildlife worldwide.

Lynne Margulies, artist and filmmaker, was Andy Kaufman's partner, caretaker, and the love of his life until his death from lung cancer in 1984. Courtney Love portrayed Margulies in the Kaufman biopic *Man on the Moon* starring Jim Carrey. During the film's production, Margulies worked closely with Carrey, giving him rare insight into the human side of Andy Kaufman. Margulies teaches fine art at the Academy of Art University in San Francisco. She is the codirector of the documentary film *I'm From Hollywood*, which chronicles Kaufman's foray into the world of professional wrestling. Her latest art project is *The Book of Steve*, a four-foot by three-foot book which tells the story of her brother's descent into mental illness. Margulies, her musician husband, and their eight cats live on the Oregon coast.



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Sacred Success

A Course in Financial Miracles

Barbara Stanny

Summary

***Sacred Success®: A Course in Financial Miracles* shows women there is a better way to achieve wealth and power: on your own terms—as a woman.**

Barbara Stanny, the leading expert on women and money, has helped women take control of their finances for two decades—and she knows there is much more to success than how much you earn. In her work with powerful, successful women over the last 20 years, bestselling author and financial educator Stanny has found that most women's problems with money have little to do with money itself, but rather with their fear of, or ambivalence toward, power. Instead of pushing women to pursue financial success in the traditional fashion, *Sacred Success* seeks to redefine power from a feminine perspective.

More than a financial guide, *Sacred Success* is a primer on power for women—a tutorial for taking charge of your life by taking charge of your finances, and not only growing your money but creating a deeper, richer, and more meaningful life. Best described as "*A Course in Miracles* meets the *Wall Street Journal*," *Sacred Success* gives you a proven process that uniquely blends the practical, psychological, and spiritual work of wealth.

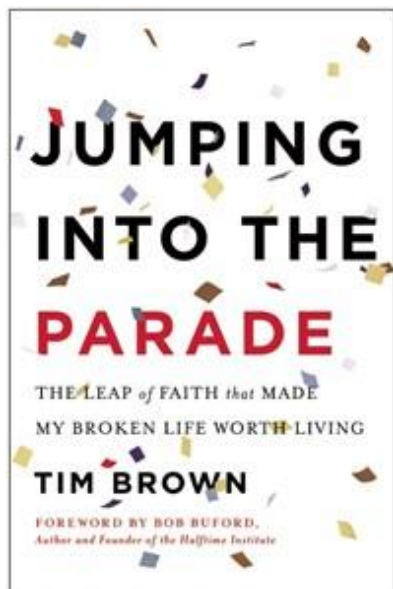
You can be financially successful without sacrificing your soul or compromising your values. You can create wealth and exercise power by staying true to your authentic self and personal mission. Start now.

Contributor Bio

Barbara Stanny is the leading authority on women and money. Her mission: revolutionize women's relationship with money. As a bestselling author, sought-after speaker, workshop facilitator, and money/wealth coach, Barbara has helped millions take charge of their finances and their lives.

Barbara's background in business, her years as a journalist, her Master's Degree in Counseling Psychology, her extensive research, and her own dramatic experience with money give her a unique and powerful perspective on women's financial issues. She has been featured on *Good Morning America*, *The View*, *Extra*, *The O'Reilly Report*, and many times on *CNN*, *MSNBC*, *CNBC*, *Fox News*, *PBS*, and *NPR*, as well as the *New York Times*, and *USA Today*. She is the author of *Prince Charming Isn't Coming: How Women Get Smart About Money*, *Secrets of Six-Figure Women*, *Overcoming Underearning*, and *Finding a Financial Advisor You Can Trust*.

For more information on Barbara Stanny and her work please visit barbarastanny.com.



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Jumping into the Parade

The Leap of Faith That Made My Broken Life Worth Living

Tim Brown, Foreword by Bob Buford

Summary

On the outside, it looked like Tim Brown was living the American Dream.

After overcoming a difficult childhood in a dysfunctional family rife with drugs and alcohol, he became a millionaire by age 30 and had a beautiful wife and young son, a deep commitment to the community, and a big house where he could entertain friends and clients. But all was not as it appeared. Behind closed doors, Tim's life was like a cracking windshield, splintering further day by day, on the verge of shattering.

One November night while on an important business trip, he found himself at a New York hotel contemplating ending his life. He spotted a place on the roof where he could end the pain. In his early 40s, his marriage was struggling, his businesses were collapsing, and his health was hanging in the balance. He was being pushed to the edge, forced to face the darkness and shame of his past.

But from that darkness, Tim found the strength to reshape and rebuild his life. His faith gave him the courage to "jump into the parade," a phrase his former father-in-law coined to mean truly living, taking chances, and being who you really want to be—not who others expect you to be. *Jumping into the Parade* is his honest and candid memoir, detailing how personal struggles and flaws led him to reframe and embrace his life on his own terms. Tim's raw and humbling story will inspire you to find the meaning in your life, wherever you are on your journey.

Jumping into the Parade is a memoir that illuminates why embracing the edges, owning the traumatic events that shape us, and facing the stress that life can throw our way allow us to transcend our circumstances and live authentic lives in alignment with our own values—not the values others believe we should hold. Tim's raw and humbling story provides inspiration, thought-provoking insight, and, most important, hope. Hope for those who, like Tim, want to overcome their personal struggles and flaws to reframe and embrace life on their own terms.

You have the strength to change your life for the better. Take a leap of faith and let *Jumping into the Parade* guide you toward a brighter future.

Contributor Bio

Tim Brown is president of Concord Energy Holdings, an integrated commodity logistics and oilfield services company.

Prior to Concord Energy, Brown was the Founder and CEO of Radius Media Holdings for 11 years. The companies at Radius Media provided a broad stratum of marketing platforms that included radio broadcasting, events in the Colorado resort communities, large format graphical printing and signage and venue sponsorship valuation, venue branding, partnership activation, sponsorship sales, and the resale of digital billboards.

Brown serves as an executive board member for the Denver Council of Boy Scouts of America, Colorado Uplift, and Lead Like Jesus.



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YumUniverse

Infinite Possibilities for a Gluten-Free, Plant-Powerful, Whole-Food Lifestyle

Heather Crosby, Foreword by Brendan Brazier

Summary

More than 150 plant-based, gluten-free, soy-free recipes!

No matter where you land on the diet spectrum, more whole, plant-based foods can enrich your life and improve your health.

If you're transitioning to a plant-based diet or you just want some ideas for preparing scrumptious veggie dishes, Heather Crosby provides a step-by-step guide to simply adding more delicious, health-boosting meals to your existing routine, whether you're a meat-eater or a vegan.

YumUniverse: Infinite Possibilities for a Gluten-Free, Plant-Powerful, Whole-Food Lifestyle offers a creative collection of more than 150 craveable recipes without meat, dairy, gluten, or soy. But this is more than just a cookbook—it's a treasure chest that will help you build health-promoting habits and recipes of your own for a lifetime. As a former veggie-phobe, Heather knows firsthand how overwhelming yet rewarding the transition toward a plant-powerful diet can be, so she offers expert advice for folks seeking to adopt and maintain a whole-food approach to what they eat.

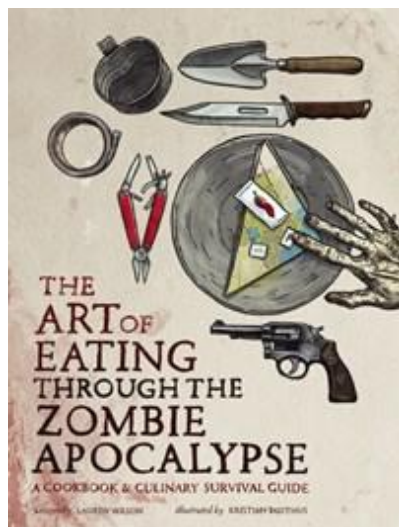
Fans of YumUniverse.com, Heather's inspirational food website, and new readers alike will discover recipe goodness like her **Fig & Caramelized Onion Tart** and **Almond-Cardamom Cream Chia Pudding with Fresh Berries**, as well as divine desserts like **Mexican Unfried Ice Cream** and **Chocolate & Salted Caramel Stack Cake**.

A plant-powerful, gluten-free lifestyle is delicious *and* doable. So, say "goodbye" to the dieting roller coaster and embrace a long-term wellness adventure with tasty, healthy, plant-inspired cuisine.

Contributor Bio

Heather Crosby is a T. Colin Campbell Foundation certified plant-powerful wellness coach who has developed a unique and well-loved collection of over 500 gluten-free, plant-based recipes on her popular website YumUniverse.com. In an effort to kick medication and heal naturally from disease, she's been fine-tuning the maintenance of this lifestyle for almost a decade, and sharing what she's learned for years with thousands of folks all over the world.

She's not interested in labeling you. Instead, she's dedicated to helping folks incorporate more health-boosting whole, plant-based foods into their lives so we can all say "goodbye" to dieting and "hello" to building a healthful, inspired lifestyle for the long haul.



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The Art of Eating through the Zombie Apocalypse

A Cookbook and Culinary Survival Guide

Lauren Wilson, Illustrated by Kristian Bauthus

Summary

Just because the undead's taste buds are atrophying doesn't mean yours have to!

You duck into the safest-looking abandoned house you can find and hold your breath as you listen for the approaching zombie horde you've been running from all day. You hear a gurgling sound. Is it the undead? No—it's *your stomach*.

When the zombie apocalypse tears down life and society as we know it, it will mean no more take out, no more brightly lit, immaculately organized aisles of food just waiting to be plucked effortlessly off the shelves. No more trips down to the local farmers' market. No more microwaved meals in front of the TV or intimate dinner parties. No, when the undead rise, eating will be hard, and doing it successfully will become an art.

The Art of Eating through the Zombie Apocalypse is a cookbook and culinary field guide for the busy zpoc survivor. With more than 80 recipes (from *Overnight of the Living Dead French Toast* and *It's Not Easy Growing Greens Salad* to *Down & Out Sauerkraut*, *Honey & Blackberry Mead*, and *Twinkie Trifle*), scads of gastronomic survival tips, and dozens of diagrams and illustrations that help you scavenge, forage, and improvise your way to an artful post-apocalypse meal. *The Art of Eating* is the ideal handbook for efficient food sourcing and inventive meal preparation in the event of an undead uprising.

Whether you decide to hole up in your own home or bug out into the wilderness, whether you prefer to scavenge the dregs of society or try your hand at apocalyptic agriculture, and regardless of your level of skill or preparation, *The Art of Eating* will help you navigate the wasteland and make the most of what you eat.

Contributor Bio

Lauren was infected with a rare strain of undead enthusiasm over a decade ago while fighting off the zombie menace of Raccoon City in the original *Resident Evil*. From video games to comic books, zombie walks to online communities, there are few corners of the culture she has not explored. And she's got a decent zed t-shirt collection, to boot.

When not nerding out about zombies, space, or *Adventure Time*, Lauren works in the world of food as a professional cook and writer. Since completing her culinary training at Toronto's George Brown Chef School in 2008 she has done a variety of work—from restaurant cooking to cheesemongering, online sales to catering, teaching cooking classes to writing for print and online media. She completed research and course development work at George Brown examining the career motivations, ambitions, and expectations of students with the aim of better understanding low female representation at the executive level of professional kitchens.

After eating up all the good bits of Toronto, Lauren followed a trail of crumbs to Brooklyn, where she is cooking, eating, writing, and teaching happily.



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Stuff You Should Know About Stuff

How to Properly Behave in Certain Situations

Tyler Stanton and Tripp Crosby

Summary

Do you know how to properly conduct yourself in a public restroom?

What about while in the midst of a profoundly awkward silence?

Have you perfected how to get out of helping your friend move?

If you answered no to those questions, fear not. You need *Stuff You Should Know About Stuff*, the book that future anthropologists will no doubt call "the Rosetta Stone of handling trivial life situations."

From the sketch comedy duo who created the viral videos "Sh*t Nobody Says" and "Things You Can't Do When You're Not in a Pool," Tripp and Tyler bring you the written word in *Stuff You Should Know About Stuff*, a guide instructing you how to navigate the treacherous waters of life's odd quandaries.

There are even photos and illustrations for people who enjoy photos and illustrations and stuff like that. You can read it from cover to cover or you can choose to educate yourself only in conjunction with your bowel movements. Totally your call there.

Stuff You Should Know About Stuff places the priority on the trivial experiences of life, because that's where we spend most of our time; trying to recover from going for the fist bump when a casual acquaintance wanted a high five.

Contributor Bio

Tripp and Tyler are a sketch comedy duo most known for their numerous viral YouTube videos. They have been writing, directing, and performing comedy since 2005 and have since amassed dozens of millions of views.



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Happy Herbivore Holidays & Gatherings

Easy Plant-Based Recipes for Your Healthiest Celebrations and Special Occasions

Lindsay S. Nixon

Summary

Bestselling vegan author Lindsay S. Nixon brings “healthy” and “holidays” together in her new book, *Happy Herbivore Holidays & Gatherings*, filled with easy recipes that celebrate and define our favorite occasions throughout the year. Whether you’re planning an elaborate Thanksgiving, a no-fuss dazzling New Year’s Eve party, an omnivore-approved potluck for Super Bowl Sunday, or a lazy Sunday brunch with friends, this is the only cookbook you’ll need. Including more than 130 recipes with new and old favorites, *Happy Herbivore Holidays & Gatherings* guarantees you’ll have a healthy, festive, deliciously memorable meal—whatever you’re celebrating!

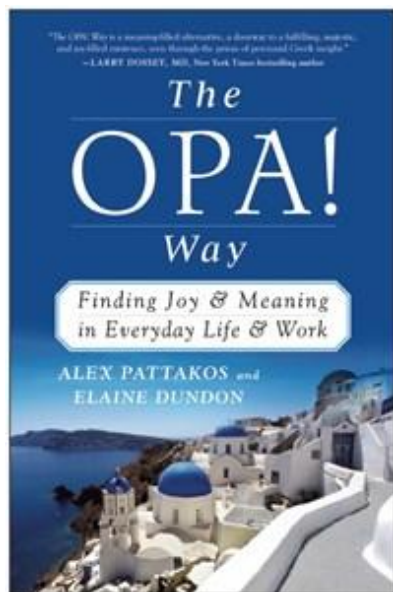
Twelve different special occasions are covered in detail with more than two dozen menus and detailed, step-by-step instructions, so your party planning is easy and effortless. Nixon’s fuss-free, fast recipes are also weeknight practical, so you can enjoy all her hearty main dishes, savory sides, and sweet treats all year long.

True to Lindsay’s beloved “everyday” cooking style, *Happy Herbivore Holidays & Gatherings* focuses on using only whole, unprocessed plant foods with no added oils or fats, or wacky, hard-to-find ingredients. She makes it easy to impress guests while also celebrating health—and without breaking the bank.

Say yes to Portobello Pot Roast, Thanksgiving Loaf, Hot Chocolate Muffins, Mini Corndog Bites, BBQ Sliders, Cauliflower Hot Wings, Cherry Tart Brownies, Lemon-Rosemary Meatballs, Beet Salad, Banana “Cake” Pops, Mini Soy-Free Quiche, and more. With *Happy Herbivore Holidays & Gatherings*, your healthy, hearty dishes will be the life of the party!

Contributor Bio

Lindsay S. Nixon is the bestselling author of the Happy Herbivore cookbook series: *The Happy Herbivore Cookbook*, *Everyday Happy Herbivore*, and *Happy Herbivore Abroad*. As of September 2012, Nixon has sold more than 150,000 cookbooks. Nixon has been featured on *Dr. Oz* and *TheFoodNetwork.com*, and she has spoken at Google. Her recipes have also been featured in *The New York Times*, *VegNews*, *Vegetarian Times*, *Women’s Health*, *Oprah.com*, *Bethenny.com*, *Fitness.com*, *Bust.com*, *WebMD.com*, *Shape.com*, among many others. A rising star in the culinary world, Nixon is praised for her ability to use everyday ingredients to create healthy, low-fat recipes that taste just as delicious as they are nutritious. Learn more about Nixon and try some of her recipes on her award-winning site HappyHerbivore.com.



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The OPA! Way

Finding Joy & Meaning in Everyday Life & Work

Alex Pattakos and Elaine Dundon

Summary

Named the "2015 Self-Help Book of the Year" at the New Mexico-Arizona Book Awards

In chasing "the good life," many of us sacrifice our relationships, our health, and our sanity, but at the end of the day, we still find ourselves with lives and work that bring us little fulfillment. Life isn't about the pursuit of happiness, which is superficial and fleeting. It's about meaning, which helps us realize our full potential, and knowing that our lives and work matter—regardless of circumstances.

Dr. Alex Pattakos and Elaine Dundon, two bestselling authors and leaders of the Meaning Movement, give readers *The OPA! Way: Finding Joy & Meaning in Everyday Life & Work*. Inspired by the wisdom of ancient Greek philosophy and traditional village values, and backed by years of research, *The OPA! Way* provides a breakthrough approach and practical tools to renew your outlook and rejuvenate your life. Pattakos and Dundon demystify the subject of meaning by sharing insights, stories, and three core lessons to guide you on your odyssey:

Connect meaningfully with **Others**

Engage with deeper **Purpose**

Embrace life with **Attitude**

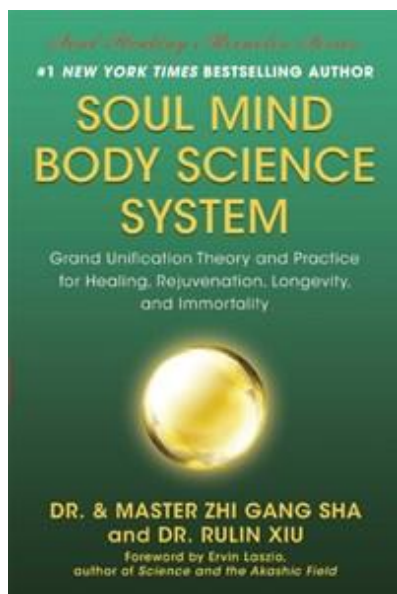
Stop searching for happiness and start searching for meaning. Create the life you want, *The OPA! Way*.

Contributor Bio

Alex Pattakos, described as a "Modern-Day Greek Philosopher," is the cofounder of The OPA! Way®, a new, Meaning-focused paradigm and lifestyle inspired by Greek philosophy and culture. Dr. Pattakos is the author of *Prisoners of Our Thoughts*, an international best-selling book (available in 22 languages) based on the wisdom of his mentor, the world-renowned psychiatrist Viktor Frankl. Also nicknamed "Dr. Meaning," Alex is dedicated to bringing meaning to work, the workplace, and into everyday life. With expertise in political science and psychology, he has worked closely with all levels of government, including the White House under three presidents, and has served as an adviser to the Commissioner of the U.S. Food and Drug Administration. A U.S. Army veteran, he is also a former therapist and mental health administrator, political campaign organizer, and full-time university professor of public and business administration. Dr. Pattakos as a member of the International Academic Board of The International Center for Leading Studies, based in Athens, Greece.

Elaine Dundon, CEO of The Meaning Group, is the co-founder of The OPA! Way®, a new lifestyle program for finding Joy & Meaning in everyday life and work, uniquely inspired by Greek philosophy and culture. Elaine began her career in business strategy and marketing, including brand management at Procter & Gamble. A thought leader in the field of Innovation Management, she authored the international best-selling book, *The Seeds of Innovation*, as well as created and taught a ground-breaking course on Innovation Management in the business program at the University of Toronto, Canada. Her work in the field of innovation has been featured globally in numerous leading publications.

As her work in Innovation Management evolved, her focus shifted to the "Human Side of Innovation" and specifically, Meaning, which her experience and research have shown is the key source of success. Elaine is a keynote speaker, advisor, and facilitator, and a leader of the Meaning Movement.



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Soul Mind Body Science System

Grand Unification Theory and Practice for Healing, Rejuvenation, Longevity, and Immortality

Dr. & Master Zhi Gang Sha and Dr. Rulin Xiu

Summary

What is a soul? Are miracles real? When the soul is healed, how does the body respond?

Throughout history, there have been countless cases of “miracle” healings, unexplainable by modern science. Dr. and Master Zhi Gang Sha has personally healed thousands of patients, usually in front of dozens of witnesses. Hundreds of videos of these healings can be seen on YouTube. But how can these healings be explained?

Soul Mind Body Science System is the first book to explore the scientific explanations for why soul healing miracles are genuine. Written with Dr. Rulin Xiu, an expert on string theory and quantum physics who trained at The University of California, Berkeley, Dr. Sha shares, for the first time, the scientific theories that explain why all actions on Earth are guided by the reality of the soul.

In *Soul Mind Body Science System*, the complex and fascinating relationships present between matter, density, information, soul, and consciousness are thoroughly examined. Written for armchair and professional scientists alike, this book makes a significant contribution to the ongoing debate about the true nature of reality.

As the lines between “science” and “spirit” blur, this investigation becomes ever more important. The groundbreaking *Soul Mind Body Science System* is for all readers who have contemplated the fundamental scientific laws of the universe and sought answers beyond those offered by popular science and mainstream faith.

Contributor Bio

Dr. & Master Zhi Gang Sha is a soul leader, a world-renowned master healer, and a divine servant. He is the founder of Soul Mind Body Medicine. He was trained as a conventional medical doctor in China and a doctor of traditional Chinese medicine in Canada and China. The founder of the Institute of Soul Healing and Enlightenment™ and the Love Peace Harmony Movement™, Master Sha is a grandmaster of many ancient disciplines, including tai chi, qigong, kung fu, feng shui, and the *I Ching*. Master Sha is also an expert in the most advanced cellular healing science now occurring in China. In the West, he is involved in breakthrough research on the effects of spirit on the human system. Dr. Sha was named Qigong Master of the Year at the Fifth World Congress on Qigong. In 2006, he was honored with the prestigious Martin Luther King, Jr. Commemorative Commission Award for his humanitarian efforts.

A theoretical physicist working on string theory and grand unification theory, **Dr. Rulin Xiu** was inspired and guided by Dr. and Master Sha to mathematically formulate soul, mind, heart, and consciousness using physics and to create a grand unification theory to unify soul, spirit, mind, heart, and consciousness with physical existence. Born and grown up in China, Dr. Rulin Xiu received her doctorate degree from UC, Berkeley in 1994 for her research on string theory and grand unification theory (GUT). She is also an entrepreneur, herbalist, singer, healer, and author. Her work includes the book *Divine Love*, and she hopes to inspire readers around the world. As dedicated student of Master Sha, Dr. Xiu devotes her life to seek the ultimate truth.



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Czech, Portuguese (Brazil)
Audio rights: None

Unraveling the Mysteries of The Big Bang Theory (Updated Edition)

An Unabashedly Unauthorized TV Show Companion

George Beahm

Summary

REVISED, UPDATED, AND EXPANDED!

The Big Bang Theory – CBS’s surprise hit sitcom – was recently renewed through 2017 after pulling in 19 million weekly viewers in its most recent season. Any fan who tunes in week to week wasn’t surprised. The quirky show does what so few shows manage to do: straddle the fence between cult hit and mega-popular award-winner.

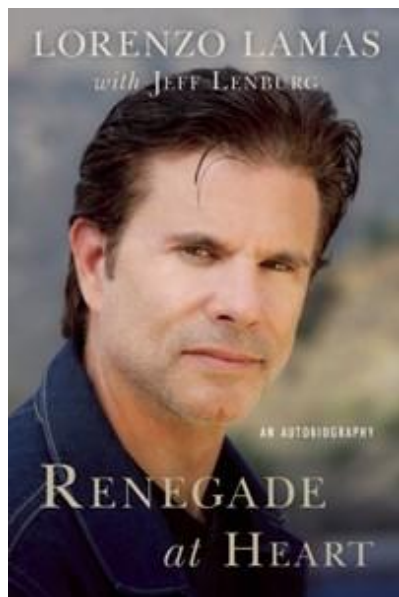
Now, in *Unraveling the Mysteries of The Big Bang Theory*, longtime sf fan and author George Beahm has put together a guide with photographs for all fans of the show – mainstream tv viewers, sf and comics fans, and science enthusiasts alike. Whether you’re a Penny or a Sheldon, whether you’ve just tuned in or been watching all along, this companion book will help you appreciate *The Big Bang Theory* to the fullest.

Unraveling the Mysteries of The Big Bang Theory offers a full, comprehensive look at the series: from an analysis of the awful original pilot (that viewers may never get to see) to a tour of the real Cal Tech (which serves as one of the show's main settings), from a fandom terminology guide to enlightening analyses of the endearingly original main characters, all the show’s quirkiest and most appealing elements are put under the microscope.

This updated edition includes a focus on the show's female characters in addition to bringing the content up to date through the show's seventh season.

Contributor Bio

George Beahm is a full-time non-fiction writer who specializes in business books and popular culture. He is a *New York Times*, *Publishers Weekly*, *LA Times*, and *USA Today* bestselling writer, and his books have been published in over 20 countries worldwide and in every major language. His website is at www.GeorgeBeahm.com.



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nena@dupreemiller.com

Renegade at Heart

An Autobiography

Lorenzo Lamas with Jeff Lenburg

Summary

Meet the real Lorenzo Lamas.

Lorenzo Lamas has played many roles over the course of his roller coaster career. Star of two major television shows, five-time husband, and reality show star, Lamas has been tabloid fodder for decades. Fans can easily believe they have seen every side of Lamas. But the truth is far more interesting—and surprising.

Son of film stars Fernando Lamas and Arlene Dahl, and stepson of swimmer and actress Esther Williams, Lorenzo was born into Hollywood royalty. But his path was not easy. Overweight and aimless as a child, he found it hard to live up to the expectations of his famous father, whose exploits made him the inspiration for the "most interesting man in the world."

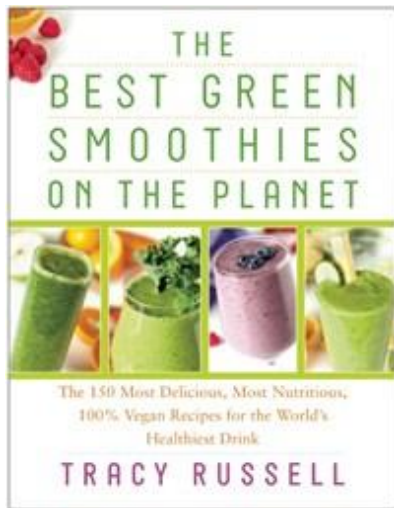
But Lorenzo surprised everyone, shaping up and ultimately winning countless black belts in tae kwon do and karate. Despite his father's early discouragement, he pursued acting, starring in *Falcon Crest* and *Renegade*. In *Renegade at Heart*, the Emmy- and Golden Globe-nominated actor pulls back the curtain to share his startling and explosive story—the money and notoriety, the fights and falling outs, his years of battling abandonment and attachment issues after his parents' divorce, his epic romances and tabloid-making marriages to his four ex-wives. He delves deep into his relationships with his six children and with his famous father, whose penetrating words of wisdom have guided him through turbulent times and to a sense of renewal and new beginnings.

Featuring 50 rare, never-before-shared family and personal photographs from his private collection, *Renegade at Heart* is everything Lamas's millions of fans have been waiting for—the unvarnished truth and his side of his remarkable journey and fully fleshed rumination of the highs and lows of an extraordinary life and survival of an extraordinary man and actor.

Contributor Bio

Lorenzo Lamas, the son of actors Fernando Lamas and Arlene Dahl, is best known for his roles as the framed ex-cop-turned professional bounty hunter, Reno Raines, in creator/producer Stephen Cannell's hit first-run syndicated and USA Network action series, *Renegade* (1992-1997), and as the handsome playboy, Lance Cumson, on CBS' long-running prime-time soap, *Falcon Crest* (1981-1990).

Jeff Lenburg is a prolific, award-winning author and Hollywood biographer. He has written more than 30 books, including two national bestsellers. His books have been nominated for several major awards, including the American Library Association's "Best Non-Fiction Award" and the Evangelical Christian Publishers Association's Gold Medallion Award for "Best Autobiography/Biography."



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The Best Green Smoothies on the Planet

The 150 Most Delicious, Most Nutritious, 100% Vegan Recipes for the World's Healthiest Drink

Tracy Russell

Summary

Indulge in these easy, delicious recipes and discover the incredible health benefits of green smoothies!

IncredibleSmoothies.com founder Tracy Russell tried just about every fad diet and expensive "superfood" supplement out there, with negligible results. It wasn't until she discovered green smoothies that she lost 40 pounds, lowered her cholesterol by 50 points, and started running marathons.

In *The Best Green Smoothies on the Planet*, Russell shares healthy, down-to-earth recipes made with unprocessed whole foods. Packed with fresh fruits and vegetables—particularly leafy greens—that you can find at your neighborhood grocery store or local farmers' market, every recipe in this book contains nutrition information as well as options for substitutions and variations. Russell reveals optimal flavor pairings (which green goes best with which fruit and which fruits blend best together) and specific health benefits of key ingredients.

Focusing on the many positive effects of drinking green smoothies, including detox and cleansing, natural weight loss, and mood enhancement, Russell offers nutrient-rich recipes with flavorful, fun combinations such as:

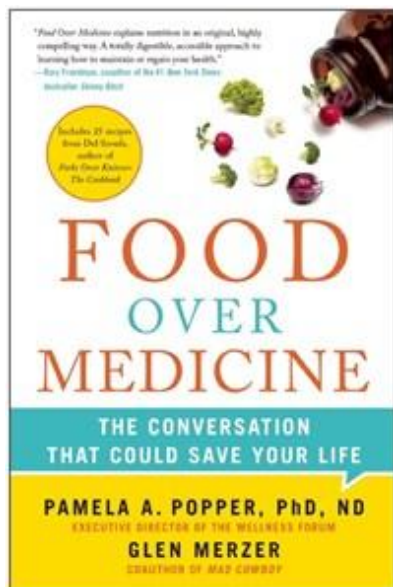
- Pineapple-Ginger
- Chocolate-Peanut Butter
- Mango-Avocado
- Cherry-Pomegranate
- Nectarine-Goji Berry

With 150 delicious green smoothie favorites (enough smoothies for five whole months!), *The Best Green Smoothies on the Planet* provides recipes that can accommodate and enhance any individual or family diet. Whether you're a smoothie veteran or trying something new, these drinks will wow you—with both accessibility and incredible taste.

Contributor Bio

Tracy Russell has tried just about every fad diet and expensive "superfood" supplement out there. It wasn't until she discovered the green smoothie that she lost 40 pounds, lowered her cholesterol by 50 points, and started running—marathons!

Tracy is one of the foremost experts on green smoothies and nutrition. She shares her wealth of first-hand information, research, and experiences with tens of thousands of people every day. Tracy is the author of one of the largest green smoothie websites on the Internet, Incredible Smoothies (incrediblesmoothies.com), which she launched in 2009 to help others achieve a healthy lifestyle. She is also a contributor to the Whole Pregnancy website (wholepregnancy.org). She has written guest articles for other blogs and magazines as well.



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Food Over Medicine

The Conversation That Could Save Your Life

Pamela A. Popper and Glen Merzer, Recipes by Del Sroufe

Summary

Nearly half of Americans take at least one prescription medicine, with almost a quarter taking three or more, as diseases such as diabetes, obesity, and dementia grow more prevalent than ever. The problem with medicating common ailments, such as high blood pressure or elevated cholesterol, is that drugs treat symptoms—and may even improve test results—without addressing the cause: diet.

Overmedicated, overfed, and malnourished, most Americans fail to realize the answer to lower disease rates doesn't lie in more pills but in the foods we eat.

With so much misleading nutritional information regarded as common knowledge, from "everything in moderation" to "avoid carbs," the average American is ill-equipped to recognize the deadly force of abundant, cheap, unhealthy food options that not only offer no nutritional benefits but actually bring on disease.

In *Food Over Medicine*, Pamela A. Popper, PhD, ND, and Glen Merzer invite the reader into a conversation about the dire state of American health—the result of poor nutrition choices stemming from food politics and medical misinformation. But, more important, they share the key to getting and staying healthy for life.

Backed by numerous scientific studies, *Food Over Medicine* details how dietary choices either build health or destroy it. Including recipes from Chef Del Sroufe, author of the bestselling *Forks Over Knives—The Cookbook* and *Better Than Vegan*, *Food Over Medicine* reveals the power and practice of optimal nutrition in an accessible way.

Contributor Bio

Pamela A. Popper, PhD, ND, is a naturopath, an internationally recognized expert on nutrition, medicine, and health, and the Executive Director of The Wellness Forum. Dr. Popper serves on the Physician's Steering Committee and the President's Board for the Physicians' Committee for Responsible Medicine in Washington, D.C. Dr. Popper is one of the health care professionals involved in the famed Sacramento Food Bank Project, in which economically disadvantaged people were shown how to reverse their diseases and eliminate medications with diet.

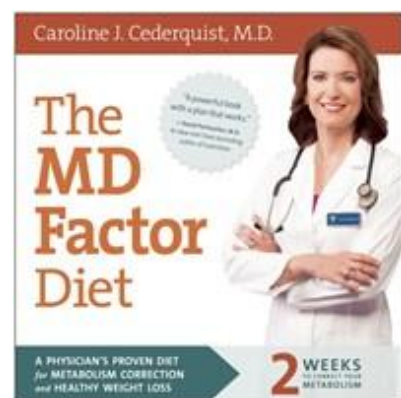
Dr. Popper is part of Dr. T. Colin Campbell's teaching team at eCornell, teaching part of a certification course on plant-based nutrition. She has been featured in many widely distributed documentaries, including *Processed People* and *Making a Killing* and appears in a new film, *Forks Over Knives*, which played in major theaters throughout North America in 2011. She is one of the coauthors of the companion book which was on the *New York Times* bestseller list for several months.

Glen Merzer is coauthor with Howard Lyman of *Mad Cowboy*, and with Howard Lyman and Joanna Samorow-Merzer of *No More Bull!*, and with Chef AJ of *Unprocessed*. Merzer is also a playwright and screenwriter, having most recently completed a screenplay from *Mad Cowboy*. He has been a vegetarian for 40 years and a vegan for the last 20.

Del Sroufe's passion for cooking began at eight years old and never faded. In 1989 he went to work for one of Columbus' premier vegetarian restaurants, the King Avenue Coffeehouse, where he honed his craft as a baker and chef. Sroufe opened Del's Bread, a vegan bakery, before beginning vegan meal delivery service in 2001, serving eclectic plant-based cuisine to Columbus residents. During this time, he developed what became a very popular cooking

class series, sharing many of the delicious recipes he had created over the years.

In 2006, Sroufe joined Wellness Forum Foods as co-owner and chef, where he continued the tradition of delivering great tasting, plant-based meals to clients in Columbus as well as throughout the continental U.S. Sroufe also joined The Wellness Forum as a member where, after a lifetime of yo-yo dieting, he has lost over 200 pounds on a low fat, plant-based diet. He continues to teach cooking classes at local venues like Whole Foods, Community Recreation Centers, and The Wellness Forum. Sroufe is the author of *Forks Over Knives—The Cookbook*, a vegan cookbook companion to the acclaimed documentary *Forks Over Knives*.



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The MD Factor Diet

A Physician's Proven Diet for Metabolism Correction and Healthy Weight Loss
Caroline Cederquist

Summary

Are you finding that weight is easy to gain and hard to lose? It's not your fault!

Over 89 percent of people struggling to lose weight have a metabolism dysfunction called the **MD Factor**. That's approximately 150 million Americans suffering from this condition, and most do not even know it. The breakthrough concepts in *The MD Factor Diet* isolate metabolism dysfunction as the reason why millions of Americans cannot succeed in losing weight. Over the course of your lifetime, changes occur in your body's chemistry that can reverse your ability to lose weight. There's a way to reclaim your health: the doctor-approved plan detailed in this book.

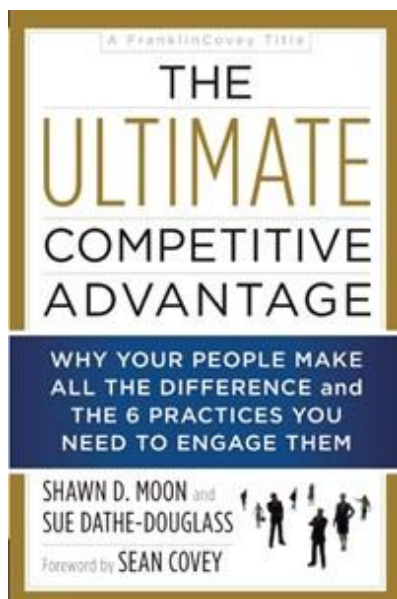
The MD Factor Action Plan outlined by Dr. Caroline J. Cederquist helps you:

- Correct metabolism for lifetime weight loss
- Improve cholesterol and blood pressure
- Enhance sleep quality and boost energy
- Reduce cravings for sweets and starches
- Regulate blood sugar

Dr. Cederquist will help you identify whether you have metabolism dysfunction and also give you the proper action plan to reverse it—with quick results. Achieve a more energized, lighter, and healthier you in just two weeks with *The MD Factor Diet*.

Contributor Bio

An expert in the field of weight loss and metabolism, **Caroline J. Cederquist, M.D.** has become a nationally recognized and versatile media personality covering a wide spectrum of health-related news and topics. As medical director of the Cederquist Medical Wellness Center and bistroMD, an innovative home diet delivery program, Dr. Cederquist helps real people transform their bodies through metabolism correction and weight loss.



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jmr@dupreemiller.com
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The Ultimate Competitive Advantage

Why Your People Make All the Difference and the 6 Practices You Need to Engage Them

Shawn D. Moon and Sue Dathe-Douglass, Foreword by Sean Covey

Summary

"People are our most important asset." Every company pays lip service to this platitude, but how many companies really embrace it?

People are what sustain—or ruin—your brand. If your people are not excited about the company, indifferent, or even alienated from it, your competitive advantage will disappear.

In *The Ultimate Competitive Advantage*, FranklinCovey experts Shawn D. Moon and Sue Dathe-Douglass lay out the steps leaders can take to tap into their companies' most valuable and unique resource: people.

When you promote a company of proactive and engaged employees who create a winning culture, sustain it, leverage it, and make it work no matter what comes your way, your business rises above the rest. From the company that brought you *The 7 Habits of Highly Effective People*, *The Ultimate Competitive Advantage* offers six highly effective practices that will propel your company to success by unleashing the potential of your people.

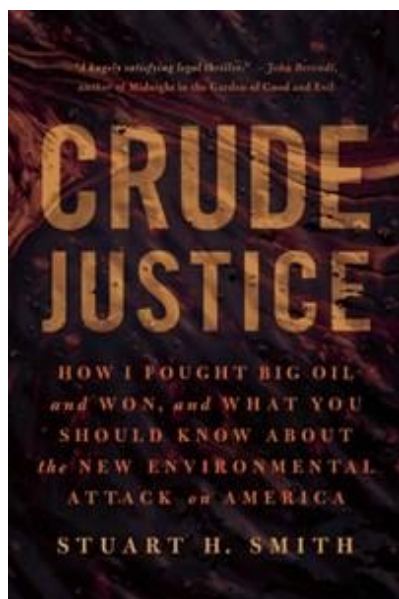
Each practice in *The Ultimate Competitive Advantage* is based on fundamental principles that hold true across all industries, from the necessity of being proactive to the importance of building win-win relationships. Implementing these practices is the key to making a distinctive difference in the marketplace.

The Ultimate Competitive Advantage will enable your company to achieve remarkable results and become an industry standout by leveraging your most important asset: your people.

Contributor Bio

Shawn D. Moon is the Executive Vice President of Global Sales and Delivery for FranklinCovey Corp., where he is responsible for the Company's U.S. and International direct offices, the Sales Performance Practice, the Execution and Speed of Trust Practices. Shawn has more than two and a half decades of experience in leadership and management, sales and marketing, program development, and consulting services.

Sue Dathe-Douglass serves as Global Vice President of Leadership, Sales and Delivery Effectiveness at FranklinCovey. Drawing on more than 30 years of organizational and leadership experience, Sue is a catalyst for high performance and engagement at all levels of the organization. Sue joined FranklinCovey in 1996 as a Leadership Delivery Consultant responsible for designing, developing, and delivering customized leadership engagement solutions that met the unique needs of her many clients.



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Crude Justice

How I Fought Big Oil and Won, and What You Should Know About the New Environmental Attack on America

Stuart H. Smith

Summary

One day in the small Mississippi town of Laurel, a 26-year-old expectant mom named Karen Street sat down at the edge of her bathtub—and felt her hip split in two. The episode was so bizarre it wasn't until later, after she saw the doctor, that she realized her bone disease was almost certainly linked to her father-in-law's business. Winston Street ran a machine shop that drilled the gunk out of pipes used by Chevron, Shell and other giants of the oil industry—creating a white powder that covered Karen Street's husband's overalls every night, which then landed in their vegetable garden...and was highly radioactive.

Winston Street didn't know the dust was poisonous, nor did his workers or his family. But someone did know. Indeed, there was evidence that America's Big Oil companies were aware for decades that they were pulling up radium from under the earth, poisoning yards like Street's while dumping radioactive water in unlined pits across the South. Now, to prove that and win justice for his blue-collar clients, an untested young lawyer named Stuart H. Smith and his eccentric team would have to get the better of America's best-known radiation attorney and the global clout of Chevron inside a Mississippi courtroom.

In a gripping tale that reads as if torn from the pages of a John Grisham novel, *Crude Justice* tells how the Little Guy can take on the behemoth of Big Oil and win...with the help of a good attorney. Recounting more than two decades as a top environmental lawyer in the toxic oil patch of the American South, Smith tells the story of how he upped the ante again and again—getting the best of Chevron, then taking on the world's most powerful corporation, ExxonMobil, with \$1 billion on the line, and finally ferreting out the elusive truth behind BP's 2010 Deepwater Horizon disaster, the worst oil spill in U.S. history.

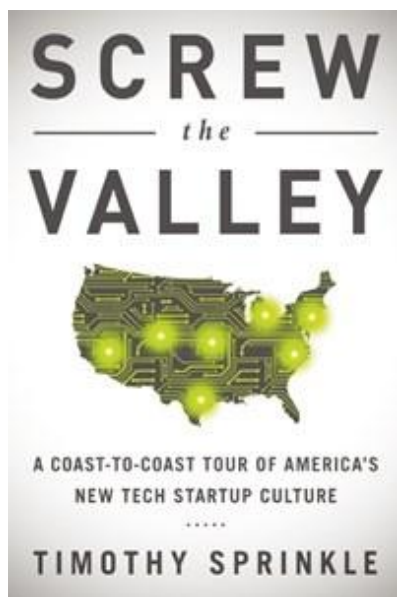
Smith finally builds upon the courtroom drama of his past and the environmental threats of the present—from fracking to the Keystone XL pipeline—to issue a resounding call for America to break its crippling addiction to fossil fuels.

Contributor Bio

Stuart H. Smith is a practicing plaintiff attorney licensed in Louisiana. He is a founding partner of the New Orleans-based law firm Smith Stag, LLC. The firm's practice is concentrated in the fields of environmental law and toxic torts. Smith has practiced law for nearly 25 years and is recognized internationally as a crusader against major oil companies and other polluters for damages associated with radioactive oilfield waste.

Smith has also been lead counsel on more than 100 oil pollution cases, which focus primarily on damages caused by the wastewater and sludge oil companies discharge into the environment. Smith's litigation experience includes a lawsuit against Ashland Oil for contaminating the Lee aquifer, once one of the largest sources of fresh water for residents in eastern Kentucky. He also sued Chevron Corporation for damages associated with that company's contamination of the groundwater in the rural town of Brookhaven, Mississippi. His firm also represents clients injured by chemicals and defective drugs.

Smith is currently representing commercial fishermen, whose livelihoods have been devastated by the Deepwater Horizon oil spill in the Gulf of Mexico.



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Screw the Valley

**A Coast-to-Coast Tour of America's New Tech Startup Culture:
New York, Boulder, Austin, Raleigh, Detroit, Las Vegas, Kansas City**

Timothy Sprinkle

Summary

The most exciting high-tech startups are escaping the expensive and inbred environment of Silicon Valley. Welcome to the future.

Entrepreneurs know they must embrace innovation to excel—starting with where they locate their new venture. Fortunately, budding companies seeking fertile ground have more options today than ever before. *Screw the Valley* calls on today's entrepreneurs and aspiring business owners to forget California and explore other options across the country—cities that offer more room to breathe, easier access to funding and talented workers, fewer heads to butt, and less money down the drain.

Timothy Sprinkle visits seven areas that offer a superior landscape for tech startups:

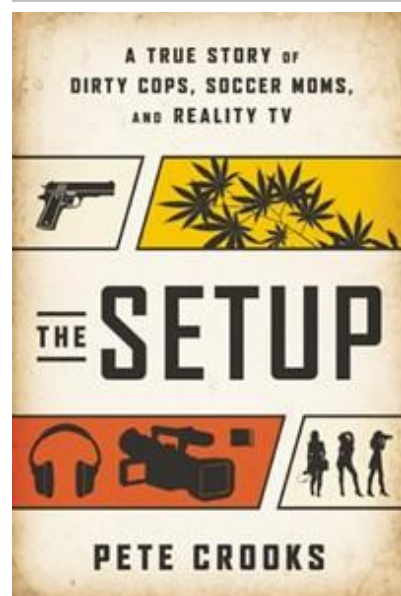
- Detroit
- New York City
- Las Vegas
- Austin
- Kansas City
- Raleigh-Durham
- Boulder

Sprinkle gives readers a window into the startup potential in each city, detailing which industries are thriving where, and highlighting the unique appeal and character of each location.

Bright ideas are not geographically limited, and innovation is happening every day in cities all over the country. It's time to think outside the box when it comes to startup location. It's time to say *Screw the Valley*.

Contributor Bio

Timothy Sprinkle is a longtime business journalist whose work has appeared in *Wired*, *Entrepreneur*, *Outside*, and on *Yahoo! Finance*, among other outlets. He has covered the technology space—and tech startups, in particular— for more than a decade as a reporter and editor and is widely published, both in print and online, on the subject of entrepreneurship and small business.



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The Setup

A True Story of Dirty Cops, Soccer Moms, and Reality TV

Pete Crooks

Summary

The pitch went like this: Chris Butler, a retired cop, ran a private investigator firm in Concord, California. His business had a fascinating angle—his firm was staffed entirely by soccer moms.

In fact, Butler employed PI Super Moms: attractive, organized, smart, and trained in investigative techniques, self-defense, and weaponry. *This American Life* host Ira Glass described them as “MILF: Charlie’s Angels.”

When this story came across Pete Crooks’s desk when he was working at *Diablo* magazine in 2010, he was instantly hooked. He’d heard a little bit about Butler and his super moms in the news; they’d been featured in *People* magazine and on *Dr. Phil*. What Butler’s publicist was offering was too tantalizing to pass up: an opportunity to ride along with Butler and a few of his sexy PIs as they prepared to start filming a reality TV show.

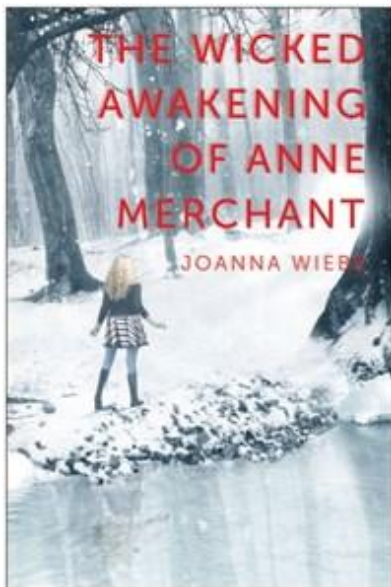
But after the ride-along—and after he started receiving mysterious emails from one of Butler’s employees—Crooks started to realize something didn’t seem right. After doing a little digging, he discovered the “sting” he’d seen only had one real victim...him. The PI bust had been a setup.

Crooks wasn’t a hardboiled crime reporter. He did lifestyle pieces for a regional magazine. The more he learned about Butler’s operation, the more he realized he was in far over his head. But swallowing his fears, he decided he was going to write an expose on Butler and his entire organization. He soon found himself deep in the underbelly of fake sting operations, wannabe celebrities, police corruption, drug-dealing, reality television, double-crossing employees, and more twists and turns than a dozen crime thrillers.

Contributor Bio

Pete Crooks is a Bay Area-based journalist, and the author of the seminal investigative story about one of the Bay Area’s most sensational crime and corruption stories in recent history. For the past 14 years, Crooks has been one of the editors of *Diablo* magazine, and was on assignment for the magazine when he broke the incredible crime scandal detailed in *The Setup: A True Story of Soccer Moms, Dirty Cops, and Reality TV*.

Crooks’s reporting on this stranger than fiction story about reality show wannabes, duplicitous soccer moms, and a conspiracy involving corrupt cops and a sociopath private investigator received national acclaim, inspiring episodes of the award-winning radio program *This American Life* and *48 Hours* on CBS news, for which Crooks served as an official consultant.



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The Wicked Awakening of Anne Merchant

Book Two of the V Trilogy

Joanna Wiebe

Summary

Behind every secret lurks one much darker...

Thrust back into the cryptic world of Cania Christy, Anne Merchant finds herself tangled in a mystic plot she can't escape. Eerie visions haunt her. Whispers of her nefarious past vex her. But it's not until Ben Zin is forced to compete for the Big V—with a vengeful guardian to assure his failure—that she faces the reality of life in a world ruled by wickedness: she must embrace her inner demons to help those she loves. Hoping the ends will justify the means, Anne starts down a slippery slope that, if she lets temptation guide her, could lead her straight to the underworld.

Contributor Bio

Joanna Wiebe is from Vancouver Island, Canada. She studied creative writing at the University of Alberta, during which time she twice won the James Patrick Folinsbee prize in creative writing, won the Godfrey Prize and was published in the literary journal *Fait Accomplit*. She lived for a year on the remote northern island of Hokkaido, Japan, which is the inspiration for the verdant Wormwood Island of the V Trilogy.