

I, Dragonfly: A Memoir Of Recovery And Flight

'Courageous and daring, this work testifies/documents the reality that political solidarity, forged in struggle, can exist across difference.' bell hooks *Against a backdrop of nine generations of her family's history, Mab Segrest explores her experience as a white lesbian organizing against a virulent Far Right movement in the American South.*

From the award-winning author of Dust comes a magical, sea-saturated, coming-of-age novel that transports readers from Kenya to China and Turkey. On an island in the Lamu Archipelago lives a solitary, stubborn child called Ayaana and her mother, Munira. When a sailor, Muhidin, enters their lives, the child finds something she has never had before: a father. But as Ayaana grows into adulthood, forces of nature and history begin to reshape her life, leading her to distant countries and fraught choices. Told with a glorious lyricism, The Dragonfly Sea is a transcendent story of love and adventure, and of the inexorable need for shelter in a dangerous world. 'One of Africa's most exciting voices ... The Dragonfly Sea is a continent-hopping novel of epic proportions.' Refinery29 'In its omnivorous interest in the world, The Dragonfly Sea is a paean to both cultural diffusion and difference . . . as much as [the novel] traces the globe, it also depicts an internal pilgrimage, its heroine in rose attar a broken saint.' New York Times 'Owuor continues to break ground among contemporary African writers.' Vanity Fair

In this spellbinding thriller and YA debut from bestselling author Marti Leimbach, Kira Adams has discovered a cure for death--and it may just cost her life. Now available in paperback. Things aren't going well for Kira. At home, she cares for her mother and fends off debt collectors. At school, she's awkward and shy. Plus, she may flunk out if she doesn't stop obsessing about science, her passion and the one thing she's good at . . . very good at. When she wins a prestigious science contest she draws the attention of the celebrated professor Dr. Gregory Munn (as well as his handsome assistant), leading to a part-time job in a top-secret laboratory. The job is mostly cleaning floors and equipment, but one night, while running her own experiment, she revives a lab rat that has died in her care. One minute it is dead, the next it is not. Suddenly she's the remarkable wunderkind, the girl who can bring back the dead. Everything is going her way. But it turns out that science can be a dangerous business, and Kira is swept up into a world of international rivalry with dark forces that threaten her life.

This book was written to encourage and empower minorities in all communities to embrace life as a journey and become comfortable with discovering what it is they really want. It also shares experiences and thoughts about how it's ok to change your mind about what you want and how you go after it. It really is up to you. Go for it!

Remember the Dragonflies

The Dragonfly Pool

Witch, Please: A Memoir

Memoir of a Race Traitor

A Memoir of Recovery and Flight

When a seemingly routine medical procedure results in her mother's premature death, Anne Panning is left reeling. In her first full-length memoir, the celebrated essayist and short story writer draws on decades of memory and experience, piecing together hard truths about her own past and her mother's. We follow Panning's winding path from rural Minnesota to the riverbanks of Vietnam's Mekong Delta. A stark, poignant tale of two women deeply connected, yet forever apart, *Dragonfly Notes* is a testament to the prevailing nature of love, whether in the form of a rediscovered note, a sudden moment of unexpected recall, or sometimes, simply, the sight a dragonfly flitting past.

A parent's guide to helping children with autism maximize their potential. Over a decade ago, an autism diagnosis had confined Lori Ashley Taylor's daughter Hannah to an inaccessible world. Lori became a tireless researcher, worker, and advocate, and her dedication showed results. There can be progression and shifting on the spectrum, and Hannah has done just that—she has emerged. Part narrative and part practical guide, *Dragonfly* provides anecdotal and practical guidance for parents of children with autism spectrum disorder. The author discusses intervention strategies, therapies such as Applied Behavioral Analysis (ABA), and different medical tests. She explains Autism terminology like hyperresponsiveness and stimming. A classroom teacher herself, she recommends educational accommodations and supports. Busy parents can find practical tips on everything from making friends to Sensory Processing Disorder in helpful sidebars in the text. Taylor's personal experience is supplemented by wisdom from a series of round table discussions featuring other parents of children with autism. In the summer of 2013, eight-year-old Hannah wrote "Life of a Dragonfly," a poem with repeated parallel stanzas that used the stages of a dragonfly's life as a mirror for her own physical and cognitive development. Among its wisdom was: "Hope rises, and I begin to reveal my concealed wings. I begin to understand language and what I am meant to do." Taylor has helped her daughter find her wings; in *Dragonfly*, she gives other

parents the tools to do the same.

A boy goes fishing with his father and describes the interrelationships among the insects and animals he encounters, from the mosquito that bites him to the dragonflies, bullfrogs, and fish that he finally catches and eats. Includes facts about wetland species in the story.

Presents a behind-the-scenes account of NASA's ambitious and sometimes tumultuous involvement with Russia's problem-plagued MIR space station over three years

Black Dragonfly

Mika and the Dragonfly

Brother to a Dragonfly

On Distance and Loss

Memories in Dragonflies

"I remember the first time I met Craig. We were in his backyard. He was holding a dragonfly in his hands—one set of double wings in his left hand, the other set in his right. He kept the wings taut, stretched to their fullest. The dragonfly twitched and buzzed, trying to escape its captor. Slowly, Craig raised his prey to the sunlight and inspected it. Then he lowered it and began to pull his hands apart...." Thus begins children's author W. Nikola-Lisa's highly evocative memoir of his childhood growing up in a small cattle town in south Texas. Although on the surface an essay on place, ultimately the writing explores a difficult period in the writer's life.

Sean proposes to Tully while they are still in their teens and being cat pet parents is the main thing they have in common. When their marriage begins to deteriorate, having cats isn't enough. They decide to start a family, in part, to try to hold their relationship together. Penelope becomes their nanny cat, instinctively taking on the responsibility of watching over the whole family. When an unfortunate accident threatens to further destroy family relationships, their cats do their best to help bring them together again. Two Mice and a Dragonfly poses questions of how to move on despite betrayal, rejection, regret, and loss. Playful, but also poignant and provocative, Two Mice and a Dragonfly employs the uncanny ingenuity of felines. Will the cats be enough to invoke lasting renewal of love and forgiveness? Linda L. Graham is author of a memoir, *Indiana Summer: From Cornfields and Lightning Bugs*, published in 2016 by Dog Ear Publishing.

On Dragonfly Wings – a Skeptic's Journey to Mediumship, is a candid and personal search for the meaning of life, of death and of grief. It aims to give hope to those who have lost a loved one and to those who are about to pass beyond – hope that this is not an end. Written for lay people, rather than experienced spiritualists or mediums, and for anyone who is curious about exploring further, it provides practical tools to help readers find their own spiritual truth and path.

The Dragonfly Pool by Eva Ibbotson is an enchanting tale of friendship and determination during the Second World War, from the author of *The Star of Kazan*. Tally Hamilton is furious to hear she is being sent from London to a horrid, stuffy boarding school in the countryside. And all because of the stupid war. But Delderton Hall is a far more interesting place than Tally ever imagined, and an exciting school trip to the beautiful and luscious kingdom of Bergania whisks Tally into an unexpected adventure . . . will she be able to save her new friend, Prince Karil, before it's too late?

An Epic Adventure of Survival in Outer Space

Mili and the Dragonfly

The Web at Dragonfly Pond

Seducing the Dragonfly

Dragonfly in Amber

In *Brother to a Dragonfly*, Will D. Campbell writes about his life growing up poor in Amite County, Mississippi, during the 1930s alongside his older brother, Joe. Though they grew up in a close-knit family and cared for each other, the two went on to lead very different lives. After serving together in World War II, Will became a highly educated minister who later became a major figure in the early years of the civil rights movement, and Joe became a pharmacist who developed a substance abuse problem that ultimately took his life. *Brother to a Dragonfly* also serves as a historical record. Though Will's love and dedication to his brother are the primary story, interwoven throughout the narrative is the story of the Jim Crow South and the civil rights movement. Will is present through many of the most pivotal moments in history--he was one of four people who escorted students integrating the Little Rock public schools; he was the only white person present at the founding of the SCLC; he helped CORE and SNCC Freedom Riders integrate interstate bus travel; he joined Dr. Martin Luther King Jr.'s campaign of boycotts, sit-ins, and marches in Birmingham; and he was at the Lorraine Motel the night Dr. King was assassinated. Will's accomplishments, however, never take the spotlight from his brother, and as his relationship with Joe evolves, so does Will's faith. Featuring a new foreword by Congressman John Lewis, this book brings back to print the combined lives of Will Campbell--Will the brother and Will the preacher.

I, DragonflyA Memoir of Recovery and FlightBald Eagle Editorial

Life—and death—may be hard; but joy is simple. Lannette Cornell Bloom, a typical, overworked nurse, wife, and mom of two, was forty-three when her mother was diagnosed

pulmonary fibrosis. She quit her job and dove headlong into the familiar role of caretaking. This choice—to slow down and be present for the hardest year of her life—resurrected her. In unexpected moments, as childhood memories flooded into the present, Lannette glimpsed bits of magic that existed just beyond the pain. Without knowing it, she was experiencing a mindful dying process with her mother—and it was a journey that would change the way she lived the rest of her life. A touching and soulful memoir that gracefully uncovers the beauty that is often lost within the dying process, *Memories in Dragonflies* is a beautiful portrait of what it means to be human and a gentle reminder to enjoy every moment, because even the simplest ones bring lasting joy.

A 2021 Coretta Scott King Honor Book! Winner of the 2020 National Book Award for Young People's Literature! Winner of the 2020 Boston Globe-Horn Book Award for Fiction and Poetry! In a small but turbulent Louisiana town, one boy's grief takes him beyond the bayous of his backyard, to learn that there is no right way to be yourself. This acclaimed winner of the National Book Award and more joins the Scholastic Gold line, which features award-winning and beloved novels. Includes exclusive bonus content! **FOUR STARRED REVIEWS!** Booklist School Library Journal Publishers Weekly The Horn Book Twelve-year-old Kingston James is sure his brother Khalid has turned into a dragonfly. When Khalid unexpectedly passed away, he shed what was his first skin for another to live down by the bayou in their small Louisiana town. Khalid still visits in his dreams, and King must keep these secrets to himself as he watches grief transform his family. It would be easier if King could talk with his best friend, Sandy Sanders. But days before he died, Khalid told King to end their friendship, after overhearing a secret about Sandy—that he thinks he might be gay. You don't want anyone to think you're gay, too, do you? But when Sandy goes missing, sparking a town-wide search, and King finds his former best friend hiding in a tent in his backyard, he agrees to help Sandy escape from his abusive father, and the two begin an adventure as they build their own private paradise down by the bayou and among the dragonflies. As King's friendship with Sandy is reignited, he's forced to confront questions about himself and the reality of his brother's death. *The Thing About Jellyfish* meets *The Stars Beneath Our Feet* in this story of loss, grief, and finding the courage to discover one's identity, from the author of *Hurricane Child*.

Homeodynamic Recovery Method, a Step-By-Step Guide

I, Dragonfly

Responding with Empathy

The Dragonfly-Friendly Gardener

Dragonflies at Night

Gripping and clear eyed, this is the inside story of a choice no parent should have to make. It was a case which made international headlines in 2006: two small girls, Cedar, 3 and Hannah, 5, were abducted by their Lebanese-Australian father, Joe, and flown into Lebanon in the middle of a war. Their distraught Canadian mother, Melissa Hawach, was left to figure out where her daughters were, if they were safe and what, if anything, she could do to get them back. When the courts and all legitimate avenues failed her, Melissa had to make an agonising decision; should she break the law and snatch the children from their father? And how would she then be able to get them out of the increasingly dangerous Middle East? Gripping and clear eyed, this is the inside story of a choice no parent should have to make.

The National Book Award-nominated memoir of a preacher, author, and civil rights activist

A touching and thought-provoking account of how a woman explored a spectrum of religions—ancient and new—and ended up, unexpectedly, becoming a bona fide witch—plus a celebration of modern Wicca and witchcraft, spell books, broomsticks, holiday recipes and recipes for the changing of the seasons, and much more. Misty Bell Stiers set out on a spiritual path to find a faith that worked for her, and accidentally became a witch. She knew the Bible well, and got to know the Torah and Koran. She studied Eastern philosophies, even the stories of the Egyptians and Greeks. Finally, after overcoming an immediate prejudice ("Um, no," she writes as her initial reaction), she found Wicca. *Witch, Please* reveals what makes the mysterious religion of Wicca so desirable for more than a million Americans. In her witty, direct, and heartfelt text, Misty explores spirituality, perseverance, and finding oneself. She shares what Wicca means to her and what defines her as a witch; what she uses her spell book, cauldron, and broomstick for; the significance of Wiccan holidays, many about new beginnings; the surprising history of Wicca; and what kinds of witches there are. She also shares how in her busy New York City life, as a mother and a creative director, her faith grounds and sustains her. Her uplifting, you-too-can-find-what-works-for-you voice speaks like a best friend: relatable, honest, and encouraging. This unusual and beautifully written memoir explores what it's like to be a modern-day witch, and how it's changed Misty's outlook on life. It's candid, but it's also threaded with magic and has a warming, lightheartedness to it. Bewitching original drawings by Misty are throughout, and Misty even shares ten original recipes for her Wiccan holiday treats (including the likes of her cinnamon rolls and roasted garlic rosemary bread, sprinkled with magic and seasoned with love, laughter, and healing).

THIS BOOK LAUNCHES 9/22/20... PRICE WILL LOWER TO \$12.55 A dragonfly brings a mother's love to a grieving daughter. Meet Savannah, the thirty-something owner of Life Celebrations, a party planning business. Despite losing both parents as a teenager, Savannah is creating a positive life for herself, surrounded by friends and co-workers who are now her family. But she also has a secret—as much as she wants to settle down and have children, she is afraid to, for fear of getting cancer and having to leave them without their mother, as she herself was left behind years ago. Meet Deirdre Rose, Savannah's mother. She continues to watch over Savannah, who feels deeply connected to her mother whenever she sees a dragonfly. Now meet Ben, a thirty-something recording artist who is good-looking, talented, and a household name. Despite his fame, Ben is lonely. He trusts few people because it seems everyone wants something from him instead of getting to know who he really is. Savannah and Ben cross paths when they meet at a yoga retreat in the Massachusetts Berkshires. They are drawn to each other's creativity and outlook on life. She sees beyond his celebrity and he admires her strength in what she's had to overcome. What happens when the retreat ends and they go their separate ways? Will they be able to make a long distance relationship work? Can Savannah put aside her fears, and will Ben

allow himself to be truly vulnerable? Above all . . . what message do Deirdre Rose and Dragonfly have for both of them?

A Daughter's Emergence from Autism: A Practical Guide for Parents

Flight of the Dragonfly

A Childhood Memoir

Recover from Eating Disorders

A Natural, Cultural, and Personal History

This groundbreaking memoir unveils the light and shadows of anorexia recovery--from what it requires to what it can ultimately deliver. At thirty-three years old, Kerrie was managing a freelance career, her three young children, and a closeted battle with anorexia that had plagued the past ten years of her life. But once the mounting misery finally becomes too much, she embarks on a treacherous two-year journey to remission from this lethal and pervasive neurobiological condition. I, Dragonfly chronicles the physical and psychological transformations of her recovery, including the panic of witnessing her body expand to unfamiliar proportions and the contention with exhaustion and pain in her limbs that last much longer than she anticipated, as well as the delight of responding to overwhelming hunger and the release of cultural fallacies around weight and health. As Kerrie learns to surrender to the recovery process, she cultivates the authentic self that had been arrested a decade prior, which eventually comes at an agonizing cost to her and her family. Through the scientific evidence-based approach to recovery introduced in the foreword by Gwyneth Olwyn, author of Recover from Eating Disorders: Homeodynamic Recovery Method, Kerrie achieves a state of remission--a seeming impossibility to those trapped in starvation. Her brutal yet liberating path serves as a reassuring roadmap for millions of sufferers worldwide who seek to reclaim themselves. At the same time, her candid and inspiring story reflects a universal passage to self-actualization.

“ Kathy Rhodes writes about grief and fear and denial and pain—and she does it well. She crafts scenes that make us feel like we ’ re in the room with her. Highly recommended. ” —Neil White, author of In the Sanctuary of Outcasts. At some point life boils what ’ s in your crucible down to the salt of you. Everything she had depended on her husband—job, income, identity, companionship, future hopes and dreams, even her house—and then, suddenly, he died. Kathy Rhodes staggers onto the grief road and navigates her way through the fog of disorientation, decisions, “ death duties, ” the dreaded firsts, and basic daily survival. She lands a new job, loses it when the company fails, gets another job, loses her mother and her childhood home, then sells her own house and buys a smaller one. Five years down the road, she realizes she has journeyed from “ our ” to “ my. ” She has built a whole new life. Her journey parallels the metamorphosis of the dragonfly. Dragonflies start out in the water, submerged in the dark, then gradually, in time, find their way to the skies. Rhodes survives the darkest time of her life and makes her way onward and upward. She finds the well place in her heart.

DiCesare's view of life was forever changed by a series of horrifying events in and around his dorm room: C2D1 of Erie Hall. From early February through late April of 1985, he and his college friends would endure what is now called The C2D1 Haunting. Apparitions sighted, strange voices heard, moving objects witnessed and physical attacks all became part of the ordeal shared by Chris - who quickly became the focal point of the haunting. Featured on the SyFy channel's show School Spirits. Please, talk with me premiered at SCARE-A-CUSE on September 14th, 2012 along with a companion book by the Rev. Tim Shaw. Historic relevancy, individual morality and the application of the paranormal experience in relation to free will are all deftly addressed in the context of the ten-week haunting by the person who witnessed it first-hand É and survived it.

This book is an engaging introduction to dragonflies for a general reader, incorporating facts, conservation information, illustrations, and the author's personal stories.

Dragonfly Notes

Dragonfly

The Dragonfly Sea

Finding Magic in Modern Times

Dragonfly Girl

'Mili and the Dragonfly' is a picture storybook that helps children understand empathy and apply it in their social lives. EMPATHY is a simple concept of being aware of others' feelings, needs and concerns. Yet, it is a powerful tool which influences social relationships. Practicing empathy can help your child be caring, sharing, kind and helpful. Help your child understand the concept of empathy by reading this story and then help him or her practice empathy in day to day life. This is the debut book of the 'Gift a Value' series published by Value Buds. Value Buds is here to help you value coach your child by simplifying the moral concepts and expressing them in stories for your little ones to learn and be equipped to craft a beautiful life for themselves. Value Buds is created with the sole purpose of adding a little value to someone's life every single day. Next time, while looking for a gift option for a dear little one, consider this book on 'Values', to create a beautiful impact in the child's life. Written By: Divya Mohan Illustrated by: Hend Moharram Ages: 3+ years Formats: Hardcover, Paperback, and Ebook ISBN: 978-0-6485321-0-1 (hardcover) ISBN: 978-0-6485321-1-8 (paperback) ISBN: 978-0-6485321-2-5 (ebook) Published By Value Buds in 2019.

With stunning colors and phenomenal flying abilities, dragonflies are extraordinarily beautiful, and vital to the ecosystem. Britain s leading dragonfly expert offers tips on how to attract these amazing insects to your garden. From creating a pond and choosing the right plants, to long-term pond care, and help with identifying dragonfly species, this book is buzzing with ideas for how to make your garden a sanctuary for both you and dragonflies to enjoy."

"In Brother to a Dragonfly, Will D. Campbell writes about his life growing up poor in Amite County, Mississippi, during the 1930s alongside his older brother, Joe. Though they grew up in a close-knit family and cared for each other, the two went on to lead very different lives. After serving together in World War II, Will became a highly educated Baptist minister who later became a major figure in the early years of the civil rights movement, and Joe became a pharmacist and developed a substance abuse problem that ultimately took his life.

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Is it too late to win his dragonfly's heart? Returning home to the Oregon town of Graciella after twelve years away, international real-estate guru Turner Brockman intends to make amends for having disappeared, then vanish again. He didn't reckon on meeting a figure from the past he tried to escape—beautiful Lily Moreno, now all grown up and the independent, creative owner of Dragonfly Design & Construction. Lily never expected to see Turner again and she's determined to hide the love she's felt for him since she was a girl, when he crushed her heart and killed her trust in men. Creating and owning the top construction company on the West Coast and being there for her friends and family are Lily's only desires now. Except...there's an intense chemistry between her and Turner, one she gives in to, only to harden her heart after every encounter. Welcomed back into the beauty of Graciella and the family farm with loving, open arms, Turner falls quickly for Lily, but faces his greatest challenge yet—seducing Lily into trusting him completely. Will his intense love, patience and good old-fashioned wooing be enough to capture his dragonfly's heart?

Dragonfly Dreaming

Two Mice and a Dragonfly: How cats help a disconnected family

Surviving Evidence: Memoir of an Extreme Haunting Survivor

A Perspective on Self-Realization and the Deeper Meaning of Life

The year is 1890. Western influences are flooding into Japan. A nomadic Irishman arrives to record this unique culture before it vanishes. In this richly imagined novel, late nineteenth century Japan is brought vividly to life. Based on the remarkable experiences of the Irish writer, Lafcadio Hearn, and drawing on his letters, essays and books, Jean Pasley explores not only Hearn's stark, lonely childhood in Ireland and his scandalous time in America but also how Japan changed him and how he went on to become one of Japan's most celebrated and cherished writers. "A lavish, beautiful testimony to the life and achievements of Lafcadio Hearn, the writer who opened our eyes to Japan's intricate, extraordinary art and literature, and to its rituals, sometimes exquisite, sometimes scarifying, always uniquely the country's own. Pasley is a true writer, and Black Dragonfly a book to read and remember." --- Frank McGuinness "This is the story of the writer, Lafcadio Hearn, a complex and troubled man, as he tries to come to terms with his life and at the same time, negotiate the ancient, mysterious and fast-changing civilisation of nineteenth century Japan. Handled with great delicacy and empathy, from start to finish, Black Dragonfly is a pure pleasure to read." --- Christine Dwyer Hickey "One of the most engaging and insightful books I've read in a long time. Written with vivacity and elegance, Black Dragonfly is a profound love letter to the fading elegance of an ancient civilisation skilfully captured in this alluring and absorbing tale. " --- Manch á n Magan

If you want to put your life story down in words, where do you start? Exactly what story are you hoping to tell? How are you going to fill hundreds of pages? How do you plan it out? Memoirist, blogger, and writing teacher Kim Brittingham shares her insight into getting started with your writing and crafting your memoir. Starting with the basic questions every writer should ask themselves, such as why do you want to write a memoir; what story do you want to tell; what form should your story take; who is the audience; and most importantly, why does anyone care? Kim shares her experience and her wisdom, reviewing key aspects of the writing process, including characterization, plotting, theme, focus, point of view, editing, and revising. And she adds extra information on the business of getting published and ways to get your story read.

The Story of Bug is a rich, evocative memoir about growing up in southern West Virginia, where the author's dramatic, mercurial mother's violent outbursts keep her family on edge. As a young child, Bug longs for love from the one woman who means the most to her. She feels her aching heart is being kept on a leash, tied to the mother she never really knows. A plucky, imaginative and resilient little girl, Bug defends the weak, cares for the wounded, and faces down danger. As she watches her mother peel back layers of rage, the warring between her parents increases. Finding herself in the unique position of having to parent her parents. Bug learns to care for herself as she monitors the violence and her mother's downward spiral. Written after the deaths of her parents, this moving memoir reckons with the author's difficult past and is an act of both resurrection and reconciliation.

"These endeavors involved an expanded interest beyond civil rights for African Americans in an effort to have a comprehensive approach to all human suffering. This broadened awareness included concern for the poor whites of the South, as well as other victims, including such different groups as prisoners and women as discriminated minorities."--BOOK JACKET. "Campbell is also known for his writings, both fiction and non-fiction."--BOOK JACKET.

Write That Memoir Right Now

Radical Prophet of the South

The Flight of the Dragonfly

On Dragonfly Wings

A Skeptic's Journey to Mediumship

From the author of Outlander... a magnificent epic that once again sweeps us back in time to the drama and passion of 18th-century Scotland... For twenty years Claire Randall has kept her secrets. But now she is returning with her grown daughter to Scotland's majestic mist-shrouded hills. Here Claire plans to reveal a truth as stunning as the events that gave it birth: about the mystery of an ancient circle of standing stones ...about a love that transcends the boundaries of time ...and about James Fraser, a Scottish warrior whose gallantry once drew a young Claire from the security of her century to the dangers of his Now a

legacy of blood and desire will test her beautiful copper-haired daughter, Brianna, as Claire's spellbinding journey of self-discovery continues in the intrigue-ridden Paris court of Charles Stuart ...in a race to thwart a doomed Highlands uprising ...and in a desperate fight to save both the child and the man she loves....

Recover from Eating Disorders: Homeodynamic Recovery Method Step by Step Guide has been developed for adults with eating disorders to provide much needed information on how to achieve remission. Certainly, there are no guarantees when it comes to your journey through recovery, but it can be much less intimidating if you are given a compass, a map and some sense of what markers you should look for as you navigate recovery - and that is what this guide sets out to do. The Homeodynamic Recovery Method is an analysis and synthesis of scientific research that demonstrates how remission is achieved for adults with eating disorders.

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Presents a behind-the-scenes account of NASA's ambitious and sometimes tumultuous involvement with Russia's problem-plagued Mir space station over three years.

Will Campbell

Simple Lessons for Mindful Dying

A Memoir of Grief and Healing

More Than a Love Story

The Story of Bug: A Memoir of Resilience

When Tashi, the rigidly formal sixteen-year-old Fourth Crown Princess of the Blue Crescent Islands, reluctantly weds roguish eighteen-year-old Prince Ramil of Gerfal, their religious, cultural, and personal differences threaten to end their political alliance and put both countries at the mercy of a fearsome warlord.

Chasing Dragonflies

Guide to the Insects of Connecticut: The Odonata, or dragonflies of Connecticut

King and the Dragonflies (Scholastic Gold)

NASA and the Crisis Aboard the MIR

A Spiritual Journey