

Leap In: A Woman, Some Waves, And The Will To Swim

Newly released from prison, an obsessed Ann-Marie Renerie vows revenge on Dr. Sam Beckett, who plea-bargained a twelve-year jail term for Ann-Marie when he leaped into her life in 1976

When the Chinese Communist Party came to power in 1949, Mao Zedong declared that "not even one person shall die of hunger." Yet some 30 million peasants died of starvation and exhaustion during the Great Leap Forward. Eating Bitterness reveals how men and women in rural and urban settings, from the provincial level to the grassroots, experienced the changes brought on by the party leaders' attempts to modernize China. This landmark volume lifts the curtain of party propaganda to expose the suffering of citizens and the deeply contested nature of state-society relations in Maoist China.

“Gay Hendricks is a great role model for true success. He enjoys abundance and a deep connection with his own spiritual essence, and at the same time has lived for three decades in a thriving marriage. Now, he shows us how to do it for ourselves.” – Mark Victor Hansen, co-author of *Cracking the Millionaire Code In The Big Leap*, Gay Hendricks, the New York Times bestselling author of *Five Wishes*, demonstrates how to eliminate the barriers to success by overcoming false fears and beliefs. Fans of Wayne Dyer, Eckhart Tolle, Marianne Williamson, and *The Secret* will find useful, effective tips for breaking down the walls to a better life in *The Big Leap*.

'Engaging and luminous' -Rosalie Ham, author of *The Dressmaker*
'. engrossing and compassionate' -Paddy O'Reilly, author of *The Wonders*
'. tender and surprising' -Kalinda Ashton, author of *The Danger Game*
Joe lives-despite himself. Driven by the need to atone for the neglect of a single tragic summer's night, he works at nohig jobs and, in his spare time, trains his body and mind to conquer the hostile environment that took his love and smashed up his future. So when a breathless girl turns up on the doorstep, why does he let her in? Isn't he done with love and hope? On the other side of the city, graphic designer Elise is watching her marriage bleed out. She retreats to the only place that holds any meaning for her-the tiger enclosure at the zoo-where, for reasons she barely understands, she starts to sketch the beautiful killers. Leap is a beautiful urban fairytale about human and animal nature, and the transformative power of grief. While at its heart is a searing absence, this haunting and addictive novel is propelled by an exhilarating life force, and the eternally hopeful promise of redemptive love.
'. a writer who knows how to draw us in by portraying what it is to love and lose in a real sense.' -Georgia Blain, author of *The Secret Lives of Men*

I Leap Over the Wall

Angel Rock Leap

The Leap

Conquer Your Hidden Fear and Take Life to the Next Level

The Big Leap

The Science of Trust and Why It Matters

Memoirs of an Unexpected Life

The rule-smashing guide for motivated working women who want to stop following someone else’s rules and take charge of their own success. You leaned in like a palm tree in a hurricane. You cracked the confidence code. You’re determined not to be a nice girl, but a #GirlBoss. You’ve learned you can’t have it all, but you still try anyway. You know all of this. You’ve read the books, downloaded the apps, vision boarded and journaled your way to oblivion and back, to no avail. Whether you’re stuck in middle management, stalled in mid-career, or mulling over a major career change, sometimes the proverbial glass ceiling feels very real indeed—a barrier keeping you from fulfilling your potential. Unlike other books, which focus on fixing you, *Kick Some Glass* empowers you to break through your glass ceiling and guides you toward understanding your context and uncovering what you really want, what your definition of success is, what your values are, and how to set the goals to reach your potential. This is no one-size-fits-all career guide. It’s a top-to-bottom, inside-out, do-it-yourself makeover with the focus completely on you. In each chapter, you’ll be asked to evaluate specific parts of your work life, home life, personal strengths and weaknesses, past history and present obstacles, both internal and external, so you can:
•Live your intention and design a meaningful life at any stage•Identify the underlying values that are the core of your being•Get comfortable with your personal power and understand what it means•Uncover the conscious and subconscious mental models that are holding you back•Take calculated risks through planful action with a clear direction•Let go of things you cannot control or change•Become more resilient, adaptable, and self-aware•Make the choices and tradeoffs necessary to fulfill your goals•Decide if it’s time to reinvent your career—and prepare for your next move•Find that elusive work-life balance that’s right for you•Create your own definition of success—and make it happen for you
Best of all, you’ll be able to map out a career course for yourself that is based on your own definition of success, play and win by your own rules, and pay it forward by busting down doors for the next generation of women. In the end, this book will help you uncover who you truly are and approach your professional life in ways that are authentic and most meaningful to you—and no one else. After all, only you hold the answers. It’s time to Kick Some Glass.

Born into a distinguished Arab-American family and raised amid privilege, Lisa Halaby was in the first co-educational freshman class at Princeton, graduating in 1974 with a degree in architecture and urban planning. Then, in 1976, she was introduced, on an airport runway, to King Hussein of Jordan, a direct descendent of the prophet Muhammed. In less than two years, she was his wife, Noor al-Hussein, Queen of Jordan. With eloquence and candour, Noor talks frankly of the many challenges of her life as wife and partner to the monarch, providing both an intimate portrait of the late King Hussein and his quest for peace in the Middle East, and a moving account of the demands his public role as a world statesman placed on the royal couple's private life. Sharing a personal perspective on the past three decades of world history, *Leap of Faith* highlights Queen Noor's views on Islam and the West; the challenges of rearing her family; her work as Queen and humanitarian activist; and her struggles to protect her husband as he slipped into the illness that would kill him in 1999. Her story is filled with recollections of the world's most powerful and interesting people: Queen Elisabeth, Jimmy Carter, Pierre Trudeau, Yassar Arafat and Anwar Sadat. In the wake of September 11, Noor reflects on the true message of Islam and the ongoing violence in the Middle East from her unique perspective with a deep and abiding understanding of Arab aspirations and history. *Leap of Faith* is refreshingly candid and clear-eyed, a true love story set against the turbulent politics of the last thirty years.

Laurie Jordan holds a Master's in Education, is a Language Arts Teacher, a Certified Hatha Yoga Instructor, a Vegetarian, and a Published Author. She has written for the NY Daily News, The NY Times, and Focus, a literary journal for Children. She advocates for healthy life habits, the power of positive thinking, and environmental issues. She currently resides in Woodbridge, NJ with her family. Visit her online at facebook.com and twitter.com/Lauriejordan UKANDU.Yoga1@Yahoo.com

'THE BEAUTY MYTH' FOR THE INSTAGRAM GENERATION
Women Don't Owe You Pretty is the ultimate book for anyone who wants to challenge the out-dated narratives supplied to us by the patriarchy. Through Florence's story you will learn how to protect your energy, discover that you are the love of your own life, and realise that today is a wonderful day to dump them.

Florence Given is here to remind you that you owe men nothing, least of all pretty. WARNING: CONTAINS EXPLICIT CONTENT (AND A LOAD OF UNCOMFORTABLE TRUTHS). THE FEMINIST BOOK EVERYONE IS TALKING ABOUT. 'An incredible mouthpiece for modern intersectional feminism.' - Glamour 'A fearless book.' - Cosmopolitan 'A hugely influential young woman.' - Woman's Hour 'Rallying, radical and pitched perfectly for her generation.' - Evening Standard

An Orchestra of Minorities

Leap, Rise & Shine

Good to Great

Shortlisted for the Booker Prize 2019

Surrender Your Fear. Take the Leap. Live On Purpose.

First You Weep! Then You Leap!: How One Woman Coped with a Cancer with an Integrated Approach

The debut book from Florence Given

You were created for a purpose, and it's time to make it happen. Make It Happen is the story of how I surrendered my fear, took the leap, and got a life. In my case, a perfectly imperfect, fulfilling life as a mama, a working woman, and a grateful wife. This is the story of how I chose to make "it"—a greater purpose than mine—happen, and how you can too. Make It Happen is for women who find themselves worried, anxious, and completely overwhelmed by the constant chase for perfection those seeking the courage to jump into a new venture working women who are struggling to “do it all” weary wives and moms looking for relief from burning the candle at both ends anyone who dreams of a life lived not by accident, but on purpose Your time has come to take a leap of faith. Join me as we surrender our fears, end the chase for perfection, and say yes to cultivating the meaningful lives God desires for us. You know all those things you’ve always wanted to do?You should go do them.

Sappho Jones stopped counting birthdays when she reached 30 but, even with her hazy grip on mathematics, she realizes that she’s on the slippery slope to the big four-oh! With the thought suddenly lodged in her mind that she’s a mere cat’s whisker away from becoming a single eccentric female living in a country cottage in Wales, she has the urge to do something dramatic before it’s too late. The trouble is, as an adventurous woman of a certain age, Sappho’s pretty much been there, done that, got the T-shirt. In fact, the only thing she hasn’t tried is motherhood. And with sexy potter Nye on hand as a potential daddy--or at least donor--is it time for her to consider the biggest leap of all? It's either that or buy a cat . . . Wonderfully wry, heart-warming and life-affirming, Trisha Ashley's hilarious novel is perfect for fans of romantic comedies by Milly Johnson and Jill Mansell.

'A treatise on empathy and grace in extraordinary circumstances' Jojo Moyes
What does it mean to be a woman? To live in a woman's body? Alexandra Heminsley thought she knew, but then her world turned inside out. Having just resurfaced from fertility issues, childbirth and early parenthood, she was told her then-husband was going to transition. Some Body to Love is Alex's profoundly open-hearted memoir about losing a partner but gaining a best friend, and together bringing up a baby in a changing world. By baring her own unique scars, Heminsley makes a vital manifesto on the unifying resilience that can be found in modern motherhood. _____
Praise for Some Body to Love: 'Insightful and wise, generous and kind' David Nicholls 'A brave, thoughtful and timely book' Naomi Alderman 'A testament to how family and love can be whatever shape we want them to be' Red 'It took my breath away' Bryony Gordon 'A book with a wild, deep, joyous, tender love of people at its heart' Emma Jane Unsworth

SHORTLISTED FOR THE BOOKER PRIZE 2019
From the author of the Booker-shortlisted novel, The Fishermen
FINANCIAL TIMES BEST BOOKS OF 2019
'Obioma is truly the heir to Chinua Achebe' New York Times
'A major new African writer' Salman Rushdie
'A profoundly humane epic love story' Booker Prize
Judges 2019
A young farmer named Chinonso prevents a woman from falling to her death. Bonded by this strange night on the bridge, he and Ndali fall in love, but it is a mismatch according to her family who reject him because of his lowly status. Is it love or madness that makes Chinonso think he can change his destiny? Set across Nigeria and Cyprus, An Orchestra of Minorities, written in the mythic style of the Igbo tradition, weaves a heart-wrenching tale about fate versus free will. _____
'A spectacular artistic leap' Guardian
'Brilliantly original' The Economist
'A remarkable talent' Independent
'Few contemporary novels achieve the seductive panache of Obioma's heightened language, with its mixture of English, Igbo and colourful African-English phrases, and the startling clarity of the dialogue. The story is extreme; yet its theme is a bid for mercy for that most fragile of creatures - a human' Eileen Battersby, Guardian

One Summer at Deer 's Leap

Leap of Perception

Leap

A Spectacular Leap

How to Make the Leap from Corporate Careers to the Right Small Enterprise

The Transforming Power of Your Attention

A Thoughtful Guide

Jumped In tells the story of the gangs of Los Angeles in the words of the gang members themselves as well as the people who interact with them on a daily basis--trying to arrest them, control them, and help them. There are priests and police officers, murderers and drug dealers, victims and grieving mothers, and other assorted characters, often partnering in unlikely ways. Jorja Leap's work draws upon intimate material, from interviews to eyewitness accounts, telling the deeply personal stories of current and former gang members who span three generations, as well as the dilemmas Leap herself faces as she struggles to adjust to marriage and motherhood--with a husband in the LAPD and a daughter in adolescence. Jumped In is a chronicle of the unexpected lessons gang members taught her when she was busily studying them. Ultimately, it is a book about attachments and commitments, loyalties and betrayals, drugs and guns, sex and devotion. When Leap began studying Los Angeles gang violence in 2002, she set out not so much to provide a solution but to find out what was being done and who was doing it. The stakes couldn't have been higher: a child or teenager is killed by gunfire almost every three hours--nearly eight times a day--and homicide is the primary cause of death of African American males between the ages of fifteen and thirty-four. During her years of research, this petite white woman from UCLA gained the trust of gang interventionists and access to their inner world. She sat in the living rooms, stood at the crime scenes, and drove through the housing projects. Through the oral histories, personal interviews, and eyewitness accounts of current and former gang members, readers come to understand gangs and the forces that pull people into them. First we get the lay of the land: the genealogy and geography of gangs and sub-gangs, territories within territories. But the centerpiece of the book is really the stories of those people who live "la vida loca," as well as the experiences of those trying to make things better. These stories are told in Leap's candid first-person voice, as she introduces us to gangland residents such as Tray, a young father trying to go straight who is nonetheless felled by a bullet, and Joanna, a third-generation gang member, who speaks of forbidding her mother to sell drugs around her baby granddaughter. We also ride along with Leap and Big Mike, a former "original gangster" who now does street peace ministry. We see the successful "Jobs not Jails" program at Homeboy Industries and learn that former gangsters make good paramedics and firefighters, accustomed to dangerous situations as they are. With an anthropologist's eye and a compassionate heart, Leap offers not a prescription for solving the gang problem, but a gritty yet hopeful portrait of violence and redemption.

'Remarkable' Observer 'A joy to read' Daily Telegraph 'Soaringly beautiful' Sunday Times Magazine 'Genuine and persuasive' Guardian
Alexandra Heminsley thought she could swim. She really did. It may have been because she could run. It may have been because she wanted to swim; or perhaps because she only ever did ten minutes of breaststroke at a time. But, as she learned one day while flailing around in the sea, she really couldn't. Believing that a life lived fully isn't one with the most money earned, the most stuff bought or the most races won, but one with the most experiences, experienced the most fully, she decided to conquer her fear of the water. From the ignominy of getting into a wetsuit to the triumph of swimming from Kefalonia to Ithaca, in becoming a swimmer, Alexandra learns to appreciate her body and still her mind. As it turns out, the water is never as frightening once you're in, and really, everything is better when you remember to exhale. What Hemmo's readers are saying: 'This book is funny, engaging, entertaining, informative, suspenseful, motivating, and inspiring... I've never read anything quite like it' – Nina on Goodreads, 5 stars 'Just like Running Like a Girl, this was an absolute joy to read. A beautifully written story of swimming, family and being a woman' – Violet on Amazon, 5 stars 'Fantastic book... Entertaining – often laugh-out-loud funny – and full of really useful advice' – J. Edwards on Amazon, 5 stars 'A fabulous book that’s beautifully written' – Nik on Goodreads, 5 stars 'I can't recommend this book enough! I absolutely love Alexandra Heminsley's writing, her attitude towards exercise and her passion for swimming' – Sarah on Goodreads, 5 stars 'an inspirational and encouraging read' – Stephanie on Goodreads, 5 stars 'the author's enthusiasm is contagious... one cannot help but yearn to join in. ... A thoroughly inspiring book with a likeable narrator unafraid to share her personal life' – Eleanor on Goodreads, 5 stars 'This is a delightful book, a pleasure to read... Unbelievably well written, it flows like the water she loves' – Bobby on Amazon, 5 stars

THE SUNDAY TIMES NUMBER ONE BESTSELLING WORLDWIDE PHENOMENON READERS' MOST LOVED BOOK OF 2021
WINNER OF THE GOODREADS CHOICE AWARD FOR FICTION
'BEAUTIFUL' Jodi Picoult, 'UPLIFTING' i, 'BRILLIANT' Daily Mail, 'AMAZING' Joanna Cannon, 'ABSORBING' New York Times, 'THOUGHT-PROVOKING' Independent
Nora's life has been going from bad to worse. Then at the stroke of midnight on her last day on earth she finds herself transported to a library. There she is given the chance to undo her regrets and try out each of the other lives she might have lived. Which raises the ultimate question: with infinite choices, what is the best way to live?

When high jumper Alice Coachman won the high jump title at the 1941 national championships with "a spectacular leap," African American women had been participating in competitive sport for close to twenty-five years. Yet it would be another twenty years before they would experience something akin to the national fame and recognition that African American men had known since the 1930s, the days of Joe Louis and Jesse Owens. From the 1920s, when black women athletes were confined to competing within the black community, through the heady days of the late twentieth century when they ruled the world of women's track and field, African American women found sport opened the door to a better life. However, they also discovered that success meant challenging perceptions that many Americans--both black and white--held of them. Through the stories of six athletes--Coachman, Ora Washington, Althea Gibson, Wilma Rudloph, Wyomia Tyus, and Jackie Joyner-Kersey--Jennifer H. Lansbury deftly follows the emergence of black women athletes from the African American community; their confrontations with contemporary attitudes of race, class, and gender; and their encounters with the civil rights movement. Uncovering the various strategies the athletes use to beat back stereotypes, Lansbury explores the fullness of African American women's relationship with sport in the twentieth century.

Running Like a Girl

Notes on Learning to Run

Supporting Women for Labour and Birth

Taking the Leap

Kick Some Glass:10 Ways Women Succeed at Work on Their Own Terms

A Leap of Faith

The Birth of the Pill

Responding to the global shift from the Information Age to the Intuition Age, Penny Peirce, a respected leader in the intuition development movement, offers effective, easy-to-follow guidance to help you develop the power of perception and imagination to live effortlessly and joyfully in this new age. With a growing holistic view of the world and a greater awareness of personal and collective energy, our level of perception is transforming from something singular—the physical form—to a greatly expanded awareness that includes intuition, past and present, right and left brain, and heart and body. As our perceptive ability evolves, we must relearn the principles of how we live, create, and grow in order to be successful in the rapidly transforming reality of the Intuition Age. Written with clarity, insight, and humor, Leap of Perception is a comprehensive guide that shows us how to adapt to an expanding paradigm of perception. You will learn to materialize the situations you want, resolve conflict in relationships, expand your creativity, reduce exhaustion and anxiety from multitasking, ease fear caused by the transformation process, and develop new skills like telepathy, clairvoyance, applied empathy, rapid healing, and more. Building on her first two books, The Intuitive Way: The Definitive Guide to Increasing your Awareness and Frequency: the Power of Personal Vibration, author Penny Peirce once again translates a powerful and complex concept into an effective life practice that is accessible to everyone.

The inspiring, hilarious memoir of a “Bridget Jones-like writer” (The Washington Post) who transforms her life by learning to run, with stories of miserable defeat, complete victory, and learning to choose the right shoes. When Alexandra Heminsley decided to take up running, she had hopes for a blissful runner’s high and immediate physical transformation. After eating three slices of toast with honey and spending ninety minutes creating the perfect playlist, she hit the streets—and failed spectacularly. The stories of her first runs turn on its head the common notion that we are all “born to run”—and exposes the truth about starting to run: it can be brutal. Running Like a Girl tells the story of getting beyond the brutal part, how Alexandra makes running a part of her life, and reaps the rewards: not just the obvious things, like weight loss, health, and glowing skin; but self-confidence and immeasurable daily pleasure, along with a new closeness to her father—a marathon runner—and her brother, with whom she ultimately runs her first marathon. But before her first marathon, she has to figure out the logistics of running: the intimidating questions from a young and arrogant sales assistant when she goes to buy her first running shoes, where to get decent bras for the larger bust, how not to freeze or get sunstroke, and what (and when) to eat before a run. She’s figured out what’s important (pockets) and what isn’t (appearance), and more. For any woman who has ever run, wanted to run, tried to run, or failed to run (even if just around the block), Heminsley’s funny, warm, and motivational personal journey from nonathlete extraordinaire to someone who has completed five marathons is inspiring, entertaining, practical, and fun.

At the age of twenty-one, Monica Baldwin - the niece of Stanley Baldwin - entered one of the oldest and most strictly enclosed contemplative orders of the Roman Catholic Church. At the age of forty-eight, and after struggling with her vocation for many years, she obtained a special rescript from Rome and left the convent. But the world Monica had known and forsaken in 1914 was very different to the world into which she emerged at the height of the Second World War ...This is the fascinating account of one woman's two very different lives, with revealing descriptions of the world of a novice, the duties of a nun's day, and the spiritual aspects of convent life. Interwoven with these are the trials and tribulations of coping with a new and alien world, as the author is confronted with fashions, interventions, politics and art totally unfamiliar to her. Written in the post-war years, this re-issue is as fresh and engaging today as it ever was. Humour, intelligence, an endearing humility and a searing honesty all characterize this remarkable classic, giving readers both a glimpse into a hidden world and a unique view on one more familiar.

It’s true, nice girls don’t get the corner office--women who take risks do! Don’t miss fantastic opportunities to get ahead because you are wary of taking calculated risks! As president of Creative Expansions, Inc., Helene Lerner coaches you on actualizing your potential. In Smart Women Take Risks, she empowers you toward success in a six-step program that includes methods to determine whether a risk is a “best bet” or a “no go,” change your perceptions about risk taking, commit to goals, increase confidence, and much more. Key features Features tips from the author’s networking community that encourage women to take smart risks in order to achieve success Helene Lerner speaks to private and corporate groups ranging from hundreds to thousands. Recent clients include State Farm, Kellogg’s, Merrill Lynch, and Time Warner She is an Award-winning executive producer who has produced more than 20 programs for PBS focusing on business issues for women that have been shown on more than 100 different networks. The author’s website, womenworking2000.com, receives more than 2 million hits a year and has more than 50 corporate members such as 3M, AT&T, General Electric, and IBM

Some Body to Love

Stag’s Leap

A Woman, Some Waves, and the Will to Swim

A Family Story

Why Some Companies Make the Leap...And Others Don't

Leap Thirty

Winner of the Pulitzer Prize for Poetry and the T.S. Eliot Poetry Prize Stag’s Leap, Sharon Olds’ stunningly poignant new sequence of poems, tells the story of a divorce, embracing strands of love, sex, sorrow, memory, and new freedom. In this wise and intimate telling - which carries us through the seasons when her marriage was ending - invisibility that comes when we are no longer standing in love’s sight; the surprising physical passion that still exists between a couple during parting; the loss of everything from her husband's smile to the set of his hip. Olds is naked before us, curious and brave and even generous toward the man who was her mate for thirty years and more. "When anyone escapes, my heart / leaps up. Even when it’s I who am escaped from, / I am half on the side of the leaver". Olds’ propulsive poetic line and the magic of her imagery are as lively as ever, and there is a new range to the music - sometimes headlong, sometimes contemplative and deep. Her unsparing approach to both pain and joy has yet given us.

Leap InA Woman, Some Waves, and the Will to SwimRandom House

Are you one of the many women out there who needs a brand-new model for your business career? Are you looking for entrepreneurial alternatives to the world of big business, but aren’t sure where to start? A transition into small business is a natural progression for countless women who have invested the first phase of their careers in their own businesses, but until now there hasn’t been a book that gives them the sense of multiple choice that helps them find the right entrepreneurial fit—options that go beyond starting a venture to include buying an independent business or a franchise, joining or consulting for small businesses, or working with partners. There’s a confusing array of choices, from starting your own business, conducting a job search, or balancing work and family. But what entrepreneurial women really need are the strategic tools for choosing and growing a business that will not only make them money, but make them happy as well. Women need direct, gender-specific advice about succeeding financially in their businesses; they also need to understand how to manage their businesses, and how to take control over their professional lives in order to achieve a healthy work-life balance. This book offers them the womenfriendly business advice they need and numerous true-life role models to identify with and emulate. Author Ginny Wilmerding opens women’s eyes to the advantages of buying, joining, or consulting for existing small businesses.

If you lack an original business idea, this book will give you the confidence you need to get excited about pursuing a business idea other than your own. But if you do want to start a company from the ground up, there’s plenty of food for thought for you here, too. Wilmerding not only shares her own stories and outside experts’ advice but also offers advice on niches and are succeeding financially. If you’re wondering how to finance your small business, Wilmerding steers you toward success in obtaining SBA loans and other financing. Finally, if you’re considering partnering with others to share the risk and the fun, she prepares you for partnership success, and explains the importance of good advice.

On the path to a successful career in the small business world, a world that needs experienced, smart, versatile women like you to join its ranks. Smart Women and Small Business is the ultimate professional guide for mid-career, business-minded women who want to achieve the same independence and success as their entrepreneurial mothers. The story of three generations in twentieth-century China that blends the intimacy of memoir and the panoramic sweep of eyewitness history—a bestselling classic in thirty languages with more than ten million copies sold around the world, now with a new introduction from the author. An engrossing record of Mao’s impact on China, an inspiring tale of courage and love, Jung Chang describes the extraordinary lives and experiences of her family members: her grandmother, a warlord’s concubine; her mother’s struggles as a young idealistic Communist; and her parents’ experience as members of the Communist elite and their ordeal during the Cultural Revolution. Chang writes about her mother as a peasant, a “barefoot doctor,” a steelworker, and an electrician. As the story of each generation unfolds, Chang captures in gripping, moving—and ultimately uplifting—detail the cycles of violent drama visited on her own family and millions of others caught in the whirlwind of history.

Quotations from Chairman Mao Tsetung

Three Daughters of China

Leap In

How small steps can make a giant difference

Black Women Athletes in Twentieth-Century America

Quantum Leap

Flying Leap

In the winter of 1950, Margaret Sanger, then seventy-one, and who had campaigned for women’s right to control their own fertility for five decades, arrived at a Park Avenue apartment building. She had come to meet a visionary scientist with a dubious reputation more than twenty years her junior. His name was Gregory Pincus. In The Birth of the Pill, Jonathan Eig tells the extraordinary story of how, prompted by Sanger, and then funded by the wealthy widow and philanthropist Katharine McCormick, Pincus invented a drug that would stop women ovulating. With the support of John Rock, a charismatic and, crucially, Catholic doctor from Boston, who battled his own church in the effort to win public approval for the controversial new drug, he succeeded. Together, these four determined men and women changed the world.Spanning the years from Sanger’s heady Greenwich Village days in the early twentieth century to trial tests in Puerto Rico in the 1950s to the cusp of the sexual revolution in the 1960s, this is a grand story of radical feminism, scientific ingenuity, establishment opposition, and, ultimately, a sea change in social attitudes. Brilliantly researched and vividly written, The Birth of the Pillis a gripping account of a remarkable cultural, social and scientific journey

Can a person’s life really be over at just 19? Sarah challenges this notion when, after flunking out of school, she decides to return to her hometown to try to gain a better understanding of what might be holding her back in life. Home is the hardest place for Sarah to teach herself to stop being a victim. But it is also likely the most important place to do it. She uses her newfound knowledge about herself to pull others out of similar crises, as love is rediscovered and friendship is borne out of adversity. Angel Rock Leap is riddled with lost and broken characters, each guilty of hurting those around them because they, themselves, hurt. This is an anti-bullying story that is Christian principle-based, with particular emphasis on the idea that hurting people hurt people. Kirkus Reviews: What at first appears to be an overblown high school drama proves to be an astute look at the painful connection between low self-esteem and bullying... A unique voice emerges from an unlikely heroine in this quickly paced coming-of-age story. D. Donovan, Senior Reviewer, Midwest Book Review: Angel Rock Leap wraps a diverse selection of themes (alienation, bullying, and how victims turn tables to become something greater than their pain) into its story, and is a strong recommendation for fiction readers seeking emotional stories of protagonists who hover at the intersections of life-changing events and decisions. Paige Lovitt for Reader Views: "Angel Rock Leap" by Ellen Weisberg and Ken Yoffe is so realistic and covers relevant issues affecting society today. The characters truly seem like real people to me. Ifelt their anger and angst permeating into my hands through the pages of this novel. I could easily relate to some of the issues that the protagonist has to overcome, such as learning how to get past hurt and anger caused by people not worthy of our energy.While this novel is written about young adults, I think readers of all ages will enjoy it, and find themselves relating. "Angel Rock Leap," would be a great selection for a reader’s group.

Explores the potential mutual benefits of prioritizing trust between the public and the institutions it relies on, documenting the author’s visit to a corrupt Latin American city and his trust-related scientific experiments.

FROM THE BESTSELLING AUTHOR OF THE YEAR OF LIVING DANISHLY - How to make big decisions, be more resilient, and change your life for good. Having spent the last few years in Denmark uncovering the secrets of the happiest country in the world, Helen Russell knows it’s time to move back to the UK. She thinks. Maybe. Or maybe that’s a terrible idea? Like many of us, she suffers from chronic indecision and a fear of change. So she decides to give herself a year for an experiment: to overhaul every area of her life, learn how to embrace change, and become a lean, mean decision-making machine. From how to cope with changing work lives and evolving relationships, to how we feel about our bodies, money and well-being, Helen investigates the benefits of new beginnings, the secrets of decisive people and what makes changes last - and uncovers the practical life lessons we can all use thrive when change is afoot - and inject some freshness and magic if it’s not.

New Perspectives on China’s Great Leap Forward and Famine

Mortal Leap

Smart Women Take Risks: Six Steps for Conquering Your Fears and Making the Leap to Success

Leap Year

Leap of Faith

A Leap in Time

Foreknowledge : A Novel

Fear of childbirth, the increasing use of epidurals and soaring caesarean section rates are the focus of much apprehension, debate, and controversy in contemporary maternity care. Across the world, support in labour has been shown to reduce obstetric interventions and improve outcomes for women and babies, yet women often report feeling unhappy with the support they receive. This textbook provides a clear and practical guide to supporting women in labour, looking at a range of techniques and approaches that promote a safe and positive experience of birth for women and their families. Written by two highly experienced midwifery authors, this text draws on up-to-date research, identifying how evidence can be applied to everyday practice. It includes narratives from women and practitioners, including midwives, doulas, childbirth educators and students. These are used to illustrate a range of situations where the quality of support is central to the quality of the experience and outcome. Supporting Women for Labour and Birth encourages readers to reflect on their experiences and examine the evidence provided by both research and the experiences of women and practitioners in order to explore how this could be incorporated into their practice. The only book to deal directly with the practical and emotional issues associated with labour support, it is an ideal text for student midwives and an important reference for practising midwives, doulas and other childbirth practitioners.

The Brothers Grimm take lessons in fiction from Angela Carter to produce this uncanny and surreal work.

Up-and-coming screenwriter Cara Kennedy has the biggest meeting of her career in two days—but for now, she's on vacation. Her short trip to Ireland is all planned out: See the sites around Dublin Don't think about her jerk of an ex she was supposed to spend this trip with Relax with some Irish whiskey Propose to a sexy Irish musician on Leap Day Wake up married Wait, those last two things weren't on her list... A whirlwind trip to Ireland is supposed to end with a suitcase full of wool sweaters and souvenir pint glasses—not a husband you only just met! After one-too-many whiskeys, fledgling screenwriter Cara Kennedy takes a page out of someone else’s script when she gets caught up in the Irish tradition of women proposing on Leap Day. She wakes the next morning with a hot guy in her bed and a tin foil ring on her finger. Her flight is in four hours, and she has the most important meeting of her career in exactly two days—nothing she can do except take her new husband (and his adorable dog) back to LA with her and try to untangle the mess she's made of her life... Perfect for fans of: Friends to lovers romance Sexy Irish brogue Sensual, slow burn romance When everything goes wrong, but it's so right

A present-day love story which springs from a tragic wartime romance ...

Eating Bitterness

Jumped In

#BOSSLADY

The No.1 Sunday Times bestseller and worldwide phenomenon

Make it Happen

The Midnight Library

Smart Women and Small Business

“I really think the inspirational message in this book will help you to reflect on yourself, your strengths and your future. It’s a guide! I think it might help you break some self-limiting beliefs and allow you to become the person you are meant to be.” Mark McGregor, Chief Executive Officer, Leadership Center GmbH, Switzerland Author of “Being On Mission” & “True North” “The business world needs the contribution of everyone and women’s voices have been under-represented for too long. Use this book to inspire you to step up and contribute at a higher level to your success and the success of your business. The world will be a better place if you do.” John Buckley, Chief Executive Officer, Wilbur Ellis Company, United States. Are you a woman who has dreams to fly high in life? What is stopping you from being a Boss Lady? #Boss lady brims with the author’s experiences and learnings from both her professional and personal life. A book that’s written straight from the heart, it aims to empower women to dream big. The motto of this book is to inspire women to aspire for more and take the next big leap. It is also for men to go the extra mile to support women in their aspirations. If you are a

woman, this book is your friend, companion and reference guide, whenever you are in life’s crossroads. It is a short read that will keep you motivated when the world tells you to give up. Every woman has a special spark in her, which needs to be ignited. This is a cause that’s very close to the author’s heart. The author wants every woman to achieve more than she thinks she can. She shares her learnings so that women can start early and march ahead towards success and conquer greater heights.

From New York Times bestselling author Kristen Ashley comes the new book in her River Rain Series, Taking the Leap. Alexandra Sharp has been crushing on her co-worker, John “Rix” Hendrix for years. He’s her perfect man, she knows it. She’s just not his perfect woman, and she knows that too. Then Rix gives Alex a hint that maybe there’s a spark between them that, if she takes the leap, she might be able to fan into a flame. This leads to a crash and burn, and that’s all shy Alex needs to catch the hint never to take the risk again. However, with undeniable timing, Rix’s ex, who broke his heart, and Alex’s family, who spent her lifetime breaking hers, rear their heads, gearing up to offer more drama. With the help of some matchmaking friends, Rix and Alex decide to face the onslaught together... As a fake couple.

Natalie's passion is dance, and she's looking forward to a summer of perfecting her technique at dance camp. Plus, she's just turned fifteen -- a momentous age that means she's now officially a grown-up. But while her mom doesn't seem to have got the memo, Kevin, her best friend Sasha's older brother, has. Caught up with the excitement of Kevin's attention, their relationship quickly becomes intimate and all-consuming. Over the summer, Natalie goes from being in love and lust with Kevin to realizing that he is not the guy she thought he was. The worst is that she may have lost her friendship with Sasha. When Natalie turns to her single mom for advice, she gets a shock. Her mom has fallen in love with a woman. Losing her virginity, dealing with her new understanding of her mother, and trying to re-negotiate her friendships, Natalie turns to dancing as the only certain thing in a life full of questions. When a new teacher introduces her to modern dance, she gains confidence and a new sense of herself. Girls will be drawn to Leap's frank discussion of first love, first times -- sex, drinking, break-ups -- and the struggle between doing what feels right and doing things to please others.

The visionary author’s masterpiece pulls us—along with her Black female hero—through time to face the horrors of slavery and explore the impacts of racism, sexism, and white supremacy then and now. Dana, a modern black woman, is celebrating her twenty-sixth birthday with her new husband when she is snatched abruptly from her home in California and transported to the antebellum South. Rufus, the white son of a plantation owner, is drowning, and Dana has been summoned to save him. Dana is drawn back repeatedly through time to the slave quarters, and each time the stay grows longer, more arduous, and more dangerous until it is uncertain whether or not Dana's life will end, long before it has a chance to begin.

Wild Swans

What Gangs Taught Me about Violence, Drugs, Love, and Redemption

Lucky Leap Day

Kindred

Women Don't Owe You Pretty

How Four Pioneers Reinvented Sex and Launched a Revolution

The Challenge Built to Last, the defining management study of the nineties, showed how great companies triumph over time and how long-term sustained performance can be engineered into the DNA of an enterprise from the verybeginning. But what about the company that is not born with great DNA? How can good companies, mediocre companies, even bad companies achieve enduring greatness? The Study For years, this question preyed on the mind of Jim Collins. Are there companies that defy gravity and convert long-term mediocrity or worse into long-term superiority? And if so, what are the universal distinguishing characteristics that cause a company to go from good to great? The Standards Using tough benchmarks, Collins and his research team identified a set of elite companies that made the leap to great results and sustained those results for at least fifteen years. How great? After the leap, the good-to-great companies generated cumulative stock returns that beat the general stock market by an average of seven times in fifteen years, better than twice the results delivered by a composite index of the world's greatest companies, including Coca-Cola, Intel, General Electric, and Merck. The Comparisons The research team contrasted the good-to-great companies with a carefully selected set of comparison companies that failed to make the leap from good to great. What was different? Why did one set of companies become truly great performers while the other set remained only good? Over five years, the team analyzed the histories of all twenty-eight companies in the study. After sifting through mountains of data and thousands of pages of interviews, Collins and his crew discovered the key determinants of greatness -- why some companies make the leap and others don't. The Findings The findings of the Good to Great study will surprise many readers and shed light on virtually every area of management strategy and practice. The findings include: Level 5 Leaders: The research team was shocked to discover the type of leadership required to achieve greatness. The Hedgehog Concept (Simplicity within the Three Circles): To go from good to great requires transcending the curse of competence. A Culture of Discipline: When you combine a culture of discipline with an ethic of entrepreneurship, you get the magical alchemy of great results. Technology Accelerators: Good-to-great companies think differently about the role of technology. The Flywheel and the Doom Loop: Those who launch radical change programs and wrenching restructurings will almost certainly fail to make the leap. “Some of the key concepts discerned in the study,” comments Jim Collins, “fly in the face of our modern business culture and will, quite frankly, upset some people.” Perhaps, but who can afford to ignore these findings?