

# One Mans Meat

[One Man's Meat](#) [One Man's Meat](#) [One Man's Meat](#) [The Meat Fix](#) [One Man's Food--is Someone Else's Poison](#) **Catching Fire** [Eat Like a Man](#) **One Man Guy** [Twelve Red Herrings](#) **Paddle Your Own Canoe** [The Man Who Never Was](#) **One Man's Wilderness Indian Takeaway** [Drop Dead Healthy](#) **Steak** **The Old Man and the Sea** [Of Mice and Men](#) [White Fang](#) [A Matter of Facts](#) **The Pianist** [The Castaway's War](#) **The Measure of a Man** [The Illustrated Compendium of Amazing Animal Facts](#) **Man Hands** [The Lady is Cold](#) **Nathaniel's Nutmeg** [A Fighter's Heart](#) [Nineteen Eighty-Four](#) [Mute Records](#) **Walden** [Citizen Outlaw](#) [The Road](#) **Hungover** [Countryman's Cooking](#) [The American Heritage Dictionary of Idioms](#) **Manhood** [Invisible Man](#) **Nine Lives** **Vacationland** **Self-Made Man**

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[Invisible Man](#) Sep 28 2019 'I am invisible, understand, simply because people refuse to see me.' Defeated and embittered by a country which treats him as a non-being, the 'invisible man' retreats into an underground cell, where he smokes, drinks, listens to jazz and recounts his search for identity in white society: as an optimistic student in the Deep South, in the north with the black activist group the Brotherhood, and in the Harlem race riots. And explains how he came to be living underground . . . 'An American classic . . . one of the most original voices of Black America.' The Times

[The Man Who Never Was](#) Dec 24 2021 As plans got under way for the Allied invasion of Sicily in June 1943, British counter-intelligence agent Ewen Montagu masterminded a scheme to mislead the Germans into thinking the next landing would occur in Greece. The innovative plot was so successful that the Germans moved some of their forces away from Sicily, and two weeks into the real invasion still expected an attack in Greece. This extraordinary operation called for a dead body, dressed as a Royal Marine officer and carrying false information about a pending Allied invasion of Greece, to wash up on a Spanish shore near the town of a known Nazi agent...

[The American Heritage Dictionary of Idioms](#) Nov 30 2019 Covering almost ten thousand idioms and phrases, a reference work on common American vocabulary and idiomatic expressions defines each entry and provides a contextual sentence.

[One Man's Meat](#) Nov 03 2022 In print for fifty-five years, One Man's Meat continues to delight readers with E.B. White's witty, succinct observations on daily life at a Maine saltwater farm.

[The Castaway's War](#) Feb 11 2021 Shipwrecked on a South Pacific island, a young US Navy lieutenant waged a one-man war against the Japanese In the early hours of July 5, 1943, the destroyer USS Strong was hit by a Japanese torpedo. The powerful weapon broke the destroyer's back, killed dozens of sailors, and sparked raging fires. While accompanying ships were able to take off most of Strong's surviving crewmembers, scores went into the ocean as the once-proud warship sank beneath the waves--and a young officer's harrowing story of survival began. Lieutenant Hugh Barr Miller, a pre-war football star at the University of Alabama, went into the water as the vessel sank. Severely injured, Miller and several others survived three days at sea and eventually landed on a Japanese-occupied island. The survivors found fresh water and a few coconuts, but Miller, suffering from internal injuries and believing he was on the verge of death, ordered the others to go on without him. They reluctantly did do, believing, as Miller did, that he would be dead within hours. But Miller didn't die, and his health improved enough for him to begin searching for food. He also found the enemy--Japanese forces patrolling the island. Miller was determined to survive, and so

launched a one-man war against the island's occupiers. Based on official American and Japanese histories, personal memoirs, and the author's exclusive interviews with many of the story's key participants, *The Castaway's War* is a rousing story of naval combat, bravery, and determination.

**Man Hands** Nov 10 2020 Now a USA Today bestselling series! BRYNN At thirty-four, I'm reeling from a divorce. I don't want to party or try to move on. I just want to stay home and post a new recipe on my blog: Brynn's Dips and Balls. But my friends aren't having it. Get out there again, they say. It will be fun, they say. I'm still taking a hard pass. Free designer cocktails, they say. And that's a game-changer. Too bad my ex shows up with his new arm candy. That's when I lose my mind. But when my besties dare me to leap on the first single man I see, they don't expect me to actually go through with it. TOM All I need right now is some peace and quiet while my home renovation TV show is on hiatus. But when a curvy woman in a red wrap dress charges me like she's a gymnast about to mount my high bar, all I can do is brace myself and catch her. What follows is the hottest experience of my adult life. I want a repeat, but my flying Cinderella disappears immediately afterward. She doesn't leave a glass slipper, either—just a pair of panties with chocolate bunnies printed on them. But I will find her. Snappy, hot and hilarious. New York Times bestselling author Julia Kent My face literally hurts from smiling. About That Story It's FUNNY!! I mean, really funny. My whole body shook, trying to suppress my laughter made me snort and I accidentally doinked myself on the head with my kindle. Stacy is Sassy ABSOLUTELY HILARIOUS. I need more from Sarina Bowen and Tanya Eby already! Booklovers for Life This is such an amazing story! I laughed, I cried, and devoured the pages. Kitty's Book Spot This collaboration ROCKED!!!! Book Twins Reviews This writing duo, Bowen and Eby, are kindred spirits. Together they created a sexy, funny and uplifting story. FMA Book Reviews Two lost souls just wanting someone to love them for who they were. Talk about heart squeezing. Celebrity Readers For fans of: Melanie Harlow, Corinne Michaels, Meghan March, Lex Martin, Lauren Blakely, Julia Kent, Elle Kennedy, Tijan, CD Reiss, Kendall Ryan, Vi Keeland, Penelope Ward, Jana Aston, K Bromberg, Katy Evans, Jessica Hawkins, Kristen Proby, Penny Reid, Helena Hunting, Sally Thorne, Kristen Ashley, Helen Hoang, Kylie Scott, Christina Lauren, Jana Aston, Sawyer Bennett, Lexi Ryan, Karina Halle, Skye Warren, Kennedy Ryan, Jodi Ellen Mapas, Zoe York, LJ Shen, Kristan Higgins, Jill Shalvis, Colleen Hoover, Sara Ney, Toni Aleo, Catherine Gayle, Jami Davenport, Cambria Herbert, Tammara Webber, Colleen Hoover, Emma Chase, Alice Clayton, Sabrina Bowen. Keywords: reality TV star, celebrity romance, one night stand, marriage of convenience, faux marriage, romantic comedy, alpha male, alpha hero, bad boy, home renovation, divorced heroine, plus size heroine, curvy heroine, romcom, comedy, plus size, curvy, Michigan, accidentally famous, fake marriage, fake boyfriend, one night stand.

**Manhood** Oct 29 2019 From NFL player turned film and TV star Terry Crews comes a wise and warmhearted memoir chronicling his lifelong quest to become a good man, loving husband, and responsible father. What does it mean to be a man? Terry Crews, TV's iconic "Old Spice Guy" and co-star of the hit Golden Globe Award-winning series *Brooklyn Nine-Nine*, has spent decades seeking the answer to that question. In *Manhood*, he shares what he's learned, telling the amazing story of his rise to fame and offering straight-talking advice for men and the women who love them. A self-described "super-driven superstar alpha male," Terry Crews embodies the manly ideal for millions worldwide. But as he looks back on his difficult childhood and shares hard-learned lessons from the many humbling experiences he endured to get where he is today, he shows how his own conception of manhood is constantly evolving. Crews offers up a lively, clear-eyed account of the ups and downs of his twenty-five-year marriage, revealing the relationship secrets that have kept it going—and the one dark secret that nearly tore it apart. Along the way, he shares his evolving appreciation for looking good, staying fit, and getting it done for the people you love. Being a man is about more than keeping your core strong. It's about keeping your core values stronger. With insightful observations on spirituality, work, and family, Terry Crews shows men how to face their inner demons, seek forgiveness from those they've wronged, and tear down the walls that prevent them from forging meaningful relationships with others. From the NFL gridiron to the Hollywood backlot, Terry Crews has survived it all with his sense of humor—and his marriage—intact. In *Manhood* he shows men everywhere that real strength is not measured in muscle mass—unless that muscle is the heart.

*Citizen Outlaw* Apr 03 2020 A dramatic narrative account of the life of William Juneboy Outlaw III, whose journey from housing-project youth to ruthless gangland kingpin to change-making community advocate represents a vital next chapter in the ongoing conversation about race and social justice in America. When he was in his early twenties, William Juneboy Outlaw III was sentenced to eighty-five years in prison for homicide and armed assault. The sentence brought his brief but prolific criminal career as the head of a forty-member cocaine gang in New Haven, Connecticut, to a close. But behind bars, Outlaw quickly became a feared prison "shot caller" with 150 men under his sway. Then everything changed: his original sentence was reduced by sixty years. At the same time, he was shipped to a series of the most notorious federal prisons in the country, where he endured long stints in solitary confinement—and where transformational relationships with a fellow inmate and a prison therapist made him realize that he wanted more for himself. Upon his release, Outlaw took a job at Dunkin' Donuts, volunteered in the New Haven community, and started to rebuild his life. He now is an award-winning community advocate, leading a team of former felons who negotiate truces between gangs on the very streets that he once terrorized. The homicide rate in New Haven has dropped 70 percent in the decade that he's run the team—a drop as dramatic as in any city in the country. Written with exclusive access to Outlaw himself, Charles Barber's *Citizen Outlaw* is the unforgettable story of how a gang leader became the catalyst for one of the greatest civic crime reductions in America, and an inspiring argument for love and compassion in the face of insurmountable odds.

**Paddle Your Own Canoe** Jan 25 2022 Parks and Recreation actor and *Making It* co-host Nick Offerman shares his humorous fulminations on life, manliness, meat, and much more in

this New York Times bestseller. Growing a perfect moustache, grilling red meat, wooing a woman—who better to deliver this tutelage than the always charming, always manly Nick Offerman, best known as Parks and Recreation’s Ron Swanson? Combining his trademark comic voice and very real expertise in woodworking—he runs his own woodshop—Paddle Your Own Canoe features tales from Offerman’s childhood in small-town Minooka, Illinois—“I grew up literally in the middle of a cornfield”—to his theater days in Chicago, beginnings as a carpenter/actor and the hilarious and magnificent seduction of his now-wife Megan Mullally. It also offers hard-bitten battle strategies in the arenas of manliness, love, style, religion, woodworking, and outdoor recreation, among many other savory entrees. A mix of amusing anecdotes, opinionated lessons and rants, sprinkled with offbeat gaiety, Paddle Your Own Canoe will not only tickle readers pink but may also rouse them to put down their smart phones, study a few sycamore leaves, and maybe even hand craft (and paddle) their own canoes.

The Road Mar 03 2020 The post-apocalyptic modern classic with an introduction by novelist John Banville. In a burned-out America, a father and his young son walk under a darkened sky, heading slowly for the coast. They have no idea what, if anything, awaits them there. The landscape is destroyed, nothing moves save the ash on the wind and cruel, lawless men stalk the roadside, lying in wait. Attempting to survive in this brave new world, the young boy and his protector have nothing but a pistol to defend themselves. They must keep walking. Winner of the Pulitzer Prize for Fiction, *The Road* is an incandescent novel, the story of a remarkable and profoundly moving journey. In this unflinching study of the best and worst of humankind, Cormac McCarthy boldly divines a future without hope, but one in which, miraculously, this young family finds tenderness. An exemplar of post-apocalyptic writing, *The Road* is a true modern classic, a masterful, moving and increasingly prescient novel. This edition is part of the Picador Collection, a series of the best in contemporary literature, inaugurated in Picador's 50th Anniversary year.

**Walden** May 05 2020

**The Old Man and the Sea** Jul 19 2021 "The Old Man and the Sea" by Ernest Hemingway. Published by Good Press. Good Press publishes a wide range of titles that encompasses every genre. From well-known classics & literary fiction and non-fiction to forgotten?or yet undiscovered gems?of world literature, we issue the books that need to be read. Each Good Press edition has been meticulously edited and formatted to boost readability for all e-readers and devices. Our goal is to produce eBooks that are user-friendly and accessible to everyone in a high-quality digital format.

*Of Mice and Men* Jun 17 2021 Tells a story about the strange relationship of two migrant workers who are able to realize their dreams of an easy life until one of them succumbs to his weakness for soft, helpless creatures and strangles a farmer's wife.

*One Man's Meat* Sep 01 2022 One Man's Meat is part of The Year of Short Stories and is one of several digital shorts released to celebrate the publication of Jeffrey Archer’s magnificent seventh collection, Tell Tale. Taken from Jeffrey Archer's third collection of short stories, Twelve Red Herrings, comes One Man's Meat, an irresistible, witty and ingenious short read. When Michael Whitaker spots the stunning Anna Townsend on the steps of the theatre, he decides he will do whatever it takes to get to know her. Finding a way to get a ticket for the seat next to her, he then invites her to a drink at the interval. By the end of the play, Michael asks her to accompany him to dinner. But what will her answer be? What follows are four different endings . . . choose just one, or – if choosing to read all four – they can be read in the following order: Rare, Burnt, Overdone, and À Point . . . Be sure to look out for more from The Year of Short Stories collection, including The Endgame and No Room at the Inn.

**Nine Lives** Aug 27 2019

The Meat Fix Jul 31 2022 For twenty-six years, John Nicholson was a vegetarian. No meat, no fish, no guilt. He was a walking advert for healthy eating. Brown rice, fruit, vegetables, low fat and low cholesterol - in the battle of good food versus bad, he should have been on the winning side. But the opposite was true: his diet was making him ill. Really ill. Joint pain? Tick. Exhaustion? Tick. Chronic IBS and piles? Tick, tick. Not to mention the fat belly and the sky-high cholesterol. His mind may have forgotten its taste for flesh and blood but had his body? Tired of being sick, John decided to do the unthinkable: eat meat. The results were spectacular. Twenty-four hours later, he felt better. After forty-eight hours he was fighting fit. Twelve months on, he had become a new person. He was first shocked, then delighted, then damn angry. The Meat Fix charts one man's journey to the top of the food chain, uncovering an alternate universe of research condemning everything we think we know about healthy eating as little more than illusion, guesswork and marketing. The body is a temple - but, as John Nicholson discovered, we may have forgotten how to worship it.

**Indian Takeaway** Oct 22 2021 Hardeep Singh Kohli loves many things in life - but none more than food. He loves to eat it, he loves to cook it. So when he decided to travel round India, searching for his roots, what seemed the obvious thing to take with him? Will Hardeep find the India he is searching for through his recipe book? And will he find himself along the way?

One Man's Meat Oct 02 2022

*Countryman's Cooking* Jan 01 2020 Fresh, informative, and entertaining country cookbook Instruction in the first principles of country cooking, from snaring and shooting to plucking and skinning Recipes and observations reflect the succulent wholesomeness of English cooking at its best Dishes and hearty treats include roast pheasant, rabbit pie, salmon cakes,

fried sea trout breakfast, RAF bacon and eggs, and a handwritten recipe for beer

**Steak** Aug 20 2021 On a quest for the perfect cut of beef, award-winning food and travel writer Mark Scharzker embarks on an odyssey to four continents, travelling thousands of miles across eight countries and working his way through more than 100 lbs of steak prepared according to dozens of techniques. The result is an impassioned, funny and remarkably enlightening study of steak and its discontents as well as its many delights.

**One Man Guy** Mar 27 2022 Alek Khederian should have guessed something was wrong when his parents took him to a restaurant. Everyone knows that Armenians never eat out. Why bother, when their home cooking is far superior to anything "these Americans" could come up with? Between bouts of interrogating the waitress and criticizing the menu, Alek's parents announce that he'll be attending summer school in order to bring up his grades. Alek is sure this experience will be the perfect hellish end to his hellish freshmen year of high school. He never could've predicted that he'd meet someone like Ethan. Ethan is everything Alek wishes he were: confident, free-spirited, and irreverent. When Ethan gets Alek to cut school and go to a Rufus Wainwright concert in New York City's Central Park, Alek embarks on his first adventure outside the confines of his suburban New Jersey existence. He can't believe a guy this cool wants to be his friend. And before long, it seems like Ethan wants to be more than friends. Alek has never thought about having a boyfriend—he's barely ever had a girlfriend—but maybe it's time to think again. Michael Barakiva's *One Man Guy* is a romantic, moving, laugh-out-loud-funny story about what happens when one person cracks open your world and helps you see everything—and, most of all, yourself—like you never have before.

**Vacationland** Jul 27 2019 "I love everything about this hilarious book except the font size." —Jon Stewart Although his career as a bestselling author and on *The Daily Show With Jon Stewart* was founded on fake news and invented facts, in 2016 that routine didn't seem as funny to John Hodgman anymore. Everyone is doing it now. Disarmed of falsehood, he was left only with the awful truth: John Hodgman is an older white male monster with bad facial hair, wandering like a privileged Sasquatch through three wildernesses: the hills of Western Massachusetts where he spent much of his youth; the painful beaches of Maine that want to kill him (and some day will); and the metaphoric haunted forest of middle age that connects them. *Vacationland* collects these real life wanderings, and through them you learn of the horror of freshwater clams, the evolutionary purpose of the mustache, and which animals to keep as pets and which to kill with traps and poison. There is also some advice on how to react when the people of coastal Maine try to sacrifice you to their strange god. Though wildly, Hodgmaniacally funny as usual, it is also a poignant and sincere account of one human facing his forties, those years when men in particular must stop pretending to be the children of bright potential they were and settle into the failing bodies of the wiser, weird dads that they are.

**Nathaniel's Nutmeg** Sep 08 2020 A true tale of high adventure in the South Seas. The tiny island of Run is an insignificant speck in the Indonesian archipelago. Just two miles long and half a mile wide, it is remote, tranquil, and, these days, largely ignored. Yet 370 years ago, Run's harvest of nutmeg (a pound of which yielded a 3,200 percent profit by the time it arrived in England) turned it into the most lucrative of the Spice Islands, precipitating a battle between the all-powerful Dutch East India Company and the British Crown. The outcome of the fighting was one of the most spectacular deals in history: Britain ceded Run to Holland but in return was given Manhattan. This led not only to the birth of New York but also to the beginning of the British Empire. Such a deal was due to the persistence of one man. Nathaniel Courthope and his small band of adventurers were sent to Run in October 1616, and for four years held off the massive Dutch navy. *Nathaniel's Nutmeg* centers on the remarkable showdown between Courthope and the Dutch Governor General Jan Coen, and the brutal fate of the mariners racing to Run--and the other corners of the globe--to reap the huge profits of the spice trade. Written with the flair of a historical sea novel but based on rigorous research, Giles Milton's *Nathaniel's Nutmeg* is a brilliant adventure story by Giles Milton, a writer who has been hailed as the "new Bruce Chatwin" (Mail on Sunday).

*One Man's Food--is Someone Else's Poison* Jun 29 2022

**Nineteen Eighty-Four** Jul 07 2020 "Nineteen Eighty-Four: A Novel", often published as "1984", is a dystopian social science fiction novel by English novelist George Orwell. It was published on 8 June 1949 by Secker & Warburg as Orwell's ninth and final book completed in his lifetime. Thematically, "Nineteen Eighty-Four" centres on the consequences of totalitarianism, mass surveillance, and repressive regimentation of persons and behaviours within society. Orwell, himself a democratic socialist, modelled the authoritarian government in the novel after Stalinist Russia. More broadly, the novel examines the role of truth and facts within politics and the ways in which they are manipulated. The story takes place in an imagined future, the year 1984, when much of the world has fallen victim to perpetual war, omnipresent government surveillance, historical negationism, and propaganda. Great Britain, known as Airstrip One, has become a province of a totalitarian superstate named Oceania that is ruled by the Party who employ the Thought Police to persecute individuality and independent thinking. Big Brother, the leader of the Party, enjoys an intense cult of personality despite the fact that he may not even exist. The protagonist, Winston Smith, is a diligent and skillful rank-and-file worker and Outer Party member who secretly hates the Party and dreams of rebellion. He enters into a forbidden relationship with a colleague, Julia, and starts to remember what life was like before the Party came to power.

*White Fang* May 17 2021

**Mute Records** Jun 05 2020 Mute Records is one of the most influential, commercially successful, and long-lasting of the British independent record labels formed in the wake of the late-1970's punk explosion. Yet, in comparison with contemporaries such as Rough Trade or Stiff, its legacy remains under-explored. This edited collection addresses Mute's wide-

ranging impact. Drawing from disciplines such as popular music studies, musicology, and fan studies, it takes a distinctive, artist-led approach, outlining the history of the label by focusing each chapter on one of its acts. The book covers key moments in the company's evolution, from the first releases by The Normal and Fad Gadget to recent work by Arca and Dirty Electronics. It shines new light on the most successful Mute artists, including Depeche Mode, Nick Cave, Erasure, Moby, and Goldfrapp, while also exploring the label's avant-garde innovators, such as Throbbing Gristle, Mark Stewart, Labaich, Ut, and Swans. Mute Records examines the business and aesthetics of independence through the lens of the label's artists.

*Drop Dead Healthy* Sep 20 2021 From the bestselling author of *The Year of Living Biblically* and *The Know-It-All* comes the true and truly hilarious story of one person's quest to become the healthiest man in the world. Hospitalized with a freak case of tropical pneumonia, goaded by his wife telling him, "I don't want to be a widow at forty-five," and ashamed of a middle-aged body best described as "a python that swallowed a goat," A.J. Jacobs felt compelled to change his ways and get healthy. And he didn't want only to lose weight, or finish a triathlon, or lower his cholesterol. His ambitions were far greater: maximal health from head to toe. The task was epic. He consulted an army of experts—sleep consultants and sex clinicians, nutritionists and dermatologists. He subjected himself to dozens of different workouts—from Strollercize classes to Finger Fitness sessions, from bouldering with cavemen to a treadmill desk. And he took in a cartload of diets: raw foods, veganism, high protein, calorie restriction, extreme chewing, and dozens more. He bought gadgets and helmets, earphones and juicers. He poked and he pinched. He counted and he measured. The story of his transformation is not only brilliantly entertaining, but it just may be the healthiest book ever written. It will make you laugh until your sides split and endorphins flood your bloodstream. It will alter the contours of your brain, imprinting you with better habits of hygiene and diet. It will move you emotionally and get you moving physically in surprising ways. And it will give you occasion to reflect on the body's many mysteries and the ultimate pursuit of health: a well-lived life.

**One Man's Wilderness** Nov 22 2021 "To live in a pristine land, unchanged by man; to roam a wilderness through which few other humans pass; to choose an idyllic site, cut trees and build a log cabin; to be a self-sufficient craftsman, making what is needed from materials available; to be not at odds with the world, but content with one's own thoughts and company. Thousands have had such dreams but Richard Proenneke lived them. He found a place, built a cabin and stayed to become part of the country. [This] is a simple account of the day-to-day explorations and activities he carried out alone and the constant chain of nature's events that kept him company"--Publisher's description.

*The Lady is Cold* Oct 10 2020

**A Matter of Facts** Apr 15 2021 A journey into the obsessive world of quizzing. Includes stories from Shaun's past such as tales from his time playing Barry in *EastEnders*; the discovery of a long-lost son; hiding from an angry Mike Reid in a broom cupboard; acting with Ricky Gervais and David Bowie, and the loss of his boyhood friend in 9/11. Actor and celebrity quizzing Shaun Williamson lifts the lid on a National drug that everyone hooked on: quizzing. *A Matter of Facts* is a personal journey into the world of quizzes. At the start Shaun enters the World Quiz Grand Prix, pitching his knowledge against the Nation's finest minds, including Eggheads and Chasers... he fails. Unperturbed, he sets out to improve his skills through memory training, practice and even hypnosis in an attempt to move himself up the rankings of the quizzing elite. Shaun's adventure sees him get his old quizzing 'band' back together to see if he can triumph in the leagues. As he does so, he meets many characters and experiences the wonderful vagaries of the pub quiz - discovering its place, not just in communities, but in people's lives. He also reminisces about his life before acting as an alcoholic postman, a stalled naval career, a Pontins blue coat and his journey to becoming Barry in *EastEnders*. Over the course of year Shaun aims to end his journey at a victorious return to the Grand Prix... can his experiences and new-found knowledge end in victory? *A Matter of Facts* is a fun, fascinating and heart-warming read that will be adored by those who enjoy a regular meeting of alcohol and trivia.

**The Pianist** Mar 15 2021 The bestselling memoir of a Jewish pianist who survived the war in Warsaw against all odds. 'We are drawn in to share his surprise and then disbelief at the horrifying progress of events, all conveyed with an understated intimacy and dailiness that render them painfully close... riveting' OBSERVER On September 23, 1939, Wladyslaw Szpilman played Chopin's Nocturne in C-sharp minor live on the radio as shells exploded outside - so loudly that he couldn't hear his piano. It was the last live music broadcast from Warsaw: That day, a German bomb hit the station, and Polish Radio went off the air. Though he lost his entire family, Szpilman survived in hiding. In the end, his life was saved by a German officer who heard him play the same Chopin Nocturne on a piano found among the rubble. Written immediately after the war and suppressed for decades, *THE PIANIST* is a stunning testament to human endurance and the redemptive power of fellow feeling. 'The images drawn are unusually sharp and clear... but its moral tone is even more striking: Szpilman refuses to make a hero or a demon out of anyone' LITERARY REVIEW

**Self-Made Man** Jun 25 2019 A journalist's provocative and spellbinding account of her eighteen months spent disguised as a man. Norah Vincent became an instant media sensation with the publication of *Self-Made Man*, her take on just how hard it is to be a man, even in a man's world. Following in the tradition of John Howard Griffin (*Black Like Me*), Vincent spent a year and a half disguised as her male alter ego, Ned, exploring what men are like when women aren't around. As Ned, she joined a bowling team, took a high-octane sales job, went on dates with women (and men), visited strip clubs, and even managed to infiltrate a monastery and a men's therapy group. At once thought-provoking and pure fun to read, *Self-Made Man* is a sympathetic and thrilling tour de force of immersion journalism.

**The Measure of a Man** Jan 13 2021 First published in 1959, this pair of meditations by the revered civil-rights leader Martin Luther King, Jr. contains the theological roots of his political and social philosophy of nonviolent activism. Eloquent and passionate, reasoned and sensitive. “AT THE first National Conference on Christian Education of the United Church of Christ, held at Purdue University in the summer of 1958, Martin Luther King presented two notable devotional addresses. Moved by the dear and persuasive quality of his words, many of the 3000 delegates to the conference urged that the meditations be made available in book form. They wanted the book for their own libraries and they were eager to share Dr. King’s vital messages with fellow Christians of other denominations. “In the resolute struggle of American Negroes to achieve complete acceptance as citizens and neighbors the author is recognized as a leader of extraordinary resourcefulness, valor, and skill. His concern for justice and brotherhood and the nonviolent methods that he advocated and uses, are based on a serious commitment to the Christian faith. “As his meditations in this book suggest, Dr. King regards meditation and action as indivisible functions of the religious life. When we think seriously in the presence of the Most High, when in sincerity we “go up to the mountain of the Lord,” the sure event is that “he will teach us of his ways, and we will walk in his paths” (Isaiah 2: 3).”

**Eat Like a Man** Apr 27 2022 So long, dude food. Most men who love food have a roasting pan and a decent spice rack, but they're still looking for that one book that has all the real food they love to eat and wish they could cook. Esquire food editor Ryan D'Agostino is here to change that with his unapologetically male-centric Eat Like a Man choice collection of 75 recipes and food writing for men who like to eat, cook, and read about great food. It's the Esquire man's repertoire of perfect recipes, essays on how food figures into the moments that define a man's life, and all the useful kitchen points every man needs to know. Satisfying, sexy, definitive, and doable, these are recipes for slow Sunday mornings with family, end-of-the-week wind-down dinners with a lady, Saturday night show-off entertaining, poker night feeds, and game-day couch camping. Or, for when a man is just hungry.

**Hungover** Jan 31 2020 “Bishop-Stall insists that hangovers... [are] worthy of a cure. After years of dogged research around the globe, he finds one — just in time for the holidays.” —Washington Post “[An] irreverent, well-oiled memoir... Bishop-Stall packs his book with humorous and enlightening asides about alcohol.” —The Wall Street Journal One intrepid reporter's quest to learn everything there is to know about hangovers, trying all of the cures he can find and explaining how (and if) they work, all so rest of us don't have to. We've all been there. One minute you're fast asleep, and in the next you're tumbling from dreams of deserts and demons, into semi-consciousness, mouth full of sand, head throbbing. You're hungover. Courageous journalist Shaughnessy Bishop-Stall has gone to the front lines of humanity's age-old fight against hangovers to settle once and for all the best way to get rid of the aftereffects of a night of indulgence (short of not drinking in the first place). Hangovers have plagued human beings for about as long as civilization has existed (and arguably longer), so there has been plenty of time for cures to be concocted. But even in 2018, little is actually known about hangovers, and less still about how to cure them. Cutting through the rumor and the myth, Hungover explores everything from polar bear swims, to saline IV drips, to the age-old hair of the dog, to let us all know which ones actually work. And along the way, Bishop-Stall regales readers with stories from humanity's long and fraught relationship with booze, and shares the advice of everyone from Kingsley Amis to a man in a pub.

**The Illustrated Compendium of Amazing Animal Facts** Dec 12 2020 New York Times bestseller • An artfully playful collection of unexpected and remarkable facts about animals, illustrated by Swedish artist Maja Säfström. Did you know that an octopus has three hearts? Or that ostriches can't walk backward? Or that a group of owls is called a parliament, or that they have three eyelids? Sea otters hold hands in their sleep, bees never sleep, and penguins laugh when they're tickled! This charming compendium contains over 100 pages of fascinating facts about the animal kingdom illustrated with whimsical detail.

**Catching Fire** May 29 2022 In this stunningly original book, Richard Wrangham argues that it was cooking that caused the extraordinary transformation of our ancestors from apelike beings to Homo erectus. At the heart of Catching Fire lies an explosive new idea: the habit of eating cooked rather than raw food permitted the digestive tract to shrink and the human brain to grow, helped structure human society, and created the male-female division of labour. As our ancestors adapted to using fire, humans emerged as "the cooking apes". Covering everything from food-labelling and overweight pets to raw-food faddists, Catching Fire offers a startlingly original argument about how we came to be the social, intelligent, and sexual species we are today. "This notion is surprising, fresh and, in the hands of Richard Wrangham, utterly persuasive ... Big, new ideas do not come along often in evolution these days, but this is one." -Matt Ridley, author of Genome

**Twelve Red Herrings** Feb 23 2022 An imprisoned man is certain that his supposed murder victim is very much alive . . . A female driver is pursued relentlessly by a menacing figure in another vehicle . . . A young artist gets the biggest break of her career . . . A restless beauty manages the perfect birthday celebration . . . An escaped Iraqi on Saddam Hussein's death list pays an involuntary visit to his homeland . . . How will they react? How would you? Twelve Red Herrings is the third collection of irresistible short stories from master storyteller, Jeffrey Archer. Cleverly styled, with richly drawn characters and ingeniously plotted story lines, each of the twelve tales ends with a delightfully unexpected turn of events.

**A Fighter's Heart** Aug 08 2020 After a series of adventurous jobs around the world, Sam Sheridan found himself in Australia, cash-rich and with time on his hands to spend it. It occurred to him that he could finally explore a long-held obsession: fighting. Within a year, he was in Bangkok training with Thailand's greatest kickboxing champion and stepping through the ropes for his first professional bout. But one fight wasn't enough, and Sheridan set out to test himself on an epic journey into how and why we fight, facing Olympic boxers, Brazilian jiu-jitsu stars, and Ultimate Fighting champions.

