

The Grip Book

A Grip of Time (prison slang for a very long sentence behind bars) takes readers into a world most know little about—a maximum-security prison—and into the minds and hearts of the men who live there. These men, who are serving out life sentences for aggravated murder, join a fledgling Lifers' Writing Group started by award-winning author Lauren Kessler. Over the course of three years, meeting twice a month, the men reveal more and more about themselves, their pasts, and the alternating drama and tedium of their incarcerated lives. As they struggle with the weight of their guilt and wonder if they should hope for a future outside prison walls, Kessler struggles with the fiercely competing ideas of rehabilitation and punishment, forgiveness and blame that are at the heart of the American penal system. Gripping, intense, and heartfelt, *A Grip of Time: When Prison Is Your Life* shows what a lifetime with no hope of release looks like up-close.

Gain the essential skills of a professional grip to become the jack and master of all trades on any movie or television show set. Discover vital insider tips ranging from how to operate cutting-edge rigging and lighting equipment to performing difficult camera mounts on aircraft, boats, trains, and cars. In *The Grip Book*, seasoned Hollywood grip Michael G. Uva teaches you to install, set up, maintain, and ensure the safety of all equipment on a set, such as C-stands, cameras, and any specialty gear needed for a shoot. Guidelines for on-set etiquette and how to succeed as a technical crew member will jumpstart your career and make you a valuable asset on any film or television crew. This new 6th edition marks the book's 30th anniversary and has been fully revised and updated to include expanded coverage of on-set scenarios, such as gripping near water and at heights; a brand-new chapter dedicated to providing insider solutions to various gripping problems that can often appear insurmountable to the uninitiated; and a brand-new companion website featuring a downloadable reference guide on grip equipment, and extensive how-to video demonstrations. Other features include technical expertise on maintaining the latest and greatest filmmaking equipment; an updated self-test section containing over one hundred questions and answers; a comprehensive appendix containing a robust glossary of insider and equipment terms; and guidelines on what a grip has to be physically able to perform in their day-to-day duties.

The Grip Book, Fourth Edition has been updated and revised to be even more valuable to professional grips—the "jack-of-all-trades and master of all" on a film or video set. Grips install, set up, maintain, and ensure the safety of all equipment needed on a set, such as lighting stands, cameras, and any specialty equipment needed for a shoot. This new edition contains the latest information about the latest equipment and has been updated to reflect changes in the industry including CGI screen setup and 'cleaning up the perms.' *The Grip Book* also teaches readers how to become a professional grip and have a successful career, and will continue to be an indispensable learning tool and reference for grips of all experience levels.

Comprehensive. Detailed. Practical. *Set Lighting Technician's Handbook, Fourth Edition*, is a friendly, hands-on manual covering the day-to-day practices, equipment, and tricks of the trade essential to anyone doing motion picture lighting, including the lamp operator, rigging crew, gaffer, best boy, or director of photography. This handbook offers a wealth of practical technical information, useful techniques, as well as aesthetic discussions. *The Set Lighting Technician's Handbook* focuses on what is important when working on-set: trouble-shooting, teamwork, set protocol, and safety. It describes tricks and techniques for operating a vast array of lighting equipment including LEDs, xenons, camera synchronous strobes, black lights, underwater units, lighting effects units, and many others. Since its first edition, this handy on-set reference continues to be widely adopted as a training and reference manual by union training programs as well as top university film production programs. New to the fourth edition: * Detailed information on LED technology and gear * Harmonized with union safety and training procedures * All the latest and greatest DMX gadgets, including remote control systems * Many new and useful lights and how to use them and troubleshoot them. * New additions to the arsenal of electrical distribution equipment that make our sets safer and easier to power. * More rigging tricks and techniques. * the same friendly, easy to read style that has made this book so popular.

Popular physics primer by an acclaimed author offers accessible, imaginative explanations of string theory, the Schrödinger's Cat paradox, quantum uncertainty, black holes, and other cosmic oddities. Numerous playful illustrations.

Exchange the pressure of accomplishment for the peace of God's grace When the world demands: achieve, succeed, earn, God says: lean on me, trust me, believe me. That is grace. And that is what God offers: unconditional acceptance of a believing heart. Your heavenly Father loves you enough to hold you in his grace. Pastor and New York Times bestselling author Max Lucado will help you release a false sense of self-sufficiency. rest in God's unbending and unending gift of grace. remember that God is for you and will carry you through every circumstance. Today, leap from the cliff of self-sufficiency and land in the strong arms of the Father who loves you . . . the Father who catches you—every time—in the grip of his grace.

"To exert your gripping powers you have to bring your mental powers into play. You may perform free exercises until the cows come home with little benefit to your health, strength or muscularity if your mind is wandering from the thoughts of breakfast to your best girl, for it is only when you focus your full attention to the muscles being used that the work becomes strenuous and result-getting. Attempt to pick up a weight from the floor, one just within your compass, and you will find that unless you bring your full powers to bear on the job in hand, you will not succeed in raising it an inch. You have to give your full and undivided attention to the task of raising the weight; otherwise you will fail. We therefore see that the practice of exercises calculated to augment one's gripping powers must of necessity improve and strengthen one's Power of Will with untold benefits to one's whole career". - Edward Aston Visit our website and see our many books at PhysicalCultureBooks.com

In the depths of winter, with snow thick on the ground, Badger lies alone and injured. No one knows where he is, and the icy cold is tightening its grip every second. What will happen to Badger? And can the other animals of Farthing Wood survive the harsh cold and piercing hunger that winter has brought?

Do you have a grip on your business, or does your business have a grip on you? All entrepreneurs and business leaders face similar frustrations—personnel conflict, profit woes, and inadequate growth. Decisions never seem to get made, or, once made, fail to be properly implemented. But there is a solution. It's not complicated or theoretical. *The Entrepreneurial Operating System®* is a practical method for achieving the business success you have always envisioned. More than 80,000 companies have discovered what EOS can do. In *Traction*, you'll learn the

secrets of strengthening the six key components of your business. You'll discover simple yet powerful ways to run your company that will give you and your leadership team more focus, more growth, and more enjoyment. Successful companies are applying Traction every day to run profitable, frustration-free businesses—and you can too. For an illustrative, real-world lesson on how to apply Traction to your business, check out its companion book, *Get A Grip*.

Every town has its secrets. Some are too deadly to stay hidden. Chouteau County's super-rich know how to cover up a scandal, but when it comes to murder, they'd better watch their backs . . . Death investigator Angela Richman is determined to see a killer brought to justice in this sharply written and darkly entertaining mystery set in Missouri, perfect for fans of Lisa Gardner and J.A. Jance. Angela Richman, Chouteau County death investigator, finds herself deep in the Missouri woods on a perfect spring day. But there is nothing idyllic about her grim walk - a body has been discovered in a muddy creek, and Detective Jace Budewitz wants Angela on the scene. Terri Gibbons, the popular Forest High track star who went missing eight months ago, has been found strangled. Could a message found in Terri's shoe hold the key to catching her killer? Chouteau Forest is a town of privilege and secrets, where everyone has something to hide . . . Can Angela overcome the many obstacles in her way to see justice served when the Forest's wealthy residents will go to any lengths to prevent the truth being revealed?

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****STILL is the conclusion of Grip & Bristol's emotional journey. You must read FLOW, the prequel, and GRIP, book 1 before beginning STILL**** I'll be there. Through thick and thin. Ride or die. You can count on me. The promises people make. The vows we take. Assumptions of the heart. Emotion tells us how we feel, but life...life has a way of plunging us in boiling water, burning away our illusions, testing our faith, trying our convictions. Love floating is a butterfly, but love tested is an anchor. For Grip and Bristol, Love started at the top of the world On a Ferris wheel under the stars But when that love is tested, will they fly or fall?

Resisting an irresistible force wears you down and turns you out. I know. I've been doing it for years. I may not have a musical gift of my own, but I've got a nose for talent and an eye for the extraordinary. And Marlon James - Grip to his fans - is nothing short of extraordinary. Years ago, we strung together a few magical nights, but I keep those memories in a locked drawer and I've thrown away the key. All that's left is friendship and work. He's on the verge of unimaginable fame, all his dreams poised to come true. I manage his career, but I can't seem to manage my heart. It's wild, reckless, disobedient. And it remembers all the things I want to forget.

We are all familiar with the signs that work's not going your way. The week has barely started and already you're playing catch-up. At the end of another long workday your inbox is still overflowing. It's enough to break anybody's spirit. On top of that, your calendar is jam-packed and your to-do list goes on forever. The worst part is that when you start to feel like you're losing your grip on your days, it can be paralyzing. And just try getting any work done after that. No wonder you have trouble meeting the targets you set, struggle to deliver the quality you aspire to, and can't ever seem to get around to personal development. You're working hard, sure, but are you making any progress? Feeling these same signs that he was losing his grip on his work, Rick Patoor dedicated himself to creating a flexible and interlinking method where he could reclaim control over his work and life. He started by sharing his method with his coworkers and friends and when he saw the incredible response they had, he wrote it all down and self-published this book in his native Dutch only to be floored when it hit the bestseller list soon after publication. With this new English edition, Rick hopes to share his method with everyone who's looking for a better grip on their jobs and their lives. *Grip* is structured into 3 Parts, Part 1: *Get A Better Grip on Your Week* shows how to master your calendar and get smarter and more strategic in the way you work. Part 2: *Get A Better Grip On Your Year* shows how to set and achieve realistic goals that are meaningful to you. Part 3 *Get a Better Grip On Your Life*, shows you how develop and tap into your personal capabilities. Throughout, it will challenge you to make smarter choices, to rethink how you go about your work, to take things up a notch at strategic moments, and to learn how to choose what not to do.

In *Break the Grip of Past Lovers*, author Jumana Sophia teaches women how to move beyond the lingering betrayals of past relationships to reclaim their personal power, reestablish healthy boundaries, and move forward into deeper and more intimate relationships with a renewed sense of sensual receptivity and emotional balance. With a teaching style that is warm, down to earth, and full of wisdom that speaks to the often-misunderstood vulnerability and power of female sexuality, Jumana guides women beyond the limitations of talk therapy and into a personal homecoming that will become a foundation for truly healthy intimacy in the future. *Break the Grip of Past Lovers* addresses regret, remorse, low self-esteem, and the inability to connect fully or trust someone new. Jumana guides the reader through experiences of betrayal, neglect, loss of personal power, manipulation, and even experiences that were so beautiful that they have left grief and irreconcilable longing in their place. The journey she presents is a journey of initiation into power, catalyzed by the kind of heartbreak and loss of self that only past sexual relationships can provide.

- You know the key to having more energy has nothing to do with crystals and chakras... and everything to do with how much sleep you get. - You know that neglecting your friends will leave you destitute and lonely... but you're still too damn lazy to pick up your phone and get in touch. - You know you could get through your to-do list in half the time... yet you're still stalking your ex on Facebook. - You know you just need a kick up the backside... and that's what you'll find within the pages of this book. *Get A F*cking Grip* is the self-help book for people who hate self-help, offering simple no-nonsense advice that you can implement into all areas of your life, allowing you to get on with everything you've always wanted to do. Learning how to get a f*cking grip is

the key to taking back control of your life.

Do you want a stronger handshake? Try grabbing the other's hand and squeeze his fingers as hard as you can. BUT: how about heavy duty gripper certification, deadlifting the Inch dumbbell, tearing decks of cards, or crushing raw potatoes? This will take a little more effort. Whether you aim for such feats or not, there's nothing wrong about learning from one of the world's best when it comes to grip strength:

Tommy Heslep is one of only five people in the world who have certified for Ironmind's Captains-of-Crush #4 Gripper - and how many people do you know who can crush 12 raw potatoes in one hand within 15 seconds? In this comprehensive volume, stage strongman Robert Spindler teams up with Tommy to introduce you to the best equipment, the most effective exercises, and the most efficient routines to build a monster grip - while maintaining healthy hands. Learn about heavy duty spring grippers, the crushing grip, the pinch grip, thickbar training, endurance grip strength, mind-blowing feats of grip strength, and the individual training methods which led Tommy Heslep towards world-class in all of those. Whether rock climber, mixed martial artist, strongman, powerlifter, or freerunner - this book is for anyone who wants to maximize their grip strength potential with the no-nonsense methods of the best. It will show you how to build and maintain iron claws that can pick up anything, squeeze everything, and won't open unless you want them too. With detailed sample training routines, numerous illustrations, tips on how to save money, and chapters on recovery, plateaus, and injury prevention!

The Grip Book
The Studio Grip's Essential Guide
Taylor & Francis

Singapore, 1939: life on the eve of World War II just isn't what it used to be for Walter Blackett, head of British Singapore's oldest and most powerful firm. No matter how forcefully the police break one strike, the natives go on strike somewhere else. His daughter keeps entangling herself with the most unsuitable beaux, while her intended match, the son of Blackett's partner, is an idealistic sympathizer with the League of Nations and a vegetarian. Business may be booming—what with the war in Europe, the Allies are desperate for rubber and helpless to resist Blackett's price-fixing and market manipulation—but something is wrong. No one suspects that the world of the British Empire, of fixed boundaries between classes and nations, is about to come to a terrible end. A love story and a war story, a tragicomic tale of a city under siege and a dying way of life, *The Singapore Grip* completes the “Empire Trilogy” that began with *Troubles* and the Booker prize-winning *Siege of Krishnapur*.

Gordy LaSure's passionate about film. He eats film, he drinks film, and sometimes he'll even watch a film. But most of all he loves talking to people about film: whether a comely student with low confidence and a father complex, a Studio 'development' exec who doesn't trust his own judgement, or the countless people Gordy LaSure's encountered in his capacity as the web moderator on an Excessive Sweating Discussion Forum. Gordy LaSure's always talking about films and how they'd be a shit ton better if only people would pull their asses out of their ears and listen to Gordy LaSure. The voyage of this book can be categorised as an attempt to understand How In Hell Film Works. Why are some films bad, and some films terrible? How come just a handful of films (*Titanic*, *Porky's*, *Dirty Harry*) are any good at all?

Gordy'll tell you How and Why, and he'll give you a slug of Wherfore on the side. And he doesn't shoot from the hip; he shoots from the gut.

The Grip Trilogy charts the course of rising star Marlon "Grip" James and his manager Bristol Gray. From the beginning, attraction ignites between the struggling musician and his best friend's ambitious sister. It starts with a kiss at the top of a Ferris Wheel when they're young, combusts into a tumultuous love affair, and matures into an epic love that defies each odd and defeats every obstacle. Discover why Buzzfeed selected Grip to its list of books that will change the way you see the world.
3 Books
2 Decades (Nearly!)
1 Love of a lifetime--This enhanced box set includes *Flow*, *Grip* and *Still* - all 3 books of the groundbreaking Grip trilogy.--PLUS "All", the Grip short story previously published in the *Cocktales* charity anthology---PLUS two BRAND NEW "where are they now" chapters.

Grip Life addresses the following seven health elements that are experienced by most humans: • physical health: body wellness • mental health: mind wellness • family health: relative contacts • vocational health: employment skills • financial health: budget mastery • social health: group participation • spiritual health: Christian living Use the suggestions in this book to help yourself to maintain or to acquire a normal, productive life by not neglecting any element of your life. Use the spaces provided to write your improvement plan or maintenance plan for each element for a healthier you.

Finalist for the Chicago Review of Books Fiction Award, Dan Chaon's Best of 2017 pick in Publishers Weekly, one of Vol. 1 Brooklyn's Best Books of 2017, a BOMB Magazine "Looking Back on 2017:

Literature" Pick, and one of Vulture's 10 Best Thriller Books of 2017. Jac Jemc's *The Grip of It* is a chilling literary horror novel about a young couple haunted by their newly purchased home. Touring their prospective suburban home, Julie and James are stopped by a noise. Deep and vibrating, like throat singing. Ancient, husky, and rasping, but underwater. “That’s just the house settling,” the real estate agent assures them with a smile. He is wrong. The move—prompted by James’s penchant for gambling and his general inability to keep his impulses in check—is quick and seamless; both Julie and James are happy to start afresh. But this house, which sits between a lake and a forest, has its own plans for the unsuspecting couple. As Julie and James try to establish a sense of normalcy, the home and its surrounding terrain become the locus of increasingly strange happenings. The framework—claustrophobic, riddled with hidden rooms within rooms—becomes unrecognizable, decaying before their eyes. Stains are animated on the wall—contracting, expanding—and map themselves onto Julie’s body in the form of painful, grisly bruises. Like the house that torments the troubled married couple living within its walls, *The Grip of It* oozes with palpable terror and skin-prickling dread. Its architect, Jac Jemc, meticulously traces Julie and James’s unsettling journey through the depths of their new home as they fight to free themselves from its crushing grip.

When a child is born, doctors and family encourage the new parents to provide three elements essential to the survival of the newborn: love, nourishment and protection. These same elements are vital for every newborn Christian as well. This workbook will help those new to the Christian faith find these basics for survival. Getting a Grip on the Basics is a powerful study tool designed for either individual or group use and will help new and mature Christians alike. Through studying the Scriptures and completing this workbook, Christians will find and experience the love of God, receive spiritual nourishment and be able to rest in the protective care of the Lord and His Word. This dynamic study course will help readers become grounded in the fundamentals of Christian faith and learn important principles to vital Charismatic believers, including: - How to Become a Christian - How to Be Sure You are a Christian - How to Develop Your Relationship with God - How to Develop Your Prayer Life - How to Hear from God - How to Obey God - How to Experience God's Love and Forgiveness - How to Be Filled with the Holy Spirit - How to Be Sure You are Filled With the Spirit - How to Grow and Develop Your Faith - How to Experience the Abundant Life - How to Be an Overcomer - How to Serve God Also Included is Insightful Teaching On: - How to Recognize False Doctrines - How to Find a Good Church - What to Look for in a Good Church - What to Do When You Find a Good Church

This booklet presents comprehensive information on the inferior function, what triggers it, and how it's expressed in different types. This edition also focuses on workplace issues and the effects of long-term stress on employees at all levels within an organization, based on research and the reported experiences of a stratified national sample of working adults.

In this study of modern money, debt slavery and destructive economics, Rowbotham shows the horrifying consequences of an economic system founded on money created by debt.

On a surveillance assignment for a child custody case, PI-in-training Nora Watts finds herself ensconced in a small farming community on a beautiful hippie island in the Pacific Northwest, a place with a reputation for being welcoming to outsiders. But when she arrives there, she discovers her welcome quickly wears thin. Perhaps too quickly. Salt Spring Island, with a history as a refuge for African Americans fleeing the bonds of slavery, is not a place of refuge for her—and, she suspects, may not be for the people who live there, either. As she investigates, nothing about this remote community seems to add up. It gets personal as Nora confronts her own complicated feelings toward her estranged daughter and becomes increasingly concerned about the child she's been tasked to surveil. She discovers that small, idyllic communities can hide very big secrets. Included with this short story is a sneak peek at the next Nora Watts novel from Sheena Kamal, *It All Falls Down*

In this perfectly pitched novel-in-letters, autistic eleven-year-old Vivy Cohen won't let anything stop her from playing baseball--not when she has a major-league star as her pen pal. Vivy Cohen is determined. She's had enough of playing catch in the park. She's ready to pitch for a real baseball team. But Vivy's mom is worried about Vivy being the only girl on the team, and the only autistic kid. She wants Vivy to forget about pitching, but Vivy won't give up. When her social skills teacher makes her write a letter to someone, Vivy knows exactly who to choose: her hero, Major League pitcher VJ Capello. Then two amazing things happen: A coach sees Vivy's amazing knuckleball and invites her to join his team. And VJ starts writing back! Now Vivy is a full-fledged pitcher, with a catcher as a new best friend and a steady stream of advice from VJ. But when a big accident puts her back on the bench, Vivy has to fight to stay on the team.

Helen Garner's gritty, lyrical first novel divided the critics on its publication in 1977. Today, *Monkey Grip* is regarded as a masterpiece—the novel that shines a light on a time and a place and a way of living never before presented in Australian literature: communal households, music, friendships, children, love, drugs, and sex. When Nora falls in love with Javo, she is caught in the web of his addiction; and as he moves between loving her and leaving, between his need for her and promises broken, Nora's life becomes an intense dance of loving and trying to let go. Helen Garner is one of Australia's finest authors. In 2006 she received the inaugural Melbourne Prize for Literature, and in 2016 she won the prestigious Windham–Campbell Prize for non-fiction. Her novels include *Monkey Grip*, *The Children's Bach*, *Cosmo Cosmolino* and *The Spare Room*. I rolled and rolled in the water, deafening my ears while I thought of, and discarded, all the reasons why I shouldn't go. I popped up, hanging on to the rail, hair streaming on my neck. 'OK. I'll come.' Javo was looking at me. So, afterwards, it is possible to see the beginning of things, the point at which you had already plunged in, while at the time you thought you were only testing the water with your toe. 'Garner is a natural storyteller.' James Wood, *New Yorker* 'Her use of language is sublime.' Scotsman 'This is the power of Garner's writing. She drills into experience and comes up with such clean, precise distillations of life, once you read them they enter into you. Successive generations of writers have felt the keen influence of her work and for this reason Garner has become part of us all.' Australian 'Its embattled characters are so real that by the last page you feel not just that you have read a magnificent novel but that you have experienced life itself.' *The Times* on *The Spare Room* 'What Garner offers in these novels is an alternative to the cloying metafiction of the late 20th century and the washed-out realism of the 21st. They are undeniably of their time – the 1970s commitment to the liberating possibilities of sex, drugs and communal living in *Monkey Grip*, the hangover nursed in the 1980s in *The Children's Bach* – but they also belong to a literary epoch we think of as long gone, as they earnestly strive to resurrect a modernist art of estrangement.' *London Review of Books*

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It's time to take your business to the next level. Eileen Sharp and Vic Hightower were frustrated. After years of profitable, predictable growth, Swan Services was in a rut. Meetings were called and discussions held, but few decisions were made and even less got done. People were pointing fingers and assigning blame, but nothing happened to solve Swan's mounting problems. It felt as though they were working harder than ever but with less impact. The company Eileen and Vic had founded and built for 10 years was a different place. It just wasn't fun anymore. Their story is not unusual. The challenges they were facing are common, predictable, and solvable. *Get A Grip* tells the story of how Swan Services resolves its issues by implementing the Entrepreneurial Operating System®. With the help of EOS, Eileen, Vic, and their leadership team master a set of managerial tools that allow them to get traction on their business, grow the business, and deliver better results for clients. The story of Swan Services is a fable, but the Entrepreneurial Operating System® is very real and has helped thousands of businesses worldwide. A complete entrepreneurial toolkit, EOS has helped thousands of

businesses get to where they want to be. In *Get A Grip*, learn how Swan Services leaders learned to develop and commit to a clear vision, establish focus, build discipline, and create a healthier and more cohesive team. With characters and situations created from collective business experiences and stories, *Get A Grip* is a fable that will ring true for entrepreneurial leaders the world over and guide them to get their companies on track.

Dr. Hodges' wife is dying of cancer. None of the usual treatments have worked. But Hodges' research is cutting edge, some would even say radical, such as stem cells and a low metabolic state called Induced Hibernation. When his wife disappears, the cops come asking questions. Hodges has a boating accident; no body is recovered. Ten years later, his daughter Sharon seeks the truth of what happened all those years ago. Eliciting the help of Chicago Tribune reporter James Dysart, she sifts through the rubble left in the wake of her father's accident. But as she'll soon learn, some truths are better left buried . . .

Seven shots ring out in the silence of Victoria's rolling Barrabool Hills. As the final recoil echoes through the paddocks, a revered sheep-breeding dynasty comes to a bloody and inglorious end. No one could have anticipated the orgy of violence that wiped out three generations of the Wettenhall family, much less the lurid scandals about Darcy Wettenhall, the man behind the world famous Stanbury sheep stud, that would emerge from the aftermath. Almost three decades later, the web of secrets and lies that led to this bizarre and seemingly motiveless murder spree are unravelled with the help of Bob Perry, Darcy Wettenhall's secret lover for a decade prior to his murder. From the bucolic majesty, privilege and snobbery of the Western District's prized pastoral lands and dynasties to the bleak, loveless underworld of orphanages, rodeo stables and homeless shelters, *The Devil's Grip* is a courageous and thought-provoking meditation on the fragility of reputation, the folly of deception and the power of shame. Praise for *The Devil's Grip* 'A remarkable piece of work. It is a strange, unusual and beautiful book with an incredibly unique setting. I don't think I've read anything quite like it. It is compulsive reading. True crime. Memoir. History. How do you live a life honestly and with dignity? It's difficult to categorise because it traverses so many genres. But it WORKS.' Matthew Condon, author of the *Three Crooked Kings* trilogy 'On its face this is the story of a family steeped in the pursuit of the perfect ram, but beneath the surface lies a riveting and ribald tale of lust, loss, manipulation, unbridled ambition and ultimately murder.' Mark Tedeschi AM QC and author of *Eugenia*, *Kidnapped* and *Murder at Myall Creek* 'An unforgettable, courageous and deeply tragic local story which manages to become a universal tale' Gregory Day, author of *Archipelago of Souls* and *A Sand Archive* 'It's got it all: sex, domestic violence, 'the land' – such an important concept resonating in the Australian mind – land-holders and property, privilege, prejudice, skulduggery and murder!' David Bradford, author of *The Gunners' Doctor* and *Tell Me I'm Okay*

In 2008, after a record-breaking career as a D1 college baseball player, Emil DeAndreis' life seemed set: He was twenty-three, in great shape, and had just been offered a contract to pitch professionally in Europe. Then his body fell apart. It started with elbow stiffness, then swelling in his wrist. Soon, his fingers were too bloated to grip a baseball. He had Rheumatoid Arthritis, a disease that causes swelling and eventual deterioration of the joints, mostly targeting old people and women. *Hard To Grip* tells the story of a young man's body giving out when he needs it most. It chronicles an ascending sports career, the ups and downs of life in the NCAA, and the challenges of letting go of pro baseball due to a dehumanizing condition. In a series of humorous anecdotes, Emil takes the reader on his bittersweet journey of a young man's having to grapple with an "old woman's disease." From striking out future major leaguer All Stars, to sitting in support groups; from breaking university records, to barely making it up the stairs; from language barriers with Chinese healers to figuring out how to be employed as a vegetable, this book unveils the disease with humor and fearless honesty through the eyes of an unlikely victim. This memoir is an honest, rueful and at times hilarious story about learning to come to terms with a new reality, and an inspiring account of how Emil learned to run with the disease and not from it.

Gain the essential skills of a professional grip to become the jack and master of all trades on a movie or television show set. Discover vital insider tips ranging from how to operate cutting-edge rigging and lighting equipment to performing difficult camera mounts on aircraft, boats, cars, and trains. In *The Grip Book*, Fifth Edition, seasoned Hollywood grip Michael G. Uva teaches you to install, set up, maintain, and ensure the safety of all equipment on a set, such as C-stands, cameras, and any specialty gear needed for a shoot. Guidelines for on-set etiquette and how to succeed as a technical crew member will jumpstart your career and make you a valuable asset on any film or television crew. This newly enhanced edition marks the 25th anniversary of a Focal Press classic and has been updated to include: A 4-color insert covering greenscreen setup Technical expertise on maintaining the latest and greatest filmmaking equipment Engaging how-to videos on the companion website (www.focalpress.com/9780415842372) which demonstrate techniques described in the book A completely new test section with over one hundred questions and answers, allowing you to quiz yourself on the techniques and concepts you've just read Guidelines on what a grip has to be physically able to perform in their day-to-day duties A European-specific appendix that features a table of European grip terms and their American equivalents Whether you are a professional grip looking to boost your skills or an aspiring one just beginning to learn the trade, the time-tested tips and techniques for smooth and safe operation on set make this new edition an indispensable reference guide.

Just as we should think before we speak, we need to think before we write. Most of us are not poets or novelists, but we are all writers. We email, text, and post; we craft memos and reports, menus and outdoor signage, birthday cards and sticky notes on the fridge. *Get a Grip on Your Grammar* is a grammar book for those who hate grammar books, a writing resource filled with quick answers and a playful style—not endless, indecipherable grammar jargon. *Get a Grip on Your Grammar* is *The Elements of Style* for the Twitter generation. Designed for student, business, and creative-writing audiences alike, its easily digestible, occasionally witty writing tips will finally teach you: The differences between “lay” and “lie.” The proper usage of “affect” and “effect.” Where to put punctuation around quotation marks. The meaning of “e.g.” versus “i.e.” The perils of overusing the word “suddenly.” That apostrophes should not be thrown about like confetti. And 243 more great tips. Writers owe it to themselves and to everyone who sees their written words to get it right. With *Get a Grip on Your Grammar*, they finally can (not “may”).

DIV At the age of sixteen, Monica Seles crashed on to the world tennis scene by becoming the youngest winner in French Open History. For three years, she dominated the tennis circuit, racking up eight Grand Slam titles, winning three back-to-back French Open titles. At post-match conferences she charmed the media with her trademark giggle. In January 1993, Seles defeated Steffi Graf in the Australian Women's Open and in April of that year, while playing a quarter-final in Hamburg, a boning knife was plunged between her shoulder blades by a Graff

fan. Everything changed. The incident shocked the tennis world. Seles's injuries healed, but Seles did not. Now, in this compelling book she tells us in her own words what followed - years of seclusion, the fog of despair, binge eating, dealing with criticism about her weight from a brutal press, losing her father-coach to cancer and never regaining her dominance on court despite getting in to the top 10. After years battling to regain fitness and tennis glory, an excruciating injury forced Monica to take time off from tennis in 2003 and she embarked on her own journey. She abandoned the arduous workouts and punitive diets, and slowly uncovered the painful emotions behind years of tumultuous feelings. This is a human and inspiring story of determination, amazing talent and touching vulnerability, that Seles hopes will motivate and inspire others to find happiness in their own lives. Monica Seles is a former No 1 professional tennis player who became the youngest-ever champion at the French Open in 1990 and went on to win nine Grand Slam singles titles. In 2007, she was appointed goodwill ambassador for the UN's Global Sports for Peace and Development Initiative. /div

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