

Unsweetined

unsweetined Simon and Schuster

From former model, actress, and reality TV star Richards ("It's Complicated") comes a raw, honest, and uplifting memoir.

New York Times Bestseller Fame. Sex. Pain. Drugs. Death. Booze. Money. Addiction. Redemption. Dizzying heights. Rock-bottom depths. Desperation and elation—sometimes in the same hour. Not to mention power . . . and the struggle for it. The world knows Lamar Odom as a two-time NBA world champion who rocketed to uncharted heights of fame thanks to being a member of both the storied Los Angeles Lakers and the ubiquitous Kardashian empire. But who is Lamar, really? Fans have long praised his accessibility and genuine everyman quality—he is a blinding talent who has suffered a series of heartaches, setback, and loss. But until now, his most candid moments have remained behind closed doors . . . sometimes face-down on the floor. In *Darkness to Light*, Lamar gives readers an intimate look into his life like never before. His exclusive and revealing memoir recounts the highs and lows of fame and his struggle with his demons along the way to self-discovery and redemption. From the pain of his unraveled marriage to Khloé Kardashian to the harmful vices he used to cope—and the near-

death experience that made him rethink everything about his life—this is Lamar as you have never before seen him. Lamar brings basketball fans directly into the action of a game during the Lakers championship years. He shares his personal account of the lifelong passion that started as one shining light in a childhood marked by loss and led to his international fame as one of the most extraordinary athletes of all time. In this profoundly honest book, Lamar invites you to walk with him through the good times and bad, while looking ahead to a brighter future. When other girls her age were experiencing their first crushes, Melissa Sue Anderson was receiving handwritten marriage proposals from fans as young, and younger, than she was. When other girls were dreaming of their first kiss, Melissa was struggling through hers in front of a camera. From age eleven in 1974 until she left the show in 1981, Melissa Anderson literally grew up before the viewers of *Little House on the Prairie*. Melissa, as Mary, is remembered by many as “the blind sister”—and she was the only actor in the series to be nominated for an Emmy. In *The Way I See It*, she takes readers onto the set and inside the world of the iconic series created by Michael Landon, who, Melissa discovered, was not perfect, as much as he tried to be. In this memoir she also shares her memories of working with guest stars like Todd Bridges, Mariette Hartley, Sean Penn, Patricia Neal, and Johnny Cash. In addition to stories of life on the set, Melissa

offers revealing looks at her relationships off-set with her costars, including the other Melissa (Melissa Gilbert) and Alison Arnglim, who portrayed Nellie Oleson on the show. And she relates stories of her guest appearances on iconic programs such as *The Love Boat* and *The Brady Bunch*. Filled with personal, revealing anecdotes and memorabilia from the *Little House* years, this book is also a portrait of a child star who became a successful adult actress and a successful adult. These are stories from “the other Ingalls sister” that have never been told.

Now complete with daily prompts to reflect on each day of a month-long, alcohol-free plan, the author of *This Naked Mind* helps readers challenge their thinking, find clarity, and form new habits. Changing your habits can be hard without the right tools. This is especially true for alcohol because habits are, by definition, subconscious thought processes. Through her methodical research of the latest neuroscience and her own journey, Annie Grace has cracked the code on habit change by addressing the specific ways habits form. This unique and unprecedented method has now helped thousands redefine their relationship to drinking painlessly and without misery. In *The Alcohol Experiment*, Annie offers a judgment-free action plan for anyone who's ever wondered what life without alcohol is like. The rules are simple: Abstain from drinking for 30 days and just

see how you feel. Annie arms her readers with the science-backed information to address the cultural and emotional conditioning we experience around alcohol. The result is a mindful approach that puts you back in control and permanently stops cravings. With a chapter and journal prompt devoted to each day of the experiment, Annie presents wisdom, tested strategies, and thought-provoking information to supplement the plan and support your step-by-step success as you learn what feels good for you. It's your body, your mind, and your choice. In this “explosive” (UsMagazine.com) and “brutally honest” (E! Online) memoir, Jodie Sweetin, once Danny Tanner’s bubbly daughter on America’s favorite family sitcom, takes readers behind the scenes of Full House and into her terrifying—and uplifting—real-life story of addiction and recovery. How rude! Jodie Sweetin melted our hearts and made us laugh for eight years as cherub-faced, goody-two-shoes middle child Stephanie Tanner. Her ups and downs seemed not so different from our own, but more than a decade after the popular television show ended, the star publicly revealed her shocking recovery from methamphetamine addiction. Even then, she kept a painful secret—one that could not be solved in thirty minutes with a hug, a stern talking-to, or a bowl of ice cream around the family table. The harrowing battle she swore she had won was really just beginning. In this deeply personal, utterly raw, and ultimately inspiring

memoir, Jodie comes clean about the double life she led—the crippling identity crisis, the hidden anguish of juggling a regular childhood with her Hollywood life, and the vicious cycle of abuse and recovery that led to a relapse even as she wrote this book. Finally, becoming a mother gave her the determination and the courage to get sober. With resilience, charm, and humor, she writes candidly about taking each day at a time. Hers is not a story of success or defeat, but of facing your demons, finding yourself, and telling the whole truth—unSweetined. Melissa Joan Hart explained it all—from dating to bullies—in her groundbreaking role as Clarissa Darling on *Clarissa Explains It All*. She cast a spell on millions more viewers as Sabrina, the Teenage Witch. Now, in *Melissa Explains It All*, Melissa tells the frank and funny behind-the-scenes stories from her extraordinary past and her refreshingly normal present. Melissa has been entertaining audiences most of her life; when there were no girls named Melissa on her favorite show, the forceful four year old decided she'd get on television her way. From that moment on, Melissa has shown a singular determination and focus—whether it's for booking three national commercials so her dad would build her a tree house or for nailing the audition for Clarissa. From her first commercial to her current starring role in ABC Family's hit *Melissa and Joey*, Hart never let fame go to her head. She always had one foot in Hollywood and one foot in

reality-and still does. Melissa makes us laugh along with her as she talks about: --guest appearances in shows like Saturday Night Live and The Equalizer --auditioning for Punky Brewster and Clarissa --her early Broadway days --wacky parties she's thrown and attended -- the actors who influenced her and whom she befriended, worked with and competed against --her experiences both on and off-set-with Sabrina's Salem the Cat and Elvis the Alligator on Clarissa --how she met the love of her life at the Kentucky Derby Melissa Joan Hart explains all that she's learned along the way-what's kept her grounded, normal and working when others have not been so fortunate-and that she's the approachable, hilarious girl-next-door her fans have always thought she'd be.

THE SUNDAY TIMES TOP 5 BESTSELLER The tell-all memoir from the loudest, proudest Spice Girl – and the truth behind the headlines. As one-fifth of the iconic Spice Girls and judge on X Factor and America's Got Talent, Melanie Brown, a.k.a Scary Spice, has been an international star since her twenties. Brutally Honest is an exposé of the struggles and acute pain that lay behind the glamour and success. With deep personal insight, remarkable frankness and trademark Yorkshire humour, the book removes the mask of fame and reveals the true story behind the Spice Girls, as well as the horror of her most recent marriage and her 10 year struggle to be free.

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Marcia! Marcia! Marcia! Marcia Brady, eldest daughter on television's *The Brady Bunch*, had it all—style, looks, boys, brains, and talent. No wonder her younger sister Jan was jealous! For countless adolescents across America who came of age in the early 1970s, Marcia was the ideal American teenager. Girls wanted to be her. Boys wanted to date her. But what viewers didn't know about the always-sunny, perfect Marcia was that offscreen, her real-life counterpart, Maureen McCormick, the young actress who portrayed her, was living a very different—and not-so-wonderful—life. Now, for the very first time, Maureen tells the shocking and inspirational true story of the beloved teen generations have invited into their living rooms—and the woman she became. In *Here's the Story*, Maureen takes us behind the scenes of America's favorite television family, the Bradys. With poignancy and candor, she reveals the lifelong friendships, the hurtful jealousies, the offscreen romance, the loving support her television family provided during a life-or-death moment, and the inconsolable loss of a man who had been a second father. But *The Brady Bunch* was only the beginning. Haunted by the perfection of her television alter ego, Maureen landed on the dark side, caught up in a fast-paced, drug-fueled, star-studded Hollywood existence that ultimately led to the biggest battle of her life. Moving from drug dens on Wonderland Avenue to wild parties at the Playboy mansion and exotic escapades on the beaches of Hawaii, this candid, hard-hitting memoir exposes a side of a beloved pop-culture icon the paparazzi missed. Yet it is also a story of remarkable success. After kicking her drug habit, Maureen battled depression, reconnected with her mother, whom she nursed through the end of her life, and then found herself in a pitched battle for her family in which she ultimately triumphed. There is no question: Maureen McCormick is a survivor. After fifty years, she has finally learned what it means to love the person you are,

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insight that has brought her peace in a happy marriage and as a mother. Here's the Story is the empowering, engaging, shocking, and emotional tale of Maureen McCormick's courageous struggle over adversity and her lifelong battle to come to terms with the idea of perfection—and herself.

Draws on extensive research into the beliefs and examples of successful women leaders to explain the importance of emotional depth in leadership today, providing inspirational descriptions of women who the authors believe serve as models of effective business and life practices. Reprint.

Of the wave of labor strikes that swept through the South in 1929, the one at the Loray Mill in Gastonia, North Carolina, is perhaps the best remembered. In Gastonia 1929 John Salmond provides the first detailed account of the complex events surrounding the strike at the largest textile mill in the Southeast. His compelling narrative unravels the confusing story of the shooting of the town's police chief, the trials of the alleged killers, the unsolved murder of striker Ella May Wiggins, and the strike leaders' conviction and subsequent flight to the Soviet Union. Describing the intensifying climate of violence in the region, Salmond presents the strike within the context of the southern vigilante tradition and as an important chapter in American economic and labor history in the years after World War I. He draws particular attention to the crucial role played by women as both supporters and leaders of the strike, and he highlights the importance of race and class issues in the unfolding of events.

Beverly Hills, 90210's Jennie Garth shares her life experiences both on screen and off in this humorous and heartwarming memoir... "Revealing myself in these pages has been at times terrifying, but also one of the most liberating experiences of my life...." In this candid and

intimate memoir, Jennie Garth explores the highs and lows of her life, both in front of the camera and behind closed doors, revealing the joys and sorrows, successes and failures that have made her one unforgettable Hollywood blonde. From her rise to fame as a golden-haired teen beauty, to redefining herself as a single working mother, Jennie Garth has defied the odds and thrived in a town that can be more than a little tough on its blondes. Since Jennie landed in Hollywood at just sixteen, she has built an enduring career as a television and film actress, producer, and director, beginning with her iconic turn as Kelly Taylor on Aaron Spelling's smash hit *Beverly Hills, 90210*, a show that ran for a decade and that cemented Jennie's place in American pop culture. Recently, Jennie found herself facing her forties from a place she never expected to be in: newly single, in demand again as an actress after years spent focusing on her family, and all over the tabloids. With candor and a bawdy sense of humor, this is the real Jennie Garth—smart, funny, and stronger than she ever realized.

Not long before her fiftieth birthday, Mackenzie Phillips walked into Los Angeles International Airport. She was on her way to a reunion for *One Day at a Time*, the hugely popular 70s sitcom on which she once starred as the lovable rebel Julie Cooper. Within minutes of entering the security checkpoint, Mackenzie was in handcuffs, arrested for possession of cocaine and heroin. Born into rock and roll royalty, flying in Learjets to the Virgin Islands at five, making pot brownies with her father's friends at eleven, Mackenzie grew up in an all-access kingdom of hippie freedom and heroin cool. It was a kingdom over which her father, the legendary John Phillips of *The Mamas & the Papas*, presided, often in absentia, as a spellbinding, visionary phantom. When Mackenzie was a teenager, Hollywood and the world took notice of the charming, talented, precocious child actor after her star-making turn in *American Graffiti*. As a

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young woman she joined the nonstop party in the hedonistic pleasure dome her father created for himself and his fellow revelers, and a rapt TV audience watched as Julie Cooper wasted away before their eyes. By the time Mackenzie discovered how deep and dark her father's trip was going, it was too late. And as an adult, she has paid dearly for a lifetime of excess, working tirelessly to reconcile a wonderful, terrible past in which she succumbed to the power of addiction and the pull of her magnetic father. As her astounding, outrageous, and often tender life story unfolds, the actor-musician-mother shares her lifelong battle with personal demons and near-fatal addictions. She overcomes seemingly impossible obstacles again and again and journeys toward redemption and peace. By exposing the shadows and secrets of the past to the light of day, the star who turned up High on Arrival has finally come back down to earth -- to stay.

Millions of viewers know and love Bob Saget from his role as the sweetly neurotic father on the smash hit *Full House*, and as the charming wisecracking host of *America's Funniest Home Videos*. And then there are the legions of fans who can't get enough of his scatological, out-of-his-mind stand-up routines, comedy specials, and outrageously profane performances in such shows as HBO's *Entourage* and the hit documentary *The Aristocrats*. In his bold and wildly entertaining publishing debut, he continues to embrace his dark side and gives readers the book they have long been waiting for—hilarious and often dirty. Bob believes there's a time and a place for filth. From his never-before-heard stories of what really went on behind the scenes of two of the most successful family shows of all times, with co-stars like John Stamos and Mary-Kate and Ashley Olsen, to his tales of legendary friends and colleagues like Rodney Dangerfield, Richard Pryor, Don Rickles, and other show business legends, Saget opens up

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about some of his personal experiences with life and death, his career, and his reputation for sick humor—all with his highly original blend of silliness, vulgarity, humor and heart, and all framed by a man who loves being funny above all else.

She grew up in front of the world on the beloved sitcom *Full House*, but then actress Andrea Barber abruptly left Hollywood. Why did she leave and what did she do for twenty years out of the spotlight before returning to television? This is her funny and inspiring memoir of fame, heartache, resilience--and the reboot of a lifetime . . . When Kimmy Gibbler burst into the Tanners' home on *Full House* in 1987, audiences immediately connected with the confident and quirky pre-teen character, played by ten-year-old actress Andrea Barber. During an eight-season run on one of the most popular series of the '80s and '90s, Andrea came of age in front of millions. But she was as far removed from her character as a girl can get. The introverted young star was plagued with self-doubt, insecurities, and debilitating anxieties that left her questioning her identity after the show's cancelation. Andrea wouldn't return to the public eye until 2016, for *Fuller House*. So what happened in those intervening decades that Andrea jokingly calls "the lost years"? For starters, Andrea never stopped working. But it was on a series of life-changing transitions: earning a college degree, then a Master's, building a career in international education, getting married, and starting a family. She also faced some unforeseeable transitions: navigating a sudden divorce after nearly twelve years of marriage, and second-guessing her capabilities as a single mother. But it was her devastating bout with post-partum anxiety and depression that derailed Andrea's life--and became a crucial turning point. *Full Circle* is a raw, refreshingly honest look into the life of a celebrity who has never been fully comfortable in the spotlight. Here Andrea shares her deeply personal struggles with

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mental health in a way she has never done before. She opens up about fighting her way back and finding solace--while finding herself--all before her life came full circle with her costars and lifelong friends on Fuller House. Sharing her journey from child star, to champion of mental health, and back to stardom, Andrea writes in a way that feels like catching up with an old friend. You'll laugh, reminisce, and finally get to know the woman behind the zany next door neighbor.

(Book). This unique exploration of the principles and practice of physical comedy starts with a discussion of the various types of laughter that can be provoked by performance. It then presents graduated sequences of over a hundred games and exercises devised to demonstrate and investigate the whole range of comic possibilities open to a performer. The result is an intensely practical and thoroughly stimulating investigation of how comedy works in physical terms.

"Award-winning actress Drew Barrymore shares funny, insightful, and profound stories from her past and present told from the place of happiness she's achieved today. Wildflower is a portrait of Drew's life in stories as she looks back on the adventures, challenges, and incredible experiences of her earlier years. It includes tales of living on her own at 14 (and how laundry may have saved her life), getting stuck in a gas station overhang on a cross country road trip, saying goodbye to her father in a way only he could have understood, and many more adventures and lessons that have led her to the successful, happy, and healthy

place she is today. It is the first book Drew has written about her life since the age of 14. "--

Literary Nonfiction. Art. Hybrid Genre. The work of Bronx native Rochelle Feinstein is deeply informed by abstraction, while also conveying a keen sensibility to contemporary culture, particularly to our everyday use of language. Over the span of the last four decades, Feinstein has probed the relevance of the abstract painting tradition vis-a-vis a rapidly changing cultural environment. She has used the lexicon of abstract painting to approach subjects of both personal and social import such as the televised police pursuit of OJ Simpson (El Bronco, 1994); the Iraq war (Hotspots, 2003-2016), and the economic downturn of 2008 (The Estate of Rochelle F., 2010). PLS. REPLY intends to give readers a broad scope of Feinstein's ongoing engagement with the subject, whether in magazine articles, personal writing, conference presentations, school assignments, or exhibition proposals. Co-published with The Bronx Museum of the Arts and Stellar Projects. 16 full color plates. Letterpressed covers and bookmark.

"Thoughtfully traces [Mara Wilson's] journey from child actress to Hollywood dropout...Who is she now? She's a writer." —NPR's "Guide To 2016's Great Reads" "Growing up, I wanted to be Mara Wilson. Where Am I Now? is a delight." —Ilana Glazer, cocreator and star of Broad City Named a best book of

the month by GoodReads and Entertainment Weekly A former child actor best known for her starring roles in *Matilda* and *Mrs. Doubtfire*, Mara Wilson has always felt a little young and out of place: as the only kid on a film set full of adults, the first daughter in a house full of boys, a Valley girl in New York and a neurotic in California, and a grown-up the world still remembers as a little girl. Tackling everything from what she learned about sex on the set of *Melrose Place*, to discovering in adolescence that she was no longer “cute” enough for Hollywood, these essays chart her journey from accidental fame to relative (but happy) obscurity. They also illuminate universal struggles, like navigating love and loss, and figuring out who you are and where you belong. Candid, insightful, moving, and hilarious, *Where Am I Now?* introduces Mara Wilson as a brilliant new chronicler of the experience that is growing up female.

A NEW YORK TIMES BESTSELLER For Sarah Hepola, alcohol was "the gasoline of all adventure." She spent her evenings at cocktail parties and dark bars where she proudly stayed till last call. Drinking felt like freedom, part of her birthright as a strong, enlightened twenty-first-century woman. But there was a price. She often blacked out, waking up with a blank space where four hours should be. Mornings became detective work on her own life. What did I say last night? How did I meet that guy? She apologized for things she couldn't

remember doing, as though she were cleaning up after an evil twin. Publicly, she covered her shame with self-deprecating jokes, and her career flourished, but as the blackouts accumulated, she could no longer avoid a sinking truth. The fuel she thought she needed was draining her spirit instead. A memoir of unblinking honesty and poignant, laugh-out-loud humor, **BLACKOUT** is the story of a woman stumbling into a new kind of adventure--the sober life she never wanted. Shining a light into her blackouts, she discovers the person she buried, as well as the confidence, intimacy, and creativity she once believed came only from a bottle. Her tale will resonate with anyone who has been forced to reinvent or struggled in the face of necessary change. It's about giving up the thing you cherish most--but getting yourself back in return. *Includes Reading Group Guide*

Beloved former ABC 20/20 anchor Elizabeth Vargas reveals her alcohol addiction and anxiety disorder in a shockingly honest and emotional memoir. Winner of the Books for a Better Life Award in the First Book category Instant New York Times and USA Today Bestseller From the moment she uttered the brave and honest words, "I am an alcoholic," to interviewer George Stephanopoulos, Elizabeth Vargas began writing her story, as her experiences were still raw. Now, in **BETWEEN BREATHS**, Vargas discusses her accounts of growing up with

anxiety--which began suddenly at the age of six when her father served in Vietnam--and how she dealt with this anxiety as she came of age, eventually turning to alcohol for a release from her painful reality. The now-A&E Network reporter reveals how she found herself living in denial about the extent of her addiction, and how she kept her dependency a secret for so long. She addresses her time in rehab, her first year of sobriety, and the guilt she felt as a working mother who could never find the right balance between a career and parenting. Honest and hopeful, BETWEEN BREATHS is an inspiring read.

Alaska Thunderfuck spills the tea on her meteoric rise from timid Pennsylvania kid to drag superstar in this intimate photographic memoir that will appeal to diehard Alaska admirers and broader drag fans alike. Before RuPaul's Drag Race became a worldwide phenomenon, Drag was mostly an underground art form, performed by the daring and the quick-witted, with maximum energy and a minimal budget. This is the story of one of the galaxy's greatest queens, Alaska Thunderfuck 5000, as she transforms from wearing dresses made of trash bags because she has to, to wearing dresses made of trash bags because she wants to. Finally coming clean on her home planet (earth), this dishy, visual memoir tells the stories that shaped Alaska into an All Star: from prom king to the House of Haunt, to the very public breakup that almost destroyed her. Intimate and

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alluring with exclusive photography throughout, and illustrations by the author, *My Name's Yours, What's Alaska?* is the ultimate backstage pass. **UNIQUE & PERSONAL:** Chronicling Alaska's journey from small-town kid to drag superstar, this memoir stands out for its emotional resonance, distinct humor, and unapologetic realness. Filled with compelling personal stories told in Alaska's unique voice, it gives fans an exclusive look at Justin Honard the person, not just Alaska Thunderfuck the drag queen. **LGBTQIA+ REPRESENTATION:** LGBTQIA+ consumers will see their experiences and passions reflected in Alaska's authenticity and openness about her childhood struggles, and will be excited by a drag memoir that celebrates the whole story of queerness, not just the sassy, shady highlights. **GREAT GIFT FOR FANS OF RUPAUL'S DRAG RACE:** Behind the scenes stories of Alaska's journey to RuPaul's Drag Race fame, alongside full-color photography of Alaska's iconic trash-glam looks throughout her career, will deliver the exclusive content fans crave. Perfect for: • Diehard drag fans • Fans of Alaska Thunderfuck, RuPaul, Michelle Visage, Trixie Mattel, Bianca del Rio, Sharon Needles, Magnus Hastings, Cherri Baum, Veruca, and more • RuPaul's Drag Race enthusiasts who want to deep dive into a famous queen's rise to stardom

When this beach bunny caught the eye of Hugh Hefner at an L.A. nightclub,

Izabella St. James was looking for a fun break from studying for the bar. As the latest Girlfriend of the Playboy founder, her "break" lasted two years, but life behind the gates of the Playboy Mansion was anything but fun. Sure there were parties, presents, puppies, and plastic surgery; but there was also a curfew, a strict regimen of who sits where on movie night, limited contact with the outside world, and a sex life that was anything but wild and crazy. While the E! reality show, *The Girls Next Door*, has been a ratings hit, each of the three Playboy Bunnies in the series has since left the Mansion in newsworthy ways: one is engaged to a football player, and Hugh's "main" Girlfriend has finally understood that there would be no fairy-tale marriage and family with the man she literally transformed her life for. Izabella was there to witness how each of these relationships formed, where each Girlfriend fell in the pecking - and bed - order, and when, exactly, the fabled life turned shabby and cheap. From catfights to sneaking in boyfriends, from high-profile guests in the Grotto to the bizarre rituals of the octogenarian at the center of the sexual revolution, *Bunny Tales* is compulsively readable and endlessly entertaining!

After years of running away from each temporary home, Rose steps from the yacht she's been employed on for the last time. Her worn backpack is filled with only the necessities that experience has taught her she'll need for starting over,

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including her unsuspecting boss's salary advance. She finds herself in the carnival-like town of Bellindane, where every house, souvenir shop, and psychic's lair is on stilts. Past the clattering rollercoaster, bustles of delighted children, and squawking seagulls, Rose meets Jenny, an artist who invites her to live in her fairy-tale home-décor boutique. And the stronger her friendship with Jenny becomes, the more the urge to run fades. Then one day while enjoying the boardwalk, Rose sees a small girl who looks uncannily like she did as a child. It's as if her past has come back to haunt her; plus, the yacht owner is determined to make her present just as terrifying. Rose fears that she's dug herself a deeper hole than she may be able to get out of without the help of the one person who made her run in the first place.

Shares the thought patterns and practices that have allowed the author to project an aura of classy confidence, all of which are rooted in the practice of kindness in spite of social expectations.

In this candid Hollywood-survival story, the actor who starred in such films as *The Lost Boys*, *Stand By Me* and *The Goonies* comes clean about his past, which included physical, drug and sexual abuse, and opens up about his close friendship with the late Corey Haim. 75,000 first printing.

In the vein of Nic Sheff's *"Tweak"* and Tori Spelling's *"sTori Telling, UnSweetined"* reveals the former *"Full House"* star's harrowing journey from her role as America's sweetheart on a

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popular television show to her struggle with substance abuse. color photo insert.

The star of the '90s sitcom "Boy Meets World" and the spin-off, "Girl Meets World," relates her admittedly imperfect life--from dating disasters to nightmare auditions to awkward moments on the red carpet.

The author of the "New York Times" bestseller "Symptoms of Withdrawal" explores the shift in time and perception from addiction to recovery based on his own experiences and those of other recovered addicts from all walks of life.

The child star of E.T. describes her own nightmarish descent into alcohol and drug addiction--habits that were encouraged by her unique lifestyle--and her decision to enter therapy at age thirteen.

KENDRA BARES ALL Fans of the E! smash hit series The Girls Next Door fell in love with sporty Playboy beauty Kendra Wilkinson's care-free spirit, infectious laugh, and down-to-earth nature. Now that she's moved out of the world's most famous bachelor pad and into her own delightfully chaotic world on Kendra as wife to NFL star Hank Baskett and mother to their newborn son, we've watched her hilarious antics as she adjusts to domestic life. But how much do we really know about the fun-loving star? In this humorous and optimistic, sometimes heartbreaking, but always unflinchingly honest memoir, Kendra reveals the highs and lows of her extraordinary journey. She wasn't always the quintessential girl next door. Before she was a reality television superstar, Hugh Hefner's girlfriend, or one of the most popular Playboy cover models ever, Kendra was an athletic tomboy whose father walked out on her family when she was a little girl. She grew into a rebellious teenager with a serious drug habit before she quit cold turkey and beat the odds to graduate from a high school that almost didn't give her a

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second (or third, or fourth) chance. Following her rocky teenage years, an out-of-the-blue phone call from Hugh Hefner changed everything. Kendra dishes candidly about life in the Playboy Mansion: the sex, the parties, the show, and even her relationships with her Girls Next Door costars—Hef, Holly, and Bridget. She tells the true story about how she and Hank met and built a relationship in secret while she was still Hef's girlfriend and a public face of Playboy. Finally, she reflects on the slew of unexpected changes in the short space of a year that have brought her sliding into home from Playboy party girl to wife and mother with a blooming Hollywood career. If you think you've seen all of Kendra, think again. She's only warming up. . .

Award-winning author Don Brown explores computers and technology in book two of the Big Ideas series *Machines That Think!* explores machines from ancient history to today that perform a multitude of tasks, from making mind-numbing calculations to working on assembly lines. Included are fascinating looks at the world's earliest calculators, the birth of computer programming, and the arrival of smartphones. Contributors discussed include Muhammad ibn Musa al-Khwarizmi, Ada Lovelace, and Bill Gates. From the abacus to artificial intelligence, machines through the ages have pushed the boundaries of human capability and creativity. Back matter includes a timeline, endnotes, a bibliography, an author's note, and an index.

A gripping, ultimately triumphant memoir that's also the most comprehensive and comprehensible study of the neuroscience of addiction written for the general public. FROM THE INTRODUCTION: "We are prone to a cycle of craving what we don't have, finding it, using it up or losing it, and then craving it all the more. This cycle is at the root of all addictions, addictions to drugs, sex, love, cigarettes, soap operas, wealth, and wisdom itself. But why

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should this be so? Why are we desperate for what we don't have, or can't have, often at great cost to what we do have, thereby risking our peace and contentment, our safety, and even our lives?" The answer, says Dr. Marc Lewis, lies in the structure and function of the human brain. Marc Lewis is a distinguished neuroscientist. And, for many years, he was a drug addict himself, dependent on a series of dangerous substances, from LSD to heroin. His narrative moves back and forth between the often dark, compellingly recounted story of his relationship with drugs and a revelatory analysis of what was going on in his brain. He shows how drugs speak to the brain - which is designed to seek rewards and soothe pain - in its own language. He shows in detail the neural mechanics of a variety of powerful drugs and of the onset of addiction, itself a distortion of normal perception. Dr. Lewis freed himself from addiction and ended up studying it. At the age of 30 he traded in his pharmaceutical supplies for the life of a graduate student, eventually becoming a professor of developmental psychology, and then of neuroscience - his field for the last 12 years. This is the story of his journey, seen from the inside out.

Provides a behind-the-scenes look at life on the set of the television program "Save by the Bell," along with a memoir of the life of the actor who played "Screech" on the show. Chronicling the Brewers from the Suds Series of 1982 to the 2011 National League Central title and from Bambi's Bombers of the late '70s to Harvey's Wallbangers of the early '80s, Bill Schroeder, a longtime Brewers color commentator and former Brewers catcher, provides insight into the Brewers inner sanctum as only he can. Read about what goes on in the equipment and training rooms, how batting practice can be chaotic, what it's like to travel with the team, and off-the-wall anecdotes like the time Steve Sparks injured his shoulder trying to

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rip a phone book in half after listening to a motivational speaker.

From the New York Times bestselling author and former beauty editor Cat Marnell, a “vivid, maddening, heartbreaking, very funny, chaotic” (The New York Times) memoir of prescription drug addiction and self-sabotage, set in the glamorous world of fashion magazines and downtown nightclubs. At twenty-six, Cat Marnell was an associate beauty editor at Lucky, one of the top fashion magazines in America—and that’s all most people knew about her. But she hid a secret life. She was a prescription drug addict. She was also a “doctor shopper” who manipulated Upper East Side psychiatrists for pills, pills, and more pills; a lonely bulimic who spent hundreds of dollars a week on binge foods; a promiscuous party girl who danced barefoot on banquets; a weepy and hallucination-prone insomniac who would take anything—anything—to sleep. This is a tale of self-loathing, self-sabotage, and yes, self-tanner. It begins at a posh New England prep school—and with a prescription for the Attention Deficit Disorder medication Ritalin. It continues to New York, where we follow Marnell’s amphetamine-fueled rise from intern to editor through the beauty departments of NYLON, Teen Vogue, Glamour, and Lucky. We see her fight between ambition and addiction and how, inevitably, her disease threatens everything she worked so hard to achieve. From the Condé Nast building to seedy nightclubs, from doctors’ offices and mental hospitals, Marnell “treads a knife edge between glamorizing her own despair and rendering it with savage honesty....with the skill of a pulp novelist” (The New York Times Book Review) what it is like to live in the wild, chaotic, often sinister world of a young female addict who can’t say no. Combining “all the intoxicating intrigue of a thriller and yet all the sobering pathos of a gifted writer’s true-life journey to recover her former health, happiness, ambitions, and identity” (Harper’s Bazaar), How to

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Murder Your Life is mesmerizing, revelatory, and necessary.

Her most controversial book is one you will never forget. An outspoken thinker, a celebrated actress, a truly independent woman, Shirley MacLaine goes beyond her previous two bestsellers to take us on an intimate yet powerful journey into her personal life and inner self. An intense, clandestine love affair with a prominent politician sparks Shirley MacLaine's quest of self-discovery. From Stockholm to Hawaii to the mountain vastness of Peru, from disbelief to radiant affirmation, she at last discovers the roots of her very existence. . . and the infinite possibilities of life. Shirley MacLaine opens her heart to explore the meaning of a great and enduring passion with her lover Gerry; the mystery of her soul's connection with her best friend David; the tantalizing secrets behind a great actor's inspiration with the late Peter Sellers. And through it all, Shirley MacLaine's courage and candor new doors, new insights, new revelations-- and a luminous new world she invites us all to share.

A NEW YORK TIMES BESTSELLER More people than ever before see themselves as addicted to, or recovering from, addiction, whether it be alcohol or drugs, prescription meds, sex, gambling, porn, or the internet. But despite the unprecedented attention, our understanding of addiction is trapped in unfounded 20th century ideas, addiction as a crime or as brain disease, and in equally outdated treatment. Challenging both the idea of the addict's "broken brain" and the notion of a simple "addictive personality," The New York Times Bestseller, *Unbroken Brain*, offers a radical and groundbreaking new perspective, arguing that addictions are learning disorders and shows how seeing the condition this way can untangle our current debates over treatment, prevention and policy. Like autistic traits, addictive behaviors fall on a spectrum -- and they can be a normal response to an extreme situation. By

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illustrating what addiction is, and is not, the book illustrates how timing, history, family, peers, culture and chemicals come together to create both illness and recovery- and why there is no "addictive personality" or single treatment that works for all. Combining Maia Szalavitz's personal story with a distillation of more than 25 years of science and research, *Unbroken Brain* provides a paradigm-shifting approach to thinking about addiction. Her writings on radical addiction therapies have been featured in *The Washington Post*, *Vice Magazine*, *The Wall Street Journal*, and *The New York Times*, in addition to multiple other publications. She has been interviewed about her book on many radio shows including *Fresh Air with Terry Gross* and *The Brian Lehrer show*.

More than four hundred abandoned suitcases filled with patients' belongings were found when Willard Psychiatric Center closed in 1995 after 125 years of operation. In this fully-illustrated social history, they are skillfully examined and compared to the written record to create a moving-and devastating-group portrait of twentieth-century American psychiatric care.

"How do you do it all?" That's the question that wife, mom, actress, and best-selling author Candace Cameron Bure is often asked. And it's a question that women everywhere are asking themselves as we seek to balance all of our roles, responsibilities, and opportunities. So, how do we do it? Working since the age of 5, Candace has been in a balancing act for nearly her entire life. She is the first to tell you that there is no miracle formula for perfect execution in every area of your life, but there definitely are some lessons to be learned, lessons that come to life in Candace's story. Come along and dig into Candace's story from her start in commercials, the balance-necessitating years on *Full House*, to adding on the roles of wife and mom while also returning to Hollywood. Insightful, funny, and poignant, Candace's story will

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help you balance it all.

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