

## Vanessa Williams You Have No Idea

*White Like Her: My Family's Story of Race and Racial Passing* is the story of Gail Lukasik's mother's "passing," Gail's struggle with the shame of her mother's choice, and her subsequent journey of self-discovery and redemption. In the historical context of the Jim Crow South, Gail explores her mother's decision to pass, how she hid her secret even from her own husband, and the price she paid for choosing whiteness. Haunted by her mother's fear and shame, Gail embarks on a quest to uncover her mother's racial lineage, tracing her family back to eighteenth-century colonial Louisiana. In coming to terms with her decision to publicly out her mother, Gail changed how she looks at race and heritage. With a foreword written by Kenyatta Berry, host of PBS's *Genealogy Roadshow*, this unique and fascinating story of coming to terms with oneself breaks down barriers.

That Kevin Smith? The guy who did "Clerks" a million years ago? Didn't they bounce his fat ass off a plane once? What could you possibly learn from the director of "Cop Out"? How about this: he changed filmmaking forever when he was twenty-three, and since then, he's done whatever the hell he wants. He makes movies, writes comics, owns a store, and now he's built a podcasting empire with his friends and family, including a wife who's way out of his league. So here's some tough shit: Kevin Smith has cracked the code. Or, he's just cracked. *Tough Sh\*t* is the dirty business that Kevin has been digesting for 41 years and now, he's ready to put it in your hands. Smear this shit all over yourself, because this is your blueprint (or brownprint) for success. Kev takes you through some big moments in his life to help you live your days in as Gretzky a fashion as you can: going where the puck is gonna be. Read all about how a zero like Smith managed to make ten movies with no discernible talent, and how when he had everything he thought he'd ever want, he decided to blow up his own career. Along the way, Kev shares stories about folks who inspired him (like George Carlin), folks who befuddled him (like Bruce Willis), and folks who let him jerk off onto their legs (like his beloved wife, Jen). So make this your daily reader. Hell, read it on the toilet if you want. Just make sure you grab the bowl and push, because you're about to take one Tough Sh\*t.

The Miss America pageant has been held in Atlantic City for the past hundred years, helping to promote the city as a tourist destination. But just a few streets away, the city hosts a smaller event that, in its own way, is equally vital to the local community: the Miss'd America drag pageant. *Drag Queens and Beauty Queens* presents a vivid ethnography of the Miss'd America pageant and the gay neighborhood from which it emerged in the early 1990s as a moment of campy celebration in the midst of the AIDS crisis. It examines how the pageant strengthened community bonds and activism, as well as how it has changed now that *Rupaul's Drag Race* has brought many of its practices into the cultural mainstream. Comparing the Miss'd America pageant with its glitzy cisgender big sister, anthropologist Laurie Greene discovers how the two pageants have influenced each other in unexpected ways. *Drag Queens and Beauty Queens* deepens our understanding of how femininity is performed at pageants, exploring the various ways that both the Miss'd America and Miss America pageants have negotiated between embracing and critiquing traditional gender roles. Ultimately, it celebrates the rich tradition of drag performance and the community it engenders.

A Washington Post style editor's fascinating and irresistible look back on the Miss America pageant as it approaches its 100th anniversary. Young Ariel's curiosity and adventurous spirit helps her make a friend and prove that what you hear isn't always what you should believe in this tale created especially for younger readers. Ariel is a wonderful storyteller, but when she acts out a grand adventure for her sisters, her

## Get Free Vanessa Williams You Have No Idea

dramatic gestures cause her sister to lose her favorite bracelet--dropping it deep in a subterranean cave that has a story of its own. Supposedly, the occupant of the cave is a dangerous creature willing to eat anyone who dares enter. Despite her sister's warnings about the cave, Ariel's sense of responsibility implores her to enter the cave and attempt to retrieve her sister's bracelet. What she finds within is not what she expected, and her quest for a bracelet turns into a quest to demonstrate the importance of truth and trust--because sometimes what you hear isn't what you should believe . . . and sometimes, it is. From writer, Liz Marsham (DisneyPixar Incredibles 2: Heroes at Home, Disney Princess Beginnings) and artist Tara Nicole Whitaker comes a heartwarming story of friendship that showcases openness and acceptance in a world where misunderstandings happen and rumors spread. Also included in this volume are a variety of story-related activities and special features!

In this long-awaited memoir, illustrated with over 100 never-before-seen photos from his personal collection, the groundbreaking record producer chronicles his struggles, his success, and the celebrated artists that made him a legend. Over the last twenty-five years, legendary music producer and record man LA Reid—the man behind artists such as Toni Braxton, Kanye West, Rihanna, TLC, Outkast, Mariah Carey, Pink, Justin Bieber, and Usher—has changed the music business forever. In addition to discovering some of the biggest pop stars on the planet, he has shaped some of the most memorable and unforgettable hits of the last two generations, creating an impressive legacy of talent discovery and hit records. Now, for the first time, he tells his story, taking fans on an intimate tour of his life, as he chronicles the fascinating journey from his small-town R&B roots in Cincinnati, Ohio, and his work as a drummer to his fame as a Grammy Award-winning music producer and his gig as a judge on the hit reality show, The X Factor. In *Sing to Me*, Reid goes behind the scenes of the music industry, charting his rise to fame and sharing stories of the countless artists he's met, nurtured, and molded into stars. With fascinating insight into the early days of artists as diverse as TLC, Usher, Pink, Kanye West, and Justin Bieber, his story offers a detailed look at what life was like for stars at the start of their meteoric rise and how he always seemed to know who would be the next big thing. What emerges is a captivating portrait from the inside of popular music evolution over the last three decades. Part music memoir, part business story of climbing to the top, this beautifully designed book, jam packed with photos, showcases Reid's trademark passion and ingenuity and introduces a multifaceted genius who continues to shape pop culture today.

Never produced until this year (1998), *NOT ABOUT NIGHTINGALES* (1938), portrays a shocking prison scandal in which convicts leading a hunger strike in prison were locked in a steam-heated cell and roasted to death. Williams himself later said that he had never written anything to compare with it in violence and horror. The play indelibly presages the great plays he was later to write. Copyright © Libri GmbH. All rights reserved.

The story of the Lakers dynasty from 1996 through 2004, when Kobe Bryant and Shaquille O'Neal combined—and collided—to help bring the Lakers three straight championships and restore the franchise as a powerhouse In the history of modern sport, there have never been two high-level teammates who loathed each other the way Shaquille O'Neal loathed Kobe Bryant, and Kobe Bryant loathed Shaquille O'Neal. From public sniping and sparring, to physical altercations and the repeated threats of trade, it was warfare. And yet, despite eight years of infighting and hostility, by turns mediated and encouraged by coach Phil Jackson, the Shaq-Kobe duo resulted in one of the greatest dynasties in NBA history. Together, the two led the Lakers to three straight championships and returned glory and excitement to Los Angeles. In the tradition of Jeff Pearlman's bestsellers *Showtime*, *Boys Will Be Boys*, and *The Bad Guys Won*, *Three-Ring Circus* is a rollicking deep dive into one of sports' most fraught yet successful pairings.

## Get Free Vanessa Williams You Have No Idea

Presents words and images of fifty African American celebrities, representing the fields of art, sports, entertainment, and other areas of achievement, at work and at play.

Biography of the first black Miss America and entertainment superstar, Vanessa Williams.

The highly anticipated first book by a widely respected entertainer whose career highlights include *The Right Stuff*, *Ugly Betty*, *Desperate Housewives*, and former Miss America. When Vanessa Williams was growing up, she had a plan: She'd go to college and major in musical theater; afterward she'd get her MFA from the Yale School of Drama, and then she would embark on a successful career on Broadway. And to make sure she stayed on that path, her mother, Helen Williams, gave her a list of things that she should never—ever—do. Near the top of that list was “never ever pose nude for anyone.” So when Vanessa became the first African-American woman to win the title of Miss America in September 1983 (an accomplishment that she never planned for or desired), only to be forced to resign ten months later due to a nude photo scandal, the lives of both Vanessa and Helen took an unexpected turn. But Vanessa survived this setback, and many others to come, to enjoy a thirty-plus-year career as an award-winning singer and actress. Vanessa has been asked to write her memoir many times, but only now—with the help of her mother—is she ready to tell her story. Vanessa grew up in Millwood, New York, part of one of the town's only black families. As a teenager, Vanessa defied Helen, flirting with boys, drinking, and smoking pot. But despite their early conflicts, Helen has always ardently protected her daughter, staying in contact with the FBI about the multiple death threats Vanessa received after being crowned and being there for her during the dissolution of her two marriages. Now the mother of four children, Vanessa describes how she's made it through the ups and downs of her life as well as her career. Jointly written by Vanessa and Helen and filled with dozens of personal family photos and mementos, *You Have No Idea* is an empowering celebration of the love between a mother and daughter and the life of a woman who beat the odds to achieve her destiny.

Charles Boyd is a rabid anti-abortion activist with ingrained racist attitudes. His eldest son Bruce abhors these views. In fact, his first-hand experiences working with underprivileged young people have deepened his pro-choice stance. He returns home for the first time in twenty years for his brother's wedding and sparks fly, especially when Bruce learns that his father is in contact with a man who is threatening to bomb a Planned Parenthood center and has not called the police. The arrival of Bruce's black girlfriend, an articulate young social worker who has had an abortion and passionately defends her decision, adds another explosive dimension to this exploration of what actions are justified in defense of your beliefs.

"Everything is Choreography: The Musical Theater of Tommy Tune is the first full-scale analysis of the work of Tommy Tune, and his place in a lineage of Broadway's great director-choreographers. The decade of the 1980s was considered a low point for the American musical. Tune's predecessors in the art of complete musical staging like Jerome Robbins, Bob Fosse, Gower Champion, and Michael Bennett were either dead or withdrawn from the Broadway arena. Yet it was the period of Tune's greatest success. The book examines how he adapted to an increasingly corporatized, high-stakes producing and funding environment. It considers how Tune kept the American musical a thriving, creative enterprise at a time when Broadway was dominated by British imports. It investigates Tune's work of the last twenty-five years, when he shifted his attentions to touring and regional productions, far from the glare of Broadway. Unlike his fellow director-choreographers, Tune also maintained a successful performing career, and the book details the deft balancing act that kept him working as a popular singer-dancer-actor while directing a series of striking and influential Broadway musicals"--

This is the script of the original musical from which the film was adapted, not the film's screenplay.

## Get Free Vanessa Williams You Have No Idea

Recounts the author's experiences as Miss America 1998, providing a history of the pageant and profiling other former winners.

Explores the ups and downs of the life of singer-actress Vanessa Williams and how her mother helped her weather the most trying times--experiences that Vanessa could have avoided had she just heeded her mother's sage and caring advice.

Children will have questions when they return to school after COVID-19. How will school be different? Will a mask have to be worn all day? This book is meant to help them with the adjustment to their new school environment. Follow these pups as they follow new guidelines to promote safety practices in the classroom and around the school. This a great first day Read Aloud for teachers and parents who want to prepare their children for the new school's expectations.

A magical, heartwarming memoir from one of Hollywood's most beloved actresses, best known for her iconic role on I Dream of Jeannie The landmark NBC hit television series I Dream of Jeannie has delighted generations of audiences and inspired untold numbers of teenage crushes on its beautiful blond star, Barbara Eden, for decades. Part pristine Hollywood princess and part classic bombshell, with innocence, strength, and comedic talent to spare, Barbara finally lets Jeannie out of her bottle to tell her whole story. Jeannie Out of the Bottle takes us behind the scenes of I Dream of Jeannie as well as Barbara's dozens of other stage, movie, television, and live concert performances. We follow her from the hungry years when she was a struggling studio contract player at 20th Century Fox through difficult weeks trying to survive as a chorus girl at Ciro's Sunset Strip supper club, from a stint as Johnny Carson's sidekick on live TV to tangling on-screen and off with some of Hollywood's most desirable leading men, including Elvis Presley, Clint Eastwood, Paul Newman, and Warren Beatty. From the ups and downs of her relationship with her Jeannie co-star Larry Hagman to a touching meeting with an exquisite and vulnerable Marilyn Monroe at the twilight of her career, readers join Barbara on a thrilling journey through her five decades in Hollywood. But Barbara's story is also an intimate and honest memoir of personal tragedy: a stillborn child with her first husband, Michael Ansara; a verbally abusive, drug-addicted second husband; the loss of her beloved mother; and the accidental heroin-induced death of her adult son, just months before his wedding. With candor and poignancy, Barbara reflects on the challenges she has faced, as well as the joys she has experienced and how she has maintained her humor, optimism, and inimitable Jeannie magic throughout the roller-coaster ride of a truly memorable life. Illustrated with sixteen pages of photographs, including candid family pictures and rare publicity stills, Jeannie Out of the Bottle is a must-have for every fan, old and new.

I Might Have Been Queen? Child please, more like The Bitch Is Back okurr? My baby boy Brian Edwards come a-callin' asking ME, Jenifer MF'ing Lewis, could he wear my electric blue coat from Jackie's Back?! I've known this crazy man since 1996 when we first met at the William Morris Agency in Beverly Hills. Since he's been such a loyal supportive friend all these years, I said, "Yes, fool. Only for you." So ya'll take it from me, the Mother of Black Hollywood, read this damn book and see how crazily fabulous this queen really is. — Jenifer Lewis, Multi-Award Winning Actress, Singer, Best Selling Author and Star of ABC's Black-ish International Book Awards (2020) Best LGBTQ-Non-Fiction (Winner) Best Humor (Winner) National Indie Excellence Awards (2020) Best Entertainment (Winner) LGBTQ Non-Fiction (Finalist) Humor (Finalist) Book Interior Design Non-Fiction (Finalist) Book Cover Design Non-Fiction (Finalist) Beverly Hills Book Awards (2019) Best Autobiography (Winner) Best LGBTQ Non-Fiction (Winner) Best Cover Design Non-Fiction (Winner) American Book Fest -Best Book Awards (2019) Best LGBTQ Non-Fiction (Winner) Best Humor (Finalist)

From singer, actress, and dancer Vanessa Williams comes a sweet, sparkling story about a young girl whose beloved pet fish has wonderful, magical powers. She gives me bubble kisses, bubble kisses as she swims by in the water. She never misses with her bubble kisses. And I'm

## Get Free Vanessa Williams You Have No Idea

so glad I got her. A young girl adores her goldfish, Sal. But Sal is no ordinary pet: while she can't fetch a ball or curl up on a lap, she can give bubble kisses that transform the girl into a mermaid and transport her to a world of underwater adventures. There, beneath the sea, they play, sing, and dance with other mermaids. The catchy, breezy, rhymed tale is perfect for bedtime, and the book includes a CD plus a link to a digital download.

A candid memoir of fame, strength, family, and friendship from the lead singer of TLC As the lead singer of Grammy-winning supergroup TLC, Tionne "T-Boz" Watkins has seen phenomenal fame, success, and critical acclaim. But backstage, she has lived a dual life. In addition to the balancing act of juggling an all-consuming music career and her family, Tionne has struggled since she was a young girl with sickle-cell disease--a debilitating and incurable condition that can render her unable to perform, walk, or even breathe. A Sick Life chronicles Tionne's journey from a sickly young girl from Des Moines who was told she wouldn't live to see 30 through her teen years in Atlanta, how she broke into the music scene, and became the superstar musician and sickle-cell disease advocate she is today. Through Tionne's tough, funny, tell-it-like-it-is voice, she shares how she found the inner strength, grit, and determination to live her dream, despite her often unpredictable and debilitating health issues. She dives deep into never-before-told TLC stories, including accounts of her friendship with Lisa "Left-Eye" Lopes and her tragic death. Tionne's unvarnished discussion of her remarkable life, disease, unending strength, and ability to power through the odds offers a story like no other.

From an author praised for writing “delicious social history” (Dwight Garner, *The New York Times*) comes a lively account of memorable Miss America contestants, protests, and scandals—and how the pageant, nearing its one hundredth anniversary, serves as an unintended indicator of feminist progress Looking for Miss America is a fast-paced narrative history of a curious and contradictory institution. From its start in 1921 as an Atlantic City tourist draw to its current incarnation as a scholarship competition, the pageant has indexed women’s status during periods of social change—the post-suffrage 1920s, the Eisenhower 1950s, the #MeToo era. This ever-changing institution has been shaped by war, evangelism, the rise of television and reality TV, and, significantly, by contestants who confounded expectations. Spotlighting individuals, from Yolande Betbeze, whose refusal to pose in swimsuits led an angry sponsor to launch the rival Miss USA contest, to the first black winner, Vanessa Williams, who received death threats and was protected by sharpshooters in her hometown parade, Margot Mifflin shows how women made hard bargains even as they used the pageant for economic advancement. The pageant’s history includes, crucially, those it excluded; the notorious Rule Seven, which required contestants to be “of the white race,” was retired in the 1950s, but no women of color were crowned until the 1980s. In rigorously researched, vibrant chapters that unpack each decade of the pageant, *Looking for Miss America* examines the heady blend of capitalism, patriotism, class anxiety, and cultural mythology that has fueled this American ritual.

(Instrumental Folio). Instrumentalists will love these collections of 130 popular solos, including: Another One Bites the Dust \* Any Dream Will Do \* Bad Day \* Beauty and the Beast \* Breaking Free \* Clocks \* Edelweiss \* God Bless the

## Get Free Vanessa Williams You Have No Idea

U.S.A. \* Heart and Soul \* I Will Remember You \* Imagine \* Na Na Hey Hey Kiss Him Goodbye \* Satin Doll \* United We Stand \* You Raise Me Up \* and more.

Middle graders will laugh and cry with thirteen-year-old Vanessa Martin as she tries to be like Vanessa Williams, the first black Miss America. In this semi-autobiographical debut novel set in 1983, Vanessa Martin's real-life reality of living with family in public housing in Newark, New Jersey is a far cry from the glamorous Miss America stage. She struggles with a mother she barely remembers, a grandfather dealing with addiction and her own battle with self-confidence. But when a new teacher at school coordinates a beauty pageant and convinces Vanessa to enter, Vanessa's view of her own world begins to change. Vanessa discovers that her own self-worth is more than the scores of her talent performance and her interview answers, and that she doesn't need a crown to be comfortable in her own skin and see her own true beauty.

"It's such an honor to be the focal point of this wonderful book! Without a doubt, it will be inspiring to a new generation of young, talented girls well on their way to promising careers." --Vanessa Williams, Multi-Platinum Recording Artist, New York Times Best-Selling Author, Fashion Designer and star of Television, Film and the Broadway Stage "Like Vanessa has it all and then some! Gritty, poetic, emotionally true, Tami Charles wrings out every hope, every stumble and every triumph of a girl on an uneasy road to possessing her self, her strength and her own beauty. An unforgettable debut."

--Rita Williams-Garcia, author of *One Crazy Summer* and *P.S. Be Eleven* ? "This debut is a treasure: a gift to every middle school girl who ever felt unpretty, unloved, and trapped by her circumstances."— Kirkus Reviews **STARRED REVIEW** ? "Charles evades the clichés and imbues Vanessa with an inner life that's so real and personal it's hard to deny the charm, heartbreak, and triumph of her story. . . . Superb."— Booklist **STARRED REVIEW** ? "Like Vanessa is an emotionally potent, engaging young adult story with a heroine whom it is impossible not to root for. The life lessons that Nesity learns are relevant and worthwhile for everyone."— Foreword Reviews **STARRED REVIEW**

Discover 8 Ways to Be Happier, Starting Right Now Many think that happiness, like success, comes from getting what they want. But new evidence from positive psychology suggests that happiness is something else, or at least something more. Presenting surprisingly practical wisdom in a playful and entertaining format, Rob Mack delivers a simple-to-follow instruction manual, based in both science and personal experience, for living a happier, healthier, and wealthier life, starting today. Mack describes eight tried-and-true principles for realizing unconditional happiness and achieving the unparalleled success that comes with it. With a little effort, anyone — regardless of current circumstances — can discover new levels of joy and contentment on the inside and live a wonderfully prosperous and abundant life on the outside. Working on the Inside goes backstage into the inner lives of respected actors like Liam Neeson, Vanessa Williams, Phylicia Rashad, Edward Herrmann, Kristin Chenoweth and many others to reveal the deep spirituality each one relies

## Get Free Vanessa Williams You Have No Idea

on in their lives and work. Visit our website for sample chapters!

“The most powerful spiritual healer, fixer, teacher on the planet.” —Oprah Winfrey Is it the job you hate but need in order to pay the rent? Is it that relationship that you gave your all to only to end up with a broken heart...again? Perhaps it's your children, a family member or a lifelong friend doing you in, dragging you down, pushing you to the brink. If you are an honorary member of the Black Woman's Suffering Society, you have probably been told that it's all your fault. Or that struggling and suffering is your lot in life. Iyanla Vanzant says NO! Life is an Act of Faith and suffering is optional! Those everyday challenges, obstacles, and dilemmas are what Iyanla calls valleys. As bad as they may seem, there is a purpose or, as Iyanla says, "There is so much value in the valley." Valley experiences open your eyes to the things you know but have difficulty facing and accepting. Valleys challenge your fears, strengthen your will, correct your misperceptions, and give you valuable insights into yourself, the world, and the people around you. Those dark, bleak, ugly experiences that make you most uncomfortable can help you to grow. Valley experiences let you know it is time to do a new thing in a new way. You may grit your teeth and dig in your heels, but, as you will see, that new thing can be daring, exciting, and even fun. If you learn your valley lessons well, you are bound to shake other people up too. Good! You need to display your brilliance and move into your own grace. You've got the power, and your thoughts, deeds, and actions are your ticket. When you muster up the strength to change how you do what you've been doing, you find the way out of the valley. As Iyanla says, "Valleys are not one-size-fits-all." In fact, they are custom-designed to teach you how to reach your highest potential -- to be divine, prosperous, and in alignment with your highest and greatest good. If you've ever been disappointed, betrayed, rejected, abandoned, or just plain old scared to let go, then you've been or may still be in a valley. Iyanla knows -- she's been there, and on a bad day she's still there, but now she shares with you the way out.

INSTANT NEW YORK TIMES BESTSELLER “Russell manages a brutal originality. . . . [an] exceedingly complex, inventive, resourceful examination of harm and power.” —The New York Times Book Review, Editors' Choice “To call this book a ‘conversation piece’ or ‘an important book’ feels belittling . . . [it] is so much more than that. It’s a lightning rod. A brilliantly crafted novel.”—The Washington Post A most anticipated book by The New York Times • USA Today • Entertainment Weekly • Marie Claire • Elle • Harper's Bazaar • Bustle • Newsweek • New York Post • Esquire • Real Simple • The Sunday Times • The Guardian Exploring the psychological dynamics of the relationship between a precocious yet naïve teenage girl and her magnetic and manipulative teacher, a brilliant, all-consuming read that marks the explosive debut of an extraordinary new writer. 2000. Bright, ambitious, and yearning for adulthood, fifteen-year-old Vanessa Wye becomes entangled in an affair with Jacob Strane, her magnetic and guileful forty-two-year-old English

## Get Free Vanessa Williams You Have No Idea

teacher. 2017. Amid the rising wave of allegations against powerful men, a reckoning is coming due. Strane has been accused of sexual abuse by a former student, who reaches out to Vanessa, and now Vanessa suddenly finds herself facing an impossible choice: remain silent, firm in the belief that her teenage self willingly engaged in this relationship, or redefine herself and the events of her past. But how can Vanessa reject her first love, the man who fundamentally transformed her and has been a persistent presence in her life? Is it possible that the man she loved as a teenager—and who professed to worship only her—may be far different from what she has always believed? Alternating between Vanessa's present and her past, *My Dark Vanessa* juxtaposes memory and trauma with the breathless excitement of a teenage girl discovering the power her own body can wield. Thought-provoking and impossible to put down, this is a masterful portrayal of troubled adolescence and its repercussions that raises vital questions about agency, consent, complicity, and victimhood. Written with the haunting intimacy of *The Girls* and the creeping intensity of *Room*, *My Dark Vanessa* is an era-defining novel that brilliantly captures and reflects the shifting cultural mores transforming our relationships and society itself.

Her prestigious position as a first African-American anchorwoman for a famous ladies' talk show threatened by a former insider's plan to release a scandalous tell-all biography, Maxine Robinson works through cutthroat professional challenges to prevent the book's publication. Reprint. 125,000 first printing.

EBONY is the flagship magazine of Johnson Publishing. Founded in 1945 by John H. Johnson, it still maintains the highest global circulation of any African American-focused magazine.

In January 1785, a young African American woman named Elizabeth was put on board the *Lucretia* in New York Harbor, bound for Charleston, where she would be sold to her fifth master in just twenty-two years. Leaving behind a small child she had little hope of ever seeing again, Elizabeth was faced with the stark reality of being sold south to a life quite different from any she had known before. She had no idea that Robert Townsend, a son of the family she was enslaved by, would locate her, safeguard her child, and return her to New York—nor how her story would help turn one of America's first spies into an abolitionist. Robert Townsend is best known as one of George Washington's most trusted spies, but few know about how he worked to end slavery. As Robert and Elizabeth's story unfolds, prominent figures from history cross their path, including Benjamin Franklin, Alexander Hamilton, John Jay, Benedict Arnold, John André, and John Adams, as well as participants in the Boston Massacre, the Sons of Liberty, the Battle of Long Island, Franklin's Paris negotiations, and the Benedict Arnold treason plot.

The author describes how, after a brush with the law, she reluctantly took seven female parolees into her home and soon learned the power of faith and how God can change hearts forever.

your inner voice? What if you could find a way to stop eating, stop working at a bad job, stop a bad relationship before you walk down the aisle—stop anything when you are full? Understanding WHY you eat can lead to real and lasting change--both in your weight loss and all other areas of your life. *You Are WHY You Eat* teaches readers to take back control in their lives. Dr. Ramani takes an iconoclastic, brave, edgy, and witty approach to self-help. She teaches you to unearth that inner voice, and let it be heard. She turns all of your childhood teachings

## Get Free Vanessa Williams You Have No Idea

upside down and forces you to take responsibility for your choices in life. Through real-life anecdotes and exercises, she gives you the tools you need to live on your terms, not those of the stakeholders that surround you. It will help you trust yourself and act from the gut, while making that gut smaller at the same time. And in so doing, it will help people live lives that are braver, more authentic, and less riddled with regret. You can change your food attitude and change your life!

Ask Your Animal provides a clear, hands-on guide to relating with animals and nature using intuitive communication. Its step-by-step instructions, true stories, and practice exercises are designed to inspire and guide the beginner. More advanced techniques help you resolve specific issues with the animals in your life — or in your neighborhood. Using this approach, you can start addressing these common situations right away: controlling bad habits like barking and digging • recovering lost animals • calming an animal with separation anxiety coping with an animal's death • achieving a better bond with your animal • restoring trust in an abused animal creating harmony among the animals in your home • trailering a reluctant horse • eliminating aggressive behavior assisting sick and injured animals • connecting with rescue animals and animals in crisis

[Copyright: afddb6c26e2397287fd495eb0c6535f](#)