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Horrors of the Night Tom Coleman 2021-11-10 Do not believe... *Horrors of the Night* is a collection of short Mysterious, Psychological, Suspense, and Horror stories that will make you shiver and sleep with your lights on. Some of the stories are inspired by true events and some are inspired by ideas of my dear readers! Find out which ones inside this scary collection. "YOU CAN'T ESCAPE" Mary had to run away from her husband and her past to save her children. She found a new home. But this new home is hiding a secret. A secret that will take her to a time when all horrors started. "THE MASTER BUTCHER" A true story about Armin Meiwes that shocked the world. To the outside world, Armin Meiwes seemed like an everyday nerd. He had an unassuming look and worked as an IT guy in a computer firm. Unbeknownst to the world, he had a craving... a dark craving for human flesh. "THE CURSE OF HERNANDEZ" A newly married couple found the perfect home to call their own. While cleaning out the upstairs attic the husband discovers an old suitcase. Upon opening, they find the remains of documents and papers with their last name on them- Hernandez. Strange, but they decided to ignore it and throw the suitcase away. They should have never done this because that is when strange things started to happen. Find out what happened to the Hernandez family in a new episode. Indulge yourself in some fine suspenseful horror stories!

Tiger Shrimp Tango Tim Dorsey 2014-01-28 Determined to save a damsel in distress, the Sunshine State's favorite serial killer and encyclopedia of Florida lore Serge Storms dances a tango of death and mayhem in this funny and dementedly entertaining crime caper from Tim Dorsey, author of the New York Times bestseller *The Riptide*, *Ultra-Glide*. Thanks to the Internet, America has become a playground for ruthless scam artists out to make an easy buck. And where do these models of entrepreneurship hail from? Why, the Sunshine State of

course! No one loves Florida more, or can keep it safe from invasive criminal species better than self-appointed Sunshine Sheriff Serge Storms. When a particular scam leads to the death of a few innocents and a young woman's disappearance, Serge and his perpetually self-bent sidekick Coleman—aided by his new pal, latter-day noir private eye Mahoney—load up the car for a riotous road trip to do right. Packed with seafood, mayhem, blood, Coleman's deep thoughts, Floridian lore, and more, Tiger Shrimp Tango is a hilarious treat from the incomparable Tim Dorsey.

Harry Houdini: A Harry Houdini Biography Phil Coleman 2018-09-10 HARRY HOUDINI: A Harry Houdini Biography Even today, almost a hundred years after his death, Harry Houdini is known all the world over as a great magician and escapologist. However there was much more to the man. He was also a master publicist, an innovator and inventor. Born into a Jewish family in late 19th century Hungary Harry Houdini, or Ehrich Weisz to use his birth name, emigrated as a young child, with his family, to the United States of America. There they hoped to find a better life. However, like many immigrant families the Weisz family found only poverty and hardship. However through hard work and determination Harry Houdini was able to carve out a better place for himself and his family. With the help of his dear wife Bess Houdini became arguably the worlds most famous magician.

Summer in Provence Lucy Coleman 2020-04-02 *The Top 10 Bestseller* 'Beautifully written, comforting and utterly uplifting, Lucy Coleman's stories are the perfect tonic when life is a little grey.' Holly Martin Is a change as good as a rest? When married couple Fern and Aiden have a windfall, their reactions could not be more different. While Fern is content to pay off their mortgage and build a nest egg before starting a family, her husband is set on traveling the world. Fern's not much of a back-packer so, before she knows it, the idea of a 'marriage gap year' takes shape. And, as Aiden heads off to the wilds of Australia, Fern chooses the more restful Provence for her year out. Set amidst the glorious French scenery, Château de Vernon offers a retreat from the hustle and bustle of normal life, and Fern agrees to help out in return for painting lessons from the owner - renowned, but rather troubled, painter Nico. As their year unfolds in very different ways, will the time apart transform their marriage, or will it drive Fern and Aiden even further apart... Let Lucy Coleman whisk you off on a heart-warming, sun-drenched and magical French adventure. What readers are saying about *Summer in Provence*: 'This book really was the perfect read for these difficult times - and I honestly don't think Lucy Coleman's writing has ever been better.' 'I really adored this beautiful story. Lucy Coleman's writing is as breathtakingly beautiful and descriptive as ever, it didn't fail to hold me captive.' 'I am completely captivated and enchanted by her beautiful prose and her flair in storytelling, and this book won't be my last for sure!' 'An absolutely riveting story of self-reinvention, independence, family and love.' 'A new Lucy Coleman novel never fails to brighten up my day.' 'An escapist, enjoyable and emotional tale written with plenty of heart.' 'A gripping tale of finding yourself, the unexpected twists and turns of fate, falling in love and finding the courage to go after what you really want in life.' 'A heart-warming, compulsive and terrific read with wonderful characters that come instantly to life and plenty of drama, pathos, humour and charm to keep readers hooked throughout.' 'Lucy Coleman sweeps readers to a magnificent French chateau and will have them laughing, crying and sighing with her latest fabulous page-turner.' 'What an absolutely beautiful book.' 'With its touches of drama, poignancy and romance you enjoy a lovely escape from reality. The ending is full of twists and completes this journey of

minds and spirits in a satisfying way.' 'How many times can I say I absolutely love Lucy's books!' 'Please can I move to Provence and begin a life of relaxation at The Haven? This book is so idyllic and perfect to just submerge into during all the chaos going on in the world at the moment. I couldn't have picked up a more perfect book to read at this time.' 'Lucy Coleman is quickly becoming one of my favourite authors... She seems to have a way of making you feel as though you've been transported into her book and you're right there experiencing it all with the characters.' 'I am definitely a huge fan of this author and this is another magical story which is highly deserving of five stars.' 'Some books stay with you after you finish reading and for me this was one of those books.' 'Another truly wonderful book from this author that always manages to make me smile.' 'This one had me hooked, I was able to switch off and escape to a beautiful setting.'

Killer Marketing Strategies Katryna Johnson 2016-07-19 Making your sales and marketing more effective and more impactful is the focus of *Killer Marketing Strategies* by Katryna Johnson, J.D. Starting with an understanding of what it takes to actually make a profit, the book teaches the reader about powerful headlines and persuasive copywriting. The book explores the world of online marketing and social media. But online is only one channel for effective marketing. The smart marketer in today's environment uses some tried and true marketing methods like press releases, newsletters, value bundling, and more. *Killer Marketing Strategies* will help you take your marketing to the next level.

Summer in Andalucía Lucy Coleman 2021-04-01 'Beautifully written, comforting and utterly uplifting, Lucy Coleman's stories are the perfect tonic when life is a little grey.' Holly Martin Lainey Summers feels blessed to have her dream job writing for a renowned foodie magazine. And the day she goes to interview chef Rick Oliver at his new restaurant—Aleatory—in London's popular Piccadilly, is the start of an unexpected journey. When Rick is offered the opportunity to jet off to a monastery in Andalucía, to film a cookery competition for Spanish TV, Lainey goes too, to cover the story. Spending a month filming in the stunning Spanish countryside, soaking up the sights, sounds, smells and of course the cuisine, Lainey and Rick start to enjoy each other's company. But their time together flies by too quickly, and before they know it, Rick and Lainey have to face going their separate ways. With both their worlds shifting beneath them, the call of Andalucía and the call of happiness grows ever stronger. But with everything at stake, will they be able to take the chance of a happy-ever-after... Let Lucy Coleman whisk you off on a sun-baked, life-affirming, total escape to beautiful Andalucía. What readers are saying about Lucy Coleman's novels: 'I really adored this beautiful story. Lucy Coleman's writing is as breathtakingly beautiful and descriptive as ever, it didn't fail to hold me captive.' 'I am completely captivated and enchanted by her beautiful prose and her flair in storytelling, and this book won't be my last for sure!' 'A new Lucy Coleman novel never fails to brighten up my day.' 'An escapist, enjoyable and emotional tale written with plenty of heart.' 'How many times can I say I absolutely love Lucy's books!' 'Lucy Coleman is quickly becoming one of my favourite authors... She seems to have a way of making you feel as though you've been transported into her book and you're right there experiencing it all with the characters.' 'I am definitely a huge fan of this author and this is another magical story which is highly deserving of five stars.' 'Some books stay with you after you finish reading and for me this was one of those books.' 'Another truly wonderful book from this author that always manages to make me smile.' 'This one had me hooked, I was able to switch off and escape to a

beautiful setting.'

Summer on the Italian Lakes Lucy Coleman 2019-02-05 The feel-good read of 2019, perfect for fans of Lucy Diamond and Karen Swan. Escape the January blues with this sun-drenched, heart-warming story from the bestselling author of *Snowflakes Over Holly Cove*.

Wilma Unlimited Kathleen Krull 2000-02 A biography of the African-American woman who overcame crippling polio as a child to become the first woman to win three gold medals in track in a single Olympics.

Along Came Coco Eva Byrne 2019-03-19 In a time when children were meant to be seen and not heard, along came Coco, a small French orphan with an eye for style, a talent for sewing, and a big imagination. Coco grew up in an orphanage run by very strict nuns, but she wasn't very good at following rules. At a time when girls were told to brush their hair 100 times until their arms were sore, Coco promised herself that one day she would snip away her locks so that she wouldn't have to be so fussy—girls needed time for other things, and they needed some of the comforts that boys enjoyed. Why shouldn't girls have pockets? And why did they have to wear corsets all the time? An exploration of Coco's early life and a celebration of her creativity, *Along Came Coco* † shows the ways in which Coco Chanel's imaginative spirit led her to grow into one of the world's most beloved fashion icons.

Hello Avatar B. Coleman 2011-11-04 An examination of our many modes of online identity and how we live on the continuum between the virtual and the real. Hello Avatar! Or, `{llSay(0, "Hello, Avatar!");` is a tiny piece of user-friendly code that allows us to program our virtual selves. In *Hello Avatar*, B. Coleman examines a crucial aspect of our cultural shift from analog to digital: the continuum between online and off-, what she calls the "x-reality" that crosses between the virtual and the real. She looks at the emergence of a world that is neither virtual nor real but encompasses a multiplicity of network combinations. And she argues that it is the role of the avatar to help us express our new agency—our new power to customize our networked life. By avatar, Coleman means not just the animated figures that populate our screens but the gestalt of images, text, and multimedia that make up our online identities—in virtual worlds like Second Life and in the form of email, video chat, and other digital artifacts. Exploring such network activities as embodiment, extreme (virtual) violence, and the work in virtual reality labs, and offering sidebar interviews with designers and practitioners, she argues that what is new is real-time collaboration and copresence, the way we make connections using networked media and the cultures we have created around this. The star of this drama of expanded horizons is the networked subject—all of us who represent aspects of ourselves and our work across the mediascape.

Fairy Dust and the Quest for the Egg Gail Carson Levine 2011-08-31 Fairy Haven's newest arrival, Prilla, along with Rani and Vidia, embarks on a journey filled with danger, sacrifice, and adventure. The fate of Never Land rests on their shoulders.

The Unique Technique Maria Higgins 2016-02-02 I am an optometrist. I owned a very traditional medical, white coat practice in Pittsburgh, Pennsylvania near the University of Pittsburgh for 10 years. I became bored and uninspired in this vanilla business environment and sterile space. Feeling restless, I sold my practice and began the search for a new place to start a fresh concept in

optometry. I found Frederick, Maryland, which is a historic, walkable little city that tops the triangle with DC and Baltimore. I relocated to a new town, in a new state with a brand new practice - Unique Optique. I was an outsider and a transplant, trying to win Frederick's trust and convince the residents of this town to come to my practice to spend money on high-end glasses. To accomplish this feat, I decided that I needed to show our authenticity, exude genuine sincerity, and smile through adversity. I embraced my flaws; I was vulnerable and real. I used social media, in-house events and the decor of the office to display the business's personality. People instantly related to the practice. They saw that I was not perfect, but I was earnest and that I truly cared. I was proud of my venture. Unique Optique's reviews were stellar and real. The practice grew steadily and by the end of the first year, I was recognized as the Start Up Entrepreneur of Frederick County. Soon, I had requests from business owners and entrepreneurs to come and visit the practice and discuss our unique image strategies. People wanted this quality for their own businesses. I realized that I had helpful and valuable information and put my techniques down on paper. While developing my brand and marketing my business, I have made mistakes, learned from them, and attempted to fix them. I have worked through adversity and difficulties. In the end, I cultivated a brand to which people could relate. This is my experience. I hope it helps you find your Unique Technique."

The Proximity Principle Ken Coleman 2019-05-13 Right now, 70% of Americans aren't passionate about their work and are desperately longing for meaning and purpose. They're sick of "average" and know there's something better out there, but they just don't know how to reach it. One basic principle—The Proximity Principle—can change everything you thought you knew about pursuing a career you love. In his latest book, *The Proximity Principle*, national radio host and career expert Ken Coleman provides a simple plan of how positioning yourself near the right people and places can help you land the job you love. Forget the traditional career advice you've heard! Networking, handing out business cards, and updating your online profile do nothing to set you apart from other candidates. Ken will show you how to be intentional and genuine about the connections you make with a fresh, unexpected take on resumes and the job interview process. You'll discover the five people you should look for and the four best places to grow, learn, practice, and perform so you can step into the role you were created to fill. After reading *The Proximity Principle*, you'll know how to connect with the right people and put yourself in the right places, so opportunities will come—and you'll be prepared to take them.

Coding Freedom E. Gabriella Coleman 2013 Who are computer hackers? What is free software? And what does the emergence of a community dedicated to the production of free and open source software—and to hacking as a technical, aesthetic, and moral project—reveal about the values of contemporary liberalism? Exploring the rise and political significance of the free and open source software (F/OSS) movement in the United States and Europe, *Coding Freedom* details the ethics behind hackers' devotion to F/OSS, the social codes that guide its production, and the political struggles through which hackers question the scope and direction of copyright and patent law. In telling the story of the F/OSS movement, the book unfolds a broader narrative involving computing, the politics of access, and intellectual property. E. Gabriella Coleman tracks the ways in which hackers collaborate and examines passionate manifestos, hacker humor, free software project governance, and festive hacker conferences. Looking at the ways that hackers sustain their productive freedom, Coleman shows that these activists, driven by a commitment to their work,

reformulate key ideals including free speech, transparency, and meritocracy, and refuse restrictive intellectual protections. Coleman demonstrates how hacking, so often marginalized or misunderstood, sheds light on the continuing relevance of liberalism in online collaboration.

A Springtime To Remember Lucy Coleman 2019-12-26 *From the bestselling author of *Snowflakes over Holly Cove** 'Wonderfully escapist, romantic and heart-warming, Lucy Coleman's stories are the perfect tonic when life is a little grey.' Holly Martin Let Lucy Coleman transport you to glorious, sun-drenched France, for the perfect feel-good read. Paris and the Palace of Versailles have always meant a lot to TV producer Lexie. Her grandma Viv spent a year there, but her adventures and memories were never discussed, and Lexie has long wondered why they were a family secret. When work presents the perfect excuse to spend Springtime in Versailles, Lexie delves into Viv's old diaries and scrapbooks, and with the help of handsome interpreter Ronan, she is soon learning more about the characters that tend to the magnificent gardens, now and in the past. In amongst the beauty and splendour of the French countryside, a story of lost love, rivalry and tragedy unfolds. Can Lexie and Ronan right the wrongs of the past, and will France play its tricks on them both before Lexie has to go home? Will this truly be a Springtime to Remember...? Let Lucy Coleman sweep you away with this perfect feel-good love story. Perfect for fans of Holly Martin, Sue Moorcroft and Heidi Swain. What readers are saying about *A Springtime to Remember*: 'Lucy Coleman writes wonderfully escapist, romantic and heart-warming stories that transport you far away from the every day grind. Beautifully written, comforting and utterly uplifting, Lucy Coleman's stories are the perfect tonic when life is a little grey.' Holly Martin, bestselling author of *The Gift of Happiness* 'Uplifting, funny, romantic and charming.' 'The perfect escapist read.' 'What's not to love!' 'A unique, charming premise for a story with a wonderfully, romantic location to fall in love with.' 'This story is about love, hope, happiness, fairytale ending and happy ever afters. I loved it.'

Black Tie Optional Ann Marie Walker 2017-05-30 *The Proposal* meets *Two Weeks Notice* in Ann Marie Walker's new standalone romantic comedy, *Black Tie Optional*, which New York Times bestselling author Jennifer Probst calls, "a fun, sexy romp that will keep every reader entertained!" Everything about billionaire Coleman Grant III oozes power and sex. And not the perfunctory kind either, but the sheet clawing, heart stopping, gasping for air after you've screamed so loud you can't breathe kind. From his dark wavy hair that stands in an artfully ruffled mess, to the blue eyes that sear your skin, to his full, sensual lips - on the surface he's pure perfection. Too bad he's an asshole. An arrogant, uptight corporate raider hell bent on destroying the environment one species at a time. Everything about Olivia Ramsey screams hippie humanitarian. From her blond hair tied in a sloppy bun, to her faded jeans with the Bonnaroo patch sewn on the thigh, to her combat boots still splattered with mud from the previous day's site visit. So it makes perfect sense that they would get married. In Vegas. Stone-cold sober. Cole needs a wife. Olivia needs to save an endangered species. But what starts as a marriage of convenience soon turns into a battle of wills and sexual tension. Love is a game, and Olivia and Cole are ready to win.

The Accidental Mother Rowan Coleman 2007-09-04 What do you do when you are a child's last hope? From bestselling author Rowan Coleman comes a deeply touching tale of a fast-track career woman whose life takes a sharp right turn when motherhood unexpectedly lands in her lap. Sophie and Carrie were childhood

best friends, but in the last few years they've lost touch. While Carrie chose motherhood in a small town, Sophie is powering up the London career track. She's a corporate manager poised for her next promotion. Sure, she doesn't have much time for men, but she has a great shoe collection and a cat who's never going to let her down. And then Sophie is told that Carrie has died, with nobody left to care for her two daughters, Bella and Izzy, aged six and three. Their father, who left before Carrie's death, is nowhere to be found; their grandmother is moving into assisted living. Sophie once promised Carrie she would take care of her children if the worst ever happened...and now that day has come. Witty, wise, and filled with genuinely powerful emotion, *The Accidental Mother* is the heartwarming, heartbreaking story of a woman who is woefully under-equipped to be suddenly thrown into motherhood, but who through the eyes of two little girls learns more about loss, commitment, and true love than she had ever realized existed.

Ruth and the Green Book Calvin Alexander Ramsey 2013-11-01 Ruth was so excited to take a trip in her family's new car! In the early 1950s, few African Americans could afford to buy cars, so this would be an adventure. But she soon found out that black travelers weren't treated very well in some towns. Many hotels and gas stations refused service to black people. Daddy was upset about something called Jim Crow laws . . . Finally, a friendly attendant at a gas station showed Ruth's family *The Green Book*. It listed all of the places that would welcome black travelers. With this guidebook—and the kindness of strangers—Ruth could finally make a safe journey from Chicago to her grandma's house in Alabama. Ruth's story is fiction, but *The Green Book* and its role in helping a generation of African American travelers avoid some of the indignities of Jim Crow are historical fact.

Astonishing Times Frank Barbiere 2022-09-27 A modern superhero story that celebrates the genre and redefines heroes for a new generation. In a world where superheroes are common place, Noah Sans, a young reporter trying to live up to the legacy of his father, investigates a mystery involving missing superheroes that quickly turns into a thrilling conspiracy. Noah Sans, a young reporter living in the shadow of his father, lives in a world full of superheroes—but no one seems to care. After a world changing event called *The Cataclysm*, people moved on, and now heroes are old news. But when Noah begins investigating a mysterious murder, he comes face to face with his most revered heroes and is forced to confront a secret past that could change the world forever. *Astonishing Times* is a love letter to the medium of comics and a celebration of superheroes old and new. Award-winning writer Frank J. Barbiere returns to creator-owned comics alongside Arris Quinones, host of YouTube's *Variant*, to craft a modern classic that redefines superheroes for a new era with stunning art by Ruairí Coleman and color artist Lauren Affe. Together, the team hopes to inspire a new generation of fans young and old, and remind us all that heroes are everywhere. Collects *Astonishing Times* #1-#5.

Frida Kahlo and Her Animalitos Monica Brown 2019-05-07 *Frida Kahlo and Her Animalitos*, written by Monica Brown and illustrated by John Parra, is based on the life of one of the world's most influential painters, Frida Kahlo, and the animals that inspired her art and life. The fascinating Mexican artist Frida Kahlo is remembered for her self-portraits, her dramatic works featuring bold and vibrant colors. Her work brought attention to Mexican and indigenous culture and she is also renowned for her works celebrating the female form. *Pura Belpré* Illustrator Honor 2018 ALA Notable Children's Book 2018 New York Times/New York Public Library Best Illustrated Children's Book of 2017 Barnes &

Noble Best Book of 2017 Smithsonian Top Ten Best Children's Book of 2017 2018 Bank Street Best Children's Book of the Year

Christian Illustrations by Ralph Pallen Coleman Richard Coleman 2018-10-26 Collection of vintage religious artwork from prolific American illustrator Ralph Pallen Coleman.

Open Rajiv S. Jhangiani 2017-03-27 Affordable education. Transparent science. Accessible scholarship. These ideals are slowly becoming a reality thanks to the open education, open science, and open access movements. Running separate-if parallel-courses, they all share a philosophy of equity, progress, and justice. This book shares the stories, motives, insights, and practical tips from global leaders in the open movement.

Where are the Jelly Beans? Nancy Streza 2015-06-28 Three sisters love jelly beans and discover a fun surprise in this cute children's book from Nancy Streza.

All the Way to the Top Annette Bay Pimentel 2020-02-15 This is the story of a little girl who just wanted to go, even when others tried to stop her. Jennifer Keelan was determined to make a change--even if she was just a kid. She never thought her wheelchair could slow her down, but the way the world around her was built made it hard to do even simple things. Like going to school, or eating lunch in the cafeteria. Jennifer knew that everyone deserves a voice! Then the Americans with Disabilities Act, a law that would make public spaces much more accessible to people with disabilities, was proposed to Congress. And to make sure it passed, Jennifer went to the steps of the Capitol building in Washington DC to convince them. And, without her wheelchair, she climbed. ALL THE WAY TO THE TOP!

Finding Love in Positano Lucy Coleman 2022-03-15 'Another amazing read from Lucy Coleman that captures the beauty of Italy so perfectly' - Mandy Baggot, bestselling author of *My Greek Island Summer* One summer in Italy might just change everything... Marci James is in love with her job. She's not had a holiday in five years, but now she's escaping to the Italian coast after agreeing to pack up her godfather, Richard's antiques shop. When Marci arrives it's apparent that the task is far more daunting than she imagined, and it isn't long before Nico, her gorgeous local guide, offers to step up and lend a hand. As the two enjoy the Positano summer, and all that the Italian Riviera has to offer, Marci finally lets herself relax and the sparks between the pair soon begin to fly. But Richard hasn't just left his possessions behind, he left a secret, one that Marci unwittingly stumbles across it. Will it break her heart after the happiest summer of her entire life? Perfect for fans of Karen Swan, Rosanna Ley and Sarah Morgan. Praise for Lucy Coleman: 'A new Lucy Coleman novel never fails to brighten up my day.' 'Escapist, enjoyable and emotional, written with plenty of heart.' 'How many times can I say I absolutely love Lucy's books!' 'Lucy Coleman is quickly becoming one of my favourite authors... She seems to have a way of making you feel as though you've been transported into her book and you're right there experiencing it all with the characters.'

Endgame Vernon Coleman 2021-03-16 A step by step analysis of the future we can expect.

Christmas at Lock Keeper's Cottage Lucy Coleman 2020-09-03 'A festive and

heartfelt story of love and hope - beautifully told.' Sandy Barker Join us for Christmas in the Cotswolds in this perfect festive escape, from the bestselling Lucy Coleman. Imogen Tolliman never knew her mother. And when an accident robs Immi of her father too, she goes to live with her grandfather, Tollie, in his picturesque lock-keeper's cottage by the Aysbury marina. Tollie is the star of the Santa Ahoy Special each Christmas - a festive boat ride along the canal that entralls both children and adults alike. And as Immi grows up, she starts to appreciate the magical community she is lucky enough to live in. When Immi meets Gray Adams, she instantly realises he's someone special. And as their relationship gets serious, they start to plan for the Christmas to beat all Christmases. But as the day approaches, and the romantic snow showers turn into blizzards, their dream of a Christmas to remember, looks set to be one they'll never forget - for all the wrong reasons. Can they salvage the festivities, or will old secrets that are finally uncovered turn Immi's life upside down forever? Let Lucy Coleman transport you away to a dreamy Cotswolds Christmas full of snowflakes and secrets, log fires, mistletoe, friends and much-loved traditions. Perfect for all fans of Trisha Ashley, Holly Martin and Sue Moorcroft. What authors and readers say about Lucy Coleman: 'Wonderfully escapist, romantic and heart-warming, Lucy Coleman's stories are the perfect tonic when life is a little grey.' Holly Martin 'Plenty of twists and turns and past secrets to keep you turning the pages. Curl up with a hot chocolate and lose yourself in this festive feast.' Amazon reviewer 'A warm and emotional story that will really warm your heart.' Amazon reviewer 'I love Lucy Coleman's books. She always delivers such real characters, and her stories keep you turning the pages non-stop, but what I love best is the way she whisks you off into another world.' Amazon reviewer

A Christmas Wedding in the Cotswolds Lucy Coleman 2021-09-02 *The Top 5 Bestseller* Bestseller Lucy Coleman is back in the Cotswolds for the wedding we've all been waiting for. If you loved Lucy Coleman's bestselling Christmas at Lock-Keeper's Cottage, don't miss this! Imogen Tolliman and Gray Adams can't wait to get married after getting engaged the previous year, when they were stranded by snow in a blizzard. Now they are busy planning their wedding, but when the date slips six months because Gray is working on a huge film project, it seems like fate that after their snowy start, they will end up getting married at Christmas. The couple are living in Immi's grandfather's picturesque lock-keeper's cottage at the Aysbury marina in the Cotswolds, which they are renovating to become their forever family home. As well as building work, full-time jobs and wedding planning, Immi is in charge of raising money to build a children's playground, to celebrate the tenth anniversary of The Santa Ahoy Cruises - her grandfather Tollie's life work. With Gray working abroad, Immi is left to cope with everything alone. When a terrible betrayal is uncovered, the whole community of Aysbury is left reeling and Immi is left wondering if there will be a wedding after all... Let Lucy Coleman transport you away to an unforgettable Cotswolds Christmas full of romance and laughter, friendship and family and much-loved festive traditions. Have you read the prequel? Don't miss Lucy Coleman's bestselling festive hit Christmas at Lock Keeper's Cottage! Perfect for all fans of Trisha Ashley, Holly Martin and Sue Moorcroft. What authors and readers say about Lucy Coleman: 'A festive and heartfelt story of love and hope - beautifully told.' Sandy Barker 'Wonderfully escapist, romantic and heart-warming, Lucy Coleman's stories are the perfect tonic when life is a little grey.' Holly Martin 'Plenty of twists and turns and past secrets to keep you turning the pages. Curl up with a hot chocolate and lose yourself in this festive feast.' Amazon reviewer 'A warm and emotional story that will really warm your heart.' Amazon reviewer 'I love Lucy Coleman's books. She always

delivers such real characters, and her stories keep you turning the pages non-stop, but what I love best is the way she whisks you off into another world.'

Amazon reviewer

Blood Pressure Eva Coleman 2016-05-10 A Proven Step-By-Step Process to Controlling and Lowering Blood Pressure Without Prescription Medication Start Lowering Your Blood Pressure Now - The Natural Way INCLUDES 3 BONUSES! (DASH Diet Recipes, Juicing Recipes, and 5 Secret Supplements) This book provides you with all the knowledge and strategies you can take to prevent, control, and lower high blood pressure - from adopting healthy lifestyle modifications and understanding dietary requirements, to using natural remedies! By the end of this comprehensive guide, you will: - Understand the causes of high blood pressure and it affects your body and health. - Know how to measure your own blood pressure. Be aware of the risk factors associated with high blood pressure. - Know how to control and reduce your blood pressure. - Know how to incorporate lifestyle changes that can lower your blood pressure. - Know how to treat high blood pressure once you have been diagnosed. - Be able to develop a nutritious and balanced diet plan! - Be able to develop an exercise program, lose weight and stay healthy! - Know how to manage stress healthily, practice relaxation and other mind-body therapies. - Know what substances and medications to avoid. Understand dietary electrolytes and how they can help stabilize your blood pressure. - Know what natural remedies can be used to reduce blood pressure. - Be able to reduce your blood pressure and improve your health and wellbeing for the long-term! - And much more! All of this is presented with clear and easy-to-follow steps. Guidelines, exercise and eating plans are provided to make sure you are on track to lowering your blood pressure and improving your health for the long-term! Get Started Now and Finally Take Complete Control of Your Health!

The Villa of Dreams Lucy Coleman 2020-12-01 'Beautifully written, comforting and utterly uplifting, Lucy Coleman's stories are the perfect tonic when life is a little grey.' Holly Martin Seren Maddison left behind a rainy Britain to follow her dreams and live and work in Lisbon. The vibrancy, the beautiful scenery and the sunshine, made her fall in love and she knew, instantly, that it would be her forever home. International artist Reid Henderson has homes in Lisbon and London. Following his painful divorce, his dream is to turn his luxurious home into an art school and gallery. When Seren and Reid first meet there is an instant attraction, but they are both people who have been hurt, and each have dreams that are so far apart, they aren't even on the same page. Can they enjoy one summer of happiness together, as life bestows a gift of memories to cherish for the rest of their lives? Or is their destiny to chart a path into the future, in a home where dreams can come true? Seren and Reid may be about to discover that love is as much about what you are prepared to give up, as what you are prepared to keep hold of. Let Lucy Coleman transport you away to sun-drenched Portugal where true love really can conquer all, and home is where the heart is. Perfect for all fans of Trisha Ashley, Holly Martin and Sue Moorcroft. What readers say about Lucy Coleman: 'A new Lucy Coleman novel never fails to brighten up my day.' 'Lucy Coleman is quickly becoming one of my favourite authors... She seems to have a way of making you feel as though you've been transported into her book and you're right there experiencing it all with the characters.' 'A warm and emotional story that will really warm your heart.' 'I love Lucy Coleman's books. She always delivers such real characters, and her stories keep you turning the pages non-stop, but what I love best is the way she whisks you off into another world.'

Rules of Estrangement Joshua Coleman, PhD 2021-03-02 A guide for parents whose adult children have cut off contact that reveals the hidden logic of estrangement, explores its cultural causes, and offers practical advice for parents trying to reestablish contact with their adult children. "Finally, here's a hopeful, comprehensive, and compassionate guide to navigating one of the most painful experiences for parents and their adult children alike."—Lori Gottlieb, psychotherapist and New York Times bestselling author of *Maybe You Should Talk to Someone* Labeled a silent epidemic by a growing number of therapists and researchers, estrangement is one of the most disorienting and painful experiences of a parent's life. Popular opinion typically tells a one-sided story of parents who got what they deserved or overly entitled adult children who wrongly blame their parents. However, the reasons for estrangement are far more complex and varied. As a result of rising rates of individualism, an increasing cultural emphasis on happiness, growing economic insecurity, and a historically recent perception that parents are obstacles to personal growth, many parents find themselves forever shut out of the lives of their adult children and grandchildren. As a trusted psychologist whose own daughter cut off contact for several years and eventually reconciled, Dr. Joshua Coleman is uniquely qualified to guide parents in navigating these fraught interactions. He helps to alleviate the ongoing feelings of shame, hurt, guilt, and sorrow that commonly attend these dynamics. By placing estrangement into a cultural context, Dr. Coleman helps parents better understand the mindset of their adult children and teaches them how to implement the strategies for reconciliation and healing that he has seen work in his forty years of practice. *Rules of Estrangement* gives parents the language and the emotional tools to engage in meaningful conversation with their child, the framework to cultivate a healthy relationship moving forward, and the ability to move on if reconciliation is no longer possible. While estrangement is a complex and tender topic, Dr. Coleman's insightful approach is based on empathy and understanding for both the parent and the adult child.

Snowflakes Over Holly Cove Lucy Coleman 2018-09-18 As the snowflakes start to fall, the village of Holly Cove welcome a new tenant to the beautiful old cottage on the beach... A heartwarming festive romance, for fans of Karen Swan, Jules Wake, Heidi Swain, Holly Martin and Tilly Tennant.

Ferocious Warrior Cora Jakes-Coleman 2019 When the fight gets fierce, you have to get ferocious. This book will teach me how to train with my pain, push with my prayers and conquer what's trying to conquer me. SUMMARY: This book isn't about winning pretty. Rather, it will show you how to punch through your pain, deliver a fatal blow to the enemy, possess all God has for you, and experience ferocious victory. The devil is striking from every side and it's not because he wants to distract you or ruin your day—he wants to take you out! He'll do anything to break you down. But you can flip the script and dismantle him instead! When the enemy attacks, the fight gets ugly. Your prayers and your faith have to get intense. You have to remove the makeup, take off the tie, and get down in the dirt of life to destroy the work of the devil. In *Ferocious Warrior*, Cora Jakes Coleman shows you how to win. Sharing keys that helped her through personal battles with depression, insecurity, infertility, and loss, Cora offers strategies to help identify the tactics and agenda of the enemy, and the obstacles to your breakthrough. Ferocious warriors don't shrink back from the enemy—they go into his camp and take back everything he stole from them. The book also reveals: How to use the weapons of warfare that are already at your disposal How to implement the five principles of prayer How to let your pain push you to your next level How to think like a warrior and win even the

toughest fights FEATURES AND BENEFITS: Prayers and affirmations to help readers activate their faith How to experience and maintain deliverance Guidance to develop the lifestyle of a warrior and sharpen the weapons that bring victory

Mayan Interface Wim Coleman 2012-09-01 Near the end of the Terminal Classic Mayan period, a high priest commits a murder where a sacrifice is needed. The consequences of his deed will reach across worlds and ages. In our own time, Lydia Rosenstrom is a master translator working with an archaeological team in Yucatán and on a virtual reality simulation of the ancient site. She is drawn into a dangerous convergence of realities. This tightly-woven tale blends mysticism, technology, archaeology, authentic Mayan history, and Mayan prophecies for 2012 into an engrossing story about challenges, consciousness change, and transformation.

The Boo-Boos That Changed the World Barry Wittenstein 2018-02-13 Did you know Band-Aids were invented by accident?! And that they weren't mass-produced until the Boy Scouts gave their seal of approval? 1920s cotton buyer Earle Dickson worked for Johnson & Johnson and had a klutzy wife who often cut herself. The son of a doctor, Earle set out to create an easier way for her to bandage her injuries. Band-Aids were born, but Earle's bosses at the pharmaceutical giant weren't convinced, and it wasn't until the Boy Scouts of America tested Earle's prototype that this ubiquitous household staple was made available to the public. Soon Band-Aids were selling like hotcakes, and the rest is boo-boo history. "Appealingly designed and illustrated, an engaging, fun story" – Kirkus Reviews STARRED REVIEW

The French Adventure Lucy Coleman 2018-02-01 Suddenly unemployed and single, Anna escapes to her parents' house in France to work out what to do next. A story about love, loss and starting over, with the perfect French twist!

Fly High!: The Story of Bessie Coleman Louise Borden 2004-01-01 The life story of the first African American to earn a pilot's license is revealed. A flight well-worth taking.--Publishers Weekly, starred review. Full color.

Greta and the Giants Zoë Tucker 2019-11-19 This inspiring picture book retells the story of Nobel Peace Prize nominee Greta Thunberg—the Swedish teenager who has led a global movement to raise awareness about the world's climate crisis—using allegory to make this important topic accessible to young children. Greta is a little girl who lives in a beautiful forest threatened by Giants. When the Giants first came to the forest, they chopped down trees to make houses. Then they chopped down more trees and made even bigger homes. The houses grew into towns and the towns grew into cities, until now there is hardly any forest left. Greta knows she has to help the animals who live in the forest, but how? Luckily, Greta has an idea... A section at the back explains that, in reality, the fight against the "giants" isn't over and explains how you can help Greta in her fight. This book has been printed sustainably in the US on 100% recycled paper. By buying a copy of this book, you are making a donation of 3% of the cover price to 350.org.

The Puma Years Laura Coleman 2021-06 In this rapturous memoir, writer and activist Laura Coleman shares the story of her liberating journey in the Amazon jungle, where she fell in love with a magnificent cat who changed her life. Laura was in her early twenties and directionless when she quit her job to backpack in Bolivia. Fate landed her at a wildlife sanctuary on the edge of the Amazon jungle where she was assigned to a beautiful and complex puma named

Wayra. Wide-eyed, inexperienced, and comically terrified, Laura made the scrappy, make-do camp her home. And in Wayra, she made a friend for life. They weren't alone, not with over a hundred quirky animals to care for, each lost and hurt in their own way: a pair of suicidal, bra-stealing monkeys, a frustrated parrot desperate to fly, and a pig with a wicked sense of humor. The humans, too, were cause for laughter and tears. There were animal whisperers, committed staff, wildly devoted volunteers, handsome heartbreakers, and a machete-wielding prom queen who carried Laura through. Most of all, there was the jungle--lyrical and alive--and there was Wayra, who would ultimately teach Laura so much about love, healing, and the person she was capable of becoming. Set against a turbulent and poignant backdrop of deforestation, the illegal pet trade, and forest fires, *The Puma Years* explores what happens when two desperate creatures in need of rescue find one another.

Domitila Jewell Reinhart Coburn 2014-05-01 Part of the Cinderella Around the World series, this picture book offers a Cinderella tale from Mexico.