

Mind Over

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northern ireland 1975 violence has erupted on the streets of belfast after years as a sleepy guerilla army the ira is clashing with loyalist gangs and heavily armed british soldiers but the troubles have spilled beyond the small island an ocean away in the heart of philadelphia s irish enclave a teenage girl finds a letter in her mailbox inside is a bullet and the message is clear the next one is for you from new york times reporter and pulitzer finalist ali watkins this true crime saga is the long buried story of how a group of philadelphia gunrunners armed the ira at the height of the troubles a ragtag band of carpenters family men and fugitives the philadelphia five as they came to be known banded together bolstering the fight for a united ireland but fuelling the troubles at an untold cost this small group of irish nationalists smuggled hundreds of rifles rocket launchers explosives and armour piercing bullets across the atlantic ocean and into northern ireland whether they were skimming money from innocuous seeming charities coolly slipping weapons into hidden compartments of vans and houses or scouring local graveyards for the names of dead irishmen to use on firearm forms the gunrunners approached their mission to unite ireland under one flag by any means necessary with ruthless poise even as investigators closed in members of their own movement began to turn on them and bodies stacked up on all sides a gripping tale of crime rebellion and the hazy line between them the next one is for you is the definitive account of america s hand in the troubles a conflict whose resonance is still felt on both sides of the atlantic today

a 21st century nora ephron stephen may witty hilarious at times poignant alyson feltes writer ozark real life bridget jones meets sex in the city readers choice book awards prince charming happily ever after childhood fairy tales are full of promises but the reality life is a very different story and that story has a hell of a lot to teach us writing with searing honesty wry humour and endless warmth christina

ford takes us on a real life sex and the city like journey as she looks back on four decades of dates loves marriages friends frenemies affairs divorces parenting disasters and step parenting nightmares bravely and candidly she shares heartrending details of the betrayal and hurt caused by the end of her marriage shows how she overcame her fears about starting again and lets us in on the secret of the perfectly timed fling that was more effective than years of therapy together these intimate insights show exactly how such experiences and their lessons came to define the woman she is today in search of mr darcy is for anyone who has ever wondered if there is life after divorce if there is sex after 40 or if they will ever find love again hearts get broken and even life s best planned journeys can drop you somewhere unexpected leading you to ask yourself how did i get here and more importantly who can i blame but christina ford is here to tell you that is exactly where the real adventure begins this book will help you redefine love womanhood and what it means to come of age middle age

when we have a problem most of us zero in take it apart and focus until we have it solved steven spielberg tried that when the scenes with his expensive prosthetic shark just weren t scary psychologist social scientist and million selling author david niven shows us that focusing on the problem is exactly the wrong way to find an answer and jaws built its famous menace precisely because the shark hardly ever appears in shot putting problems at the centre of our thoughts shuts down our creative abilities depletes stamina and feeds insecurities niven shows how working harder and having absolute confidence in finding a solution actually hides answers it s not about the shark shows how to transform your daily life with a simple but rock solid principle if you start by thinking about your problems you ll never make it to a solution if you start by thinking about a solution you ll never worry about your problems again

a lively hilarious and entirely truthful look at the druggie side of history s most famous figures including shakespeare queen victoria and the beatles from debut author and viral historical tiktokker with over 100k followers sam kelly did you know that alexander the great was a sloppy drunk william shakespeare was a stoner and george washington drank a spoonful of opium every night to staunch the pain from his fake teeth or how about the fact that china s first emperor qin shi huangdi ingested liquid mercury in an ironic attempt to live forever or that alexander shulgin inventor of no less than 230 new psychedelic drugs was an employee of the dea in human history on drugs historian sam kelly introduces us to the history we weren t taught in school offering up irreverent and hysterical commentary as he sheds light on some truly shocking aspects of the historical characters we only thought we knew with chapters spanning from ancient greece the oracle of delphi was huffing fumes and the victorian era vincent van gogh ate yellow paint to hollywood s golden age judy garland was drugged by grown ups and modern times carl sagan got astronomically high kelly s research spans all manner of eras places and of course drugs history is rife with drug use and drug users and human history on drugs takes us through those highs pun intended and lows on a wittily entertaining ride that uncovers their seriously unexpected impact on our past

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filled with wonderment and awe greene s eloquent memoir is equal parts escape and comfort publishers weekly a powerful reflection on life in isolation in pursuit of the dream of mars in 2013 kate greene moved to mars on nasa s first hi seas simulated mars mission in hawaii she lived for four months in an isolated geodesic dome with her crewmates gaining incredible insight into human behaviour in tight quarters as well as the nature of boredom dreams and isolation that arise amidst the promise of scientific progress and glory greene draws on her experience to contemplate what makes an astronaut the challenges of freeze dried eggs and time lagged correspondence the cost of shooting for a planet b the result is a story of space and life of the slippage between dreams and reality of bodies in space and of humanity s incredible impulse to explore from trying out life on mars greene examines what it is to live on earth in her thoughtful well written account of the mission greene reflects on what this and other space missions can teach us about ourselves and life on earth physics today

generous moving and alive a gift tim dee author of greenery intelligent thought provoking and always always interesting cal flynn author of islands of abandonment smyth writes with warmth and engaging perception about our relationship and understanding of the natural world on our doorsteps jon dunn author of the glitter in the green fresh and tender and playful patrick galbraith author of in search of one last song weren t they richer rock pools wasn t the seashore busier when i was a kid richard smyth had always been drawn to the natural world but when he became a father he found a new joy and a new urgency in showing his kids the everyday wild things around them as he and his children explore rockpools in whitley bay or the woods and moors near his yorkshire home he imagines the world they might inhabit as they grow up through different objects discovered on their wanderings a beech leaf a jay feather a limpetshell smyth examines his own past as well as that of the early natural historians weaving together history memoir and environmentalism to form a new kind of nature writing one that asks both what we have lost and what we have yet to find

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