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At last, a book that not only shows you why you self sabotage your health, wealth, relationships and business but goes on to demonstrate how to successfully transform those situations. You, like me, may have tried making changes in your life only to find your efforts dashed against the rocks of time, by your very own saboteur within! If you've ever wondered why you can't maintain a certain size or shape, or healthy relationship with family and friends, perhaps you have to move around a lot from place to place, job to job, because you just don't feel that you fit in anywhere? What if you are bending yourself out of shape to fit into a relationship or job that is toxic to your well-being, whilst thinking it's your fault? Simply put this book works. "Have you ever wondered what stopped you from succeeding or what prevented you from solving problems? In Matt Hudson's delightful book, he creates an in-depth understanding of how our inner saboteur works and gives you the tools and the motivation to overcome even the most ingrained issues in your life. A great read, and even more important, a great solution to our life's challenges." Shelle Rose Charvet, author of *The Customer is Bothering Me*. "The Saboteur Within pulls no punches. It is written with honesty, humility, wit and competence. Most of all, it is written in a way that draws from the experience of this man's inner journey to be all he is, and his outer journey to help others to do the same." John Overdurf author, coach and international trainer

Have you ever wondered why you can't get the relationship, the happiness and the life that you want? Are you sick and tired of having to put up with the same old stuff, day in and day out? From simple phobias, stress and anxiety to chronic disease, Matt Hudson takes you on a tour of how the unconscious mind works. Maybe you would simply like to make some tiny changes to your diet or lifestyle, but you find yourself slipping back to where you started. Tiny events and experiences from your childhood can lead to a lifetime of pain and struggle. The insights and exercises have been honed from one of the most competent behavioural change professionals in the world. Who won't you become if you don't buy this book?

A step-by-step practical parenting guide that helps you to understand and support the most challenging group of people, that you and I know KIDS! (Knowledge, Integration, Devices)Through stories, metaphors, practical ideas and useful current theoretical models you will add to your existing toolkit for nurturing and developing any child that come into your life either

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professionally or as part of your family. In addition to the manual, there is a 'fun'-book filled with even more practical tools to develop yourself and your KIDS, to help you all, on life's journey. Does it solve all of your problems, financial, motivational, decision making? NOOOOOO it doesn't, however what it does give you, is more tools to manage all of the challenges that will, no doubt, be heading your way. Enjoy the read, play the games and grow lovingly with the KIDS you develop. Read talk act reflect and above all have fun on your learning journey....

“Wonderful . . . a rousing dramatization of history’s greatest sea battle.” —James D. Hornfischer, author of *The Last Stand of the Tin Can Sailors* “I shall return” is General Douglas MacArthur’s promise to the Filipinos. It will take 165,000 troops and 700 ships in the bloody battle of Leyte Gulf to do it. Among them is the destroyer USS *Matthew* and her skipper, Commander Mike Donovan, a veteran haunted by earlier savage battles. What Donovan doesn’t know is that Vice Admiral Takao Kurita of Japan has laid an ingenious trap as the *Matthew* heads for the treacherous waters of Leyte Gulf. But Donovan faces something even deadlier than Kurita’s battleships: Explosives secretly slipped on board American ships by saboteurs are set to detonate at any time. Now the *Matthew*’s survival hinges on the ability of Donovan and his men to dismantle a bomb in the midst of the panic and the chaos of history’s greatest naval battle. “Gobbell’s sea tales . . . will have you looking up your nearest Navy recruiter.” —W.E.B. Griffin “[John Gobbell is] a first-rate storyteller.” —Stephen Coonts From the Paperback edition.

Donald T. Blume rejects the view that *In the Midst of Life*, the second volume of Bierce's collected works, is his most important literary work. Instead, he posits that Bierce's original 1892 collection is his most definitive and authoritative opus.

Politics and Suicide argues that whilst the historical lineage of suicidal politics is recognised, the fundamental significance of autodestruction to the political remains under examined. It contends that practices like suicide-bombing do not simply embody a strange or abnormal “suicidal” articulation of the political, but rather, that the existence of suicidal politics tells us something fundamental about the political as such and thinking about political violence more broadly. Recent world events have emphatically shown our need for tools with which to develop better understandings of the politics of suicide. Through the exploration of several arresting case-studies, including the “Kamikaze” bombers of World War Two, Jan Palach’s self-immolation in 1969, Cold War nuclear deterrence, and the suicide-terrorist attacks of 9/11 Michelsen asks how we might talk of a political suicide in any of these contexts. The book charts how political processes “go suicidal”, and asks how we might still consider them to be political in such a case. It investigates how suicide can function as “politics”. A strong contribution to the fields of philosophy and international relations theory, this work will also be of interest to students and scholars of political theory and terrorism & political violence.

This expansive, multivolume reference work provides a broad, multidisciplinary examination of the Civil War period ranging from pre-Civil War developments and catalysts such as the Mexican-American War to the rebuilding of the war-torn nation during Reconstruction.

Beginning with the absolutely critical first moments of the outbreak in China, and ending with an epilogue on the vaccine rollout and the unprecedented events between the election of Joseph Biden and his inauguration, Lawrence Wright's *The Plague Year* surges forward with essential information--and fascinating historical parallels--examining the medical, economic,

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political, and social ramifications of the COVID-19 pandemic.

On the February 2, 1960, episode of The Danny Thomas Show, entertainer Danny Williams (Danny Thomas) is arrested for a traffic violation by a small-town sheriff named Andy Taylor, played by a good-natured Southern actor named Andy Griffith. Thus was born one of the most popular television shows of the 1960s—The Andy Griffith Show. From the time it officially debuted in October 1960, The Andy Griffith Show was a perennial favorite on CBS, finishing its eight-year run as the top-rated show on television. It also produced some of the most remembered characters (Andy, Opie, Aunt Bee, and Barney Fife) of the era. Each of the show's 249 episodes is fully detailed here, including air dates, cast and production personnel, guest stars, and a bevy of facts about that particular episode. The 1986 television movie Return to Mayberry is covered in detail. Brief biographies of the show's major stars, producers, directors and writers are also provided.

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