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**The Atrocity Archives** - Charles Stross 2006-01-03

Charles Stross takes a departure from his epic science fiction to craft this cross between Len Deighton—style espionage and H.P. Lovecraftian horror. Bob Howard is a computer-hacker desk jockey, who has more than enough trouble keeping up with the endless paperwork he has to do on a daily basis. He should never be called on to do anything remotely heroic. But somehow, he is...

**Letting Go** - David R. Hawkins, M.D., Ph.D. 2014-01-15

Letting Go describes a simple and effective means by which to let go of the obstacles to Enlightenment and become free of negativity. During the many decades of the author's clinical psychiatric practice, the primary aim was to seek the most effective ways to relieve human suffering in all of its many forms. The inner mechanism of surrender was found to be of great practical benefit and is described in this book. Dr Hawkins's previous books focused on advanced states of awareness and Enlightenment. Over the years, thousands of students had asked for a practical technique by which to remove the inner blocks to happiness, love, joy, success, health and, ultimately, Enlightenment. This book provides a mechanism for letting go of those blocks. The mechanism of surrender that Dr Hawkins describes can be done in the midst of everyday life. The book is equally useful for all dimensions of human life: physical health, creativity, financial success, emotional healing, vocational fulfillment, relationships, sexuality and spiritual growth. It is an invaluable resource for all professionals who work in the areas of mental health, psychology, medicine, self-help, addiction recovery and spiritual development.

*Red or Dead* - David Peace 2014-05-27

A New York Times Editors' Choice "[T]he stuff of great literature." —The New York Times | "Red or Dead is a winner." —The Washington Post The place where the swinging sixties started - Liverpool, England, birthplace of the Beatles - wasn't so swinging. Amid industrial blight and a bad economy, the port town's shipping industry was going bust and there was widespread unemployment, with no assistance from a government tightening its belt. Even the Beatles moved to London. Into these hard times walked Bill Shankly, a former Scottish coal miner who took over the city's perpetually last-place soccer team. He had a straightforward work ethic and a favorite song - a silly pop song done by a local band, "You'll Never Walk Alone." Soon he would have entire stadiums singing along, tens of thousands of people all dressed in the team color red . . . as Liverpool began to win . . . And soon, too, there was something else those thousands of people would chant as one: Shank-lee, Shank-lee . . . In *Red or Dead*, the acclaimed writer David Peace tells the stirring story of the real-life working-class hero who lifted the spirits of an entire city in turbulent times. But *Red or Dead* is more than a fictional biography of a real man, and more than a thrilling novel about sports. It is an epic novel that transcends those categories, until there's nothing left to call it but - as many of the world's leading newspapers already have - a masterpiece.

*Bobby Digital and The Pit of Snakes* - Ryan O'Sullivan 2022-05-17

Who are you, what is real? This is the question Bobby Digital is seeking to answer. Embracing his id, ego and superego he embarks on a quest to figure out the nature of his reality and himself. He will be ambushed by enemies unknown, he will be tried in ways most men can't endure. Will he be victorious? Most of all will he survive the Pit of Snakes?! From the mind of the legendary RZA, Bobby Digital and The Pit of Snakes will coincide with the relaunch of the iconic character and be synced to music that will melt your mind.

**Grime Kids** - DJ Target 2019-07-23

A group of kids in the 90s had a dream to make their voice heard - and this book documents their seminal impact on today's pop culture. DJ Target grew up in Bow under the shadow of Canary Wharf, with money looming close on the skyline. The 'Godfather of Grime' Wiley and Dizzee Rascal first met each other in his bedroom. They were all just grime kids on the block back then, and didn't realise they were to become pioneers of an international music revolution. A movement that permeates deep into British culture and beyond. Household names were borne out of those housing estates, and the music industry now jumps to the beat of their gritty reality rather than the tune of glossy aspiration. Grime has shaken the world and Target is revealing its explosive and expansive journey in full, using his own unique insight and drawing on the input of grime's greatest names.

**Entering the Blobosphere: A Musing on Blobs** - Laura Hyunjee Kim 2019-06-17

Entering the Blobosphere suggests blobs are the unsung, yet integral link in our language to build upon and describe ideas, culture & knowledge. Fueled by the speculative ideology of blobs as both a theory & practice, Kim illustrates the moldable & transcendent use of "blob" as a lens to understand the spaces lurking between life and art.

**ENDLESS FORTUNE** - Ify Adenuga 2021-07-29

[Not a Life Coach: Are You Ready to Change Your Life?](#) - James Smith 2021-09-02

The follow up to James Smith's international number one bestseller, *Not a Diet Book*.

**The Art of Breathing** - Danny Penman 2018-03-01

Publisher's Note: This title is now available under a new edition, *The Art of Breathing* ISBN 9781642970425. This edition will include a new afterword by Mark Williams, author of *Mindfulness*. International bestselling author Dr. Danny Penman provides a concise guide to letting go, finding peace, and practicing mindfulness in a messy world, simply by taking the time to breathe. With these simple exercises he teaches you how to dissolve anxiety, stress, and unhappiness, enhance your mind, and unleash your creativity. You will start to smile more, worry less, and with each little moment of mindfulness, discover a happier, calmer you. It really is as easy as breathing. All you need is a chair, a body, some air, and your mind. That's it!

**Big Bad and Heavy** - Jumpin Jack Frost 2017

*You Are Beautiful and You Are Alone* - Jennifer Otter Bickerdike 2021-08-10

A new, definitive biography of the iconic and mysterious singer, Warhol superstar, Velvet Underground collaborator: influential solo artist Nico. *YOU ARE BEAUTIFUL AND YOU ARE ALONE* is a new biography of Nico, the mysterious singer best known for her work with the Velvet Underground and her solo album *Chelsea Girl*. Her life is tangled in myth--much of it of her own invention. Rock and roll cultural historian Jennifer Bickerdike delivers a definitive book that unravels the story while making a convincing case for Nico's enduring importance. Over the course of her career, Nico was an ever-evolving myth: art film house actress, highly coveted fashion model, Dietrich of Punk, Femme Fatale, *Chelsea Girl*, Garbo of Goth, The Last Bohemian, Heroin Junkie. Lester Bangs described her as 'a true enigma.' At age 27, Nico became Andy Warhol's newest Superstar, featuring in his one commercial break out hit film *Chelsea Girls* and garnering

the position of chanteuse for the Velvet Underground. It wasn't Nico's musical chops which got her the gig; it was her striking beauty. Her seeming otherworldly and unattainable presence was further amplified by her reputation for dating rock stars (Brian Jones, Bob Dylan, Jim Morrison, among others). She became famous for being Nico. Yet Nico's talent and her contribution to rock culture are often overlooked. She spent most of her career as a solo artist on the road, determined to make music, seemingly against all the odds, enduring empty concert halls, abusive fans, and the often perilous reality of being an ageing artist and drug addict. She created mesmerizing and unique projects that inspired a generation of artists, including Henry Rollins, Morrissey, Siouxsie Sioux and the Banshees and Iggy Pop. Drawing on the archives at the Andy Warhol Museum and at Nico's record labels, various private collections, and rarely seen footage, and featuring exclusive new interviews from those who knew her best, including Iggy Pop and Danny Fields, and those inspired by her legacy, *YOU ARE BEAUTIFUL AND YOU ARE ALONE* reveals the complicated, often compromised, self-destructive and always head strong woman behind the one-dimensional myths.

**Bad Gays** - Huw Lemmey 2022-05-31

An unconventional history of homosexuality We all remember Oscar Wilde, but who speaks for Bosie? What about those 'bad gays' whose unexemplary lives reveal more than we might expect? Many popular histories seek to establish homosexual heroes, pioneers, and martyrs but, as Huw Lemmey and Ben Miller argue, the past is filled with queer people whose sexualities and dastardly deeds have been overlooked despite their being informative and instructive. Based on the hugely popular podcast series of the same name, *Bad Gays* asks what we can learn about LGBTQ+ history, sexuality and identity through its villains, failures, and baddies. With characters such as the Emperor Hadrian, anthropologist Margaret Mead and notorious gangster Ronnie Kray, the authors tell the story of how the figure of the white gay man was born, and how he failed. They examine a cast of kings, fascist thugs, artists and debauched bon viveurs. Imperial-era figures Lawrence of Arabia and Roger Casement get a look-in, as do FBI boss J. Edgar Hoover, lawyer Roy Cohn, and architect Philip Johnson. Together these amazing life stories expand and challenge mainstream assumptions about sexual identity: showing that homosexuality itself was an idea that emerged in the nineteenth century, one central to major historical events. *Bad Gays* is a passionate argument for rethinking gay politics beyond questions of identity, compelling readers to search for solidarity across boundaries.

*Fireflies in the Backyard* - Pranjal Hazarika 2019-01-04

Minoti dreamt of a loving husband. But, battered and violated by her husband, Minoti would occasionally spend hours gazing at fireflies in the backyard.... Jisnu's father planned to sell off the poultry fowls due to rumours of an epidemic outbreak. Jisnu saves one fowl from selling but is he fully successful? An old Phallus shaped stone structure gets unearthed by Aslam Mian in Bonjuli. This leads to a chain of events that transforms the villagers... Jeenu came to spend few days in Rubul's house during his summer vacations to enjoy the village life instead, he experiences something else in the dark of the night. Naina meets a Charming boy Vishal in college. She falls in love and develops trust. Does Vishal break her trust? Supriya eloped with Bhaskar few years back and her family broke all ties. But Supriya longed to get accepted back by them... Sujoy adored Abhimanyu as 'Mr Popular' from school days. Years later, Sujoy meets Abhimanyu. Does Abhimanyu retain the same old charm? Arun met Meghna in US and love blossomed. Meghna marries someone else. After a few years she contacts Arun. How does he react? A truck driver loved his newly wedded beautiful wife. He remains away from home for months leaving his wife at home. During an unplanned visit to home, he witnesses something shocking. On a vacation stay, Neel finds that his friend and his wife have a workable and practical approach to their marriage. Manjusha, a Ph.D student fall in love with her professor, Robert. But when Robert's ex flame comes into their life, what happens? *Fireflies in the Backyard* is a collection of short stories with vivid shades of emotions associated with relationships and twists and turns that are associated with it.

**Tim - The Official Biography of Avicii** - Måns Mosesson 2021-11-30

The intimate biography of the iconic DJ who was lost too soon. Like a firework against the night sky, the DJ and producer Tim Bergling exploded onto the music scene. A musical visionary who, through his sense for melodies, came to define the era when Swedish and European house music took over the world. But Tim

Bergling was also an introverted and fragile young man who was forced to grow up at an inhumanly fast pace. After a series of emergencies resulting in hospital stays, he stopped touring in the summer of 2016. Barely two years later, he took his own life. *Tim - The Biography of Avicii* is written by the award-winning journalist Måns Mosesson, who was given unique access to Tim's own notes, as well as interviews with Tim's family, friends and colleagues in the music business. The book paints an honest picture of Tim and his search in life, not shying from the difficulties that he struggled with.

**Menergy** - Louis Niebur 2022

"Menergy tells the story of a "post-disco" recording industry in San Francisco between the years 1978-1984. For most of America, disco died in 1979. Gay men, however, continued to dance, and in the gay enclave of the Castro neighborhood in San Francisco, enterprising gay DJs, record producers, and musicians started their own small dance music record labels to make up for the lack of new, danceable music. These independent labels' music did more than copy what the larger industry had been doing, however. Instead, the upstart companies built upon the musical experiments their roster of local musicians and producers had been exploring over the last several years, developing a distinctive style of its own. Known as "high energy," the music reveled in electronics, fast tempos, disco and DJ culture, and, above all, gay liberation as it had emerged over the previous decade in the Castro neighborhood by so called "Castro clones" (a gay subculture of exaggerated masculinity with a strong presence in the city's nightlife). The sound, like the new revolutionary ethos, derived its aesthetic from San Francisco's unique configuration of elements, but immediately this music had a reach far beyond the Bay, with Megatone Records, Moby Dick Records, and other labels achieving worldwide success with San Francisco artists such as Sylvester, Patrick Cowley, Paul Parker, Lisa, Loverde, and Jolo, creating the world's first gay-owned, gay-produced music for a dancing audience"--

*Blindsided: A Best Friends to Lovers Standalone* - Amy Daws 2019-11-14

What happens when an almost thirty-year-old virgin agrees to let her Scottish footballer best friend give her some lessons in seduction? Lots of banter, awkwardness, jealousy, and heat. Midfielder Maclay "Mac" Logan is a loud-mouthed, tattooed ginger content with focusing on football. But when an adorable, freckled seamstress comes barreling into his life, he finds Netflix-And-Bickering with her to be his new favorite pastime. Freya Cook is used to being the invisible woman with a needle and thread, offering cheeky punchlines as she helps dress London's finest. She's plus-sized in body and spirit, and other than her friendship with Mac, talking to the opposite sex is one skill she never mastered. However, after one innocent game of Never Have I Ever, Mac offers to play Love Coach for Freya. What neither of them see coming are the feelings that develop when the clothes come off. Now they're both about to learn the biggest lesson of all: Don't fall in love with your best friend. *Blindsided* is a full length (97,000 words) contemporary rom-com standalone with a sports theme.

*Oh Yes, Oh Yes!* - Carl Cox 2022-04-28

**The Perfect Theory** - Pedro G. Ferreira 2014-02-04

"One of the best popular accounts of how Einstein and his followers have been trying to explain the universe for decades" (Kirkus Reviews, starred review). Physicists have been exploring, debating, and questioning the general theory of relativity ever since Albert Einstein first presented it in 1915. This has driven their work to unveil the universe's surprising secrets even further, and many believe more wonders remain hidden within the theory's tangle of equations, waiting to be exposed. In this sweeping narrative of science and culture, an astrophysicist brings general relativity to life through the story of the brilliant physicists, mathematicians, and astronomers who have taken up its challenge. For these scientists, the theory has been both a treasure trove and an enigma. Einstein's theory, which explains the relationships among gravity, space, and time, is possibly the most perfect intellectual achievement of modern physics—yet studying it has always been a controversial endeavor. Relativists were the target of persecution in Hitler's Germany, hounded in Stalin's Russia, and disdained in 1950s America. Even today, PhD students are warned that specializing in general relativity will make them unemployable. Still, general relativity has flourished, delivering key insights into our understanding of the origin of time and the evolution of all the stars and galaxies in the cosmos. Its adherents have revealed what lies at the farthest

reaches of the universe, shed light on the smallest scales of existence, and explained how the fabric of reality emerges. Dark matter, dark energy, black holes, and string theory are all progeny of Einstein's theory. In the midst of a momentous transformation in modern physics, as scientists look farther and more clearly into space than ever before, *The Perfect Theory* exposes the greater relevance of general relativity, showing us where it started, where it has led—and where it can still take us.

Rodigan - David Rodigan 2017-03-02

'THE BOOK THAT EVERY REGGAE FAN SHOULD READ' John Masouri, Echoes 'Rodigan can still claim a currency few presenters of his vintage can match. Perhaps it's because while his wider musical and professional milieu has been in constant change, his boundless enthusiasm has been constant. Reggae's been lucky to have him' Ian Harrison, MOJO 'Rodigan was a major part of my childhood, he played the hottest tunes and in a style that just resonated with me and millions like me. Being able to contribute anything to a man that filled my life with such joy is an honour, respect, David Rodigan' Ian Wright 'David is a pioneer in Reggae music. As a selector and radio personality, his vast knowledge of Jamaican music and its culture has helped to educate and fascinate music lovers around the world; he's an amazing son of the music, and an icon. We couldn't have made it this far without him' Shaggy This is the unlikely story of David Rodigan: an Army sergeant's son from the English countryside who has become the man who has taught the world about Reggae. As the sound of Jamaica has morphed over five decades through a succession of different genres - from Ska and Rock Steady, to Dub, Roots and Dancehall - Rodigan has remained its constant champion, winning the respect of generation after generation of Reggae followers across the globe. Today, at the age of 63, he is a headline performer at almost all the UK's big music festivals, as well as events across the world. Young people revere him and he is a leading presenter on the BBC's youth network 1Xtra as well as a regular fixture at leading nightclubs such as London's Fabric and at student unions throughout the land. And he continues to go into the heartlands of Reggae, to the downtown dancehalls of Kingston and Montego Bay in Jamaica to compete in tournaments against the greatest sound systems. And yet, for all of this, David Rodigan is the antithesis of the stereotype of an international dance music DJ. 'I look like an accountant or a dentist,' he admitted to *The Independent* a decade ago. A man of impeccable manners, Rodigan prepares for a big sound clash by retiring to his hotel bed with a Thomas Hardy novel before taking a nap and then a cup of espresso before heading to the club. Rodigan is the inside story of this apparent paradox. It tells how a boy from Kidlington has become an admired international ambassador for a music form that remains as proud as ever of its African roots, a sound that emanates from and fiercely represents the ghetto poor. He now reaches across the age groups, from teens through to those of his own vintage. At the pinnacle of his career, Rodigan has become the DJ for all generations. 'David Rodigan is a force of nature. His spirit and passion are a rare and wonderful thing. He has dedicated his life to carrying the torch for Reggae music and is hugely respected all over the world for his knowledge and talent as a broadcaster and a DJ. Long may he reign on our stages and on our airwaves' Annie Mac

*The Development of Physical Power* - Arthur Saxon 2017-07-03

Arthur Saxon (April 28, 1878 - August 6, 1921), born Arthur Hennig and nicknamed "The Iron-Master," was a German strongman and circus performer from the late 19th century into the early 20th century. Saxon is most well known for the bent press, with which he set a world record of 168 kg (370 lbs) (although there are claims that he has done 175 kg (385 lbs).) as well as the "two hands anyhow" lift of 203 kg (448 lbs). Arthur Saxon was widely thought to be the strongest man in the world in 1900, and reprinted here is his famous 1905 booklet on how to develop physical power. This book is a true - one-of-a-kind classic. Read it and go back in time and see how a true champion became the greatest (natural) superman of his age - why not emulate Arthur and develop super-human power - using the methods he used as described herein? Each RADLEY CLASSIC is a meticulously restored, luxurious and faithful reproduction of a classic book; produced with elegant text layout, clarity of presentation, and stylistic features that make reading a true pleasure. Special attention is given to legible fonts and adequate letter sizing, correct line length for readability, generous margins and triple lead (lavish line separation); plus we do not allow any mistakes/changes/ additions to creep into the author's words.

**The School of Greatness** - Lewis Howes 2017-10-31

When a career-ending injury left elite athlete and professional football player Lewis Howes out of work and living on his sister's couch, he decided he needed to make a change for the better. He started by reaching out to people he admired, searching for mentors, and applying his past coaches' advice from sports to life off the field. Lewis did more than bounce back: He built a multimillion-dollar online business and is now a sought-after business coach, speaker, and podcast host. In the New York Times bestseller *The School of Greatness*, Howes shares the essential tips and habits he gathered in interviewing "the greats" on his wildly popular podcast of the same name. In discussion with people like Olympic gold medalist Shawn Johnson and Pencils of Promise CEO Adam Braun, Howes figured out that greatness is unearthed and cultivated from within. The masters of greatness are not successful because they got lucky or are innately more talented, but because they applied specific habits and tools to embrace and overcome adversity in their lives. A framework for personal development, *The School of Greatness* gives you the tools, knowledge, and actionable resources you need to reach your potential. Howes anchors each chapter with a specific lesson he culled from his greatness "professors" and his own experiences to teach you how to create a vision, develop hustle, and use dedication, mindfulness, joy, and love to reach goals. His lessons and practical exercises prove that anyone is capable of achieving success and that we can all strive for greatness in our everyday lives.

**No Go Zones** - Raheem Kassam 2017-08-14

"[A] summer must read." — SEAN HANNITY, Fox News "[No Go Zones] should be required reading for conservatives, Republicans, liberals, teachers, students, reporters, editors, and activists all alike." —NIGEL FARAGE, Member of the European Parliament No Go Zones. That's what they're called. And while the politically correct try to deny their existence, the shocking reality of these "No Go Zones"—where Sharia law can prevail and local police stay away—can be attested to by its many victims. Now Raheem Kassam, a courageous reporter and editor at Breitbart, takes us where few journalists have dared to tread—inside the No Go Zones, revealing areas that Western governments, including the United States, don't want to admit exist within their own borders. With compelling reporting, Kassam takes you into Islamic areas you might not even know existed—communities, neighborhoods, and whole city districts from San Bernardino, California, (a No Go Zone of the mind) to Hamtramck, Michigan (essentially an Islamic colony in the Midwest); from Malmö, Sweden, to the heart of London, England—where infidels are unwelcome, Islamic law is king, and extremism grows. In *No Go Zones*, Kassam reveals: How in No Go Zones a blind eye is being turned to polygamy, female genital mutilation, sexual assault, segregation, and even honor killings Why Muslim ghettos in the West aren't the equivalent of Little Italy or Chinatown, but a serious cultural and political threat How the welfare state actually funds and supports a Muslim subculture of resentment How to identify extremist mosques A matter of numbers: how mass migration could transform Europe into a Muslim-dominated continent within our own lifetimes The alarming speed at which No Go Zones are coming to America Compelling in its reporting, shocking in its detail, Raheem Kassam's *No Go Zones* is one of the most frightening true stories you will read this year.

**The Important Cinema Club Journal** - Justin Decloux 2019-02-08

The blockbuster podcast is now an UNMISSABLE NEW BOOK! Will Sloan and Justin Decloux, hosts of *The Important Cinema Club* podcast, take you on a spine-tingling journey through the darkest recesses of film history to share their twisted cinematic obsessions! You'll GASP at studies of Albert Pyun, Joe D'Amato, William Beaudine, Mabel Normand, Apichatpong Weerasethakul, and Jackie Chan... SCREAM at primers on the *Bruceploitation* and *Hong Kong Girls-with-Guns* genres... SHUDDER at reportage from Hamilton's *Trash Cinema* and the *Laser Blast Film Society*... SHRIEK at appreciations of Joe Dante's *Looney Tunes: Back in Action*, Charlie Chaplin's *Monsieur Verdoux*, and Steve Oedeker's *Kung Pow: Enter the Fist*... RAISE AN EYEBROW at interviews on the eccentric cinema of Matt Farley, David DeCoteau, and Gary Graver... and so much more! DO YOU HAVE WHAT IT TAKES TO JOIN THE IMPORTANT CINEMA CLUB?

**The Sexual Question** - Paulo Drinot 2020-03-12

Exploring the links between sexuality, society, and state formation, this is the first history of prostitution and its regulation in Peru. Scholars and students interested in Latin American history, the history of gender and sexuality, and the history of medicine and public health will find Drinot's study engaging and thoroughly researched.

*Myth of Meditation* - Paramananda 2019-05-29

Paramananda guides us in grounding meditative experience in the body, turning towards experience in a kindly and intelligent way, and seeing through to another way of understanding and being in the world.

**One Moment Please** - Amy Daws 2020-04-02

That awkward moment when an ER doctor has to inform you that you're pregnant?with his baby. Three things Lynsey Jones knows about the hot doctor: he's grouchy, an arrogant jerk, and strangely obsessed with pie. Three things Dr. Dick knows: he doesn't talk about his past, he doesn't do relationships, and the crazy girl in the hospital cafeteria who ate a fistful of French silk pie?is annoyingly irresistible. After a chance meetup at a bar and a heated cab ride together, things come to a head and now instead of hating each other, they're horizontal in a bed. Three months later, the weird cafeteria stalker who crept out of Dr. Dick's house like a thief in the night, winds up as his patient in the ER after her Tinder date from hell. Dr. Dick is prepared to keep it cool and professional. That is until her bloodwork reveals that she's pregnant. What really throws him for a loop?is that the surprise baby?is his.

**Stereophonica** - Gascia Ouzounian 2021-02-16

Episodes in the transformation of our understanding of sound and space, from binaural listening in the nineteenth century to contemporary sound art. The relationship between sound and space has become central to both creative practices in music and sound art and contemporary scholarship on sound. Entire subfields have emerged in connection to the spatial aspects of sound, from spatial audio and sound installation to acoustic ecology and soundscape studies. But how did our understanding of sound become spatial? In *Stereophonica*, Gascia Ouzounian examines a series of historical episodes that transformed ideas of sound and space, from the advent of stereo technologies in the nineteenth century to visual representations of sonic environments today. Developing a uniquely interdisciplinary perspective, Ouzounian draws on both the history of science and technology and the history of music and sound art. She investigates the binaural apparatus that allowed nineteenth-century listeners to observe sound in three dimensions; examines the development of military technologies for sound location during World War I; revisits experiments in stereo sound at Bell Telephone Laboratories in the 1930s; and considers the creation of "optimized acoustical environments" for theaters and factories. She explores the development of multichannel "spatial music" in the 1950s and sound installation art in the 1960s; analyzes the mapping of soundscapes; and investigates contemporary approaches to sonic urbanism, sonic practices that reimagine urban environments through sound. Rich in detail but accessible and engaging, and generously illustrated with photographs, drawings, maps, and diagrams of devices and artworks, *Stereophonica* brings an acute, imaginative, and much-needed historical sensibility to the growing literature around sound and space.

**A Chorus Line** - Edward Kleban, James Kirkwood, Michael Bennett, Nicholas Dante, Marvin Hamlisch, Frank Rich, Samuel G. Freedman 2000-05-01

(Applause Books). It is hard to believe that over 25 years have passed since *A Chorus Line* first electrified a New York audience. The memories of the show's birth in 1975, not to mention those of its 15-year-life and poignant death, remain incandescent and not just because nothing so exciting has happened to the American musical since. For a generation of theater people and theatergoers, *A Chorus Line* was and is the touchstone that defines the glittering promise, more often realized in legend than in reality, of the Broadway way. This impressive book contains the complete book and lyrics of one of the longest running shows in Broadway history with a preface by Samuel Freedman, an introduction by Frank Rich and lots of photos from the stage production.

**Hamilton and Me** - Giles Terera 2021-07

'Stand. Breathe. Look. Try to empty my mind. Somehow, for some reason, I have been brought to this place to tell this story, now. So tell it. That's all.' When Lin-Manuel Miranda's groundbreaking musical *Hamilton* opened in London's West End in December 2017, it was as huge a hit as it had been in its original production off- and on Broadway. Lauded by critics and audiences alike, the show would go on to win a record-equalling seven Olivier Awards - including Best Actor in a Musical for Giles Terera, for his portrayal of Aaron Burr. For Terera, though, his journey as Burr had begun more than a year earlier, with his first audition in New York, and continuing through extensive research and preparation, intense rehearsals, previews and finally opening night itself. Throughout this time he kept a journal, recording his experiences

of the production and his process of creating his award-winning performance. This book, *Hamilton and Me*, is that journal. It offers an honest, intimate and thrilling look at everything involved in opening a once-in-a-generation production - the triumphs, breakthroughs and doubts, the camaraderie of the rehearsal room and the moments of quiet backstage contemplation - as well as a fascinating, in-depth exploration of now-iconic songs and moments from the musical, as seen from the inside. It is also deeply personal, as Terera reflects on experiences from his own life that he drew on to help shape his acclaimed portrayal. Illustrated with dozens of colour photographs, many of which are shared here for the first time, and featuring an exclusive Foreword by Lin-Manuel Miranda, this book is an essential read for all fans of *Hamilton* - offering fresh, first-hand insights into the music and characters they love and know so well - as well as for aspiring and current performers, students, and anyone who wants to discover what it really felt like to be in the room where it happened.

**Elton John's Blue Moves** - Matthew Restall 2020-05-14

By 1976, Elton John was the best-selling recording artist and the highest-grossing touring act in the world. With seven #1 albums in a row and a reputation as a riveting piano-pounding performer, the former Reggie Dwight had gone with dazzling speed from the London suburbs to the pinnacles of rock stardom, his songs never leaving the charts, his sold-out shows packed with adoring fans. Then he released *Blue Moves*, and it all came crashing down. Was the commercially disappointing and poorly reviewed double album to blame? Can one album shoot down a star? No, argues Matthew Restall; *Blue Moves* is a four-sided masterpiece, as fantastic as *Captain Fantastic*, as colorful as *Goodbye Yellow Brick Road*, a showcase for the three elements--piano-playing troubadour, full orchestra, rock band--with which Elton John and his collaborators redirected the evolution of popular music. Instead, both album and career were derailed by a perfect storm of circumstances: Elton's decisions to stop touring and start his own label; the turbulent shiftings of popular culture in the punk era; the minefield of attitudes toward celebrity and sexuality. The closer we get to *Blue Moves*, the better we understand the world into which it was born--and vice versa. Might that be true of all albums?

*Sales Leadership* - Keith Rosen 2018-09-13

"Coaching is the universal language of learning, development, and change." Imagine a workplace without fear, stress, or worry. Instead, you're acknowledged as a valued, contributing team player who doesn't sacrifice priorities, values, happiness, or your life for your job. Sound ludicrous? Consider this is a reality in many thriving organizations. Most leadership books don't apply to sales leadership. Sales leaders are uniquely and indispensably special and need to be coached in a way that's aligned with their role, core competencies, and individuality to achieve their personal goals and company objectives. What if you can successfully coach anyone in 15, 5, or even 60 seconds using one question? *Sales Leadership* makes delivering consistent, high-impact coaching easy. For busy, caring managers, this removes the pressure and misconception that, "Coaching is difficult, doesn't work, and I don't have time to coach." Since most managers don't know how to coach, they become part of the non-stop, problem-solving legion of frustrated Chief Problem Solvers who habitually do others' work, create dependency, and nourish the seed of mediocrity. Great business leaders shift from doing people's jobs to developing them by learning the language of leadership coaching. In its powerful simplicity, *Sales Leadership* delivers a chronological path to develop a thriving coaching culture and coaching leaders who develop top performing teams and sales champions. Using Keith's intuitive LEADS Coaching Framework™, the coaching talk tracks for critical conversations, and his Enrollment strategy to create loyal, unified teams, you will inspire immediate change. Now, coaching is easily woven into your daily conversations and rhythm of business so that it becomes a natural, healthy habit. In his award-winning book, *Coaching Salespeople Into Sales Champions*, Keith was the first Master Certified Coach to share his personal coaching playbook that is now the standard for coaching excellence. Ten years later, and one million miles traveled, he reveals the evolution of sales leadership and coaching mastery through his experiences working with Fortune 5000 companies and small businesses worldwide.

*Can Music Make You Sick?* - Sally Anne Gross 2020-09-29

"Musicians often pay a high price for sharing their art with us. Underneath the glow of success can often lie loneliness and exhaustion, not to mention the basic struggles of paying the rent or buying food. Sally Anne

Gross and George Musgrave raise important questions – and we need to listen to what the musicians have to tell us about their working conditions and their mental health.” Emma Warren (Music Journalist and Author). “Singing is crying for grown-ups. To create great songs or play them with meaning music's creators reach far into emotion and fragility seeking the communion we demand of it. However, music's toll on musicians can leave deep scars. In this important book, Sally Anne Gross and George Musgrave investigate the relationship between the wellbeing music brings to society and the wellbeing of those who create. It's a much needed reality check, deglamorising the romantic image of the tortured artist.” Crispin Hunt (Multi-Platinum Songwriter/Record Producer, Chair of the Ivors Academy). It is often assumed that creative people are prone to psychological instability, and that this explains apparent associations between cultural production and mental health problems. In their detailed study of recording and performing artists in the British music industry, Sally Anne Gross and George Musgrave turn this view on its head. By listening to how musicians understand and experience their working lives, this book proposes that whilst making music is therapeutic, making a career from music can be traumatic. The authors show how careers based on an all-consuming passion have become more insecure and devalued. Artistic merit and intimate, often painful, self-disclosures are the subject of unremitting scrutiny and data metrics. Personal relationships and social support networks are increasingly bound up with calculative transactions. Drawing on original empirical research and a wide-ranging survey of scholarship from across the social sciences, their findings will be provocative for future research on mental health, wellbeing and working conditions in the music industries and across the creative economy. Going beyond self-help strategies, they challenge the industry to make transformative structural change. Until then, the book provides an invaluable guide for anyone currently making their career in music, as well as those tasked with training and educating the next generation.

**Mindfulness for Creativity** - Danny Penman 2021-03-30

Work deadlines, to-do lists, family commitments, pressure to perform... Our frantic lives demand so much from us that we can often feel locked into a cycle of frustration, anxiety and stress, unable to tackle the tasks before us or see a way out of our habitual ways of thinking and doing things. Yet there is a way out. The simple mindfulness techniques at the heart of this book can help us lead a more creative and productive life - one that is isn't governed by the chaotic pace of life. They also dissolve anxiety, stress and depression while enhancing mental resilience. The four week programme takes just 10-20 minutes per day. The easy-to-follow programme works by soothing and clearing your mind, allowing innovative ideas to take form and crystallise. This helps you to spontaneously 'see' the solution to a problem, to conjure up new ideas, or to create works that have true insight and flair. The programme helps build the courage necessary for you to follow your ideas wherever they should lead - and the resilience to cope with any setbacks. It will help your mind work more effectively so that you can live more intuitively and have the inner confidence to drive your ideas forward. The accompanying download link contains 6 meditations that you can use to build an ongoing practice, mixing and matching meditations to suit your circumstances

*Sitting Still Like a Frog* - Eline Snel 2013-12-03

This introduction to mindfulness meditation for children and their parents includes practices that can help children calm down, become more focused, fall asleep more easily, alleviate worry, manage anger, and generally become more patient and aware.

*Chasing Water* - Anthony Ervin 2016-03-14

The Olympic swimmer reveals the wild and challenging journey that took place between two gold medals: “Inspiring, humorous, and often profound.”—People Magazine Anthony Ervin is an Olympic swimmer who won the gold at nineteen—and that may be one of the least interesting things about him. An athlete of Jewish and African-American descent who is also a practicing Buddhist, he auctioned off the medal he won in Sydney to help raise funds for victims of the 2004 tsunami. He had grown up battling Tourette's syndrome, and later struggled with suicidal depression, drinking and drugs, and a period of homelessness. This blend of memoir and biography, written by Ervin in collaboration with trainer Constantine Markides, is part spiritual quest, part self-destructive bender involving Zen temples, fast motorcycles, tattoo parlors, and rock 'n' roll bands—revealing the journey that preceded his remarkable 2016 Olympic comeback as the oldest individual gold medal winner in swimming. Winner of the 2018 Buck Dawson Author Award

presented by the International Swimming Hall of Fame “Gripping...Readers will understand the psyche and life of elite athletes as never before.”—Library Journal “A celebrated Olympian recounts how he rose to the top of his sport, crashed, and found redemption...The author never flinches at revealing his less-than-perfect past, and the humility he demonstrates at coming to terms with his own egotism and personal shortcomings makes the book frequently compelling. A provocative and refreshingly honest redemption memoir.”—Kirkus Reviews

*Run the Mile You're In* - Ryan Hall 2019-04-16

Journey with Olympian Ryan Hall as he reflects on the joys and trials of the running life and, along the way, shows you how his faith has helped him win in his workouts, races, and overall mindset. Ryan Hall is an Olympic athlete and American record holder in the half marathon (59:43). But as a kid, Ryan hated running. He wanted nothing to do with the sport until one day, he felt compelled to run the 15 miles around his neighborhood lake. He was hooked. Starting that day, Ryan felt a God-given purpose in running. He knew he could, and would, race with the best runners in the world and that his talent was a gift to serve others. These two truths launched Ryan's 20-year athletic career and guided him through epic failures and exceptional breakthroughs to competing at the highest level. Now a coach, speaker, and nonprofit partner, Ryan shares the powerful faith behind his athletic achievements and the lessons he learned that helped him push past limits, make space for relationships that enrich life on and off the running trails, and cultivate a positive mindset. Lessons such as: Learning how to focus on your purpose and say no to distractions Select and strive for the right goals--goals for the heart and the body How to deal with defeat and disappointment How to endure immense pain and build resilience Running as if you've already won Ryan's story is one of encouragement and inspiration for readers of any age and level of running ability--or none at all. It's a story that shows that you, too, can change your outlook, see God's hand in your life, and run the race that really matters.

**The Private Joys of Nnenna Maloney** - Okechukwu Nzelu 2020-12-08

SHORTLISTED FOR THE DESMOND ELLIOTT PRIZE 2020 'A magnificent novel, full of wit, warmth and tenderness' Andrew McMillan 'Smart, serious and entertaining' Bernardine Evaristo How do you begin to find yourself when you only know half of who you are? As Nnenna Maloney approaches womanhood she longs to connect with her Igbo-Nigerian culture. Her once close and tender relationship with her mother, Joanie, becomes strained as Nnenna begins to ask probing questions about her father, who Joanie refuses to discuss. Nnenna is asking big questions of how to 'be' when she doesn't know the whole of who she is. Meanwhile, Joanie wonders how to love when she has never truly been loved. Their lives are filled with a cast of characters asking similar questions about identity and belonging whilst grappling with the often hilarious encounters of everyday Manchester. Okechukwu Nzelu brings us a funny and heart-warming story that covers the expanse of race, gender, class, family and redemption, with a fresh and distinctive new voice. Perfect for fans of Queenie by Candice Carty-Williams and Zadie Smith's White Teeth. 'Effortlessly capture[s] the tricky nuance of life, love, race, sexuality and familial relationships' Candice Carty-Williams, author of Queenie 'Edifying and hilarious, The Private of Joys of Nnenna Maloney is a beautiful debut that you won't want to put down' Derek Owusu

**Chakradance** - Natalie Southgate 2018-11-27

Balance your chakras to improve your life, with the powerful 'moving meditation' of Chakradance. If you like the idea of yoga, but not the challenging poses, Chakradance is for you. If you like the idea of meditation, but find it hard to sit still for more than a few minutes, Chakradance is for you. If you know you've got old 'baggage' to release, but find 'talking therapy' too awkward for words, Chakradance is for you. We all want to achieve that wonderful state of 'well-being' in which we feel happier, healthier, more grounded, more balanced, more fully ourselves and more fully alive! With Chakradance, more and more people are finding a way to achieve this. Our chakras are our energy centers (subtle, invisible, but essential to life), that hold mind, body and spirit together. The practice of Chakradance activates, tunes and balances your chakras, to improve your life. Eastern philosophies have long known about the dynamic inter-relationship of mind, body and spirit, and the West, thanks partly to advances in the field of neuro-science, is quickly catching up ... hence the growth of yoga, of mindfulness, and a whole new world of well-being practices. In this book, Chakradance(TM) founder Natalie Southgate explains how this gentle yet powerful

'moving meditation' practice actually works, including examples and stories from her own life and the lives of Chakradancers all over the world. She demonstrates how working with your chakras, using music, movement and mandalas, can help you discover a deeper connection to your true authentic self, leading you to the most wonderful feeling of vibrant well-being. The book also includes links to downloadable chakra-specific music tracks and guided meditations so you can try it for yourself.

*Afternoons with the Blinds Drawn* - Brett Anderson 2019-10-03

'A compelling personal account of the dramas of a singular British band' Neil Tennant The trajectory of Suede - hailed in infancy as both 'The Best New Band in Britain' and 'effete southern wankers' - is recalled with moving candour by its frontman Brett Anderson, whose vivid memoir swings seamlessly between the tender, witty, turbulent, euphoric and bittersweet. Suede began by treading the familiar jobbing route of London's emerging new 1990s indie bands - gigs at ULU, the Camden Powerhaus and the Old Trout in Windsor - and the dispiriting experience of playing a set to an audience of one. But in these halcyon days, their potential was undeniable. Anderson's creative partnership with guitarist Bernard Butler exposed a

unique and brilliant hybrid of lyric and sound; together they were a luminescent team - burning brightly and creating some of the era's most revered songs and albums. In *Afternoons with the Blinds drawn*, Anderson unflinchingly explores his relationship with addiction, heartfelt in the regret that early musical bonds were severed, and clear-eyed on his youthful persona. 'As a young man . . . I oscillated between morbid self-reflection and vainglorious narcissism' he writes. His honesty, sharply self-aware and articulate, makes this a compelling autobiography, and a brilliant insight into one of the most significant bands of the last quarter century.

*Soulsville, U.S.A.: The Story of Stax Records* - Rob Bowman 2011-08-01

Walk the halls of the famous studio that produced hits for Otis Redding, Isaac Hayes, Sam and Dave, and Booker T. and the MGs. *Soulsville, U.S.A.* provides the first history of the groundbreaking label along with compelling biographies of the promoters, producers, and performers who made and sold the music. Over 45 photos. Winner of the 1998 ASCAP-Deems Taylor Award Winner of the ARSC Award for Best Research in Record Labels