

Shape Of A Warrior

Be a Warrior Not a WorrierThe Anti-WarriorLike a HurricaneTime WarriorThe Warrior's HeartThe Chaos RisesThe Way of the WarriorCaged WarriorThe Warrior WithinRise of the Warrior CopSport Facility & Event ManagementThe Woman WarriorThe WarriorShape-ShifterVirtues of a Great WarriorShape of a WarriorThe Warrior MethodThe GenoType DietThe Elements BondLove WarriorCyador's HeirsShe Will RiseBeyond Human Nature: How Culture and Experience Shape the Human MindThe Way of the Quiet WarriorOnce a Warrior--Always a WarriorScholar WarriorWay of the Peaceful WarriorThe Shape of FireCase of the Black WarriorThe Better MomThe Warrior We Call MomHighland Dragon WarriorSoul WarriorMemoirs of the American Academy in RomeWarrior's CreedThe Ninja Training GuideWarrior UpWay of the Warrior KidRagnar LothbrokWarrior

Be a Warrior Not a Worrier

See the connection between spiritual warfare and your role as a mother in order for your kids to experience an awakening of their own. There is a spiritual war raging against the next generation. This book is a passionate call for moms to break out of the box of “normal” and dare to be led by the Spirit in their day-to-day parenting. Deven Wallace looks at biblical examples, including the mothers of Jesus, John the Baptist, Samuel, Moses, and Samson to empower mothers today. The heart of a mother is to see her child serve God with passion, and this book will be the catalyst to that revival.

The Anti-Warrior

Warrior Up is written to speak to an innate warrior nature that many are born with. This nature has a tendency to be beaten down or lessened over years of life's experiences. When life gets hard finding and living by the creed that runs through the blood of all warriors past, present and future is what takes a person to a new level of living. This creed begins to shape the very thoughts, speech and action of a person for the good. This ancient call when unlocked ignites a fire that changes the world around a warrior which then impacts those around us.

Like a Hurricane

Shares the author's adventures as a young man that led him to a life of service as both a humanitarian and a Navy SEAL.

Time Warrior

The Warrior's Heart

Ragnar Lothbrok: The Tale of a Viking Warrior King delves into the mystery surrounding the Viking warrior who conquered European nations and became a king in his own right. Over nine centuries after the death of this great warrior, ancient poems, songs, and sagas about him still remain today. This audiobook considers the facts as we know them, the myths attributed to Ragnar, and the way this iconic heathen from the north continues to impact modern culture today. This audiobook will discuss: The historical facts and suppositions surrounding this Viking of legend The retelling of the Saga of Ragnar and his three wives How Ragnar's sons became an integral part of the legend that Ragnar represents, and the stories that they inspired How, despite centuries of time, Ragnar and Vikings of his time helped

shape ideas and common traditions that are still held onto today This audiobook is both fact and fictional recount and is dedicated to Ragnar and his enduring, legendary status in history.

The Chaos Rises

Destined to command his future ruler brother's defense army, Lerial, the second son of Duke Kiedron, discovers during his training that he has a rare power to harness both Order and Chaos. By the best-selling author of *Heritage of Cyador*. 50,000 first printing

The Way of the Warrior

Nynn gives birth to the first natural-born Dragon King, but after her and her son are kidnapped by an evil scientist, it is up to Leto, a superhuman Cage warrior, and Nynn, with her new-found powers, to save Nynn's son. Original. 100,000 first printing.

Caged Warrior

“A loud counterblast to the fashionable faith of our times: that human nature is driven by biology . . . urgent and persuasive.”—*Sunday Times* (London) In this era of genome projects and brain scans, it is all too easy to overestimate the role of biology in human psychology. But in this passionate corrective to the idea that DNA is destiny, Jesse Prinz focuses on the most extraordinary aspect of human nature: that nurture can supplement and supplant nature, allowing our minds to be profoundly influenced by experience and culture. Drawing on cutting-edge research in neuroscience, psychology, and anthropology, Prinz shatters the myth of human uniformity and reveals how our differing cultures and life experiences make each of us unique. Along the way he shows that we can't blame mental illness or addiction on our genes, and that societal factors shape gender differences in cognitive ability and sexual behavior. A much-needed contribution to the nature-nurture debate, *Beyond Human Nature* shows us that it is only through the lens of nurture that the spectrum of human diversity becomes fully and brilliantly visible.

The Warrior Within

Sport Facility and Event Management provides readers with a working knowledge of how to manage sport facilities and how to plan, manage, implement, and evaluate sport events. The text integrates timely theoretical insights with real-world practicality and application, affording readers a strong foundation in facility and event management. The authors focus on a broad range of facilities and events, from community recreation facilities to large venues, reflecting the diversity of the industry.

Rise of the Warrior Cop

In this beautifully illustrated offering of ancient wisdom, Deng Ming-Dao shares the secrets of the spiritual path handed down to him by Kwan Saihung, his Taoist master, as well as by herbalists, martial artists, and other practitioners of the ancient arts. Deng shows how Taoist philosophy and practice may be integrated into contemporary Western lifestyles for complete physical, mental, and spiritual health. He provides an abundance of philosophical and practical information about hygiene, diet, sexuality, physical exercise, meditation, medicine, finding one's purpose in life, finding the right teacher, death, and transcendence.

Sport Facility & Event Management

If you're looking for a fitness guide that will:- Teach you to get in shape and strength,- Give you self-confidence and discipline,- And improve mental focus and attention,Then you have chosen wisely! This book will teach you how to get in shape with simple bodyweight exercises (no gym required!), help you learn mental focus and discipline, and give you valuable skills based on the techniques of the ancient warriors of feudal Japan.This guide gives you the essential information you need to get started building strength and confidence. There is no fluff in this book, only useful, genuine information based on my own experience.

The Woman Warrior

An empowering read for people who are worriers. Offering practical solutions, coaching tools and inspirational stories. Also written from the authors personal experience of overcoming the crippling effects of worry. Are you a Worrier? Worrying affects everyone at some point but for many of us has become an unhealthy daily habit that prevents us from being truly happy. Life Coach and Author, Hayley L Silk identifies 12 subjects we worry about the most and offers an enlightening approach to each one. Her expertise and articulation of her own suffering have been skilfully brought together in this must have book that will help you overcome the unhelpful habit of worrying. In this book, you will learn: • Enlightening self-discovery using proven coaching tools • The root causes of your worries • A much healthier perspective • How to stop worrying with simple and practical solutions • How to be a Warrior with your life from now on Humorous and heart-warming, Hayley inspires and empowers the reader to make small changes that will have a big impact. Full of expert advice, proven coaching tools, inspirational stories and quotes you will soon be silencing the worrier within and living your life fearlessly as the Warrior you were always meant to be.

The Warrior

"The mix of hard-headed realism and fantasy in this novel is enchanting"—ELOISA JAMES for Barnes and Noble Reviews for Legend of the Highland Dragon Legend claims When Scotland fell to English rule The Highland dragons took a vow: Freedom at any price. The war may be over, but so long as English magic controls the Highlands, not even a dragon laird can keep his clan safe. What Cathal MacAlasdair needs is a warrior fierce enough to risk everything, yet gifted enough to outwit an enemy more monster than man. What he needs is Sophia. Alchemist Sophia Metzger traveled to Loch Arach in search of knowledge. She never dreamed she'd learn to do battle, ride through the stars on the back of a dragon, or catch the eye of a Highland laird. But as her quest turns to sizzling chemistry and inescapable danger, she'll soon discover the thrill of being caught in a dragon's claws Dawn of the Highland Dragon Series: Highland Dragon Warrior (Book 1) Highland Dragon Rebel (Book 2) Highland Dragon Master (Book 3) What People Are Saying About Isabel Cooper: "Something magical happens when elements of romance and fantasy combine. Cooper's delicious Highland Dragon Rebel has it all, including a strong heroine, intriguing hero, heated sensuality and thrilling action/adventure." —RT Book Reviews for Highland Dragon Rebel "Will keep you turning pages until you reach the very end." —Book Riot for Highland Dragon Master "Smartly written, fast-paced, and brimming over with magic and surprises, this is exactly what readers crave." —RT Book Reviews 4 1?2 Stars, TOP PICK! for Night of the Highland Dragon

Shape-Shifter

Presents the author's personal account of his spiritual quest to unite the diverse realms of body, mind, and spirit by combining Eastern philosophy with Western fitness routines to become an example of the peaceful warrior.

Virtues of a Great Warrior

Mothering is messy. Our joy and hope in raising children doesn't change the reality that being a mom can be frustrating, stressful, and tiring. But just as God is using us to shape our children, God is using our children and motherhood to shape us. In *The Better Mom*, author Ruth Schwenk, herself a mother of four children, encourages us with the good news that there is more to being a mom than the extremes of striving for perfection or simply embracing the mess. We don't need to settle for surviving our kids' childhood. We can grow through it. With refreshing and heartfelt honesty Ruth emboldens moms to:

- Find freedom and walk confidently in purpose
- Create a God-honoring home environment
- Overcome unhealthy and destructive emotions such as anger, anxiety, and more
- Avoid glorifying the mess of mom-ing or idolizing perfection
- Cultivate life-giving friendships

At the heart of *The Better Mom* is the message that Jesus calls us to live not a weary life, but a worthy life. We don't have to settle for either being apathetic or struggling to be perfect. Both visions of motherhood go too far. Ruth offers a better option. She says, "It's okay to come as we are, but what we're called to do and be is far too important to stay there! The way to becoming a better mom starts not with what we are doing, but with who God is inviting us to become."

Shape of a Warrior

During his lifetime, legendary martial artist Bruce Lee formulated a complex personal philosophy--a synthesis of Eastern and Western ideals--that extolled the virtues of knowledge and total mastery of one's self. However, most of his philosophical writings could be found only within the personal library of the Bruce Lee estate--until now. *The Warrior Within* is the most comprehensive volume of these teachings, meant to help you apply Lee's philosophies to your own life. This unique guide reveals such life-affirming secrets as: Seeing the totality of life and putting things into perspective Understanding the concept of Yin and Yang Defeating adversity by adapting to circumstances Tapping into inner spiritual forces to help shape the future With a foreword by Linda Lee Cadwell and photographs and other memorabilia from Bruce Lee's short but celebrated life, *The Warrior Within* is an engrossing and easy-to-understand guide to the little-explored world of Bruce Lee. John Little has been identified as "one of the foremost authorities on Bruce Lee in the world" by *Black Belt* magazine. He edited a three-volume series for the Bruce Lee estate and has written articles for several publications, including *Men's Fitness*, *Official Karate*, and *Inside Kung Fu*.

The Warrior Method

The last days of colonialism taught America's revolutionaries that soldiers in the streets bring conflict and tyranny. As a result, our country has generally worked to keep the military out of law enforcement. But according to investigative reporter Radley Balko, over the last several decades, America's cops have increasingly come to resemble ground troops. The consequences have been dire: the home is no longer a place of sanctuary, the Fourth Amendment has been gutted, and police today have been conditioned to see the citizens they serve as an other—an enemy. Today's armored-up policemen are a far cry from the constables of early America. The unrest of the 1960s brought about the invention of the SWAT unit—which in turn led to the debut of military tactics in the ranks of police officers. Nixon's War on Drugs, Reagan's War on Poverty, Clinton's COPS program, the post-9/11 security state under Bush and Obama: by degrees, each of these innovations expanded and empowered police forces, always at the expense of civil liberties. And these are just four among a slew of reckless programs. In *Rise of the Warrior Cop*, Balko shows how politicians' ill-considered policies and relentless declarations of war against vague enemies like crime, drugs, and terror have blurred the distinction between cop and soldier. His fascinating, frightening narrative shows how over a generation, a creeping battlefield mentality has

isolated and alienated American police officers and put them on a collision course with the values of a free society.

The GenoType Diet

In this first book of a new illustrated middle grade series by a #1 New York Times bestselling author, Marc learns to become a Warrior Kid after his uncle Jake, a Navy SEAL, comes to stay for the summer.

The Elements Bond

The essential handbook for anyone who has ever returned from a war zone, and their spouse, partner, or family members. Being back home can be as difficult, if not more so, than the time spent serving in a combat zone. It's with this truth that Colonel Charles W. Hoge, MD, a leading advocate for eliminating the stigma of mental health care, presents *Once a Warrior—Always a Warrior*, a groundbreaking resource with essential new insights for anyone who has ever returned home from a war zone. In clear practical language, Dr. Hoge explores the latest knowledge in combat stress, PTSD (post-traumatic stress disorder), mTBI (mild traumatic brain injury), other physiological reactions to war, and their treatment options. Recognizing that warriors and family members both change during deployment, he helps them better understand each other's experience, especially living with enduring survival skills from the combat environment that are often viewed as “symptoms” back home. The heart of this book focuses on what's necessary to successfully navigate the transition—“LANDNAV” for the home front. *Once a Warrior—Always a Warrior* shows how a warrior's knowledge and skills are vital for living at peace in an insane world.

Love Warrior

Former Congresswoman Katie Hill shares her experience with misogyny and double standards in politics to help women topple the longstanding power structures that prevent them from achieving equality. Powerful women who dare to make mistakes still face swifter and more brutal consequences than men, as the events that precipitated Congressional representative Katie Hill's resignation, in which she was the victim of revenge porn, clearly demonstrate. But Katie Hill does not want women to be discouraged from taking positions of power -- in fact, the rampant misogyny we see is all the more reason for women to lead, to work to change the systems that have kept old, wealthy, white men in power for far too long. In this book, to be published on the 100th anniversary of the ratification of the 19th amendment (which gave women the right to vote), Katie Hill looks back on the progress we've made and outlines her battle plan for our future. She details how we can overcome the obstacles holding women back from achieving equal representation in positions of power to create the change we want for the next century. What challenges do women face in the modern era, and what battles will we need to fight in the years to come? Katie Hill is ready to equip readers for the front lines of leadership in all arenas, to guide women in becoming the warriors we need to shape this country for the better.

Cyador's Heirs

She Will Rise

A return of a long defeated threat changes everything for a master of the elements. The power of the elements can be complicated to master. Most reach it through the element bonds, ways of connecting to and shaping power that allowed the nation of Terndahl to thrive for centuries. Few can reach power of

their own, an ancient way of holding magic the elemental warriors of old possessed. As spirit master, Tolan teaches how to use the power of the element bonds, but he knows a greater truth. Connected to power of his own, Tolan can use that, along with his bond to the elementals, in ways others cannot. When a threat all thought long ago defeated returns, Tolan finds his service to the Academy will require more than a master of spirit. Stopping this threat requires an ancient elemental warrior, but what if even that magic is not enough? The Shape of Fire is the start of an exciting fantasy adventure series.

Beyond Human Nature: How Culture and Experience Shape the Human Mind

The key to finding the one responsible for the attack on Terndahl involves crossing the waste, but is Tolan willing to risk the tenuous peace they've achieved for revenge? Now a master shaper, Tolan must serve the Academy but he understands the risk his mother poses. While others want to study the power out on the waste, Tolan sees the need to look beyond Terndahl. His mother remains at large, and they still don't know her ultimate goal. When a chance encounter while traveling with the Draasin Lord reveals something unexpected, Tolan realizes he must expedite the plan to explore beyond the waste. What he finds there changes everything he knows about the elements-and the elementals. The final book in Elemental Academy series.

The Way of the Quiet Warrior

The Draasin Lord is captured but a greater threat remains. Now that Tolan knows the secret of the Draasin Lord, he recognizes more needs to be done. As a student, he's not in a position to be able to do more, but as a master shaper, he'd be free to travel as he feels necessary. When another attack targets the academy, Tolan knows his unique abilities might make him the only shaper able to respond. He must survive crossing the waste, but even if he does, how can he stop the chaos where none can shape the elements and where no elementals can survive?

Once a Warrior--Always a Warrior

The Age of Kali is a series of mythic fantasy novels by international bestselling novelist Falguni Kothari. The first book of the series, Soul Warrior, introduces readers to a fictional law-governed Cosmos made up of heavenly, demonic and human realms and its protagonist, Lord Karna, the legendary guardian of the Human Realm, who is coerced into training six godlings into demon hunters against a rising demon army. The series arc interlocks into a war of domination between the Light and Dark forces of the Cosmos and the race to control the one soul capable of total cosmic annihilation, demi-god Karna's and Draupadi's secret child.

Scholar Warrior

Virtues of a Great Warrior was written after a proverb from the world of martial arts: "At the beginning of his path, the warrior trains to know how to fight. At the end, he trains to know how to avoid fighting." It tells the story of a young warrior who is looking for guidance in the art of the sword. The meeting with a great master reveals to him the real teachings behind the art, his life purpose, and also something greater. The practice of martial arts brings great control over the body, and balance and mastery over the senses, but if it's not coupled with mind training and correct intention it can become dangerous and destructive. The practitioner must not only learn the techniques externally, but he must also learn to direct the great force he has gained towards benefiting others and the Greater Good. Otherwise, no matter how skillful he becomes at his performance, he will always create more harm than good. If he selfishly uses the practice solely for his own benefit, sooner or later he will lose his inner balance and

the Right Way. But if he practices with the correct motivation, he will become a peace-bringer who can bring peace to himself and to his opponent. He will know how to transform aggression into harmony.

Way of the Peaceful Warrior

Just because his last name means "Warrior" in Egyptian doesn't mean Tommy Bomani has had it easy. He's small, unpopular, and constantly being picked on by the two angriest bullies his school has ever seen. But when he finally fights back, Tommy unleashes incredible powers within himself he never could have dreamed were there, and begins to wonder if there is a reason his name means what it means. Calico Chapter Books is an imprint of Magic Wagon, a division of ABDO Group. Grades 3-8.

The Shape of Fire

In 1937 thirty-six nervous young men dressed in ill-fitting blue suits, wearing berets, and carrying identical black valises, were given tickets for an American Export Lines ship. They were told to conduct themselves as ordinary tourists, to be "inconspicuous." They were volunteers for the Abraham Lincoln Brigade, traveling the French underground to join in the fight against Franco. Among them was Milt Felsen, a young New Yorker and radical antiwar activist on the University of Iowa campus who had decided that fascism had to be opposed. Some of these young men never made it to their destination. But Milt Felsen did, beginning a march across the Pyrenees which was only the first of his many battles and adventures. Told with uncommon wit and verve, this memoir of war and resistance is a stirring account of Felsen's involvement in two decades of battle. Surprisingly, this is a spirited and even funny book, infused with Felsen's unbeatable personality. After the Spanish Civil War, Felsen helped form the O.S.S. in World War II. Taken prisoner of war, he escaped in his inimitable style during a 1,200-mile prisoner-of-war march and drove out of Nazi Germany in a Mercedes-Benz. He returned to the United States more convinced than ever of war's insanity and its extreme human cost.

Case of the Black Warrior

A fictionalized account of the life of the Biblical figure Caleb also includes a Bible study.

The Better Mom

What's Your GenoType? GenoType 1 The Hunter Tall, thin, and intense, with an overabundance of adrenaline and a fierce, nervous energy that winds down with age, the Hunter was originally the success story of the human species. Vulnerable to systemic burnout when overstressed, the Hunter's modern challenge is to conserve energy for the long haul. GenoType 2 The Gatherer Full-figured, even when not overweight, the Gatherer struggles with body image in a culture where thin is "in." An unsuccessful crash dieter with a host of metabolic challenges, the Gatherer becomes a glowing example of health when properly nourished. GenoType 3 The Teacher Strong, sinewy, and stable, with great chemical synchronicity and stamina, the Teacher is built for longevity—given the right diet and lifestyle. This is the genotype of balance, blessed with a tremendous capacity for growth and fulfillment. GenoType 4 The Explorer Muscular and adventurous, the Explorer is a biological problem solver, with an impressive ability to adapt to environmental changes, and a better than average capacity for gene repair. The Explorer's vulnerability to hormonal imbalances and chemical sensitivities can be overcome with a balanced diet and lifestyle. GenoType 5 The Warrior Long, lean, and healthy in youth, the Warrior is subject to a bodily rebellion in midlife. With the optimal diet and lifestyle, the Warrior can overcome the quick-aging metabolic genes and experience a second, "silver," age of health. GenoType 6 The Nomad A GenoType of extremes, with a great sensitivity to environmental conditions—especially changes in

altitude and barometric pressure, the Nomad is vulnerable to neuromuscular and immune problems. Yet a well-conditioned Nomad has the enviable gift of controlling caloric intake and aging gracefully. The author of the international bestseller *Eat Right 4 Your Type* again breaks new ground with the first diet plan based on your unique genetic code. With *Eat Right 4 Your Type* and additional books in the Blood Type Diet® series, Dr. Peter J. D'Adamo pioneered a new, revolutionary approach to dieting—one linked to a person's blood type. In the *GenoType Diet*, he takes his groundbreaking research to the next level by identifying six unique genetic types. Whether you are a Hunter, Gatherer, Teacher, Explorer, Warrior, or Nomad, Dr. D'Adamo offers a customized program that compliments your genetic makeup to maximize health and weight loss, as well as prevent or even reverse disease. In simple, concise prose, Dr. D'Adamo explains how a host of environmental factors, including diet and lifestyle, dictate how and when your genes express themselves. He goes on to demonstrate precisely how, with the right tools, you can alter your genetic destiny by turning on the good genes and silencing the bad ones. Your health risks, weight, and life span can all be improved by following *The GenoType Diet* that's right for you. Using family history and blood type, as well as simple diagnostic tools like fingerprint analysis, leg length measurements, and dental characteristics, Dr. D'Adamo shows you how to map out your genetic identity and discover which of the six *GenoType* plans you should follow. Without expensive tests or a visit to the doctor, *The GenoType Diet* reveals previously hidden genetic strengths and weaknesses and provides a precise diet and lifestyle plan for every individual. Based on the latest and most cutting-edge genetic research, this is a twenty-first-century plan for wellness and weight loss from a renowned healthcare pioneer.

The Warrior We Call Mom

For a brief but brilliant season beginning in the late 1960s, American Indians seized national attention in a series of radical acts of resistance. *Like a Hurricane* is a gripping account of the dramatic, breathtaking events of this tumultuous period. Drawing on a wealth of archival materials, interviews, and the authors' own experiences of these events, *Like a Hurricane* offers a rare, unflinchingly honest assessment of the period's successes and failures.

Highland Dragon Warrior

Drawing on the vast body of styles practiced around the world, including ancient and obscure styles from every continent on the planet, *The Way of the Warrior* is an indispensable, one-stop reference work for anyone interested in the martial-arts canon.

Soul Warrior

The Way of the Quiet Warrior: 90-Days to the Life You Desire is a unique hybrid of guide and fable. Mingling clear, non-fiction explanations of Tom Dutta's revolutionary *Way of the Quiet Warrior* formula for success with fictional tales designed to illustrate those concepts, this book is designed to be highly readable and engaging. With more than three decades of experience in the corporate world, Dutta is perfectly positioned to identify and address the unmet needs and unresolved issues of CEOs, leaders and executives the world over.

Memoirs of the American Academy in Rome

According to the recent statistics from the U.S. Department of Justice, black males die at a rate fifteen times higher than that of white males because of homicidal violence. The Department estimates that 28 percent of black males will enter state or federal prisons during their lifetime. In response to these

devastating statistics, psychologist, educator, and father Raymond Winbush has created The Warrior Method -- a program designed for parents and teachers to help black boys become strong, self-reliant men. Filled with thoughtful reflections on the author's own experiences, the book looks at a male's life through the prism of the four seasons: spring -- conception to four years old; summer -- ages five through twelve; autumn -- ages thirteen through twenty-one; and winter -- age twenty-two and beyond. Winbush's comprehensive, step-by-step approach draws on such African traditions as the "Birthing Circle" and a "Young Warriors Council" to help boys make important transitions, along with numerous other modern variations on tribal customs that instill the values of self-respect, dignity, and honor.

Warrior's Creed

#1 New York Times Bestseller Oprah's Bookclub 2016 Selection "Riveting a worthy investment this book has real wisdom." —New York Times Book Review "A book with so much painful truth packed into its pages that every person who's ever married or plans to marry should really give it a read." —Chicago Tribune "Provocative. I adore her honesty, her vulnerability, and her no-nonsense wisdom, and I know you will, too." —Oprah Winfrey "This memoir isn't really about Glennon rebuilding her relationship with her husband; it is about Glennon rebuilding her relationship with herself. Utterly refreshing and badass." —Bustle.com The highly anticipated new memoir by bestselling author Glennon Doyle tells the story of her journey of self-discovery after the implosion of her marriage. Just when Glennon Doyle Melton was beginning to feel she had it all figured out—three happy children, a doting spouse, and a writing career so successful that her first book catapulted to the top of the New York Times bestseller list—her husband revealed his infidelity and she was forced to realize that nothing was as it seemed. A recovering alcoholic and bulimic, Glennon found that rock bottom was a familiar place. In the midst of crisis, she knew to hold on to what she discovered in recovery: that her deepest pain has always held within it an invitation to a richer life. *Love Warrior* is the story of one marriage, but it is also the story of the healing that is possible for any of us when we refuse to settle for good enough and begin to face pain and love head-on. This astonishing memoir reveals how our ideals of masculinity and femininity can make it impossible for a man and a woman to truly know one another—and it captures the beauty that unfolds when one couple commits to unlearning everything they've been taught so that they can finally, after thirteen years of marriage, commit to living true—true to themselves and to each other. *Love Warrior* is a gorgeous and inspiring account of how we are born to be warriors: strong, powerful, and brave; able to confront the pain and claim the love that exists for us all. This chronicle of a beautiful, brutal journey speaks to anyone who yearns for deeper, truer relationships and a more abundant, authentic life.

The Ninja Training Guide

The riveting story of how a young boy's upbringing with outlaw culture and charismatic role models forged him into an elite Marine and a decorated Pararescueman. "Absence of self is my sword" comprises the final line in "The Warrior's Creed," a 14th century poem written by an unknown Japanese Samurai, and this is the code Master Sergeant Roger Sparks embodied as a Recon Marine turned Alaskan Pararescueman. A living legend in the military, Sparks first made a name for himself within elite Marine Reconnaissance units. He went on to become an instructor where he trained future Reconnaissance Marines with unorthodox and ancient indigenous warrior techniques. A decade later, the same methods would keep him and others alive, when he hoisted into a maelstrom of violence to rescue an embattled platoon in the rugged mountains of eastern Afghanistan. Introduced to a tough code of honor, family, and brotherhood from birth, Roger Sparks rose to become a distinguished instructor in Marine Reconnaissance and a Silver Star recipient as an Alaska Pararescueman. A raw and exhilarating tale of guts, grit, and heart, *Warrior's Creed* recounts the hidden side of special operations training, heroic and heartbreaking Alaskan wilderness rescues, and the surreal and deadly rescues during

Operation Bulldog Bite in Afghanistan's Watapur Valley. This powerful and inspirational story is as much of a self-help book as it is an edge of your seat military memoir. *Warrior's Creed* reveals a motivating and mindful approach to overcoming the odds, facing the impossible, and finding mercy and grace in the aftermath.

Warrior Up

In her award-winning book *The Woman Warrior*, Maxine Hong Kingston created an entirely new form—an exhilarating blend of autobiography and mythology, of world and self, of hot rage and cool analysis. First published in 1976, it has become a classic in its innovative portrayal of multiple and intersecting identities—immigrant, female, Chinese, American. As a girl, Kingston lives in two confounding worlds: the California to which her parents have immigrated and the China of her mother's "talk stories." The fierce and wily women warriors of her mother's tales clash jarringly with the harsh reality of female oppression out of which they come. Kingston's sense of self emerges in the mystifying gaps in these stories, which she learns to fill with stories of her own. A warrior of words, she forges fractured myths and memories into an incandescent whole, achieving a new understanding of her family's past and her own present.

Way of the Warrior Kid

A non-linear approach for dealing with time. In this age of instant global connection to everyone and everything, your "war" is against interruption and distraction. The "violence" in the word "warrior" was intended. For although the work you do can be slow and easy, to master non-linear time you must pull out your sword ahead of time to carve out periods of space and silence. *Time Warriors* arrange the "chaos" around them by slowing down -- way, way down -- and then letting go of people-pleasing, approval-seeking and every shade of mood-based and future-based thinking.

Ragnar Lothbrok

In this inspiring memoir, a former female Marine platoon leader recalls the wars she has fought—on the playing field, the battlefield, and inside her own soul—revealing how overcoming the harrowing circumstances in her life helped her ultimately redefine what it means to be strong and what "perfect" really is. Theresa Larson has lived multiple lives. At ten she was a caregiver to her dying mother. As an adolescent, an All-Star high school, college, and professional softball player. As a young adult, a fitness competition winner, beauty pageant contestant, and model. And as a grown woman, a high-achieving Lieutenant in the Marines, in charge of an entire platoon while deployed in Iraq. Meanwhile, Theresa was battling bulimia nervosa, an internal struggle which ultimately cut short her military service when she was voluntarily evacuated from combat. Theresa's journey to wellness required the bravery to ask for help, to take care of herself first, and abandon the idea of "perfect." In *Warrior*, she lays bare all of these lives in intimate and vivid detail, examining extremely personal and sometime painful moments and how, by finally accepting the help of others, she learned to make herself whole. From growing up in a log cabin outside Seattle to facing down the enemy in Iraq, Theresa's journey demonstrates that good health and happiness is a daily, intentional act that requires persistence and commitment. Theresa hopes that through sharing her story, she will help inspire others to empower themselves, embrace their inner warrior and re-define strength. Startling and funny, terrifying and triumphant, heartbreaking and inspirational, *Warrior* is at heart a story of perseverance and success—of a determined woman who is model for everyone struggling to conquer their own demons. Theresa shows that asking for help can be an act of courage, and that we are stronger than we think when faced with seemingly impossible odds.

Warrior

Set in the Caribbean in the pre-Columbian era, *Shape of a Warrior* is a captivating tale about the indomitable spirit of a young adventurer and her unlikely friend in the battle-centered world of the indigenous Kalina people. On the island of Hiroon, a Kalina girl rescues and helps hide a strange-looking boy who she thinks is a captive escaped from a nearby village. But he's not. He's a boat wreck survivor from a distant land that apparently is unknown to anyone else. For Yurubi, who dreams of boat building and canoeing, Aloo grows to become a friend like no other, although he's terrified of the sea. Together, they secretly explore the forest near his cave hideout, learn to make weapons and tools, play wrestling games, hunt, and build small river boats. But their world of adventure crumbles when Aloo is forced out of hiding and as Yurubi's unwomanly skills become apparent. Their close bonds rip apart as they are battered by the vagaries of nature and deluged with suspicion, belligerence and ridicule in a village that holds fast to age-old traditions. Under the cryptic eye of the village shaman, Yurubi and Aloo struggle against their anguish, fears and misgivings to fight for a place on an island that's home to some of the most fearsome warriors on Earth.

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