

## **Soulpancake Chew On Lifes Big Questions**

Mr. Ferris and His Wheel Fashion Africa Bocuse in Your Kitchen Hungry Monkey When You Find Out the World Is Against You Five Kingdoms: Sky Raiders Don't Sweat The Small Stuff In Love The Poetic Species The River Cottage Family Cookbook Moving Foreword Pop Art 344 Questions The Invisible Corset Burnt Toast Harvest of Empire Never Shake Hands with a War Criminal Big-Eyed Masters This Rock Soul Pancake Figuring Foreigners Out Living the Simple Life The Toltec Prophecies of Don Miguel Ruiz An Audience of One The Script The Bassoon King The Seven Mysteries of Life The After-Christmas Tree Looseleaf for The Philosophical Journey: An Interactive Approach White Fluffy Clouds The Family Virtues Guide Kid President's Guide to Being Awesome Runaway Chasing the North Star Fight Less, Love More Big Cats Art that Kills If at Birth You Don't Succeed Plant-Strong Smothered The Good Life

### **Mr. Ferris and His Wheel**

Cole Randolph was just trying to have a fun time with his friends on Halloween (and maybe get to know Jenna Hunt a little better). But when he and his friends break into a spooky house with the scariest rep in town, it turns out to be the start of an adventure on a whole different level! As his friends are mysteriously sucked away into another realm, Cole dives in after them and finds himself in a magical place called The Outskirts. Made up of five kingdoms, The Outskirts lie between wakefulness and dreaming, reality and imagination, between life and death. It's an in-between place. And once you find your way to the Outskirts, it's very hard to leave...

### **Fashion Africa**

Figuring Foreigners Out will aid in creating an effective system for preparing and dealing with cultural differences.

### **Bocuse in Your Kitchen**

Learn to love your body—for real this time Women in touch with the wisdom of their bodies are the single greatest threat to societal systems of domination, oppression, and control. We are also the greatest possibility to bring healing, peace, and restoration to our world. —Lauren Geertsen No matter how much

we try to tell ourselves to love our bodies and accept our flaws, most women can't quite get there. Even though we know the beauty standard is unrealistic, we secretly feel like it would be so much easier if our stomach were just a little flatter, or our skin a little smoother, or a million other little things. As a result, we sacrifice our health, heritage, sanity, and lives on the altar of beauty culture. Why is it so hard to feel confident about our bodies, or even just accept them? Because willpower alone isn't enough to undo generations of brainwashing intended to repress women's confidence and power. In *The Invisible Corset*, Geertsen carefully illustrates the psychological gaslighting that leads women to internalize the belief that their appearance makes them not only unworthy of love, but incapable of fulfilling their actual destiny. By highlighting each restricting string of the invisible corset all women wear, Geertsen helps us reclaim our bodies for ourselves, discovering newfound confidence, power, joy, and pleasure as we do. You'll explore: How the invisible corset cuts you off from your body's wisdom and nature's intelligence—the true sources of your intuition, pleasure, and power How beauty culture is the most recent form of patriarchal oppression – and why women are both responsible and able to free ourselves Why the body positivity movement often makes self-criticism even worse The racist history of beauty culture, and how it still perpetuates racism today Journaling prompts, rituals, meditations, and other exercises to help unravel the toxic beliefs that keep the invisible corset in place A variety of practices to help you reconnect with your body—to tune into your intuition, set healthy boundaries, align with your True Self, and more For any woman who is ready to go from struggle, discomfort, control, and shame to pleasure, confidence, freedom, and soul-fulfilling purpose, *The Invisible Corset* is an essential guide.

### **Hungry Monkey**

### **When You Find Out the World Is Against You**

For nine seasons Rainn Wilson played Dwight Schrute in the *The Office*. Viewers fell in love with the character and grew to love the actor who played him even more. In *The Bassoon King*, he tells his own story and explains how he came up with his incredibly unique sense of humor and perspective on life. The book chronicles his journey from super-nerddom to drama, his years of mild debauchery and struggles as a young actor in New York, his many adventures, and insights about *The Office* which fans of both Wilson and the show will love.

### **Five Kingdoms: Sky Raiders**

Examines the point where art meets crime. Stephen Barber chronicles the evolution of a new aesthetic movement, a terrifying fringe of underground art where enlightenment and depravity combine. Murder, rape, torture, paedophilia, cannibalism, drugs, sedition, racism and blasphemy mix with literature, history, politics, news, movies, TV, punk rock, philosophy and science. Barber documents the diabolical era between 1984 and 2001 in all its depravity. He profiles a pantheon of dissidents and deviants and attempts to analyse an elusive era.

### **Don't Sweat The Small Stuff In Love**

CAN MEN AND WOMEN REALLY BE "JUST FRIENDS? IF YOU ONLY HAD ONE HOUR LEFT TO LIVE, HOW WOULD YOU SPEND IT? WHAT PARALYZES YOUR CREATIVITY? WHAT FUELS IT? Somewhere over the course of history, chewing on Life's Big Questions lost its cool factor. Fortunately for mankind, Rainn Wilson (best known for playing Dwight Schrute on NBC's The Office) and a bunch of his friends are on a mission to change that. Based on the wildly successful website SoulPancake.com, this book urges you to explore philosophy, creativity, spirituality, love, truth, science, and so much more. With bold questions, intriguing challenges, and mind-bending art, Soul Pancake creates a space for you to stimulate your brain stem, spark your soul, and figure out what it means to be human.. CRAMMED INSIDE: + A revealing Introduction by Rainn Wilson + 180 Life's Big Questions (the ones that gnaw at your innards) + Visual masterpieces from 90+ artists + Unusual activities that launch you into the world + Exclusive commentary from the fascinating minds of: Amy Sedaris, David Lynch, Heather Armstrong (Dooce.com), Dr. Drew, Jesse Dylan, Justin Vernon (Bon Iver), Harold Ramis, Josh Ritter, and Saul Williams.

### **The Poetic Species**

Recipes for the whole family.

### **The River Cottage Family Cookbook**

The authors recount how they created a lifestyle based on self-reliance, good health, and a minimum of cash

## **Moving Foreword**

Provides advice on teaching children respect, honesty, responsibility, compassion, and faith

## **Pop Art**

"This is LIFE, people! You've got air coming through your nose! You've got a heartbeat! That means it's time to do something!" announces Kid President in his book, *Kid President's Guide to Being Awesome*. From YouTube sensation (75 million views and counting!) to Hub Network summer series star, Kid President—ten-year-old Robby Novak—and his videos have inspired millions to dance more, to celebrate life, and to throw spontaneous parades. In his *Guide to Being Awesome*, Kid President pulls together lists of awesome ideas to help the world, awesome interviews with his awesome celebrity friends (he has interviewed Beyoncé!), and a step-by-step guide to make pretty much everything a little bit awesomer. Grab a corn dog and settle in to your favorite comfy chair. Pretend it's your birthday! (In fact, treat everyone like it's THEIR birthday!) Kid President is here with a 240-page, full-color *Guide to Being Awesome* that'll spread love and inspire the world.

## **344 Questions**

The creator of the *Unmistakable Creative* podcast makes a counterintuitive argument: By focusing your creative work on pleasing yourself, you can increase your productivity, happiness, and (eventually, paradoxically) the size of your audience. Creating for your own pleasure—whether you're writing a novel, composing songs, or painting a landscape—can seem pointless. It's tempting to focus on pursuing money and fame, rather than the process itself. But as Srini Rao warns, creating then turns into a chore that can harm your self-esteem and suck the pleasure out of life, rather than being a source of joy. Rao, host of the podcast *The Unmistakable Creative*, argues that we should counter this thinking by intentionally creating art for ourselves alone—an audience of one. In this book he shares the fascinating true stories of creatives who took this path, along with actionable tips and the research of creativity experts. You'll learn, for example: \* How Oprah's intentional focus on her own work rather than the opinions of everyone else catapulted her into one of the most popular talk shows of all time. \* How being process-driven can not only help you produce more work, but can make you happier outside of your creative time. \* How to put together a creative "team of rivals" whose feedback can help you hone your craft and filter out useless feedback. By playing to an audience of one, we can find more

happiness, increased productivity, and a greater sense of community.

### **The Invisible Corset**

Treasured by Walgreen shoppers and reviled by critics, the big-eyed paintings of pensive or sprightly urchins, harlequins, and puppy dogs are finally taking their place as a major kitsch collectible of the 1960s. Margaret Keane created the style, but as *Big-Eyed Masters* reveals, there were plenty of Keane wannabes working in the same genre around the world. This fun, splashy book traces the evolution of the Big-Eyed school and its major exponents. Included are rare biographical details along with the work of these obscure artists. Appropriate ephemera -- from period ads to lamps to earrings -- round out this witty work.

### **Burnt Toast**

*Bocuse in Your Kitchen* contains no recipes involving black truffles, caviar, or foie gras. Instead, author and world-renowned chef Paul Bocuse has chosen only simple, classic French recipes that are easy to follow and prepare. According to the chef, Simple fare is, in my opinion, the best the kind that I love to prepare at home for my family and my friends, and *Bocuse in Your Kitchen* teaches even the most inexperienced of cooks how to share his flair for good food.

### **Harvest of Empire**

You've heard it before: Your friend's husband is acting distant, and she blames herself. Rumor starts to spread that he's running around with his secretary, and still your friend doesn't see. Then he drops the Bomb, moves out-and is soon happily remarried to his mistress. How could your friend have been so blind? That could never happen to you. Statistics show that 35% of husbands cheat on their wives. In *The Script*, Elizabeth Landers and Vicky Mainzer take readers through the standard lines that have been used by hundreds of unfaithful husbands. Like a screenplay for a movie you never wanted to see, *The Script* indicates which signs to look for, red flags you might not have noticed before, and how to turn the tide of disaster before it's too late.

### **Never Shake Hands with a War Criminal**

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The social enterprise Africa Fashion Guide has compiled the ultimate fashion guide from Africa. The book 'FASHION AFRICA' features the must-haves from just a handful of the creme de la creme of emerging and established designers who have taken their core inspiration from all corners of Africa 'FASHION AFRICA' proudly showcases 48 designers who have been influenced by the heartbeat, the many facets of history, culture, and people of Africa to bring about an aesthetic beauty which has been artistically illustrated. Featured in the book are designers such as Jewel by Lisa, Tiffany Amber, SUNO NY, Oliberte, NKWO, Loin Cloth and Ashes, Chichia London as well as ethical manufacturers such as Mantisworld and Kibotrade. You will also find fantastic modern illustrations, stunning photography and great analysis. This book - or visual guide - is the first of its kind that provides a contemporary, informative and visual overview of the African fashion and textiles industry with an ethical perspective.

### **Big-Eyed Masters**

The New York Times bestselling authors show readers how to feel like newlyweds every day. He's helped 12 million people reduce the stress at home and at work. Now the #1 New York Times bestselling author of Don't Sweat the Small Stuff, Richard Carlson, with Kristine, his wife of 14 years, brings us a simple, stress-free approach to love. While depression, heartache, and anger are associated with love relationships, stress is rarely identified as a problem. Yet we all have concerns about our most important relationships. In one hundred brief, beautifully written essays, the authors show readers how not to overreact to a loved one's criticism, how to appreciate your spouse in new ways, how to get past old angers, and many other ways to improve and increase the joy and pleasure that can and should be part of any relationship.

### **This Rock**

Capturing an engineer's creative vision and mind for detail, this fully illustrated picture book biography sheds light on how the American inventor George Ferris defied gravity and seemingly impossible odds to invent the world's most iconic amusement park attraction, the Ferris wheel. A fun, fact-filled text by Kathryn Gibbs Davis combines with Gilbert Ford's dazzling full-color illustrations to transport readers to the 1893 World's Fair, where George Ferris and his big, wonderful wheel lifted passengers to the skies for the first time.

### **SoulPancake**

Thousands of years before the dragonets of destiny were hatched, another destiny began Foeslayer the NightWing and Prince Arctic of the IceWings are legendary. According to the myths, before they became the parents of Pyrrhia's most infamous dragon, Darkstalker, Foeslayer and the NightWings kidnapped an IceWing prince. The act set off a bitter rivalry between the tribes that lasted thousands of years. But it all started so simply: Foeslayer and Arctic fell in love. They just wanted to be together; instead, a runaway dragon became a fugitive -- and changed Pyrrhia forever.

### **Figuring Foreigners Out**

These ancient Toltec Prophecies will transform human life: PROPHECY ONE - The Sixth Sun Dawns PROPHECY TWO - God Awakens PROPHECY THREE - Intuition Arises PROPHECY FOUR - Heaven is Known Here on Earth As individuals living at the dawn of the Sixth Sun, we are destined to fulfill the ancient Toltec Prophecies in this generation. In this book, don Miguel Ruiz shows how we can tap into the new Sun's transforming power and awaken to the awesome truth of our authentic being. In the coming years, as more and more individuals learn to access this power, humanity will awaken from its age-old dream of fear, move into the new paradigm, and begin to create heaven on earth.

### **Living the Simple Life**

Presents a collection of questions to help readers determine where they are in their life and career, formulate goals, and how to achieve them, along with questions and answers from a variety of writers, musicians, and artists that they were asked on their way to success.

### **The Toltec Prophecies of Don Miguel Ruiz**

Family members take their Christmas tree into the back yard and decorate it with edible trimmings for the wild birds and animals.

### **An Audience of One**

The # 1 New York Times bestseller--now in trade paperback for the first time! In this #1 New York Times bestseller (originally published as My Beef with Meat), Rip Esselstyn arms readers with the 36 most powerful facts that prove, once and for all, that a plant-based diet can save your life. Do you want to:

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Prevent cancer, heart attacks, stroke, and Type 2 Diabetes? Eat plants! Have stronger bones than milk could ever give you? Eat plants! Avoid dangerous carcinogens and contaminants? Eat plants! Lose weight and look great? Eat plants! On top of these arguments are 150 other reasons why plants rule--as in 150 delicious, mouth-watering Engine 2 recipes, including 10 that are exclusive to this new edition. Prepare to eat well, be healthy, and live plant-strong!

### **The Script**

Editor presents a fun collection of tongue-in-cheek forewords for imaginary books, penned by real celebrities.

### **The Bassoon King**

From America's most beloved comedic actress and the star of Desperate Housewives comes a personal, heartfelt, and often very funny manifesto on life, love, and the lessons we all need to learn -- and unlearn -- on the road to happiness Teri Hatcher secured her place in America's heart when she stood up to accept her Golden Globe for Best Actress and declared herself a "has-been" on national television. That moment showcased her down-to-earth, self-deprecating style -- and her frank openness about the ups and downs she's experienced in life and work. But what the world might not have seen that night is that Teri's self-acceptance is the hard-won effort of a single mother with all the same struggles most women have to juggle -- life, love, bake sale cookies, and dying cats. Now, in the hope that her foibles and insights might inspire and motivate other women, Teri opens up about the little moments that have sustained her through good times and bad. From the everyday (like the importance of letting your daughter spill her macaroni so she knows it's okay to make mistakes) to the rare (a rendezvous with a humpback whale -- and no, he was not a suitor), the message at the heart of Burnt Toast -- that happiness and success are choices that we owe it to ourselves to make -- is sure to resonate with women everywhere.

### **The Seven Mysteries of Life**

Finally available as an eBook. If you've thought about simplifying, but don't know where to begin, LIVING THE SIMPLE LIFE is the blueprint you need. And if you've already started to simplify, it will give you new insights and ideas for what to do next on your journey to a more balanced, peaceful life.

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In these pages, you'll discover how simplifying your life will: Give you more time to play and relax Make you more productive at work Unleash your creativity and open up new possibilities Free up time for you to face the challenges you've been avoiding Scale down. Enjoy More.

### **The After-Christmas Tree**

A sweeping history of the Latino experience in the United States- thoroughly revised and updated. The first new edition in ten years of this important study of Latinos in U.S. history, Harvest of Empire spans five centuries-from the first New World colonies to the first decade of the new millennium. Latinos are now the largest minority group in the United States, and their impact on American popular culture-from food to entertainment to literature-is greater than ever. Featuring family portraits of real- life immigrant Latino pioneers, as well as accounts of the events and conditions that compelled them to leave their homelands, Harvest of Empire is required reading for anyone wishing to understand the history and legacy of this increasingly influential group.

### **Looseleaf for The Philosophical Journey: An Interactive Approach**

A Harvard-trained lawyer and mediator shows busy couples how to stop fighting and start communicating. In Fight Less, Love More, readers will learn how to identify the bad verbal habits, instinctive responses, and emotional reasoning that can cloud judgment and ultimately lead to the deterioration of otherwise healthy relationships. With exercises, examples, and sample scripts, Puhn's modern voice presents simple 5-minute strategies create immediate, positive changes and provide long-lasting communication skills that couples can continually employ when faced with conflict.

### **White Fluffy Clouds**

Never Shake Hands with a War Criminal is a personal and political history told with acid humor and a loving heart. Barry Crimmins, a writer and commentator on Air America Radio, travels from a skeptical childhood in frozen upstate New York, through the founding of the Boston comedy scene, to a career as a satirist and activist. No villain is spared; no hero is forgotten. Crimmins also cuts a hilarious swath through our political tormentors, in the spirit of Mark Twain, Will Rogers, and Lenny Bruce.

### **The Family Virtues Guide**

Mixing science with philosophy, the author contemplates what he perceives to be the seven mysteries of life, ranging from evolution to divinity

### **Kid President's Guide to Being Awesome**

A novel set in the North Carolina mountains in the early 1920s tells the story of two vastly different brothers--one who is embittered, wild, and dissolute, the other shy, innocent, and intent on building a rock church with his own hands, a plan that tears the community apart. By the author of Gap Creek. Reprint. 75,000 first printing.

### **Runaway**

The Philosophical Journey: An Interactive Approach, 7e is a text with readings that enhances comprehension of philosophical study by encouraging students to ponder, explore, and actively participate in the learning process. Philosophy becomes a personal journey for students through Lawhead's unique pedagogy that introduces philosophical concepts through practical application in the form of primary sources, interwoven exercises, and sections that encourage critical thinking and further exploration of core concepts.

### **Chasing the North Star**

A meeting of great minds at the intersection of the arts and sciences

### **Fight Less, Love More**

A dad's "charming, funny" memoir of trying to pass along his refined culinary tastes, with some kid-friendly recipes included (Neal Pollack). Armed with the belief that kids don't need puree in a jar or special menus when eating out, restaurant critic and food writer Matthew Amster-Burton was determined to share his love of all things culinary with his daughter, Iris. From the high of rediscovering tastes through a child's unedited reaction to the low of realizing his precocious vegetable fiend was just going through a phase, Matthew discovered that raising an adventurous eater is about exposure, invention, and patience. Sharing in Matthew's culinary capers is little Iris, a budding gourmand and a zippy critic herself—who makes huge sandwiches, gobbles up hot chilies, and even helps around the

kitchen. This account, with dozens of delicious recipes and notes on which dishes can be prepared by “little fingers,” reminds us: “Food is fun, and you get to enjoy it three times a day, plus snacks.” “A very timely and excellent book.” –Anthony Bourdain “A fast, funny memoir punctuated with sensible advice and recipes . . . Encourages adults to chill the heck out and have fun cooking with their kids.” –Seattle Weekly “An antidote to the ubiquitous advice that bland food is best for little ones.” –Associated Press “Full of great ideas for family meals. In a world of culinary pandering to kids . . . Amster-Burton gets the recipe right.” –Neal Pollack, author of Alternadad “Amster-Burton is equal parts Mario Batali, Ray Romano, Dr. Spock of toddler cuisine, and Mr. Spock of child logic.” –Steven Shaw, author of Turning the Tables

### **Big Cats**

The author of the New York Times bestseller Everything Is Perfect When You're a Liar returns with a deeper and even funnier new collection of essays about the pleasures and perils of living in Kelly Oxford's head. Kelly Oxford likes to blow up the internet. Whether it is with the kind of Tweets that lead Rolling Stone to name her one of the Funniest People on Twitter or with pictures of her hilariously adorable family (human and animal) or with something much more serious, like creating the hashtag #NotOkay, where millions of women came together to share their stories of sexual assault, Kelly has a unique, razor-sharp perspective on modern life. As a screen writer, professional sh\*t disturber, wife and mother of three, Kelly is about everything but the status quo. Perfect for anyone who ever wished David Sedaris and Mindy Kaling would just finally write a book together already, When You Find Out the World is Against You is filled with the biting, wise, and laugh-out-loud insights that have won Kelly legions of fans. Whether she's detailing her obsession as an eleven-year-old with going to camp so she can become a “kissing bandit,” exploring the bittersweet boredom that so often accompanies parenthood, calling out the insanity of a posse of internet poodle vigilantes, writing bracingly about the anxiety that has plagued her as long as she can remember or taking us to ride shotgun as she stalks her husband on an accidental date with another man, When You Find Out the World Is Against You is Kelly at her most honest and disarmingly funny best. Her comedic skill, down-to-earth voice, and bull's-eye observations on the absurdity of modern life mean there is nothing quite like seeing the world through Kelly's eyes.

### **Art that Kills**

Big Cats opens with "Charlotte," in which a young girl with a broken pelvis spies on her voluptuous

neighbor during a long, hot summer night, setting the tone of irrepressible curiosity and yearning that is evident throughout the collection. In "Get Away from Me, David," a bank manager tries to overcome his haunted past as he deals with the aftermath of a minor earthquake and the body of a customer who died in the lobby. "Big Cats" pits two teenage girls against each other in an escalating catfight at the zoo where they work, culminating in a blowout in front of the lion cage.

### **If at Birth You Don't Succeed**

A humorous debut crossover young adult novel about what happens when entering the "real world" means moving back in with your mother, inspired by actress and celebrity Autumn Chiklis' real life. Eloise "Lou" Hansen is graduating from Columbia University summa cum laude, and she's ready to conquer the world. Just a few minor problems: she has no job, no prospects, and she's moving back into her childhood bedroom. Lou is grimly determined to stick to a rigorous schedule to get a job and get out of her parents' house. Shelly "Mama Shell" Hansen, on the other hand, is ecstatic, and just as determined to keep her at home. Who else will help her hide her latest binge-shopping purchases from her husband, go to SoulCycle with her, and hold her hand during Botox shots? Smothered is a hilarious roman à clef told via journal entries, text messages, emails, bills, receipts, tweets, doctor's prescriptions, job applications and rejections, parking tickets, and pug pictures, chronicling the year that Lou moves back home after college. Told from Lou's point-of-view, Smothered tells the story of two young(ish) women, just trying to get it right, and learning that just because we all grow up doesn't mean we necessarily have to grow old. (After all, what is Juvaderm for?)

### **Plant-Strong**

In his latest historical novel, bestselling author Robert Morgan brings to full and vivid life the story of Jonah Williams, who, in 1850, on his eighteenth birthday, flees the South Carolina plantation on which he was born a slave. He takes with him only a few stolen coins, a knife, and the clothes on his back--no shoes, no map, no clear idea of where to head, except north, following a star that he prays will be his guide. Hiding during the day and running through the night, Jonah must elude the men sent to capture him and the bounty hunters out to claim the reward on his head. There is one person, however, who, once on his trail, never lets him fully out of sight: Angel, herself a slave, yet with a remarkably free spirit. In Jonah, she sees her own way to freedom, and so sets out to follow him. Bristling with breathtaking adventure, Chasing the North Star is deftly grounded in historical fact yet always gripping

and poignant as the story follows Jonah and Angel through the close calls and narrow escapes of a fearsome world. It is a celebration of the power of the human spirit to persevere in the face of great adversity. And it is Robert Morgan at his considerable best.

### **Smothered**

"Everything is beautiful," raved Andy Warhol, in raptures at the glamour of modern life, consumer society, the world of the media and its stars. And in so saying, he was expressing the feelings of a generation who felt their age was dawning, an age of "love" and "freedom." In art, too, a new attitude towards the present was making itself felt. Jasper Johns, Roy Lichtenstein, Claes Oldenburg, Robert Rauschenberg, James Rosenquist, Tom Wesselmann, Richard Hamilton and many other artists were discovering Marilyn Monroe, Elvis Presley, Coca Cola, comics, advertising, household appliances and food cans as an independent aesthetic reality. Popularity and triviality were no longer terms of abuse, but were central to a new understanding of an art whose aim was to break down the barriers between art and life. The author gives us a detailed account of the styles, themes and sources of Pop Art, investigating its development in different countries and providing biographies of its leading exponents.

### **The Good Life**

"Hilarious and inspiring, Anner has made a life filled with fans, love, and Internet fame—reminding us that disability is no match for dreams."—People (Book of the Week) "Zach Anner is way more than an inspirational figure for anyone who has ever felt impossibly different: he's also a great f\*\*king writer."—Lena Dunham Comedian Zach Anner opens his frank and devilishly funny book, *If at Birth You Don't Succeed*, with an admission: he botched his own birth. Two months early, underweight and under-prepared for life, he entered the world with cerebral palsy and an uncertain future. So how did this hairless mole-rat of a boy blossom into a viral internet sensation who's hosted two travel shows, impressed Oprah, driven the Mars Rover, and inspired a John Mayer song? (It wasn't "Your Body is a Wonderland.") Zach lives by the mantra: when life gives you wheelchair, make lemonade. Whether recounting a valiant childhood attempt to woo Cindy Crawford, encounters with zealous faith healers, or the time he crapped his pants mere feet from Dr. Phil, Zach shares his fumbles with unflinching honesty and characteristic charm. By his thirtieth birthday, Zach had grown into an adult with a career in entertainment, millions of fans, a loving family, and friends who would literally carry him up mountains. *If at Birth You Don't Succeed* is a hilariously irreverent and heartfelt memoir about finding

your passion and your path even when it's paved with epic misadventure. This is the unlikely but not unlucky story of a man who couldn't safely open a bag of Skittles, but still became a fitness guru with fans around the world. You'll laugh, you'll cry, you'll fall in love with the Olive Garden all over again, and learn why cerebral palsy is, definitively, "the sexiest of the palsies." Praise for Zach Anner "Cerebral palsy couldn't stop Anner from becoming a celeb, traveling the world, and Friending Oprah (for starters)."–Cosmopolitan "Zach makes you want to be a better person, with his humor and his heart and everything he's had to deal with from the time he was born. I've never met anyone like him, and I've met a lot of people." –Oprah Winfrey "A laugh-a-minute read. If At Birth You Don't Succeed recounts his journey from being what he calls a "crappy baby" [with cerebral palsy to] the host of his own travel show and an improbable workout guru. If there was ever a book that showed the importance of laughing at yourself, this is probably it."–MentalFloss (#1 A Best New Book for Spring) "Zach Anner is a truly inspiring and hysterical human being with a warped sense of humor (and body). He's also an exceptional writer and his memoir is an absolute joy."–Rainn Wilson "A characteristically hilarious and candid book about growing up with cerebral palsy, winning a reality TV contest with Oprah's OWN channel and becoming an unlikely-yet-inspiring fitness guru and YouTube celebrity with more than 10 million views."–What's Trending "Zach Anner is the living definition of 'giving better than he's gotten.' Life dealt him a difficult hand but he managed to beat the house with humor, heart, and a fearless punk attitude. Required reading."–Patton Oswalt "I love Zach Anner and I love his memoir. If everyone were a little more like Zach, the world may not be a better place, but it would be funnier place, which is a great step forward."–Reddit Co-founder Alexis Ohanian "He's a unique, creative kid with a smart, edgy sense of humor."–Arsenio Hall "I think I speak for everybody when I say I want to see more of Zach." –John Mayer "Wonderful. . . . Anner's comedy is the peppy, uplifting sort you'd expect from someone who Oprah says 'makes [her] want to be a better person,' such as his elaborate Olive Garden metaphors for the nature of life. . . . Anner remarks wryly that being expected to act as an ambassador for the disabled 'is a tightrope walk, which is hard on four wheels.' Maybe so, but with this book, he makes it look easy."–Publishers Weekly (starred review) "Funny, empoweringAn inspirational memoir with a seasoned, infectious sense of humor[Anner's book chronicles] his three decades of life (so far) with cerebral palsy, a permanent condition that hasn't prevented him from living his dream as a comic, a media sensation, and a motivational speaker."–Kirkus Reviews

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