

Fueled Obsession 1 Kindle Edition Amanda Heartley

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Pen and Sword Military

The former middle distance Olympic runner and high-end escort speaks out for the first time about her battle with mental illness, and how mania controlled and compelled her in competition, but also in life. This is a heartbreakingly honest yet hopeful memoir reminiscent of *Manic*, *Electroboy*, and *An Unquiet Mind*. During the 1990s, three-time Olympian Suzy Favor Hamilton was the darling of American track and field. An outstanding runner, a major sports apparel spokesperson, and a happily married wife, she was the model for an active, healthy, and wholesome life. But her perfect facade masked a dark truth: manic depression and bipolar disorder that drove her obsession to perform and win. For years after leaving the track, Suzy wrestled with her condition, as well as the loss of a close friend, conflicted feelings about motherhood and her marriage, and lingering shame about her athletic career. After a misdiagnosis and a recommendation for medication that only exacerbated her mania and made her hypersexual, Suzy embarked on a new path, and assumed a new identity. Fueled by a newfound confidence, a feeling of strength and independence and a desire she couldn't tamp down, she became a high-priced escort in Las Vegas, working as "Kelly." But Suzy could not keep her double life a secret forever. When it was eventually exposed, it sent her into a reckless suicidal period where the only option seemed out. Finally, with the help of her devoted husband, Suzy finally got the proper medical help she needed. In this startling frank memoir, she recounts the journey to outrun her demons, revealing how a woman used to physically controlling her body learned to come to terms with her unstable mind. It is the story of a how a supreme competitor scored her most important victory of all—reclaiming her life from the ravages of an untreated mental illness. Today, thanks to diagnosis, therapy, Kelly has stepped into the shadows, but Suzy is building a better life, one day at a time. Sharing her story, Suzy is determined to raise awareness, provide understanding, and offer inspiration to others coping with their own challenges.

Dying to Learn Createspace Independent Publishing Platform

In *Dying to Learn*, Michael Hunzeker develops a novel theory to explain how wartime militaries learn. He focuses on the Western Front, which witnessed three great-power armies struggle to cope with deadlock throughout the First World War, as the British, French, and German armies all pursued the same solutions—assault tactics, combined arms, and elastic defense in depth. By the end of the war, only the German army managed to develop and implement a set of revolutionary offensive, defensive, and combined arms doctrines that in hindsight represented the best way to fight. Hunzeker identifies three organizational variables that determine how fighting militaries generate new ideas, distinguish good ones from bad

ones, and implement the best of them across the entire organization. These factors are: the degree to which leadership delegates authority on the battlefield; how effectively the organization retains control over soldier and officer training; and whether or not the military possesses an independent doctrinal assessment mechanism. Through careful study of the British, French, and German experiences in the First World War, *Dying to Learn* provides a model that shows how a resolute focus on analysis, command, and training can help prepare modern militaries for adapting amidst high-intensity warfare in an age of revolutionary technological change.

Elements of Fiction Writing - Conflict and Suspense Dey Street Books

NEW YORK TIMES BESTSELLER • “An unflinching examination of how our drinking culture hurts women and a gorgeous memoir of how one woman healed herself.” —Glennon Doyle, #1 New York Times bestselling author of *Untamed* “You don't know how much you need this book, or maybe you do. Either way, it will save your life.” —Melissa Hartwig Urban, Whole30 co-founder and CEO The founder of the first female-focused recovery program offers a groundbreaking look at alcohol and a radical new path to sobriety. We live in a world obsessed with drinking. We drink at baby showers and work events, brunch and book club, graduations and funerals. Yet no one ever questions alcohol's ubiquity—in fact, the only thing ever questioned is why someone doesn't drink. It is a qualifier for belonging and if you don't imbibe, you are considered an anomaly. As a society, we are obsessed with health and wellness, yet we uphold alcohol as some kind of magic elixir, though it is anything but. When Holly Whitaker decided to seek help after one too many benders, she embarked on a journey that led not only to her own sobriety, but revealed the insidious role alcohol plays in our society and in the lives of women in particular. What's more, she could not ignore the ways that alcohol companies were targeting women, just as the tobacco industry had successfully done generations before. Fueled by her own emerging feminism, she also realized that the predominant systems of recovery are archaic, patriarchal, and ineffective for the unique needs of women and other historically oppressed people—who don't need to lose their egos and surrender to a male concept of God, as the tenets of Alcoholics Anonymous state, but who need to cultivate a deeper understanding of their own identities and take control of their lives. When Holly found an alternate way out of her own addiction, she felt a calling to create a sober community with resources for anyone questioning their relationship with drinking, so that they might find their way as well. Her resultant feminine-centric recovery program focuses on getting at the root causes that lead people to overindulge and provides the tools necessary to break the cycle of addiction, showing us what is possible when we remove alcohol and destroy our belief system around it. Written in a relatable voice that is honest and witty, *Quit Like a Woman* is at once a groundbreaking look at drinking culture and a road map to cutting out alcohol in order to live our best lives without the crutch of intoxication. You will never look at drinking the same way again.

Fast Girl *Quit Like a Woman*

Quit Like a Woman Dial Press

The Wild Series (#1-3) Penguin

George Jellicoe, son of Admiral Sir John Jellicoe, commander of the British Grand Fleet at Jutland, was never compromised by his privileged upbringing. In this insightful biography, his son describes a life of action, drama, public service and controversy. George's exploits with the newly formed SAS, as David Stirling's second-in-command, and later commanding the SBS, make for fascinating reading. Over four years it embraced the North African and Mediterranean campaigns and culminated in the saving of a newly-liberated Athens from the communist guerrillas of ELAS. The brutality of Stalinist communism led him to join the post-war Foreign Office. In Washington he worked with Kim Philby and Donald Maclean in the cloak and dagger world of espionage. Resigning in 1958 so he could marry the woman he loved, he turned to politics. Although his ministerial career ended in 1973 after unwittingly become entangled with the Lambton scandal, he continued to sit in the House of Lords becoming 'Father of the House'. He held numerous public appointments including President of the Royal Geographical Society, Chairman of the Medical Research Council, President of the SAS Regimental Association and the UK Crete Veterans Association. Thanks to the author's research and access, this is more than a biography of a significant public figure. It provides fascinating detail of Special Forces operations and the characters of the countless figures with whom he mixed.

George Jellicoe Cornell University Press

All three books of the USA Today Bestselling Wild Series are included in this collection. Each individual book is available to borrow for FREE in the Kindle Unlimited program. *WILD* (Book One) Kat Kennedy moved to the rugged coast of Maine to start a new life, but encountered much more than she bargained for in dark, dangerous, and seductive Lane Wild. Desire and temptation smolder before she succumbs to her darkest fantasies with the captivating stranger. She doesn't expect to see him again after an explosive one-night stand leaves her breathless and craving more, but just like lightning in the darkness, he shows up in her life at the most unpredictable moments. A sensual game of cat and mouse ensues before the attraction between them reaches a fever pitch—the magnetism combustible, the sexual tension nearly unbearable—and Kat finally abandons inhibition and explores the cunning, selfish, and sexual side of a world she's never known. They have the perfect non-relationship—passion-fueled nights with no strings attached—until life gets real and the past and present collide in a dangerous storm of lust and obsession. *RIDGE* (Book Two) Sometimes doing the wrong thing feels so right... I'm a player. I'm an asshole. I'm someone you should stay away from. I have demons. I've made mistakes. And the biggest can't be taken back. I've gone to hell and back in twenty-nine years and I'm only now coming to terms with moving forward, righting my wrongs, and making amends. Except not everyone deserves forgiveness. Sometimes the damage done is beyond repair. Everyday is exactly the same. I focus on the pain, in the quest to feel and forget, but I remember everything. When I close my eyes the darkness encroaches and some days it feels like the things that kill me are the things that make me feel alive. *SLADE* (Book Three) Behind every beautiful thing, there is some kind of pain... Always overlooked. Always just there. That's what Dillon was to me. Until one night. In one night she flipped my world on its axis and there's no going back. But she has secrets, and secrets fester like an open wound. They color the past and forecast the future, but I'm determined to open her up; free her from her memories so she can live in the light and have the life she deserves. It's just too bad that she wants nothing to do with me. But I'm nothing if not persistent and I'm not a man that gives up without a fight. I've had a taste and there's no walking away. I just have to convince her that I'm not what she fears, I'm what she wants. *The Wild brothers are rough around the edges, dirty-talkin', alpha males. Read at your own risk.

[The New York Times Index](#)

Ramp up the tension and keep your readers hooked! Inside you'll find everything you need to know to spice up your story, move your plot forward, and keep your readers turning pages. Expert thriller author and writing instructor James Scott Bell shows you how to craft scenes, create characters, and develop storylines that harness conflict and suspense to carry your story from the first word to the last. Learn from examples of successful novels and movies as you transform your work from ho-hum to high-tension. • Pack the beginning, middle, and end of your book with the right amount of conflict. • Tap into the suspenseful power of each character's inner conflict. • Build conflict into your story's point of view. • Balance subplots, flashbacks, and backstory to keep your story moving forward. • Maximize the tension in your characters' dialogue. • Amp up the suspense when you revise. **Conflict & Suspense** offers proven techniques that help you craft fiction your readers won't be able to put down.

[Quit Like a Woman](#)

