

Muscle And A Shovel Michael J Shank

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Visiting Tom Wipf and Stock Publishers

A perfect and irresistible idea: A cookbook filled with delicious, healthful recipes created for everyone on a tight budget. While studying food policy as a master's candidate at NYU, Leanne Brown asked a simple yet critical question: How well can a person eat on the \$4 a day given by SNAP, the U.S. government's Supplemental Nutrition Assistance Program informally known as food stamps? The answer is surprisingly well: Broiled Tilapia with Lime, Spicy Pulled Pork, Green Chile and Cheddar Quesadillas, Vegetable Jambalaya, Beet and Chickpea Salad—even desserts like Coconut Chocolate Cookies and Peach Coffee Cake. In addition to creating nutritious recipes that maximize every ingredient and use economical cooking methods, Ms. Brown gives tips on shopping; on creating pantry basics; on mastering certain staples—pizza dough, flour tortillas—and saucy extras that make everything taste better, like spice oil and tzatziki; and how to make fundamentally smart, healthful food choices. The idea for Good and Cheap is already proving itself. The author launched a Kickstarter campaign to self-publish and fund the buy one/give one model. Hundreds of thousands of viewers watched her video and donated \$145,000, and national media are paying attention. Even high-profile chefs and food writers have taken note—like Mark Bittman, who retweeted the link to the campaign; Francis Lam, who called it “Terrific!”; and Michael Pollan, who cited it as a “cool kickstarter.” In the same way that TOMS turned inexpensive, stylish shoes into a larger do-good movement, Good and Cheap is poised to become a cookbook that every food lover with a conscience will embrace.

The Blinds Faithworks Press

'I have spent almost 33 of the last 53 years in and out of prison, but mainly in. I was a juvenile offender back in the mid 1970s and went on to become an adult prisoner in the 1980s and beyond. My shortest prison sentence was 7 days (for criminal damage) and my longest sentence was life (for bank robbery and possession of firearms). I have 58 criminal convictions for everything from attempted theft to armed robbery and prison escape, and I was a career criminal for most of my life. What I do not know about criminal and prison slang could be written on the back of a postage stamp and still leave room for The Lord's Prayer ...' From ex-professional bank robber and bestselling author Noel Smith, this is the most authoritative dictionary of criminal slang out there - and an unmissable journey, through words, into the heart of the criminal world.

The Tipping Point WaterBrook

Hardback Collector's Library Limited Edition, 2020. Amazon best-seller. 1 million sold. 80k+ baptized into Christ. Muscle and a Shovel is a raw and gritty true story about a pair of young newly-weds who move to the city to chase the American dream. In the process they're befriended by a man who turns their belief about God, their church, and their faith upside down! Baptists, Methodists, Presbyterians, Catholics, the Community Churches - none are spared when Truth is at stake and their new friend Randall isn't about to "candy coat" God's Word for the sake of "political correctness" or "religious tolerance." This story will grip you from opening to close and will stimulate your spirit on levels you didn't think possible. Get ready to fight or flee because Muscle and a Shovel is one of those rare books that will raise your heart-rate and your blood-pressure. You won't want to wait to share it with your friends or you'll want to douse it in gasoline and set on fire! There'll be no middle ground. Many Christian reviewers have said, "This book will turn our current religious world upside-down!"

The Bears of Brooks Falls: Wildlife and Survival on Alaska's Brooks River Crown

Dennis Lehane meets Megan Miranda in this “dark beauty of a novel” (William Kent Krueger, New York Times bestselling author) about the first female sheriff in rural Bad Axe County, Wisconsin, as she searches for a missing girl, battles local drug dealers, and seeks the truth about the death of her parents twenty years ago—all as a winter storm rages in her embattled community. Fifteen years ago, Heidi White's parents were shot to death on their Bad Axe County farm. The police declared it a murder-suicide and closed the case. But that night, Heidi found the one clue she knew could lead to the truth—if only the investigators would listen. Now Heidi White is Heidi Kick, wife of local baseball legend Harley Kick and mother of three small children. She's also the interim sheriff in Bad Axe. Half the county wants Heidi elected but the other half will do anything to keep her out of law enforcement. And as a deadly ice storm makes its way to Bad Axe, tensions rise and long-buried secrets climb to

the surface. As freezing rain washes out roads and rivers flood their banks, Heidi finds herself on the trail of a missing teenaged girl. Clues lead her down twisted paths to backwoods stag parties, derelict dairy farms, and the local salvage yard—where the body of a different teenage girl has been carefully hidden for a decade. As the storm rages on, Heidi realizes that someone is planting clues for her to find, leading her to some unpleasant truths that point to the local baseball team and a legendary game her husband pitched years ago. With a murder to solve, a missing girl to save, and a monster to bring to justice, Heidi is on the cusp of shaking her community to its core—and finding out what really happened the night her parents died. With “striking prose, engaging characters, and a searing story of crimes rooted in the heartland,” *Bad Axe County* is a “darkly irresistible thriller” (Kirkus Reviews, starred review) that you won’t be able to put down.

How to Begin Random House

Praise for *Mind Gym* “Believing in yourself is paramount to success for any athlete. Gary’s lessons and David’s writing provide examples of the importance of the mental game.” --Ben Crenshaw, two-time Masters champion and former Ryder Cup captain “*Mind Gym* hits a home run. If you want to build mental muscle for the major leagues, read this book.” --Ken Griffey Jr., Major League Baseball MVP “I read *Mind Gym* on my way to the Sydney Olympics and really got a lot out of it. Gary has important lessons to teach, and you’ll find the exercises fun and beneficial.” --Jason Kidd, NBA All-Star and Olympic gold-medal winner In *Mind Gym*, noted sports psychology consultant Gary Mack explains how your mind influences your performance on the field or on the court as much as your physical skill does, if not more so. Through forty accessible lessons and inspirational anecdotes from prominent athletes--many of whom he has worked with--you will learn the same techniques and exercises Mack uses to help elite athletes build mental “muscle.” *Mind Gym* will give you the “head edge” over the competition.

Searching for the Pattern Atria Books

A natural history and celebration of the famous bears and salmon of Brooks River. On the Alaska Peninsula, where exceptional landscapes are commonplace, a small river attracts attention far beyond its scale. Each year, from summer to early fall, brown bears and salmon gather at Brooks River to create one of North America’s greatest wildlife spectacles. As the salmon leap from the cascade, dozens of bears are there to catch them (with as many as forty-three bears sighted in a single day), and thousands of people come to watch in person or on the National Park Service’s popular Brooks Falls Bearcam. *The Bears of Brooks Falls* tells the story of this region and the bears that made it famous in three parts. The first forms an ecological history of the region, from its dormancy 30,000 years ago to the volcanic events that transformed it into the Valley of Ten Thousand Smokes. The central and longest section is a deep dive into the lives of the wildlife along the Brooks River, especially the bears and salmon. Readers will learn about the bears’ winter hibernation, mating season, hunting rituals, migration patterns, and their relationship with Alaska’s changing environment. Finally, the book explores

the human impact, both positive and negative, on this special region and its wild population.

Churches in the Shape of Scripture JournalStone

“Could you tell me something about the church of Christ?” “Could you tell me the difference between the church of Christ and the _____ church?” If you’ve ever asked questions like these--or been on the receiving end of them-- then this is the book for you. Expect to walk away from this book not only knowing what churches of Christ are all about, but also with a clear understanding of many of the beliefs and practices that distinguish them from other church groups. Don’t be surprised, though, if you also walk away with a renewed conviction that being a New Testament-shaped church is a goal worth pursuing, and that doing things God’s way really does matter.

Church of Christ HarperCollins

Finalist for the 2022 Minnesota Book Award in Poetry “Sometimes,” Michael Kleber-Diggs writes in this winner of the Max Ritvo Poetry Prize, “everything reduces to circles and lines.” In these poems, Kleber-Diggs names delight in the same breath as loss. Moments suffused with love—teaching his daughter how to drive; watching his grandmother bake a cake; waking beside his beloved to ponder trumpet mechanics—couple with moments of wrenching grief—a father’s life ended by a gun; mourning children draped around their mother’s waist; Freddie Gray’s death in police custody. Even in the refuge-space of dreams, a man calls the police on his Black neighbor. But *Worldly Things* refuses to “offer allegiance” to this centuries-old status quo. With uncompromising candor, Kleber-Diggs documents the many ways America systemically fails those who call it home while also calling upon our collective potential for something better. “Let’s create folklore side-by-side,” he urges, asking us to aspire to a form of nurturing defined by tenderness, to a kind of community devoted to mutual prosperity. “All of us want,” after all, “our share of light, and just enough rainfall.” Sonorous and measured, the poems of *Worldly Things* offer needed guidance on ways forward—toward radical kindness and a socially responsible poetics. Additional Recognition: A New York Times Book Review “New & Noteworthy Poetry” Selection A Library Journal “Poetry Title to Watch 2021” A Chicago Review of Books “Poetry Collection to Read in 2021” A Reader’s Digest “14 Amazing Black Poets to Know About Now” Selection A Books Are Magic “Recommended Reading” Selection An Indie Gift Guide 2021 Indie Next Selection

Bad Axe County Random House Digital, Inc.

An American Farm Boy In Search Of Meaning “Life was so short that it meant nothing at all unless it were continually reinforced by something that endured; unless the shadows of individual existence came and went against a background that held together.” - Willa Cather, *One of Ours* Claude tries to escapes from his family firm grasp who want him pious and working at their family farm in Nebraska. He marries in his attempt to escape only to realize that his wife is not interested at all in him. That’s when another opportunity arises: going overseas and fight for the American army in World War One. This Xist Classics edition has been professionally formatted for e-readers with a linked table of contents. This eBook also contains a bonus book club leadership guide and discussion questions. We hope you’ll share this book with your friends, neighbors and colleagues and can’t wait to hear what you have to say about it. Xist Publishing is a digital-first publisher. Xist Publishing creates books for the touchscreen generation and is dedicated to helping everyone develop a lifetime love of reading, no matter what form it takes

Revel Knox Hachette UK

Something's happening to the girls on Denton Street. It's the summer of 1980 in Cleveland, Ohio, and Phoebe Shaw and her best friend Jacqueline have just graduated high school, only to confront an ugly, uncertain future. Across the city, abandoned factories populate the skyline; meanwhile at the shore, one strong spark, and the Cuyahoga River might catch fire. But none of that compares to what's happening in their own west side neighborhood. The girls Phoebe and Jacqueline have grown up with are changing. It starts with footprints of dark water on the sidewalk. Then, one by one, the girls' bodies wither away, their fingernails turning to broken glass, and their bones exposed like corroded metal beneath their flesh. As rumors spread about the grotesque transformations, soon everyone from nosy tourists to clinic doctors and government men start arriving on Denton Street, eager to catch sight of "the Rust Maidens" in metamorphosis. But even with all the onlookers, nobody can explain what's happening or why—except perhaps the Rust Maidens themselves. Whispering in secret, they know more than they're telling, and Phoebe realizes her former friends are quietly preparing for something that will tear their neighborhood apart. Alternating between past and present, Phoebe struggles to unravel the mystery of the Rust Maidens—and her own unwitting role in the transformations—before she loses everything she's held dear: her home, her best friend, and even perhaps her own body.

The Criminal Alphabet North Atlantic Books

Twenty-five Bible-based reasons for his choice of church affiliation.

Home Town Harper Perennial

From cult comedy icon and beloved radio host Tom Scharpling, an inspiring, funny, and thoughtful memoir *It Never Ends* is Tom Scharpling's harrowing memoir of his coming of age, a story he has never told before. It's the heartbreaking account of his attempt at suicide, two stays in a mental hospital, and the memory-wiping electroshock therapy that saved his life. After his rehabilitation, Scharpling committed himself to reinvention through the world of comedy. In this book he will lift the curtain on the turmoil that still follows him, despite all of his accolades and achievements. In the vein of candid memoirs from comedians like Mike Birbiglia's *Sleepwalk with Me* and Norm Macdonald's *Based on a True Story*, *It Never Ends* is a revealing book by a beloved comedy icon.

Muscle and a Shovel E-Book Workman Publishing Company

The futuristic hardboiled noir that Lauren Beukes calls "sharp as a paper-cut" about a garbage man turned kill-for-hire. Spademan used to be a garbage man. That was before the dirty bomb hit Times Square, before his wife was killed, and before the city became a blown-out shell of its former self. Now he's a hitman. In a near-future New York City split between those who are wealthy enough to "tap in" to a sophisticated virtual reality, and those who are left to fend for themselves in the ravaged streets, Spademan chose the streets. When his latest client hires him to kill the daughter of a powerful evangelist, he must navigate between these two worlds—the wasteland reality and the slick fantasy—to finish his job, clear his conscience, and make sure he's not the one who winds up in the ground.

When Shovels Break The Countryman Press

From the bestselling author of *The Bomber Mafia*: discover Malcolm Gladwell's breakthrough

debut and explore the science behind viral trends in business, marketing, and human behavior. The tipping point is that magic moment when an idea, trend, or social behavior crosses a threshold, tips, and spreads like wildfire. Just as a single sick person can start an epidemic of the flu, so too can a small but precisely targeted push cause a fashion trend, the popularity of a new product, or a drop in the crime rate. This widely acclaimed bestseller, in which Malcolm Gladwell explores and brilliantly illuminates the tipping point phenomenon, is already changing the way people throughout the world think about selling products and disseminating ideas. "A wonderful page-turner about a fascinating idea that should affect the way every thinking person looks at the world." —Michael Lewis

Why I Am a Member of the Church of Christ Simon and Schuster

Over 100,000 copies sold! *Coming Out, Then Coming Home* Christopher Yuan, the son of Chinese immigrants, discovered at an early age that he was different. He was attracted to other boys. As he grew into adulthood, his mother, Angela, hoped to control the situation. Instead, she found that her son and her life were spiraling out of control—and her own personal demons were determined to defeat her. Years of heartbreak, confusion, and prayer followed before the Yuans found a place of complete surrender, which is God's desire for all families. Their amazing story, told from the perspectives of both mother and son, offers hope for anyone affected by homosexuality. God calls all who are lost to come home to him. Casting a compelling vision for holy sexuality, *Out of a Far Country* speaks to prodigals, parents of prodigals, and those wanting to minister to the gay community. "But while he was still a long way off, his father saw him and felt compassion, and ran and embraced him and kissed him." - Luke 15:20 Includes a discussion guide for personal reflection and group use.

Mind Gym Dial Press

Twelve-year-old Luke Smith-Sharma shovels coal under Battersea Power station. He keeps his head down, hoping to one day earn his freedom and return to his family, while avoiding the wrath of the evil Tabatha Margate. When he tries to help new girl Jess, Luke is punished and sent to clean the sewers of the haunted East Wing, a place from which few return. Whilst serving his punishment, Luke realises he can see things others can't in the Power Station: ghostly things. He befriends a ghost-girl called Alma, who can ride clouds through the night sky and bend their shape to her will. But when Luke discovers the terrible truth of why Tabatha Margate is kidnapping children and forcing them to work in the Power Station, Alma agrees to help him and his friends escape. Will Alma convince the Ghost Council to help their cause? Will Luke's discovery about who he really is threaten their plans for freedom? And can Luke find his voice, while trying to find a way home?

Out of a Far Country Abrams

Jonetta Shank offers a rare glimpse into reality with a candor and practicality unseen in many traditional "women's" books in print today. *Hope Against Hope* is a narrative that compels, encourages, and educates the reader. The storyline intrigues with timeless wisdom as Jonetta delves into every aspect of a woman's relationship with a man, along with issues considered as "taboo" by some. She pulls out all stops by revealing a secret that took her 30 years to solve, bravely sharing her findings in this third book to

complete the Muscle Trilogy. This story gives powerful insight into the true power of every woman. It is a ground-breaking work filled with humor, heart-ache, and ultimate victory.

Good and Cheap Milkweed Editions

In this thrilling novel from New York Times bestselling author Randy Wayne White, Doc Ford returns to his stilt house on Dinkin's Bay to find an old friend and one-time lover waiting for him. Her real-estate developer husband has disappeared and been pronounced dead, and she's sure there's worse to follow--and she's right. Following the trail, Ford ends up deep in the Everglades, at the gates of a community presided over by a man named Bhagwan Shiva (formerly Jerry Singh). Shiva is big business, but that business has been a little shaky lately, and so he's come up with a scheme to enhance both his cash and his power. Of course, there's the possibility that some people could get hurt and the Everglades itself damaged, but Shiva smells a killing. And if that should turn out to be literally, as well as figuratively, true...well, that's just too damned bad.

Worldly Things Little, Brown

A story of friendship through adversity, faith and destiny, and the search for God.

Muscle and a Shovel Simon and Schuster

MOVING FROM A "BLUEPRINT HERMENEUTIC" TO A THEOLOGICAL ONE In this book, John Mark Hicks tells the story of his own hermeneutical journey in reading the Bible. Lovingly and graciously, he describes his transition from a "blueprint hermeneutic" to a theological one. Some suggest that moving away from a patternistic command-example-and-necessary-inference approach for understanding what God requires leaves no other alternative, or at least none that both respects biblical authority and seeks to obey the gospel of Jesus the Messiah. In *Searching for the Pattern*, John Mark offers just such an alternative. His theological hermeneutic is deeply rooted in the way the Bible presents itself as a dramatic history of God's plan to redeem the world as well as his own experience of growing up among Churches of Christ. Seeing the gospel of Jesus as the center of the biblical drama reorients us to what provides our Christian identity and unites us as disciples of Jesus. ***** I pray this book is received with open hearts and open minds because I believe this work could go a long way in helping to bring unity to our fractured fellowship. --Wes McAdams, Preaching Minister for the church of Christ on McDermott Road, Plano, Texas This excellent book helps us understand the inner workings of Bible interpretation among Churches of Christ and provides a persuasive proposal for Bible interpretation that is built on the story of God we find in Scripture--a story into which God calls us. --James L. Gorman, Associate Professor of History, Johnson University Knoxville, Tennessee Finally, a trellis across the chasm! Throughout this book, Hicks does not compromise his high regard for both the church and the Scriptures; and through the grace found therein, he composes this urgent invitation back to the Table, where obedience cooperates with mystery, and we--estranged or conflicted--can find our place as one within God's magnificent story. --Tiffany Mangan Dahlman, Minister at Courtyard Church of Christ, Fayetteville, North Carolina John Mark Hicks is Professor of Theology at Lipscomb University in Nashville, Tennessee. He has taught for thirty-eight years in schools associated with the Churches of Christ. He has published fifteen books and lectured in twenty countries and forty states and is married to Jennifer. They share six children and six grandchildren.