

Muscle And A Shovel Michael J Shank

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Tripwire Page Two

Now available for the first time—more than 50 years after it was written—is the memoir of Michael Dillon/Lobzang Jivaka (1915–62), the British doctor and Buddhist monastic novice chiefly known to scholars of sex, gender, and sexuality for his pioneering transition from female to male between 1939 and 1949, and for his groundbreaking 1946 book *Self: A Study in Ethics and Endocrinology*. Here at last is Dillon/Jivaka's extraordinary life story told in his own words. *Out of the Ordinary* captures Dillon/Jivaka's various journeys—to Oxford, into medicine, across the world by ship—within the major narratives of his gender and religious journeys. Moving chronologically, Dillon/Jivaka begins with his childhood in Folkestone, England, where he was raised by his spinster aunts, and tells of his days at Oxford immersed in theology, classics, and rowing. He recounts his hormonal transition while working as an auto mechanic and fire watcher during World War II and his surgical transition under Sir Harold Gillies while Dillon himself attended medical school. He details his worldwide travel as a ship's surgeon in the British Merchant Navy with extensive commentary on his interactions with colonial and postcolonial subjects, followed by his "outing" by the British press while he was serving aboard *The City of Bath*. *Out of the Ordinary* is not only a salient record of an early sex transition but also a unique account of religious conversion in the mid-twentieth century. Dillon/Jivaka chronicles his gradual shift from Anglican Christianity to the esoteric

spiritual systems of George Gurdjieff and Peter Ouspensky to Theravada and finally Mahayana Buddhism. He concludes his memoir with the contested circumstances of his Buddhist monastic ordination in India and Tibet. Ultimately, while Dillon/Jivaka died before becoming a monk, his novice ordination was significant: It made him the first white European man to be ordained in the Tibetan Buddhist tradition. *Out of the Ordinary* is a landmark publication that sets free a distinct voice from the history of the transgender movement.

Now Is the Time for Trees Tachyon Publications

DigiCat Publishing presents to you this special edition of "Michael, Brother of Jerry" by Jack London. DigiCat Publishing considers every written word to be a legacy of humankind. Every DigiCat book has been carefully reproduced for republishing in a new modern format. The books are available in print, as well as ebooks. DigiCat hopes you will treat this work with the acknowledgment and passion it deserves as a classic of world literature.

Hotels, Hospitals, and Jails McGraw Hill Professional

From the author of the mega-bestseller *The Coaching Habit* and *The Advice Trap* comes a book on how to choose a worthy goal so you can unlock a greater version of yourself.

Shovel Ready Crown

"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.

Hope Against Hope Timber Press

There is something terribly wrong with the state of exercise as we know it presently. Sales of treadmills, running shoes, gym memberships, and yoga classes are at an all-time high, but so too are our national levels of obesity and type II diabetes. Ever since the 1960s the exercising public has been told to stretch for flexibility and to perform low-intensity steady-state aerobic exercise for their cardiovascular systems and some form of resistance training to keep their muscles strong. With regard to diet, they have been told to restrict or omit macronutrients such as fats and carbohydrates and lots of other advice with regard to calorie-counting. Could it be that this information, however well intended, was mistaken? And is it really necessary to devote so much time to the pursuit? Fitness researcher and pioneer John Little has spent more than twelve years researching the actual science underpinning our most prevalent beliefs about exercise and has come away from the enterprise convinced that we need an entirely new paradigm, one that would involve reliance on briefer workouts. He presents this revolutionary new approach in *The Time-Saver's Workout*. Among the fascinating revelations presented in this book:

- Certain types of exercise can actually make you less healthy and fatter.
- Taking large doses of food supplements might actually shorten your life and put you at greater risk for disease.
- Stretching to become more flexible or to recover quicker from injury has been found to do neither of these things.
- Resistance training, once considered to be the weak sister of exercise, is now looking like the best form of exercise one should engage in. The new protocols that Little exposes offer a far safer alternative for those looking to become stronger, fitter, and healthier without spending their lives in the gym.

The Tipping Point Wipf and Stock Publishers
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.

The Jungle Book Createspace Independent Publishing Platform

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?

Myths, Lies, And Downright Stupidity Box of Crayons 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

Good and Cheap Simon and Schuster

This Muscle and a Shovel Bible Class Teacher's Manual was designed to equip you, the instructor, with the necessary information to help your students grow in knowledge and excitement toward the objective of becoming sowers of the gospel seed. This course manual will assist you in guiding your class toward several objectives: * Memorization of key scriptures using the method called Randall's Secret * Student participation in simple, practical, real-life activities during the week * Facilitating and guiding lively class discussions based on the biblical principles of Randall's teachings The Lord's church is in need of a Second Restoration Movement, and you will play a key role in making this hope a reality. The body of Christ is currently focused on attendance numbers; however, this manual will help you, the instructor, shift this current focus back to the biblical focus of sowing the gospel seed everywhere we go! My hope and prayer is that you will find this manual a powerful tool in helping your students deepen their faith, grow in the Word, and finish with a new excitement to become a Randall! May the Lord Jesus Christ bless you richly!

When Shovels Break HarperCollins

Hardback: This is a true story about John, a Christian man who is on the brink of suicide. Struggles, discouragement, and disappointment in God caused John to leave his faith and the Lord's body, the church. John went back into every form of sin imaginable: alcoholism, drug abuse, adultery, and pornography just like a dog returns to its vomit. John's shame and guilt, his failure to provide for his family, and the loss of all hope that God could ever forgive him brings John to a terrifying moment, holding a shotgun to his chin. He starts to pull the trigger. Can God forgive this wretch of a man? Is it possible for John to be restored and to be able to return to Jesus Christ? This raw, gritty, true story grabs the reader from beginning to end. It is a story about the real life of a discouraged Christian, and it is a story of hope, love, and the redemption found through the grace of God!

The Blinds Twelve

One of NPR 's Best Books of 2020 One of Time 's 100 Must-Read Books of 2020 From the New York Times bestselling author of *I Can 't Date Jesus*, which Vogue called "a piece of personal and cultural storytelling that is as fun as it is illuminating," comes a wry and insightful essay collection that explores the financial and emotional cost of chasing your dreams. Ever since Oprah Winfrey told the 2007 graduating class of Howard University, "Don 't be afraid," Michael Arceneaux has been scared to death. You should never do the opposite of what Oprah instructs you to do, but when you don 't have her pocket change, how can you not be terrified of the consequences of pursuing your dreams? Michael has never shied away from discussing his struggles with debt, but in *I Don 't Want to Die Poor*, he reveals the extent to which it has an impact on every facet of his life—how he dates; how he seeks medical care (or in some cases, is unable to); how he wrestles with

the question of whether or not he should have chosen a more financially secure path; and finally, how he has dealt with his "dream" turning into an ongoing nightmare as he realizes one bad decision could unravel all that he 's earned. You know, actual "economic anxiety." *I Don 't Want to Die Poor* is an unforgettable and relatable examination about what it 's like leading a life that often feels out of your control. But in Michael 's voice that 's "as joyful as he is shrewd" (BuzzFeed), these razor-sharp essays will still manage to make you laugh and remind you that you 're not alone in this often intimidating journey.

The Coaching Habit 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.

All the Happiness You Deserve Fordham Univ Press

The publication of *Jarhead* launched a new career for Anthony Swofford, earning him accolades for its gritty and unexpected portraits of the soldiers who fought in the Gulf War. It spawned a Hollywood movie. It made Swofford famous and wealthy. It also nearly killed him. Now with the same unremitting intensity he brought to his first memoir, Swofford describes his search for identity, meaning, and a reconciliation with his dying father in the years after he returned from serving as a sniper in the Marines. Adjusting to life after war, he watched his older brother succumb to cancer and his first marriage disintegrate, leading him to pursue a lifestyle in Manhattan that brought him to the brink of collapse. Consumed by drugs, drinking, expensive cars, and women, Swofford lost almost everything and everyone that mattered to him. When a son is in trouble he hopes to turn to his greatest source of wisdom and support: his father. But Swofford and his father didn't exactly have that kind of relationship. The key, he realized, was to confront the man-a philandering, once hard-drinking, now terminally ill Vietnam vet he had struggled hard to understand and even harder to love. The two stubborn, strong-willed war vets embarked on a series of RV trips that quickly became a kind of reckoning in which Swofford took his father to task for a lifetime of infidelities and abuse. For many years Swofford had considered combat the decisive test of a man's greatness. With the understanding that came from these trips and the fateful encounter that took him to a like-minded woman named Christa, Swofford began to understand that becoming a father himself might be the ultimate measure of his life. Elegantly weaving his family's past with his own present-nights of excess and sexual conquest, visits with injured war veterans, and a near-fatal car crash-Swofford casts a courageous, insistent eye on both his father and himself in order to make sense of what

his military service meant, and to decide, after nearly ending it, what his life can and should become as a man, a veteran, and a father.

How to Begin Little, Brown

Muscle and a Shovel Hardback Edition: November 2013 Latest 5th Edition including Epilogue with Randall's Secret *Muscle and a Shovel* is a raw, 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 As of November 2013: Over 5,000 conversions to Christianity since publication's release with all glory going to God.

[The Stress of Her Regard](#) Faithworks Press

The bestselling workbook and grammar guide, revised and updated! Hailed as one of the best books around for teaching grammar, *The Blue Book of Grammar and Punctuation* includes easy-to-understand rules, abundant examples, dozens of reproducible quizzes, and pre- and post-tests to help teach grammar to middle and high schoolers, college students, ESL students, homeschoolers, and more. This concise, entertaining workbook makes learning English grammar and usage simple and fun. This updated 12th edition reflects the latest updates to English usage and grammar, and includes answers to all reproducible quizzes to facilitate self-assessment and learning. Clear and concise, with easy-to-follow explanations, offering "just the facts" on English grammar, punctuation, and usage Fully updated to reflect the latest rules, along with even more quizzes and pre- and post-tests to help teach grammar Ideal for students from seventh grade through adulthood in the US and abroad For anyone who wants to understand the major rules and subtle guidelines of English grammar and usage, *The Blue Book of Grammar and Punctuation* offers comprehensive, straightforward instruction.

[One of Ours](#) Hachette UK

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

Ghostcloud Atria Books

World Fantasy Award Winner Michael

Crawford is forced to flee when discovers his bride brutally murdered in their wedding bed. Yet it is not the revengeful townspeople he fears but the deadly embrace of the malignant spirit that is claiming him as her bridegroom. Crawford will not travel alone; soon he is aided by his fellow victims, the greatest poets of his day--Byron, Keats, and Shelley. Together they embark upon a desperate journey, crisscrossing Europe and battling the vampiric fiend who seeks her ultimate pleasure in their ravaged bodies and imperiled souls. Telling a secret history of passion and terror, Tim Powers (*The Anubis Gates*, *Declare*, *Three Days to Never*) masterfully recasts the tragic lives of the Romantics into a uniquely frightening tale. Back in print for the first time since 1994, this newly revised edition of *The Stress of Her Regard* will thrill both Powers fans and newcomers to this gripping Gothic tour de force.

Muscle and a Shovel E-Book Prospect Park Books

Anthropology is the study of all humans in all times in all places. But it is so much more than that. "Anthropology requires strength, valor, and courage," Nancy Scheper-Hughes noted. "Pierre Bourdieu called anthropology a combat sport, an extreme sport as well as a tough and rigorous discipline. ... It teaches students not to be afraid of getting one's hands dirty, to get down in the dirt, and to commit yourself, body and mind. Susan Sontag called anthropology a "heroic" profession." What is the payoff for this heroic journey? You will find ideas that can carry you across rivers of doubt and over mountains of fear to find the the light and life of places forgotten. Real anthropology cannot be contained in a book. You have to go out and feel the world's jagged edges, wipe its dust from your brow, and at times, leave your blood in its soil. In this unique book, Dr. Michael Wesch shares many of his own adventures of being an anthropologist and what the science of human beings can tell us about the art of being human. This special first draft edition is a loose framework for more and more complete future chapters and writings. It serves as a companion to anth101.com, a free and open resource for instructors of cultural anthropology. This 2018 text is a revision of the "first draft edition" from 2017 and includes 7 new chapters.

Churches in the Shape of Scripture Disney Electronic Content

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.

The Secret Life of Groceries DigiCat

Prepare to have your intellect, emotions and existing beliefs set on fire!