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After the breakup of the Beatles in 1971, Paul McCartney formed Wings with his wife Linda on keyboards, ex-Moody Blues guitarist Denny Laine, and American session drummer Denny Seiwell. For ten dramatic and turbulent years, the band weathered the critics, endured pot busts, survived a harrowing recording stint in Nigeria, changed drummers constantly, and produced a great deal of remarkable music. McGee's tale of one of the most successful bands of the seventies—the first book to focus exclusively on Paul's post-Beatles years—tells the stories behind the #1 hits "Listen To What the Man Said," "My Love," "Band on the Run," "Jet," "With a Little Luck," and "Coming Up." McGee reveals the band's inner dynamics and its relationship with the press and public, examining Paul's determination to pursue a new sound, the criticisms Linda initially got from fans and bandmates, and the character conflicts that kept the lineup changing. Appendices include interviews with former Wings guitarist Henry McCullough, a complete discography, a list of singles with Paul's comments on each, and rankings from the sales charts. Band on the Run also includes a trove of rare Wings promotional material—album covers, posters, ads, and candid photos of the band on tour.

English in Mind Level 3A Combo with Audio CD/CD-ROM McGraw Hill Professional

"The Vignes twin sisters will always be identical. But after growing up together in a small, southern black community and running away at age sixteen, it's not just the shape of their daily lives that is different as adults, it's everything: their families, their communities, their racial identities. Ten years later, one sister lives with her black daughter in the same southern town she once tried to escape. The other secretly passes for white, and her white husband knows nothing of her past. Still, even separated by so many miles and just as many lies, the fates of the twins remain intertwined. What will happen to the next generation, when their own daughters' storylines intersect? Weaving together multiple strands and generations of this family, from the Deep South to California, from the 1950s to the 1990s, Brit Bennett produces a story that is at once a riveting, emotional family story and a brilliant exploration of the American history of passing."--Provided by publisher.

Linux Bible Rowman & Littlefield

RUN DMC.'s iconic rapper Joseph "Reverend Run" Simmons and his wife, Justine, share their secrets to lasting love and the guiding principles that have kept them together for more than twenty years. Written with Amy Ferris. This is a book about love. The kind of love that will keep you warm at night—that will keep you feeling safe and sound. The kind of love that will get you through some dark times; get you through some hard and yes, some tough times. The kind of love that will make you laugh,

that will make you smile, that will make you nod knowingly. The kind of love that is nurtured and watered and grows—from a seedling to a flower. The kind of love that is desperately needed in the world right now, shared and sprinkled everywhere. Old School Love is a book to help you find the kind of soul-filling love you desire, written by a couple who has built a strong and joyful relationship amid the pressures, pitfalls, and temptations of the entertainment industry. Rev Run and his wife, Justine, have been blessed with a devoted partnership that has inspired others. In this homage to classic courtship, Rev and Justine reveal the secrets to their marriage's longevity and happiness. Each chapter of Old School Love offers stories, anecdotes, and memories of Rev and Justine's marriage, their family, their experiences, their passion, and their deep faith and belief in God. Some will make you laugh, some will make you think, and some will make you cry. Yet all will make you wiser—more beautiful for the wear—and encourage you to be a kinder, more generous, and better human. Their reflections are bookended by a verse or line from scripture, a saying, or a favorite quote and a sampling of personal wisdom. Over two decades strong, Rev and Justine's partnership is an inspiration. With Old School Love they are spreading their message of positivity, and creating a legacy for all of us to embrace and share. Powerful and life-changing, this little gem of a book is about magic, and miracles, and yes, the irrefutable power of love. Old School Love includes 8 pages of photos from Rev and Justine's personal collection.

The Vanishing Half Bulfinch Press

Rural Rides is the book for which the English journalist, agriculturist and political reformer William Cobbett is best known. At the time of writing Rural Rides, in the early 1820s, Cobbett was a radical anti-Corn Law campaigner. He embarked on a series of journeys by horseback through the countryside of Southeast England and the English Midlands. He wrote down what he saw from the points of view both of a farmer and a social reformer. The result documents the early 19th-century countryside and its people as well as giving free vent to Cobbett's opinions

Cambridge University Press

Since their mother's death, Tip and Teddy Doyle have been raised by their loving, possessive, and ambitious father. As the former mayor of Boston, Bernard Doyle wants to see his sons in politics, a dream the boys have never shared. But when an argument in a blinding New England snowstorm inadvertently causes an accident that involves a stranger and her child, all Bernard Doyle cares about is his ability to keep his children—all his children—safe. Set over a period of twenty-four hours, Run takes us from the Museum of Comparative Zoology at Harvard to a home for retired Catholic priests in downtown Boston. It

shows us how worlds of privilege and poverty can coexist only blocks apart from each other, and how family can include people you've never even met. As in her bestselling novel *Bel Canto*, Ann Patchett illustrates the humanity that connects disparate lives, weaving several stories into one surprising and endlessly moving narrative. Suspenseful and stunningly executed, *Run* is ultimately a novel about secrets, duty, responsibility, and the lengths we will go to protect our children.

Running Against the Tide Simon and Schuster
Most new PCs and Macs today are equipped with the latest in recording and storage equipment: CD-RW and DVD-R/RW drives. Even if your computer is a little older, you can still join the revolution with add-on hardware and software. You can record music and movies, store photos and data, and organize things you want to preserve for posterity, safely and easily. *CD and DVD Recording For Dummies®*, Second Edition, takes the frustration out of choosing and using these cool recording systems. This easy-to-follow guide will help you find what you need and use it efficiently, and it covers all the newest equipment. You'll discover how to Choose and install a CD or DVD recorder Pick the best software for your needs Store large data files safely on CD Use EasyCD and DVD Creator and Toast Record mixed media disks Create electronic photo albums, baby books, genealogies, and more Once upon a time, videotape, vinyl record albums, and floppy disks were state of the art for preserving movies, music, and data. The superior durability and capacity of CDs and DVDs have made these tools as obsolete as the washboard, but never fear. *CD and DVD Recording For Dummies®*, Second Edition, makes it easy to Transfer your favorite VHS movies to DVD Preserve those classic LPs on CD Archive records and data files, and safely store treasured family photos Ask the right questions when shopping for CD or DVD recording hardware and software Record original material, copy and erase rewriteable disks, and make backups of important data Add menus to your disks, label them, and care for them properly Record a bootable CD-ROM Today's CD and DVD recorders can produce everything from superb sound quality to original movies you can play on your DVD player. *CD and DVD Recording For Dummies®* will get your recording career going in a jiffy.

Rural Rides Simon and Schuster

In 2009, Bruce Springsteen and the E Street Band performed at the Super Bowl's half-time show. The experience was so exhilarating that Bruce decided to write about it. That's how this extraordinary autobiography began. Over the past seven years, Bruce Springsteen has privately devoted himself to writing the story of his life, bringing to these pages the same honesty, humour, and originality found in his songs. He describes growing up Catholic in Freehold, New Jersey, amid the poetry, danger, and darkness that fueled his imagination, leading up to the moment he refers to as "The Big

Bang": seeing Elvis Presley's debut on *The Ed Sullivan Show*. He vividly recounts his relentless drive to become a musician, his early days as a bar band king in Asbury Park, and the rise of the E Street Band. With disarming candour, he also tells for the first time the story of the personal struggles that inspired his best work, and shows us why the song "Born to Run" reveals more than we previously realized.

Born to Run Penguin

Peter Sagal, the host of NPR's *Wait Wait...Don't Tell Me!* and a popular columnist for *Runner's World*, shares "commentary and reflection about running with a deeply felt personal story, this book is winning, smart, honest, and affecting. Whether you are a runner or not, it will move you" (Susan Orlean). On the verge of turning forty, Peter Sagal—brainiac Harvard grad, short bald Jew with a disposition towards heft, and a sedentary star of public radio—started running seriously. And much to his own surprise, he kept going, faster and further, running fourteen marathons and logging tens of thousands of miles on roads, sidewalks, paths, and trails all over the United States and the world, including the 2013 Boston Marathon, where he crossed the finish line moments before the bombings. In *The Incomplete Book of Running*, Sagal reflects on the trails, tracks, and routes he's traveled, from the humorous absurdity of running charity races in his underwear—in St. Louis, in February—or attempting to "quiet his colon" on runs around his neighborhood—to the experience of running as a guide to visually impaired runners, and the triumphant post-bombing running of the Boston Marathon in 2014. With humor and humanity, Sagal also writes about the emotional experience of running, body image, the similarities between endurance sports and sadomasochism, the legacy of running as passed down from parent to child, and the odd but extraordinary bonds created between strangers and friends. The result is "a brilliant book about running...What Peter runs toward is strength, understanding, endurance, acceptance, faith, hope, and charity" (P.J. O'Rourke).

Whatever You Do, Don't Run Harmony

The Incomplete Book of Running Simon & Schuster

Paul McCartney Simon & Schuster

The underdog story of Will Haskell, who became a Democratic state Senator in 2018 at age twenty-two—taking on an incumbent who had been undefeated for Haskell's entire life and earning an endorsement from President Obama—and is determined to pave the way for his peers to transform government from the bottom up. President Obama left office with these parting words for Americans: "If you're disappointed by your elected officials, grab a clipboard, get some signatures, and run for office yourself." Twenty-two-year-old Will Haskell decided to do just that. If he ran for office and won, he would become the youngest state Senator in Connecticut history. For years, Haskell's hometown had reelected the same politician who opposed passing paid family leave, fought increases in the minimum wage, and voted down expansions of voting rights. Haskell's own vision for Connecticut's future couldn't be more different, and he couldn't stand the idea of an uncontested election. In 2018, he would

be a college grad looking for his first job. Why not state Senator? When Haskell kicks off his campaign in the spring of his senior year, he's an unknown college kid facing a popular incumbent who's been in office for over two decades—as long as Haskell's been alive. Haskell's campaign manager is his roommate and his treasurer is his girlfriend's mom. He doesn't have any professional experience. But he does have a powerful message: there's no minimum age to being on the right side of history. Six months later, Haskell's shocking upset victory gives him a historic seat in the state Senate and the responsibility to serve the 100,000 constituents in his district. Like any first job, his first term as a legislator is filled with trial and error. Creating a program that funds free tuition at Connecticut's community colleges—nice work. Falling asleep on the senate floor—needs improvement. In the tradition of Pete Buttigieg's *Shortest Way Home* and Greta Thunberg's *No One Is Too Small to Make a Difference*, *100,000 First Bosses* is the story of how one twentysomething candidate waged the campaign of his young life, fought for change at the state capitol, and proved that his generation is ready to claim a seat at the table.

My Life on the Run Hachette Books

With *My Life on the Run*, Bart Yasso—an icon of one of the most enduringly popular recreational sports in the United States—offers a touching and humorous memoir about the rewards and challenges of running. Recounting his adventures in locales like Antarctica, Africa, and Chitwan National Park in Nepal (where he was chased by an angry rhino), Yasso recommends the best marathons on foreign terrain and tells runners what they need to know to navigate the logistics of running in an unfamiliar country. He also offers practical guidance for beginning, intermediate, and advanced runners, such as 5-K, half marathon, and marathon training schedules, as well as advice on how to become a runner for life, ever-ready to draw joy from the sport and embrace the adventure that each race may offer.

Say Goodbye to Your Southern Accent Vintage

PCMag.com is a leading authority on technology, delivering Labs-based, independent reviews of the latest products and services. Our expert industry analysis and practical solutions help you make better buying decisions and get more from technology.

PC Mag *The Incomplete Book of Running*

An illuminating look at the most tumultuous decade in the life of a rock icon—the only McCartney biography in decades based on firsthand interviews with the ex-Beatle himself. As the 1970s began, the Beatles ended, leaving Paul McCartney to face the new decade with only his wife Linda by his side. Holed up at his farmhouse in Scotland, he sank into a deep depression. To outsiders, McCartney seemed like a man adrift—intimidated by his own fame,

paralyzed by the choices that lay before him, cut loose from his musical moorings. But what appeared to be the sad finale of a glorious career was just the start of a remarkable second act. The product of a long series of one-on-one interviews between McCartney and Scottish rock journalist Tom Doyle, *Man on the Run* chronicles Paul McCartney's decadelong effort to escape the shadow of his past, outrace his critics, and defy the expectations of his fans. From the bitter and painful breakup of the Beatles to the sobering wake-up call of John Lennon's murder, this is a deeply revealing look at a sometimes frightening, often exhilarating period in the life of the world's most famous rock star. Sensing that he had nowhere to go but up, Paul McCartney started over from scratch. With emotional—and musical—backing from Linda, he released eccentric solo albums and embarked on a nomadic hippie lifestyle. He formed a new band, Wings, which first took flight on a ramshackle tour of British university towns and eventually returned Paul to the summit of arena rock superstardom. In *Man on the Run*, Doyle follows McCartney inside the recording sessions for Wings' classic album *Band on the Run*—and provides context for some of the baffling misfires in his discography. Doyle tracks the dizzying highs and exasperating lows of a life lived in the public spotlight: the richly excessive world tours, the Japanese drug bust that nearly ended McCartney's career, his bitter public feuds with his erstwhile Beatle bandmates, and the aftermath of an infamous drug-and-alcohol-fueled jam session where McCartney helped reconcile the estranged John Lennon and Yoko Ono. For Paul McCartney, the 1970s were a wild ride with some dark turns. Set against the backdrop of a turbulent decade, *Man on the Run* casts the "sunny Beatle" in an entirely new light. Praise for *Man on the Run* "Tom Doyle's detailed chronicle, which includes rare interviews with McCartney and former Wings members, portrays a band that was far more contentious than eager-to-please hits like 1976's 'Let 'Em In' had us believe, fronted by a legend who wanted to be both boss and buddy. The book is larded with tales of Seventies rock-star excess, Paul and Linda's love of weed, docked paychecks, and grousing musicians."—*Rolling Stone* "Well-researched but still breezy and engaging, the book offers a comprehensive tour of the shaggy, bleary-eyed decade when the hardest-working ex-Beatle reached the zenith of his creative and commercial success. . . . *Man on the Run* makes an excellent contribution to the burgeoning literature devoted to McCartney's post-

Beatles career."—The Boston Globe "In the 1970s, a depressed, heavy-drinking Paul McCartney walked away from The Beatles and reinvented himself as the leader of another hitmaking rock 'n' roll band. A new book by longtime Q magazine contributing editor Tom Doyle about that turbulent period in the legendary rock star's life, *Man on the Run*, catches him in mid-flight."—Billboard

The Last Lecture Simon and Schuster

Demonstrates the operating system's features, covering managing files, installing programs, troubleshooting, networking, and security.

English in Mind Level 1A Combo with Audio CD/CD-ROM Simon and Schuster

#1 NEW YORK TIMES BESTSELLER • The game-changing author of *Tribe of Mentors* teaches you how to reach your peak physical potential with minimum effort. "A practical crash course in how to reinvent yourself."—Kevin Kelly, *Wired*
Is it possible to reach your genetic potential in 6 months? Sleep 2 hours per day and perform better than on 8 hours? Lose more fat than a marathoner by bingeing? Indeed, and much more. *The 4-Hour Body* is the result of an obsessive quest, spanning more than a decade, to hack the human body using data science. It contains the collective wisdom of hundreds of elite athletes, dozens of MDs, and thousands of hours of jaw-dropping personal experimentation. From Olympic training centers to black-market laboratories, from Silicon Valley to South Africa, Tim Ferriss fixated on one life-changing question: For all things physical, what are the tiniest changes that produce the biggest results? Thousands of tests later, this book contains the answers for both men and women. It's the wisdom Tim used to gain 34 pounds of muscle in 28 days, without steroids, and in four hours of total gym time. From the gym to the bedroom, it's all here, and it all works. You will learn (in less than 30 minutes each): • How to lose those last 5-10 pounds (or 100+ pounds) with odd combinations of food and safe chemical cocktails • How to prevent fat gain while bingeing over the weekend or the holidays • How to sleep 2 hours per day and feel fully rested • How to produce 15-minute female orgasms • How to triple testosterone and double sperm count • How to go from running 5 kilometers to 50 kilometers in 12 weeks • How to reverse "permanent" injuries • How to pay for a beach vacation with one hospital visit
And that's just the tip of the iceberg. There are more than 50 topics covered, all with real-world experiments, many including more than 200 test subjects. You don't need better genetics or more exercise. You need immediate results that compel you to continue. That's exactly what *The 4-Hour Body* delivers.

Princess on the Run John Wiley & Sons

A funny, sexy, and ultimately poignant memoir about mastering the art of the "vacationship." Kristin Newman spent much of her twenties and thirties buying dresses to wear to her friends' weddings and baby

showers. Not ready to settle down and in need of an escape from her fast-paced job as a sitcom writer, Kristin instead traveled the world, often alone, for several weeks each year. In addition to falling madly in love with the planet, Kristin fell for many attractive locals, men who could provide the emotional connection she wanted without costing her the freedom she desperately needed. Kristin introduces readers to the Israeli bartenders, Finnish poker players, sexy Bedouins, and Argentinean priests who helped her transform into "Kristin-Adjacent" on the road—a slower, softer, and, yes, sluttier version of herself at home. Equal parts laugh-out-loud storytelling, candid reflection, and wanderlust-inspiring travel tales, *What I Was Doing While You Were Breeding* is a compelling debut that will have readers rushing to renew their passports.

ChiRunning Rodale Books

A hilarious, highly original collection of essays based on the Botswana truism: "only food runs!" With a new introduction and new material from the author in the tradition of Bill Bryson, a new writer brings us the lively adventures and biting wit of an African safari guide. Peter Allison gives us the guide's-eye view of living in the bush, confronting the world's fiercest terrain of wild animals and, most challenging of all, managing herds of gaping tourists. Passionate for the animals of the Kalahari, Allison works as a top safari guide in the wildlife-rich Okavango Delta. As he serves the whims of his wealthy clients, he often has to stop the impulse to run as far away from them as he can, as these tourists are sometimes more dangerous than a pride of lions. No one could make up these outrageous-but-true tales: the young woman who rejected the recommended safari-friendly khaki to wear a more "fashionable" hot pink ensemble; the lost tourist who happened to be drunk, half-naked, and a member of the British royal family; establishing a real friendship with the continent's most vicious animal; the Japanese tourist who requested a repeat performance of Allison's being charged by a lion so he could videotape it; and spending a crazy night in the wild after blowing a tire on a tour bus, revealing that Allison has as much good-natured scorn for himself. The author's humor is exceeded only by his love and respect for the animals, and his goal is to limit any negative exposure to humans by planning trips that are minimally invasive—unfortunately it doesn't always work out that way! New story: People often ask safari guides about the experience that frightened them the most. In this story Peter Allison tells of the time he became aware of unseen danger, and knew that somewhere within meters of him was a hunting lioness. Peter Allison is originally from Sydney, Australia. His safaris have been featured in

National Geographic, Conde Nast Traveler, and on world's best known and most beloved television programs such as Jack Hanna's Animal Adventures. He travels frequently to speaking appearances, and splits most of his time between Botswana, Sydney, and San Francisco.

100,000 First Bosses FaithWords

You are invited to live life to the fullest. For five hard years Christian leader Kevin Myers struggled personally and professionally. But it was during that time that God pointed out where he was going wrong and showed him the biblical pattern for living. It proceeded to transform his life, leadership, ministry, and relationships. During that time John Maxwell also became his mentor. Together, using a baseball diamond as an analogy for following God's plan for life, Myers and Maxwell provide a clear path forward while helping you keep your priorities in order and your eyes on the prize. What is that pattern? Connection with God: Winning Dependence Character: Winning Within Community: Winning with Others Competence: Winning Results Challenging, heart-felt, and insightful, Myers' story will connect with anyone who feels their life is falling short of God's promises. The hard-won lessons Myers learned, along with insightful comments and on-point application from Maxwell, will make it possible for you to win in this performance-based culture without losing your soul. There are no shortcuts or steals in the spiritual journey of life. HOME RUN is a guidebook for living life and learning how to succeed God's way.

Cracking the AP Spanish Language and Culture Exam with Audio CD, 2017 Edition Hal Leonard Corporation

"This is a story you'll love and never forget."—Christopher McDougall, author, *Born to Run and Natural Born Heroes*

Aside from her rock star looks, Catra Corbett is a standout in the running world on her accomplishments alone. Catra is the first American woman to run over one hundred miles or more on more than one hundred occasions and the first to run one hundred and two hundred miles in the Ohlone Wilderness, and she holds the fastest known double time for the 425-miles long John Muir Trail, completing it in twelve days, four hours, and fifty-seven minutes. And, unbelievably, she's also a former meth addict. After two years of addiction, Catra is busted while selling, and a night in jail is enough to set her straight. She gives up drugs and moves back home with her mother, abandoning her friends, her boyfriend, and the lifestyle that she came to depend on. Her only clean friend pushes her to train for a 10K with him, and surprisingly, she likes it—and decides to run her first marathon after that. In *Reborn on the Run*, the reader keeps pace with Catra as she runs through difficult terrain and extreme weather, is stalked by animals in the wilderness, and nearly dies on a training run but continues on, smashing running records and becoming one of the world's best ultrarunners. Along the way she attempts suicide, loses loved ones, falls in love, has her heartbroken, meets lifelong friends including her running partner and dachshund TruMan, and finally faces the past that led to her addiction.

Outlaw Pete Harper Collins

From the author of the bestseller *Eat and Run*, a thrilling new memoir about his grueling, exhilarating, and immensely inspiring 46-day run to break the speed record for the Appalachian Trail. Scott Jurek is one of the