

## Raw My Journey Into The Wu Tang

The inspiring memoir of a plus-size woman who summited Kilimanjaro while overcoming fat prejudice and her own demons -- "I was moved and inspired by every page of this beautiful book" (Cheryl Strayed) Kara Richardson Whitely was determined to reach the summit of Mt. Kilimanjaro. But she struggled with each step -- with the grueling conditions on the steep mountainside, with the 300-pound weight of her own body, and with her food addiction, which came from a lifetime of reckoning with feelings of failure and shame. Deep in her personal gorge, Kara realized the only way out was up. *Gorge: My Journey Up Kilimanjaro at 300 Pounds* is the raw story of Kara's ascent from the depths of self-doubt to the top of the world. Her inspiring trek speaks to every woman who has struggled with her self-image or felt that food was controlling her life. Honest and unforgettable, Kara's journey is one of intense passion, endurance, and self-acceptance.

The Wu-Tang Manual is The RZA's first written introduction to the philosophy and history of Hip-Hop's original Dynasty, the Wu-Tang Clan. Written in a style that is at once personal and philosophical, The Wu-Tang Manual unravels the intricate web of personalities (and alter egos), warrior codes, numerological systems, and Eastern spiritual ethics that define the Wu-Tang dynasty. Packed with information that reflects the breadth and depth of the RZA's — and rest of the Clan's — intellectual interests and passions, The Wu-Tang Manual is divided into four books of nine chambers each, for a total of 36 chambers. All together, the book provides the breakdown of essential Wu-Tang components, from basic information about each of the nine core members of Wu-Tang Clan to deeper explorations of the key themes of the Wu-Tang universe, a dictionary-like Wu-Slang lexicon, and an entire section of Wu-Tang lyrics with densely annotated explanations of what they mean. For the hardcore Wu-Tang disciple and the recent initiate alike, The Wu-Tang Manual is the definitive guide to the essence of Wu, one of the most innovative hip-hop groups of all time. The RZA's most recent book, *The Tao of Wu*, is also available from Riverhead Books.

"A memoir about a life almost lost and a revealing look at the dark side of hip hop's golden era ... a story of struggle, survival, and hope down the mean streets of New York City"--Dust flap jacket.

This picture-driven raw lifestyle book is for busy people who want to improve their health and vitality without having to go 100% raw. It's an easy to use guide that showcases creative yet simple-to-make plant-based recipes, and highlights multiple nutrition-packed superfoods. But more than just a raw food guide, *The Radiantly Raw Cookbook* includes chapters on functional fitness & beauty, shares the basics of cleansing, and has helpful mind-body connection tips, all important pillars for optimum health. This healthy lifestyle guide is filled with vibrant and inspiring photos to help encourage your lifestyle shifts and food transformations. Summer will give you tools to add radiant plant-based foods into your diet no matter what your present eating style. She wants to inspire you to create your best life ever by making small shifts today that will affect your entire life and generations to come.

Unflinching in its honesty, *My Journey* is the extraordinary memoir of Jim Stynes: Irishman, footballer, Brownlow Medallist, Reach co-founder and former president of Melbourne Football Club whose very public battle with cancer touched the lives of

everyone who knew him. When Jim was diagnosed with cancer at the age of 43, he was given nine months to live. The diagnosis caught him by surprise – and he didn't have time for illness. He was a busy father, husband, brother, mentor and businessman. Jim Stynes never took the easy road, on or off the field. He loved a challenge. He pushed himself, and worked hard to help others realise their potential. The same could be said about his cancer journey. Knowing his odds weren't good, Jim gave his all to trying to beat the disease. He embraced life, and made his journey public. His ability to use mind over matter, to never give in, to overcome pain, to believe in himself and his will to succeed gave him two extra years on the prognosis. He worked hard to keep hope alive for himself and his family, and for other cancer sufferers too, defying expectations time and time again. Jim died on 27 March 2012, a month shy of his forty-sixth birthday. A state funeral was held at St Paul's Cathedral in Melbourne, with thousands of mourners watching from Federation Square. A memorial service was also held at his local Ballyroan parish church in Dublin. Jim kept diary notes throughout his battle with cancer, and spent many months talking about his life with his long-time friend, journalist Warwick Green. My Journey celebrates the legacy of Jim Stynes, offering an intimate portrait of a man learning to face his fears and get the most out of every single day. 'If you don't have cancer, cherish life. If you do, cherish it even more.' – Jim Stynes, My Journey For all media enquiries please contact Anyez Lindop on 03 9811 2512 or on 0419008556 or by email

anyez.lindop@au.penguin.com 'A moving account of his life before and after the June 2009 cancer diagnosis.' Sunday Mail 'Jim could not have left a better manual for life. [His] voice resonates from every page and he has a great capacity for savage self-reflection.' Sunday Herald Sun 'Here then is a story of immense courage, of being knocked down and getting up again only to be belted even harder.' Canberra Times THE INSTANT NEW YORK TIMES BESTSELLER An explosive memoir from Bobby Hall, the multiplatinum recording artist known as Logic and the #1 bestselling author of Supermarket. This Bright Future is a raw and unfiltered journey into the life and mind of Bobby Hall, who emerged from the wreckage of a horrifically abusive childhood to become an era-defining artist of our tumultuous age. A self-described orphan with parents, Bobby Hall began life as Sir Robert Bryson Hall II, the only child of an alcoholic, mentally ill mother on welfare and an absent, crack-addicted father. After enduring seventeen years of abuse and neglect, Bobby ran away from home and—with nothing more than a discarded laptop and a ninth-grade education—he found his voice in the world of hip-hop and a new home in a place he never expected: the untamed and uncharted wilderness of the social media age. In the message boards and livestreams of this brave new world, Bobby became Logic, transforming a childhood of violence, anger, and trauma into music that spread a resilient message of peace, love, and positivity. His songs would touch the lives of millions, taking him to dizzying heights of success, where the wounds of his childhood and the perils of Internet fame would nearly be his undoing. A landmark achievement in an already remarkable career, This Bright Future looks back on Bobby's extraordinary life with lacerating humor and fearless honesty. Heart-wrenching yet ultimately uplifting, this book completes the incredible true story and transformation of a human being who, against all odds, refused to be broken.

RawMy Journey into the Wu-TangPicador

Brain on Fire meets Carry On, Warrior in this inspirational memoir and “testament to the things that break us, heal us, and make us who we are” (Glennon Doyle, #1 New York Times bestselling author) that explores one woman’s journey from chronic pain and hopelessness to finding joy, redemption, and healing. At seventeen years old, Ruthie Lindsey is hit by an ambulance near her home in rural Louisiana. She’s given a five percent chance of survival and one percent chance of walking again. One month later after a spinal fusion surgery, Ruthie defies the odds, leaving the hospital on her own two feet. Just a few years later, newly married and living in Nashville, Ruthie begins to experience debilitating pain. Her case confounds doctors and after numerous rounds of testing, imaging, and treatment, they prescribe narcotic painkillers—lots of them. Ruthie has become bedridden, dependent on painkillers, and hopeless, when an X-ray reveals that the wire used to fuse her spine is piercing her brain stem. Without another staggeringly expensive experimental surgery, she could well become paralyzed, but in many ways, she already is. Ruthie goes into the hospital in chronic pain, dependent on prescription painkillers, and leaves the same way. She can still walk but has no idea where she’s going. As her life unravels, Ruthie returns home to Louisiana and sets out on a journey to learn joy again. She trades fentanyl for sunsets and morphine for wildflowers, weaning herself off of the drugs and beginning the process of healing—of coming home to her body. Raw and redemptive, *There I Am* is not just about the magic of optimism, but the work of it. Ruthie’s extraordinary memoir “like going on a walk with a best friend and listening to a life-changing speech at the same time: it’s equal parts familiar and profound, warm and insightful, comforting and challenging, relatable and unlike anything you’ve read before” (Mari Andrew, New York Times bestselling author).

The star of TV’s *Hercules: The Legendary Journeys* reveals how a series of debilitating strokes at the height of his career changed his life

In unflinchingly honest prose, Sugar Rodgers shares her inspiring story of overcoming tremendous odds to become an all-star in the WNBA. "They Better Call Me Sugar is fabulous--so infinitely readable and engaging. Sugar Rodgers is such a clear-eyed and thoughtful writer and a huge inspiration. There are so many young people I can't wait to give this book to." --Jacqueline Woodson, author of *Brown Girl Dreaming*, former National Ambassador for Young People's Literature "[Rodgers] now has a new goal: sharing her story with others. She certainly accomplishes that in this raw, compelling memoir of a girl growing up in difficult circumstances but with the wits, confidence, and drive that made her an All-Star. An inspiring autobiography." --Booklist "WNBA champion Rodgers reflects on her childhood and road to athletic glory...Encouraging tidbits will stay with readers, such as, 'Stars are stars because they work hard even when the lights are not on'...This memoir...has a bold bounce." --Kirkus Reviews "Sugar Rodgers's story will be inspirational not only for young girls, not only for young athletes, but for everyone. You never know the mountains people have to climb to reach the level of success they have achieved." --Etan Thomas, former NBA player, author of *We Matter: Athletes and Activism* "Having had the privilege of playing and working with Sugar Rodgers, I've been blessed with a front row seat to watch her grow into the woman she is today. My hope and prayer is that everyone, both young and old, gets an opportunity to read this book and let Sugar--the athlete, the woman, the survivor--have as much of an impact on their lives as she has had on mine." --Swin Cash, three-time WNBA champion, VP of Basketball Operations with the New Orleans Pelicans "It would be too easy to say that Sugar Rodgers's memoir is a slam dunk. It's more than that--it's a three-pointer from deep. If you want to know what it takes to shoot for your dreams in sports and in life, read this book." --C.J.

Farley, author of *Around Harvard Square* Growing up in dire poverty in Suffolk, Virginia, Sugar (born Ta'Shauna) Rodgers never imagined that she would become an all-star player in the WNBA (Women's National Basketball Association). Both of her siblings were in and out of prison throughout much of her childhood and shootings in her neighborhood were commonplace. For Sugar this was just a fact of life. While academics wasn't a high priority for Sugar and many of her friends, athletics always played a prominent role. She mastered her three-point shot on a net her brother put up just outside their home, eventually becoming so good that she could hustle local drug dealers out of money in one-on-one contests. With the love and support of her family and friends, Sugar's performance on her high school basketball team led to her recruitment by the Georgetown Hoyas, and her eventual draft into the WNBA in 2013 by the Minnesota Lynx (who won the WNBA Finals in Sugar's first year). The first of her family to attend college, Sugar speaks of her struggles both academically and as an athlete with raw honesty. Sugar's road to a successful career as a professional basketball player is fraught with sadness and death—including her mother's death when she's fourteen, which leaves Sugar essentially homeless. Throughout it all, Sugar clings to basketball as a way to keep herself focused and sane. And now Sugar shares her story as a message of hope and inspiration for young girls and boys everywhere, but especially those growing up in economically challenging conditions. Never sugarcoating her life experiences, she delivers a powerful message of discipline, perseverance, and always believing in oneself.

#1 New York Times bestselling author Joyce Meyer offers a powerful, concise abridgment of *Enjoying Where You Are on the Way to Where You Are Going*. Are you enjoying every day of your life? Or do you tell yourself and others that you will find happiness once you have achieved a specific goal or position? Jesus came so that you might have and enjoy life (John 10:10). In this compact abridgment, Joyce Meyer combines biblical principles with personal experiences to explain how you can enjoy every day on your journey through life. You will learn such lessons as how to make the decision to enjoy life, how to rid yourself of regret, how to experience simplicity in life, how to find joy during times of waiting, and much more! Enjoying life is an attitude of the heart, and you can learn how to enjoy where you are on the way to where you are going.

Selected as a Best Book of the Year by *Esquire* "Couldn't put it down." – Charlamagne Tha God "Mesmerizing." – Raekwon da Chef "Insightful, moving, necessary." – Shea Serrano "Cathartic." – *The New Yorker* "A classic." – *The Washington Post* The explosive, never-before-told story behind the historic rise of the Wu-Tang Clan, as told by one of its founding members, Lamont "U-God" Hawkins. "It's time to write down not only my legacy, but the story of nine dirt-bomb street thugs who took our everyday life—scrappin' and hustlin' and tryin' to survive in the urban jungle of New York City—and turned that into something bigger than we could possibly imagine, something that took us out of the projects for good, which was the only thing we all wanted in the first place." —Lamont "U-God" Hawkins The Wu-Tang Clan are considered hip-hop royalty. Remarkably, none of the founding members have told their story—until now. Here, for the first time, the quiet one speaks. Lamont "U-God" Hawkins was born in Brownsville, New York, in 1970. Raised by a single mother and forced to reckon with the hostile conditions of project life, U-God learned from an early age how to survive. And surviving in New York City in the 1970s and 1980s was no easy task—especially as a young black boy living in some of the city's most ignored and destitute districts. But, along the way, he met and befriended those who would eventually form the Clan's core: RZA, GZA, Method Man, Raekwon, Ol' Dirty Bastard, Inspectah Deck, Ghostface Killah, and Masta Killa. Brought up by the streets, and bonding over their love of hip-hop, they sought to pursue the impossible: music as their ticket out of the ghetto. U-God's unforgettable first-person account of his journey, from the streets of Brooklyn to some of the biggest stages around the world, is not only thoroughly affecting, unfiltered, and explosive but also captures, in vivid detail, the making of one of the greatest acts

in American music history.

From the founder of the Wu-Tang Clan—celebrating their 25th anniversary this year—an inspirational book for the hip hop fan. The RZA, founder of the Wu-Tang Clan, imparts the lessons he's learned on his journey from the Staten Island projects to international superstardom. A devout student of knowledge in every form in which he's found it, he distills here the wisdom he's acquired into seven "pillars," each based on a formative event in his life—from the moment he first heard the call of hip-hop to the death of his cousin and Clan-mate, Russell Jones, aka ODB. Delivered in RZA's unmistakable style, at once surprising, profound, and provocative, *The Tao of Wu* is a spiritual memoir the world has never seen before, and will never see again. A nonfiction Siddhartha for the hip-hop generation from the author of *The Wu-Tang Manual*, it will enlighten, entertain, and inspire.

Contains over one hundred raw food recipes, including doughnut holes, zucchini corn cakes with cilantro cream, and apple cranberry "cheesecake."

Sue Hollis lived in the fast lane, juggling a high powered career, being a supermom, and continually striving for perfection. But despite her external success, internally she felt a deep emptiness. Leaving her old life in the dirt, she mounted a superbike named Voodoo and set off on a fifteen-thousand-mile journey to discover what it really takes to feel fulfilled. *Riding Raw* is the incredible true story of Sue's eighty-three-day solo journey across North America. Through adventures on glaciers and in roadhouses and encounters with donut-eating dogs and Brazilian bikers, Sue offers a candid and vulnerable look at what it took for her to let go, change her story, step out of fear, and learn how to love herself. Exhilarating and emotional, *Riding Raw* takes readers on the trip of a lifetime, inspiring anyone searching for what it means to truly have it all.

On the tenth anniversary of his death, *The Dirty Version* is the first biography of hip hop superstar and founding member of the Wu-Tang Clan, Ol' Dirty Bastard, to be written by someone from his inner circle: his right-hand man and best friend, Buddha Monk. Ol' Dirty Bastard rocketed to fame with the Wu-Tang Clan, the raucous and renegade group that altered the world of hip hop forever. ODB was one of the Clan's wildest icons and most inventive performers, and when he died of an overdose in 2004 at the age of thirty-five, millions of fans mourned the loss. ODB lives on in epic proportions and his antics are legend: he once picked up his welfare check in a limousine; lifted a burning car off a four-year-old girl in Brooklyn; stole a fifty-dollar pair of sneakers on tour at the peak of his success. Many have questioned whether his stunts were carefully calculated or the result of paranoia and mental instability. Now, Dirty's friend since childhood, Buddha Monk, a Wu-Tang collaborator on stage and in the studio, reveals the truth about the complex and talented performer. From their days together on the streets of Brooklyn to the meteoric rise of Wu-Tang's star, from bouts in prison to court-mandated rehab, from Dirty's favorite kind of pizza to his struggles with fame and success, Buddha tells the real story—*The Dirty Version*—of the legendary rapper.

When doctors told Danielle Walker that food didn't cause her autoimmune disease and couldn't help control it, she set out to prove them wrong. Diagnosed with an extreme form of ulcerative colitis at 22, Danielle was terrified she'd never be able to eat all the wonderful, great-tasting foods she loved growing up or host warm, welcoming gatherings with family and friends. So when the medicine she was prescribed became almost as debilitating as the disease itself, Danielle took matters into her own hands, turned her kitchen into a laboratory, and set to work creating gut-healthy versions of the foods she thought she'd never be able to enjoy again. Three *New York Times* bestselling cookbooks later, Danielle has become a beacon of hope for millions around the world suffering from autoimmune diseases, food allergies, and chronic ailments. Now for the first time, with stunning transparency about the personal toll her illness took on her physically, emotionally, and spiritually, Danielle reflects on everything she's learned during her decade-long journey toward healing—including the connection between gut health and

overall well-being, the development of her favorite recipes, and the keys for not simply surviving her autoimmune disease but thriving despite it. Through her resilience, Danielle tells a story that provides hope that despite your ailments or hardships, you can live a full, happy, and healthy life without ever feeling excluded or deprived. Food saved Danielle Walker. And it can save you, too. Includes six fan-favorite recipes and the stories behind them!

The Wu-Tang Clan is American hip-hop royalty. Rolling Stone called them the 'best rap group ever' and their debut album is considered one of the greatest of all time. Since 1992, they have released seven gold and platinum studio albums with sales of more than 40 million copies. So how did nine kids from the Brownsville projects go from nothing to global icons? Remarkably, no one has told their story—until now. *Raw* is the incredible first-person account of one boy's journey from the Staten Island projects to international stardom. Part social history, part confessional memoir, U-God's intimate portrait of his life - and those of his Wu-Tang brothers - is a brave and unfiltered account of escaping poverty to transform the New York hip-hop scene forever.

From the Fab Five--the beloved hosts of Netflix's viral hit *Queer Eye*--comes a book that is at once a behind-the-scenes exclusive, a practical guide to living and celebrating your best life, and a symbol of hope. Feeling your best is about far more than deciding what color to paint your accent wall or how to apply nightly moisturizer. It's also about creating a life that's well-rounded, filled with humor and understanding--and most importantly, that suits you. At a cultural moment when we are all craving people to admire, *Queer Eye* offers hope and acceptance. After you get to know the Fab Five, together they will guide you through five practical chapters that go beyond their designated areas of expertise (food & wine, fashion, grooming, home decor, and culture), touching on topics like wellness, entertaining, and defining your personal brand, and complete with bite-sized Hip Tips for your everyday quandaries. Above all else, *Queer Eye* aims to help you create a happy and healthy life, rooted in self-love and authenticity.

In the vein of *The Glass Castle*, *Breaking Night* is the stunning memoir of a young woman who at age fifteen was living on the streets, and who eventually made it into Harvard. Liz Murray was born to loving but drug-addicted parents in the Bronx. In school she was taunted for her dirty clothing and lice-infested hair, eventually skipping so many classes that she was put into a girls' home. At age fifteen, Liz found herself on the streets. She learned to scrape by, foraging for food and riding subways all night to have a warm place to sleep. When Liz's mother died of AIDS, she decided to take control of her own destiny and go back to high school, often completing her assignments in the hallways and subway stations where she slept. Liz squeezed four years of high school into two, while homeless; won a New York Times scholarship; and made it into the Ivy League. *Breaking Night* is an unforgettable and beautifully written story of one young woman's indomitable spirit to survive and prevail, against all odds. On the heels of Kendrick Lamar's Pulitzer Prize, as the world begins to recognize the creative side of Hip-Hop, comes a writing guide from a musician and "The greatest MC of all time," Rakim. The musician and Hip Hop legend—hailed as “the greatest MC of all time” and compared to Thelonious Monk—reimagines the writing handbook in this memoir and guide that incorporates the soulful genius, confidence, and creativity of a master artist. When he exploded on the music scene, musical genius Rakim was hailed for his brilliant artistic style, adding layers, complexity, depth, musicality, and soul to rap. More than anyone, Rakim has changed the way MCs rhyme. Calm on the mic, his

words combine in a frenzy of sound, using complicated patterns based on multisyllabic rhymes and internal rhythms. Rakim can tell a story about a down-on-his-luck man looking for a job and turn it into an epic tale and an unforgettable rhyme. He is not just a great songwriter—he's a great modern writer. Part memoir, part writing guide, *Sweat the Technique* offers insight into how Rakim thinks about words, music, writing, and rhyming as it teaches writers of all levels how to hone their craft. It is also a rare glimpse into Rakim's private life, full of entertaining personal stories from his youth on Long Island growing up in a home and community filled with musicians to the clubs of New York and the studios of Los Angeles during his rise to the top of popular music. Rakim celebrates the influences that shaped his development, including the jazz music of John Coltrane and the spirituality of the streets, and shares anecdotes spotlighting personalities such as L. L. Cool J. and Dr. Dre, among others. Filled with valuable lessons for every writer, *Sweat the Technique* reveals the heart and mind of an artist and his love for great storytelling, and always, the words.

"From an Irish childhood haunted by grief, a young boy full of contradictions and bubbling anxiety fights through into an adulthood of masked depression. But despite the internal darkness that plagues him, one consistently positive thread runs through his life, the refusal to give up and the refusal to lose faith in love, even with a shattered heart. With one last ounce of fight left, he makes a decision, to leave everything behind and travel across the world. Unsure of what may lie ahead, he knows he has to change his life before it slips away. -- back cover.

"A beautiful testament to the powerful love and friendship the two women shared as they searched for a miracle." —Wichita Falls Times Record News In *My Journey with Farrah*, Farrah Fawcett's longtime friend Alana Stewart shares her personal diaries from her three years by Farrah's side, during the former *Charlie's Angels* actress's tragic struggle to defeat cancer. A celebration of an incredible bond, the power of Farrah's indomitable spirit, and poignant memories from their thirty years together, *My Journey with Farrah* is a tribute to an amazing woman and an amazing friendship. An inspiring and illuminating guide to true self care, from the sage teacher and breakout star of the critically acclaimed drama, *Queen Sugar*, from Executive Producers Oprah Winfrey and Ava DuVernay for OWN. Featured on *Essence Magazine's Culture List* In all your years of schooling, did you ever take a single class that explained how to navigate the hurt, drama, and fear that come with living? Tina Lifford sure didn't. She learned the hard way—through experience as both a Hollywood actress and as the founder of the personal development network *The Inner Fitness Project*. Now, she brings together her own hard-won insights as well as those of her clients in this helpful and transformative guide. A blend of personal anecdotes and meaningful, practical—and most important, actionable—advice, *The Little Book of Big Lies* is the life skills class you need to nurture the inner you and move beyond the past. In fourteen raw, personal stories, Tina teaches you how to change your self-perception—to see yourself in the best possible light, to love and honor what you see, and to forge a new sense of what's possible in every aspect of your life. But make no mistake, *The Little Book of Big Lies* is not a "rah-rah" quick fix for fear and pain. Like physical fitness, building and maintaining emotional strength requires continued effort. This invaluable book is the foundation you need to start building inner health and well-being so you can thrive. Tina guides you on a journey of self-discovery that will help you turn shame into self-

acceptance, self-rejection into self-love, blame into freedom, and old hurt into power. Wise and powerful, *The Little Book of Big Lies* will completely change how you think and live.

This is a memoir by two-time CrossFit Games champion, Katrin Davidsdottir. Dottir is two-time consecutive CrossFit Games Champion Katrin Davidsdottir's inspiring and poignant memoir. As one of only three women in history to have won the title of "Fittest Woman on Earth" twice, Davidsdottir knows all about the importance of mental and physical strength. She won the title in 2015, backing it up with a second win in 2016, after starting CrossFit in just 2011. A gymnast as a youth, Davidsdottir wanted to try new challenges and found a love of CrossFit. But it hasn't been a smooth rise to the top. In 2014, just one year before taking home the gold, she didn't qualify for the Games. She used that loss as motivation and fuel for training harder and smarter for the 2015 Games. She pushed herself and refocused her mental game. Her hard work and perseverance paid off with her return to the Games and subsequent victories in 2015 and 2016. In *Dottir*, Davidsdottir shares her journey with readers. She details her focus on training, goal setting, nutrition, and mental toughness.

In these pages are ten years of my pains, fears and tears. Telling the story of heartache that loving the wrong man can bring, the emotional battle of letting go, so that I could find me, and now I'm a better woman and mother who has finally found peace. In my journals I've written all my secrets and stories away, and in my journals is where I'd thought they'd stay, but they tell a story of survival and hope that I dare to expose and share with the world. Baring all of me, and will bravely tread the waters of vulnerability with hopes that maybe my story will help even just one woman cope and not be scared to start over alone.

*The Best Raw Food Recipes to Help You Look and Feel Amazing* (even if you're not fully raw) Do you LOVE eating and hate calorie counting? What if I told you that you can lose weight, increase your energy levels, and improve your overall health without having to eat less? It's as simple as enriching your diet with fresh, raw foods (and you don't have to be perfect!). Focus on ABUNDANCE. Health does not have to be complicated! Raw food lifestyle is very flexible. It means that it doesn't matter if you are vegan, vegetarian, paleo, alkaline, gluten-free, or you don't follow anything at all. You can always add more raw foods into your existing diet to enjoy all the benefits (natural weight loss, healthy looking skin, unstoppable energy) you deserve. The good news is - you do not need to spend hundreds of dollars on expensive superfood fads or herbs from the other side of the world... The solution is just in front of you and it's not about following some crazy and restrictive fruit cult diet... Here's exactly what you will learn with Raw Food Diet: Exciting raw salads, soups, and creams Vegan Alkaline (raw) treats and desserts Super tasty salad dressings and salsas so that you never feel bored with raw food The best healing herbs to help you transform (and make your healthy food taste better than "normal food"). How to combine raw food with cooked food (so that you can still keep it healthy but never get bored) The most effective healing smoothies (they are so rich in nutrients that even if you have only 1 day, you will be able to level up your energy!) It's up to you if you want to go raw full-time or part-time because the raw lifestyle is very flexible. You will also discover the best raw food recipes to: Improve your digestion Sleep better Mesmerize people with your healthy-looking skin and hair Supercharge your immune system and feel energized so that you

spend less time sick and more time doing things you love Ready to take revolutionize your health on a deeper level? Grab your copy today and help your body and mind feel great again! Join thousands of others in our flexible raw alkaline community and start transforming your body with the most delicious raw food recipes.

From the incomparable Emmy, Grammy, and Tony Award winner, a powerful and revealing autobiography about race, sexuality, art, and healing It's easy to be yourself when who and what you are is in vogue. But growing up Black and gay in America has never been easy. Before Billy Porter was slaying red carpets and giving an iconic Emmy-winning performance in the celebrated TV show Pose; before he was the groundbreaking Tony and Grammy Award-winning star of Broadway's Kinky Boots; and before he was an acclaimed recording artist, actor, playwright, director, and all-around legend, Porter was a young boy in Pittsburgh who was seen as different, who didn't fit in. At five years old, Porter was sent to therapy to "fix" his effeminacy. He was endlessly bullied at school, sexually abused by his stepfather, and criticized at his church. Porter came of age in a world where simply being himself was a constant struggle. Billy Porter's *Unprotected* is the life story of a singular artist and survivor in his own words. It is the story of a boy whose talent and courage opened doors for him, but only a crack. It is the story of a teenager discovering himself, learning his voice and his craft amidst deep trauma. And it is the story of a young man whose unbreakable determination led him through countless hard times to where he is now; a proud icon who refuses to back down or hide. Porter is a multitalented, multifaceted treasure at the top of his game, and *Unprotected* is a resonant, inspirational story of trauma and healing, shot through with his singular voice.

Follow a sweater with an "Italian Merino" label back far enough and chances are its life began not in Milan, but in Montana. Many people want to look behind the label and know where their clothes come from, but the textile supply chain - one of the most toxic on the planet -- remains largely invisible. In *Raw Material: Working Wool in the West*, Stephany Wilkes tells the story of American wool through her own journey to becoming a certified sheep shearer. What begins as a search for local yarn becomes a dirty, unlikely, and irresistible side job. Wilkes leaves her comfortable high tech job for a way of life considered long dead in the American West. Along the way, she meets ornery sheep that weigh more than she does, carbon-sequestering ranchers, landless grazing operators, rare breed stewards, and small-batch yarn makers struggling with drought, unfair trade agreements, and faceless bureaucracies as they work to bring eco-friendly fleece to market. *Raw Material* demonstrates that the back must break to clothe the body, that excellence often comes by way of exhaustion. With humor and humility, Wilkes follows wool from the farm to the factory, through the hands of hardworking Americans trying to change the culture of clothing. Her story will appeal to anyone interested in the fiber arts or the textile industry, and especially to environmentally conscious consumers, as it extends the concerns of the sustainable food movement to fleece, fiber, and fashion.

After two years of trying to figure out why my dog was sick, I realized that the commercial kibble I was feeding was the problem. I heard about raw feeding and how it was helping dogs and cats and began researching the diet to learn if it was the answer for my dog. Trying to learn about raw feeding isn't easy for everyone. There is a tremendous amount of information out there, everyone is an expert, and whenever I felt like I got it right, I learned that I was wrong. I switched my dogs to a raw food diet in 2013, today, my sick dog has lived longer than his first vet predicted and he astounds his current vet because she can believe that he's a senior dog. No more allergies, no more digestive issues, no more joint issues just a healthy dog thanks to a diet of fresh food. A year after switching to raw, I began blogging about my journey. I've learned a lot over the years and every day I receive questions from pet parents interested in raw feeding and I began to see a pattern. Everyone had the same questions and that's how this book came about. Keep it Raw will be a series of books where I answer questions from raw feeders and aspiring raw feeders. This book is for the pet parent who is interested in feeding raw or new to raw feeding and feeling a bit overwhelmed. I answer each question based on my experience raising four raw fed dogs. I hope it helps others improve their dog's diet and health.

One reporter takes an immersive dive into white supremacy's explosive online presence, exploring the undercurrents of propaganda, racism, misogyny, and history that led us to where we are now. Talia Lavin is every skinhead's worst nightmare: a loud and unapologetic Jewish woman, acerbic, smart, and profoundly antiracist, with the investigative chops to expose the tactics and ideologies of online hatemongers. Culture Warlords is the story of how Lavin, a frequent target of extremist trolls (including those at Fox News), dove into a byzantine online culture of hate and learned the intricacies of how white supremacy proliferates online. Within these pages, she reveals the extremists hiding in plain sight online: Incels. White nationalists. White supremacists. National Socialists. Proud Boys. Christian extremists. In order to showcase them in their natural habitat, Talia assumes a range of identities, going undercover as a blonde Nazi babe, a forlorn incel, and a violent Aryan femme fatale. Along the way, she discovers a whites-only dating site geared toward racists looking for love, a disturbing extremist YouTube channel run by a fourteen-year-old girl with over 800,000 followers, the everyday heroes of the antifascist movement, and much more. By combining compelling stories chock-full of catfishing and gate-crashing with her own in-depth, gut-wrenching research, she also turns the lens of anti-Semitism, racism, and white power back on itself in an attempt to dismantle and decimate the online hate movement from within. Shocking, humorous, and merciless in equal measure, Culture Warlords explores some of the vilest subcultures on the Web—and shows us how we can fight back.

Legendary wordsmith Raekwon the Chef opens up about his journey from the staircases of Park Hill in Staten Island to sold-out stadiums around the world with Wu-Tang Clan in this revealing memoir—perfect for fans of The Autobiography of

Gucci Mane and Hustle Harder, Hustle Smarter. There are rappers who everyone loves and there are rappers who every rapper loves, and Corey Woods, a.k.a. Raekwon the Chef, is one of the few who is both. His versatile flow, natural storytelling, and evocative imagery have inspired legions of fans and a new generation of rappers. Raekwon is one of the founding members of Wu-Tang Clan, and his voice and cadence are synonymous with the sound that has made the group iconic since 1991. Now, for the first time, Raekwon tells his whole story, from struggling through poverty in order to make ends meet to turning a hobby into a legacy. The Wu-Tang tale is dense, complex, and full of drama, and here nothing is off-limits: the group's origins, secrets behind songs like "C.R.E.A.M." and "Protect Ya Neck," and what it took to be one of the first hip-hop groups to go from the underground to the mainstream. Raekwon also delves deep into the making of his meticulous solo albums—particularly the classic *Only Built 4 Cuban Linx*—and talks about how spirituality and fatherhood continue to inspire his unstoppable creative process. A celebration of perseverance and the power of music, *From Staircase to Stage* is about a master storyteller's lifelong journey to stay true to himself and his roots.

Selected as a Best Book of the Year by *Esquire* "Couldn't put it down."  
—*Charlamagne Tha God* "Mesmerizing." —Raekwon da Chef "Insightful, moving, necessary." —*Shea Serrano* "Cathartic." —*The New Yorker* "A classic." —*The Washington Post* The explosive, never-before-told story behind the historic rise of the Wu-Tang Clan, as told by one of its founding members, Lamont "U-God" Hawkins. "It's time to write down not only my legacy, but the story of nine dirt-bomb street thugs who took our everyday life—scrappin' and hustlin' and tryin' to survive in the urban jungle of New York City—and turned that into something bigger than we could possibly imagine, something that took us out of the projects for good, which was the only thing we all wanted in the first place." —Lamont "U-God" Hawkins The Wu-Tang Clan are considered hip-hop royalty. Remarkably, none of the founding members have told their story—until now. Here, for the first time, the quiet one speaks. Lamont "U-God" Hawkins was born in Brownsville, New York, in 1970. Raised by a single mother and forced to reckon with the hostile conditions of project life, U-God learned from an early age how to survive. And surviving in New York City in the 1970s and 1980s was no easy task—especially as a young black boy living in some of the city's most ignored and destitute districts. But, along the way, he met and befriended those who would eventually form the Clan's core: RZA, GZA, Method Man, Raekwon, Ol' Dirty Bastard, Inspectah Deck, Ghostface Killah, and Masta Killa. Brought up by the streets, and bonding over their love of hip-hop, they sought to pursue the impossible: music as their ticket out of the ghetto. U-God's unforgettable first-person account of his journey, from the streets of Brooklyn to some of the biggest stages around the world, is not only thoroughly affecting, unfiltered, and explosive but also captures, in vivid detail, the making of one of the greatest acts in American music history.

A much-praised memoir of living and surviving mental illness as well as "a stereotype-shattering look at a tenacious woman whose brain is her best friend and her worst enemy" (Time). Elyn R. Saks is an esteemed professor, lawyer, and psychiatrist and is the Orrin B. Evans Professor of Law, Psychology, Psychiatry, and the Behavioral Sciences at the University of Southern California Law School, yet she has suffered from schizophrenia for most of her life, and still has ongoing major episodes of the illness. *The Center Cannot Hold* is the eloquent, moving story of Elyn's life, from the first time that she heard voices speaking to her as a young teenager, to attempted suicides in college, through learning to live on her own as an adult in an often terrifying world. Saks discusses frankly the paranoia, the inability to tell imaginary fears from real ones, the voices in her head telling her to kill herself (and to harm others), as well as the incredibly difficult obstacles she overcame to become a highly respected professional. This beautifully written memoir is destined to become a classic in its genre.

"A glimpse into the fragile psyche of a dancer." —The Washington Post Jenifer Ringer, a principal dancer with the New York City Ballet, was thrust into the headlines after her weight was commented on by a New York Times critic, and her response ignited a public dialogue about dance and weight. *Ballet* aficionados and aspiring performers of all ages will want to join Ringer behind the scenes as she shares her journey from student to star and candidly discusses both her struggle with an eating disorder and the media storm that erupted after the Times review. An unusually upbeat account of life on the stage, *Dancing Through It* is also a coming-of-age story and an inspiring memoir of faith and of triumph over the body issues that torment all too many women and men.

From the #1 New York Times bestselling author of *milk and honey* and *the sun and her flowers* comes her greatly anticipated third collection of poetry. *rupi kaur* constantly embraces growth, and in *home body*, she walks readers through a reflective and intimate journey visiting the past, the present, and the potential of the self. *home body* is a collection of raw, honest conversations with oneself - reminding readers to fill up on love, acceptance, community, family, and embrace change. illustrated by the author, themes of nature and nurture, light and dark, rest here. *i* dive into the well of my body and end up in another world everything i need already exists in me there's no need to look anywhere else - *home*

A "raw and honest" (Los Angeles Review of Books) memoir from the first Native American Poet Laureate of the United States. In this transcendent memoir, grounded in tribal myth and ancestry, music and poetry, Joy Harjo details her journey to becoming a poet. Born in Oklahoma, the end place of the Trail of Tears, Harjo grew up learning to dodge an abusive stepfather by finding shelter in her imagination, a deep spiritual life, and connection with the natural world. Narrating the complexities of betrayal and love, *Crazy Brave* is a haunting, visionary memoir about family and the breaking apart necessary in finding a voice.

For years, Hannah Green ran from the truth ... but eventually, she was forced to confront her past.

#1 NEW YORK TIMES BESTSELLER • More than one million copies sold! A "brilliant" (Lupita Nyong'o, Time), "poignant" (Entertainment Weekly), "soul-nourishing" (USA Today) memoir

about coming of age during the twilight of apartheid “Noah’s childhood stories are told with all the hilarity and intellect that characterizes his comedy, while illuminating a dark and brutal period in South Africa’s history that must never be forgotten.”—Esquire Winner of the Thurber Prize for American Humor and an NAACP Image Award • Named one of the best books of the year by The New York Time, USA Today, San Francisco Chronicle, NPR, Esquire, Newsday, and Booklist Trevor Noah’s unlikely path from apartheid South Africa to the desk of The Daily Show began with a criminal act: his birth. Trevor was born to a white Swiss father and a black Xhosa mother at a time when such a union was punishable by five years in prison. Living proof of his parents’ indiscretion, Trevor was kept mostly indoors for the earliest years of his life, bound by the extreme and often absurd measures his mother took to hide him from a government that could, at any moment, steal him away. Finally liberated by the end of South Africa’s tyrannical white rule, Trevor and his mother set forth on a grand adventure, living openly and freely and embracing the opportunities won by a centuries-long struggle. Born a Crime is the story of a mischievous young boy who grows into a restless young man as he struggles to find himself in a world where he was never supposed to exist. It is also the story of that young man’s relationship with his fearless, rebellious, and fervently religious mother—his teammate, a woman determined to save her son from the cycle of poverty, violence, and abuse that would ultimately threaten her own life. The stories collected here are by turns hilarious, dramatic, and deeply affecting. Whether subsisting on caterpillars for dinner during hard times, being thrown from a moving car during an attempted kidnapping, or just trying to survive the life-and-death pitfalls of dating in high school, Trevor illuminates his curious world with an incisive wit and unflinching honesty. His stories weave together to form a moving and searingly funny portrait of a boy making his way through a damaged world in a dangerous time, armed only with a keen sense of humor and a mother’s unconventional, unconditional love.

A laugh-and-cry-out-loud memoir from the beloved star of Netflix’s *Queer Eye*, Jonathan Van Ness Who gave Jonathan Van Ness permission to be the radiant human he is today? No one, honey. The truth is, it hasn’t always been gorgeous for this beacon of positivity and joy. Before he stole our hearts as the grooming and self-care expert on Netflix’s hit show *Queer Eye*, Jonathan was growing up in a small Midwestern town that didn’t understand why he was so...over the top. From choreographed carpet figure skating routines to the unavoidable fact that he was Just. So. Gay., Jonathan was an easy target and endured years of judgement, ridicule and trauma—yet none of it crushed his uniquely effervescent spirit. *Over the Top* uncovers the pain and passion it took to end up becoming the model of self-love and acceptance that Jonathan is today. In this revelatory, raw, and rambunctious memoir, Jonathan shares never-before-told secrets and reveals sides of himself that the public has never seen. JVN fans may think they know the man behind the stiletto heels, the crop tops, and the iconic sayings, but there’s much more to him than meets the *Queer Eye*. You’ll laugh, you’ll cry, and you’ll come away knowing that no matter how broken or lost you may be, you’re a Kelly Clarkson song, you’re strong, and you’ve got this.

An astonishingly brave memoir of prostitution and its lingering influence on a woman’s psyche and life. “The best work by anyone on prostitution ever, Rachel Moran’s *Paid For* fuses the memoirist’s lived poignancy with the philosopher’s conceptual sophistication. The result is riveting, compelling, incontestable. Impossible to put down. This book provides all anyone needs to know about the reality of prostitution in moving, insightful prose that engages and disposes of every argument ever raised in its favor.” —Catharine A. MacKinnon, law professor, University of Michigan and Harvard University Born into a troubled family, Rachel Moran left home at the age of fourteen. Being homeless, she was driven into prostitution to survive. With intelligence and empathy, she describes the exploitation she and others endured on the streets and in the brothels. Moran also speaks to the psychological damage inherent to prostitution and the inevitable estrangement from one’s body. At twenty-two, Moran escaped the sex

## Access Free Raw My Journey Into The Wu Tang

trade. She has since become a writer and an abolitionist activist.

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