

Why We Get Sick

Why We Get Sick

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Why We Get Sick

The Hidden Epidemic at the Root of Most Chronic Disease#and How to Fight It *BenBella Books*

A scientist reveals the groundbreaking evidence linking many major diseases, including cancer, diabetes, and Alzheimer's disease, to a common root cause—insulin resistance—and shares an easy, effective plan to reverse and prevent it. We are sick. Around the world, we struggle with diseases that were once considered rare. Cancer, heart disease, Alzheimer's disease, and diabetes affect millions each year; many people are also struggling with hypertension, weight gain, fatty liver, dementia, low testosterone, menstrual irregularities and infertility, and more. We treat the symptoms, not realizing that all of these diseases and disorders have something in common. Each of them is caused or made worse by a condition known as insulin resistance. And you might have it. Odds are you do—over half of all adults in the United States are insulin resistant, with most other countries either worse or not far behind. In *Why We Get Sick*, internationally renowned scientist and pathophysiology professor Benjamin Bikman explores why insulin resistance has become so prevalent and why it matters. Unless we recognize it and take steps to reverse the trend, major chronic diseases will be even more widespread. But reversing insulin resistance is possible, and Bikman offers an evidence-based plan to stop and prevent it, with helpful food lists, meal suggestions, easy exercise principles, and more. Full of surprising research and practical advice, *Why We Get Sick* will help you to take control of your health.

Why We Get Sick

The New Science of Darwinian Medicine *Vintage*

The next time you get sick, consider this before picking up the aspirin: your body may be doing exactly what it's supposed to. In this ground-breaking book, two pioneers of the science of Darwinian medicine argue that illness as well as the factors that predispose us toward it are subject to the same laws of natural selection that otherwise make our bodies such miracles of design. Among the concerns they raise: When may a fever be beneficial? Why do pregnant women get morning sickness? How do certain viruses "manipulate" their hosts into infecting others? What evolutionary factors may be responsible for depression and panic disorder? Deftly summarizing research on disorders ranging from allergies to Alzheimer's, and from cancer to Huntington's chorea, *Why We*

Get Sick, answers these questions and more. The result is a book that will revolutionize our attitudes toward illness and will intrigue and instruct lay person and medical practitioners alike.

Why We Get Fat and Sick

How Processed Food Is Ruining Your Life Without You Realizing It

This short book explores why processed foods are the probable cause of our epidemics of obesity, diabetes, heart disease, and cancer and explains what we can do to start reversing the effects. After decades of being taught that we need to eat less and move more, this book helps the reader understand what they can do to lose weight and be healthier without starving themselves. Dr. Dustin Sheppard has been a practicing physician since 2003 and has written this book to guide the reader to an understanding of the problems with processed food and practical safe approaches to weight loss, health and wellness that are likely to be effective for the majority of people without counting calories. References are provided in each chapter so that you can learn more about each topic based on your interests.

Why Christians Get Sick *Destiny Image Publishers*

With a diagnosis of colon cancer, George Malkmus launched an intensive biblical and scientific search to find out why he, a Christian, got sick—and to possibly find an alternative treatment to the medical profession's usually unsuccessful ones. *Why Christians Get Sick* by George Malkmus, is the most important book Christians can read, after the Bible. It delves into the questions of why we get sick, and provides the Biblical answers. With more than 150 Bible verses, this book clearly shows how we can avoid sickness and disease and experience superior health through a natural diet and lifestyle. People the world over have been transformed by the truth of the teachings found in this book.

Never Be Sick Again

Health Is a Choice, Learn How to Choose It *Simon and Schuster*

One day Raymond Francis, a chemist and a graduate of MIT, found himself in a hospital, battling for his life. The diagnosis: acute chemical hepatitis, chronic fatigue, multiple chemical sensitivities, and several autoimmune syndromes, causing him to suffer fatigue, dizziness, impaired memory, heart palpitations, diarrhea, numbness, seizures and numerous other ailments. Knowing death was imminent unless he took action, Francis decided to research solutions for his disease himself. His findings and eventual recovery led him to conclude that almost all disease can be both prevented and reversed. In *Never Be Sick Again*, Francis presents a seminal work based on these findings — a revolutionary theory of health and disease: there is only one disease (malfunctioning cells), only two causes of disease (deficiency and toxicity), and six pathways to health and disease (nutrition, toxins, psychological, physical, genetic, and medical). This remarkable book answers the questions: What is health? What is disease? Why do people get sick? How can disease be prevented? How can it be reversed? It will teach readers, in one easy lesson, an entirely new way to look at health and disease

— an approach that is easy to understand, yet so powerful that they may, indeed, never have to be sick again. Providing a basic understanding of health and disease, this book takes the mystery out of disease. It provides readers, no matter what their present physical condition, a holistic approach to living that will empower them to get well — and stay well.

The Secrets of People Who Never Get Sick

What They Know, Why It Works, and How It Can Work for You *Workman Publishing*
Achieve the best health of your life by following in the footsteps of people who never get sick. Some take a daily nap. Or a cold shower. Some do yoga, lift weights, swear by brewer’s yeast. And one dunks his head in hydrogen peroxide—he hasn’t had a cold in two decades. In profiles of twenty-five people who never get sick and revealing their secrets and practices, Gene Stone covers the surprising science of personal health. The stories make it real, the research explains why, and the do-it-yourself information shows how to bring each secret into your own life. It’s your turn to become a person who never gets sick.

Why We Get Fat and what to Do about it *Anchor*
This work is an examination of what makes us fat. In his book Good Calories, Bad Calories, the author, an acclaimed science writer argues that certain kinds of carbohydrates, not fats and not simply excess calories, have led to our current obesity epidemic. Now he brings that message to a wider, nonscientific audience. With fresh evidence for his claim, this book makes his critical argument newly accessible. He reveals the bad nutritional science of the last century, none more damaging than the "calories-in, calories-out" model of why we get fat, the good science that has been ignored, especially regarding insulin's regulation of our fat tissue. He also answers key questions: Why are some people thin and others fat? What roles do exercise and genetics play in our weight? What foods should we eat or avoid? Concluding with an easy-to-follow diet, this book is one key to understanding an international epidemic and a guide to improving our own health.

Why People Get Sick

Exploring the Mind-body Connection
Presents the argument that the mind affects a variety of conditions, from heart disease and cancer to asthma and arthritis, and calls for greater awareness of the mind-body connection.

Smart Health Choices *Judy Irwig*
This book aims to help consumers and practitioners develop the skills to assess health advice - and hopefully to make decisions that will improve the quality of their care. For some people, making better-informed decisions could be life saving. We hope that it will be useful if you are struggling to come to terms with an illness or injury, and the best ways of managing it. Or you may simply want to lead a healthier life, and may be wondering how to make sense of the often conflicting flood of health information that deluges us every day, through the media, and from our friends and health

practitioners.

Overdiagnosed

Making People Sick in the Pursuit of Health *Beacon Press*
From a nationally recognized expert, an exposé of the worst excesses of our zeal for medical testing. Going against the conventional wisdom reinforced by the medical establishment and Big Pharma that more screening is the best preventative medicine, Dr. Gilbert Welch builds a compelling counterargument that what we need are fewer, not more, diagnoses. Documenting the excesses of American medical practice that labels far too many of us as sick, Welch examines the social, ethical, and economic ramifications of a health-care system that unnecessarily diagnoses and treats patients, most of whom will not benefit from treatment, might be harmed by it, and would arguably be better off without screening. Drawing on twenty-five years of medical practice and research on the effects of medical testing, Welch explains in a straightforward, jargon-free style how the cutoffs for treating a person with "abnormal" test results have been drastically lowered just when technological advances have allowed us to see more and more "abnormalities," many of which will pose fewer health complications than the procedures that ostensibly cure them. Citing studies that show that 10 percent of two thousand healthy people were found to have had silent strokes, and that well over half of men over age sixty have traces of prostate cancer but no impairment, Welch reveals overdiagnosis to be rampant for numerous conditions and diseases, including diabetes, high cholesterol, osteoporosis, gallstones, abdominal aortic aneurysms, blood clots, as well as skin, prostate, breast, and lung cancers. With genetic and prenatal screening now common, patients are being diagnosed not with disease but with "pre-disease" or for being at "high risk" of developing disease. Revealing the economic and medical forces that contribute to overdiagnosis, Welch makes a reasoned call for change that would save us from countless unneeded surgeries, excessive worry, and exorbitant costs, all while maintaining a balanced view of both the potential benefits and harms of diagnosis. Drawing on data, clinical studies, and anecdotes from his own practice, Welch builds a solid, accessible case against the belief that more screening always improves health care.

Lies My Doctor Told Me Second Edition *Victory Belt Publishing*
Has your doctor lied to you? Eat low-fat and high-carb, including plenty of “healthy” whole grains—does that sound familiar? Perhaps this is what you were told at your last doctor’s appointment or visit with a nutritionist, or perhaps it is something you read online when searching for a healthy diet. And perhaps you’ve been misled. Dr. Ken Berry is here to dispel the myths and misinformation that have been perpetuated by the medical and food industries for decades. This updated and expanded edition of Dr. Berry’s bestseller Lies My Doctor Told Me exposes the truth behind all kinds of “lies” told by well-meaning but misinformed medical practitioners. Nutritional therapy is often overlooked in medical school, and the information provided to physicians is often outdated. However, the negative consequences on your health remain the same. Advice to avoid healthy fats and stay out of the sun has been proven to be detrimental to longevity and wreak havoc on your system. In this book, Dr. Berry will enlighten you about nutrition and life choices, their role

in our health, and how to begin an educated conversation with your doctor about finding the right path for you. This book will teach you: how doctors are taught to think about nutrition and other preventative health measures, and how they should be thinking how the Food Pyramid and MyPlate came into existence and why they should change the facts about fat intake and heart health the truth about the effects of whole wheat on the human body the role of dairy in your diet the truth about salt—friend or foe? the dangers and benefits of hormone therapy new information about inflammation and how it should be viewed by doctors Come out of the darkness and let Ken Berry be your guide to optimal health and harmony!

Breaking Point

How the Primary Care Crisis Endangers the Lives of Americans *John Geyman, M.D.*

Our market-based, profit-driven health care system in the United States has put necessary care increasingly beyond the reach of ordinary Americans. Primary health care, the fundamental foundation of all high-performing health care systems in the world, is a critical but ignored casualty of the current system. Unfortunately, primary care is often poorly understood, even within the health professions. This book describes what has become a crisis in primary care, defines its central role, analyzes the reasons for its decline, and assesses its impacts on patients and families. A constructive approach is presented to rebuild and transform U.S. primary care with the urgent goal to address the nation's problems of access, cost, quality and equity of health care for all Americans.

The Story of the Human Body

Evolution, Health, and Disease *Vintage*

In this book the author, a Harvard evolutionary biologist presents an account of how the human body has evolved over millions of years, examining how an increasing disparity between the needs of Stone Age bodies and the realities of the modern world are fueling a paradox of greater longevity and chronic disease. It illuminates the major transformations that contributed key adaptations to the body: the rise of bipedalism; the shift to a non-fruit-based diet; the advent of hunting and gathering, leading to our superlative endurance athleticism; the development of a very large brain; and the incipience of cultural proficiencies. The author also elucidates how cultural evolution differs from biological evolution, and how our bodies were further transformed during the Agricultural and Industrial Revolutions. While these ongoing changes have brought about many benefits, they have also created conditions to which our bodies are not entirely adapted, the author argues, resulting in the growing incidence of obesity and new but avoidable diseases, such as type 2 diabetes. The author proposes that many of these chronic illnesses persist and in some cases are intensifying because of 'dysevolution,' a pernicious dynamic whereby only the symptoms rather than the causes of these maladies are treated. And finally, he advocates the use of evolutionary information to help nudge, push, and sometimes even compel us to create a more salubrious environment. -- From publisher's web site.

Why We Get Sick? What Doctors, Multinationals and Pharma Will Never Tell You!

The question "why" does not have an answer in the all powerful science today. Do we really know why someone gets from small conditions like a headache or cold to deadly diseases like cancer? Why is it that in the same family one person gets ill while others roam healthy? Why is the whole world dominated by chemical drugs and surgeries? Current generation might be having higher life expectancy but are we the healthiest? Why are we becoming more ill? This book will help you understand why we get diseases! Note that this information will never be given to you by your doctors and pharma companies. Book goes into great depth to bust lot of current dogmas and myths. This is a must read for people who want to know if genes are really your destiny. The book also explores the magic called human body. Understand your Whys to truly heal your self. Alexis Carrell, nobel laureate wrote that "every new born child is a genius only to be converted into an idiot in school." How did a genius become a mediocre within 2-3 decades? This book will help you open your mind to possibilities.

The Antianxiety Food Solution

How the Foods You Eat Can Help You Calm Your Anxious Mind, Improve Your Mood, and End Cravings *New Harbinger Publications*

It's remarkable how much the foods we eat can impact our brain chemistry and emotions. What and when we eat can make the difference between feeling anxious and staying calm and in control. But most of us don't realize how much our diets influence our moods, thoughts, and feelings until we make a change. In *The Antianxiety Food Solution*, you'll find four unique antianxiety diets designed to help you address nutritional deficiencies that may be at the root of your anxiety and enjoy the many foods that foster increased emotional balance. This helpful guide allows you to choose the best plan for you and incorporates effective anxiety-busting foods and nutrients. You'll soon be on the path to freeing yourself from anxiety—and enjoying an improved overall mood, better sleep, fewer cravings, and optimal health—the natural way! The book also includes an easy-to-use index. In *The Antianxiety Food Solution*, you'll discover: How to assess your diet for anxiety-causing and anxiety-calming foods and nutrients Foods and nutrients that balance your brain chemistry Which anxiety-triggering foods and drinks you may need to avoid Easy lifestyle changes that reduce anxiety and increase happiness

When Relaxation Is Hazardous to Your Health

Why We Get Sick After the Stress Is Over and What You Can Do Now to Protect Your Health

The Truth About Getting Sick in America

The Real Problems with Health Care and What We Can Do *Hachette Books*

In today's world, there are many hot-button topics that generate equal parts debate and confusion.

At the top of that list is healthcare. For most Americans, finding out “the truth” about current problems or possible fixes is virtually impossible amidst all the emotionally charged rhetoric. Dr. Tim Johnson has been reporting on health matters for ABC since the mid-seventies, but in recent years he has spent an increasing amount of time studying our system of healthcare—or lack thereof. Many Americans fall between the cracks and do not receive any care—or receive care that is either inferior or too costly or both. Over the years, he has learned some important lessons, and in *The Truth About Getting Sick in America*, he shares those lessons and looks to the future of American healthcare.

What to Eat When

A Strategic Plan to Improve Your Health and Life Through Food *National Geographic Books*
NY Times best-selling author Dr. Michael Roizen reveals how the food choices you make each day--and when you make them--can affect your health, your energy, your sex life, your waistline, your attitude, and the way you age. What if eating two cups of blueberries a day could prevent cancer? If drinking a kale-infused smoothie could counteract missing an hour's worth of sleep? When is the right time of day to eat that chocolate chip cookie? And would you actually drink that glass of water if it meant skipping the gym? This revolutionary guide reveals how to use food to enhance our personal and professional lives--and increase longevity to boot. What to Eat When is not a diet book. Instead, acclaimed internist Michael Roizen and preventive medicine specialist Michael Crupain offer readers choices that benefit them the most--whether it's meals to help them look and feel younger or snacks that prevent diseases--based on the science that governs them.

When Doctors Get Sick *Springer Science & Business Media*

When a doctor gets sick, his status changes. No longer is his role defined as deriving from *doctus*, i. e. , learned, but as from *patiens*, the present participle of the deponent verb, *patior*, i. e. , to suffer, with all the passive acceptance of pain the verb implies. From *passus*, the past participle, we get the word *passion*, with its wide gamut of emotional allusions, ranging from animal lust to the sufferings of martyrs. It is the connotation, not the denotation, of the word that defines the change of status. When a doctor is sick enough to be admitted to a hospital, he can no longer write orders; orders are written about him, removing him from control of his own situation. One recalls a sonnet from W. H. Auden's sequence, *The Quest*, which closes with the lines: Unluckily they were their situation: One should not give a poisoner medicine, A conjuror fine apparatus, Nor a rifle to a melancholic bore. That is a reasonable expression of twentieth-century skepticism and rationalism. Almost all medical literature is written from the doctor's point of view. Only a few medically trained writers—one thinks of Chekhov's *Ward Six*—manage to incorporate the patient's response to his situation. Patients' voices were not much in evidence until well into the twentieth century, but an early example is John Donne's *Devotions upon Emergent Occasions* (1624).

Why We Get Sick

The Hidden Epidemic at the Root of Most Chronic Disease and How to Fight It *BenBella*

Books

2020 Foreword Indie Award Honorable Mention in the “Health” Category A scientist reveals the groundbreaking evidence linking many major diseases, including cancer, diabetes, and Alzheimer’s disease, to a common root cause—insulin resistance—and shares an easy, effective plan to reverse and prevent it. We are sick. Around the world, we struggle with diseases that were once considered rare. Cancer, heart disease, Alzheimer’s disease, and diabetes affect millions each year; many people are also struggling with hypertension, weight gain, fatty liver, dementia, low testosterone, menstrual irregularities and infertility, and more. We treat the symptoms, not realizing that all of these diseases and disorders have something in common. Each of them is caused or made worse by a condition known as insulin resistance. And you might have it. Odds are you do—over half of all adults in the United States are insulin resistant, with most other countries either worse or not far behind. In *Why We Get Sick*, internationally renowned scientist and pathophysiology professor Benjamin Bikman explores why insulin resistance has become so prevalent and why it matters. Unless we recognize it and take steps to reverse the trend, major chronic diseases will be even more widespread. But reversing insulin resistance is possible, and Bikman offers an evidence-based plan to stop and prevent it, with helpful food lists, meal suggestions, easy exercise principles, and more. Full of surprising research and practical advice, *Why We Get Sick* will help you to take control of your health.

Survival of the Sickest LP *Harper Collins*

Invites readers to change their perceptions about illness in order to understand disease as an essential component of the evolutionary process, citing the role of such malaises as diabetes, STDs, and the Avian Bird Flu in protecting the survival of the human race. (Health & Fitness)

Why You Get Sick and How Your Brain Can Fix It! *Portervision, LLC*

Talk to God and Fix Your Health: The Real Reasons Why We Get Sick, and How to Stay Healthy *Matronita Press*

'Talk to God and Fix Your Health' is holistic medicine at its best, combining cutting edge alternative medicine ideas with the latest scientifically-proven advances in spiritual healing and energy medicine techniques. The result is a practical guide that's packed with easy-to-understand and easy-to-implement ideas to heal body, mind and soul.

What Really Makes You Ill?

Why Everything You Thought You Knew About Disease Is Wrong

This book will explain what really makes you ill and why everything you thought you knew about disease is wrong. "Doctors are men who prescribe medicines of which they know little, to cure diseases of which they know less, in human beings of whom they know nothing." Voltaire. The conventional approach adopted by most healthcare systems entails the use of 'medicine' to treat human disease. The idea encapsulated by the above quote attributed to Voltaire, the *nom de plume*

of François-Marie Arouet (1694-1778), will no doubt be regarded by most people as inapplicable to 21st century healthcare, especially the system known as modern medicine. The reason that people would consider this idea to no longer be relevant is likely to be based on the assumption that 'medical science' has made significant advances since the 18th century and that 21st century doctors therefore possess a thorough, if not quite complete, knowledge of medicines, diseases and the human body. Unfortunately, however, this would be a mistaken assumption; as this book will demonstrate.

When Your Body Talks, Listen! *CreateSpace*

How we become ill and the causes of illness are generally a mystery to most people. Researchers now tell us that 70% to 80% of all illnesses seen by medical doctors are either caused by or made worse by stress. The full story of those Stress-Related Disorders, illnesses produced by stress, are now examined and illuminated by Dr's Allen and Lisa Robyn Lawrence. You must read this book if you, or someone you know: Experience symptoms which you believe indicate that you are becoming ill and want to stop the illness process. Are already ill and are not getting the results you want from your doctor. Are well and want to either prevent becoming ill in the future or learn how you can prevent illness before it can set in. Are already ill and want to learn to work with your body's natural healing ability without expensive, painful or dangerous medical treatments. The Dr's Lawrence take you on step-by-step journey illustrating the role you mind, your body and your spirit play in creating and healing illness. When Your Body Talks, Listen! Will teach you how to protect yourself from Stress-Related Disorders, and the detrimental short and long-term effects from them.

Truth Beyond the Matrix

Understanding the Earthly Programs of Limitations and Controls

Questioning some commonly accepted metaphysical beliefs and explaining how they are programs-beliefs of control designed to keep a person within this earthly matrix. How to escape these programs and this system by changing your beliefs.

This Is Why We Can't Have Nice Things

As a mom of two little boys, I was inspired to share humorous stories of my two sons through their toddler years (which are not yet quite over). This book contains twenty two pages of hand-drawn illustrations showcasing a mother of two little boys coming to the realization she can't have nice things, at least for a little while. While names have been changed to protect the "innocent", these stories are all true. The book ends on a sweet note that all parents share, that sacrificing nice things for our sweet children really isn't difficult at all.

The Wellness Trilogy Series

Enjoy the Health Benefits by Living a Healthy Lifestyle, Speeding Up Your Metabolism and Improving Your Fitness Level *Createspace Independent Publishing Platform*

We all want to be empowered in controlling our health. We also want to feel better about ourselves. And we want to get healthy and the easiest way to do so is through lifestyle, metabolism and fitness changes! We can achieve ALL of these goals with the newest release from Ron Kness called "The Wellness Series." Based on the exciting teachings in this health trilogy, you will learn about all the dramatic benefits of making changes in your life resulting in healthy living and extended longevity. This book is built around a very clear, concept: three ways to get healthy. It's not just about remaining as healthy as possible for as long as possible. Having great fitness level from the comfort of your own home is coupled with eating healthy food and refraining from unhealthy habits. This is because the people reading this book either want to improve their current health state or they want to learn how to stay as healthy as possible for as long as possible. In this book, we look at all of the ways you can improve your own fitness level from the comfort of your home with very little equipment, starting with learning how to do cardio and strength training routines. This book will also look at the many other steps that can be taken to support this goal, from cutting out or at least reducing the intake of sugar, saturated fat, salt and processed foods to exercising for at least 2.5 hours per week. Even the choices you make about current unhealthy habits, such as smoking have a significant impact on your fitness level and ultimately others around you. In "The Wellness Series," we'll cover all the bases, giving you everything you need to know to achieve the healthy lifestyle so many people desire.

Tempering the Rose

The Rose of Nerine Fantasy Series *Createspace Independent Publishing Platform*

A dark epic fantasy series, where one woman's thirst for revenge and struggle with her inner demons will put the entire world in jeopardy. The only thing twenty-one year old Adrastine wants is revenge against her depraved father-but when she tries to kill him, she is caught and thrown into a holy war for a god she doesn't believe in. But disaster is coming, and all Adrastine's problems will seem minor by comparison. Someone, or something, is draining the planet's lifeblood, killing the land and everything on it at an alarming rate. Jacob is a shelon, a man who can wield magic, and a spy dispatched by Queen Valtice to find The Rose of Nerine - the only one who can stop the rape of the land and save the people. But when Jacob finds Adrastine, he can't convince her that she is The Rose, let alone to leave her home and journey with him across the tempestuous sea to Nerine. Adrastine is drawn to Jacob, despite their differences. But that is a dangerous path, as he is an unwelcome distraction to her quest for revenge. And if she learns his secrets, it will cement her hatred of men forever, weakening powers she is only just learning she has, powers needed to save their world.

Whole Weigh

How many diets have you been on? And how many times did you take weight off and put it back on? Dieting has more than a 90% failure rate. So, why try another diet? This book is jam packed with information about the futility of dieting, and guides you to a more holistic way of relating to yourself, food, and physical activity. In this book you will learn: The 7 reasons why diets set you up to fail The

3 core strategies to escape chronic dieting The 7 dimensions of whole living The 3 practices for optimal health The book also raises questions about the theory of emotional eating and warns of an increase in eating disorders as the war on obesity escalates. While reading this book you will have many ah-ha moments that will bring you inner peace, self-confidence and free you from the perils of dieting.

Bryce and the Blood Ninjas

When evil robots make Bryce's legs hurt, his worried parents drive him to the hospital. There Doctor Happy sticks him with needles and tells him he has to stay for 10 days! Bryce's father explains to him that some of the needles are filled with fierce Ninjas, who will use their swords and nunchuks to kill the bad robots. Bryce can feel the battle raging inside him. But before very long the Ninjas are winning. Bryce feels good again. He can go to school, play hard, tease his baby brother and roughhouse like any other four-year-old goofball. Bryce knows there might be some robots still hiding in his blood, though. So for a while Doctor Happy will have to send in more tough Ninjas to help Bryce fight until every last robot is dead.

Becoming Zara

FUN FACT: "Becoming Zara" is a standalone novella, but if you're following the character of Samantha Bradford as she crosses off the items of her bucket list (the Single Wide Female Series), this is the book that Samantha publishes to complete her bucket list item #18 (Publish a Book). Note: You can download #1 Learn Pole Dancing of that series for free. *** Hi, I'm Zara...warrior princess. I don't usually tell that last bit to strangers, but I say it in my head all the time. It's one of the many mantras that have helped me to get to where I am today. And believe me when I say that I've come a long way. Besides, if you're a woman and you happen to have ever struggled with issues of self-esteem, we're probably gonna be fast friends anyway, so I won't hold anything (much) back. Oh, and Zara wasn't the name I was born with-but you'll find out more about that in the book. I don't know about you, but my own struggle with my weight has held me back a bit in life. And my self-esteem took a real nose dive after my fiance dumped me-via text, no less. (I know, right? Jerk!...but I don't usually dwell on things in the past, so let's just move right along from that, shall we?) So, I'm still a work-in-progress for sure, but I'm really starting to figure it all out-how to be more of who I'm meant to be every day-including the bumps, the lumps, and my bruised ego along the way. Oh and I love my sisterhood (more about that later) - the women who join me in believing that we are all capable of being strong, amazing, warrior princesses-just the way we are right now."

Lord Deliver Me from Negative Health Talk

A Guide to Speaking Healing Words of Faith *Createspace Independent Pub*

When you talk to yourself about your health condition, what do you say? Are you negative. Do you say only what the doctor has diagnosed. Do you allow others to speak negatively in your presence? Or do you say what God says? This book defines the most powerful healing principles in Scripture and encourages you to stop negative self-talk, control your thinking, and declare healing over your

body regardless of the current health condition or medical diagnosis. Included, the positive self-talk guides will help affirm God's will for victory in the area of healing emotionally, physically, mentally, financially, and spiritually. Daily devotionals will reinforce your faith. And as you begin to meditate and confess the word, your thoughts, words, outlook and expectations will change for the better. You will find victory and healing in the name of Jesus. Trust God and mediate on His word. The enemy likes to keep illness and perceived limitations in front of us at all times. He wants to rub sickness and disease in our faces so that we lose faith and hope in healing. Don't talk yourself out of your healing. Today, declare, "By Jesus stripes I am healed and made whole." And don't let anyone talk you out of it. The victory is yours in healing- whether it be emotional, physical, and psychological. This is the 3rd book of the By Faith I Declare series. For your spiritual growth read the companion books in this series, Deliver Me From Negative Self Talk: Faithful Words to Say When You Talk T Yourself and the latest title, Positive Self Talk For Emotional Peace: Set Boundaries and Take Back Control of Your Life.

The Mother of All Viruses *Createspace Independent Pub*

An ex-hacker, a sexy college professor, stolen top secret hardware, a cover-up, a kidnapping, a government conspiracy, hacked defense computers, FBI, CIA, NSA, Armageddon. An excerpt from the actual deposition transcripts: "Let the record reflect that this deposition commenced at 9:15 am on December the 3rd, 2004 at the FBI offices in Atlanta, Georgia. Present for this recording are Special Agent Alvin Dirk, the Honorable Judge Ramiro Vasquez, and the witness, Robert O. Blain. This deposition is merely a recording of the events which transpired at Norwood University and is not now nor ever will be part of any trial or prosecution. Go ahead." "My name is Bobby Blain. Most people seem to think it all started when Dr. Jennings hired me, and all the computers started getting hacked. It was easy for people to think that, because I have a history and got myself in some trouble when I was younger. I hacked some computers and almost got the president impeached, but it really started before that, when I still worked for Dr. Karlyn." "Dr. Karlyn gave me a chance to redeem myself by allowing me to work on his computer for him. Then one day, this scientist I had never seen before comes and gives Dr. Karlyn a device. I was never told what he wanted, but I think he wanted Dr. Karlyn to help him reverse engineer it. I was only asked to build an interface to attach it to the computer. Dr. Karlyn did the rest. I think he figured out how to turn it on, but when he did, strange things started to happen." "We didn't know it then, but it turns out the device was stolen from a government facility. I don't know where they got it, that is more classified than this deposition. I can tell you with absolute certainty that they didn't make it themselves. I'd like to tell you more, but I don't think I'm allowed." "Anyway, someone at the university needed to get Dr. Karlyn out of the way and falsely accused him of inappropriate conduct with a student. He could have fought it, the dean believed him, but he decides to leave the school anyway. Before he goes, he gives his computer to Professor Jennings and he gives me a letter of recommendation, so after I help deliver and setup the computer, she agrees to hire me." "The first night it is up and running, at least two attempts are made to hack into the computer. I forgot to mention that even before I deliver the computer, this guy tries to break in and steal something from it, but I was there and he didn't get anything." "I can't divulge any secrets about Professor Jennings' project here, but my part is to prove

that her process would work if she were given enough computer resources, so I re-write her process to work across a network and run on thousands of computers." "That's when things got really crazy. Someone keeps trying to hack into our computer; someone hacks the entire school and the phone company. Professor Jennings' secretary is kidnapped. The FBI gets involved, but they're chasing the wrong people for reasons only they can tell you." "Then someone plants a virus on our computer and the next thing we know, it's spread all over the internet, including some very sensitive government computers. Meanwhile, our project continues to gain speed and surpass anyone's expectations." "When the FBI come in and learn that the device that was given to Dr. Karlyn is actually some super cool futuristic computer that is able to grow and build more circuits for itself, they want to disconnect the computer and confiscate it." "That's when computers all over the world go out of control. The pentagon and all the armed forces are helpless. Air traffic is grounded. All the computer problems are traced back to the professor's computer. The FBI want it dismantled more than ever, but the academics involved want to get the device to relinquish control over the world before they do." "And, well, I guess that's all I'm allowed to say, thank you."

The New Intimacy

Discovering the Magic at the Heart of Your Differences *Hci*

Shows how to turn conflict and disappointment in a relationship into opportunities for learning, mutual growth, and intimacy

Texting in Sick

How Smartphones, Texting, and Social Media Are Changing Our Relationships *Gravitate Research Group*

Did you know that the average American spends over 3 hours texting every day? We text with our friends, family, lovers, and colleagues-sometimes even with strangers. In the last decade, we've witnessed a dramatic shift in our communication culture. We are no longer predominantly voice-based. Text messaging is now the most influential communication form of our time. Drawing on the latest research as well as unique interviews and surveys of over 4,000 young people, business owners, and college counselors, Texting in Sick reveals that texting has become the preferred medium for many people-even in complex conversations, such as reporting in sick for work, delivering bad news, and breaking up relationships. But what happens to our relationships when we handle such conversations on text? How does texting change our attitudes and expectations towards the people we communicate with? And how are trust and empathy impacted when we use a medium with such a limited range of social cues? In Texting in Sick, you'll uncover the answers to these questions and explore the cultural, psychological, and technological trends behind the growing use of texting and smartphones. Filled with compelling research and plenty of tweetable statistics, Texting in Sick urges us to take a fresh look at our communication habits and reconsider the ways we engage with our mobile devices.

Stop The Slip

Reducing Slips, Trips and Falls *Stop the Slip*

Slips, trips and falls are a chronic health problem in the US and around the world. Fall injuries are the number one cause of emergency room visits and the fourteenth leading cause of death in the US. The average person is 7 times more likely to die from a fall than from the flu and 3 times more likely to die from a fall than by a firearm. Since 1999, we have reduced deaths from heart disease 15%. Deaths caused by auto accidents are down 12%. But during that same time period deaths from falls have increased over 150%. Both injuries and deaths caused by falls are at record highs and the problem continues to grow. We've learned how to fix the human heart and we have made driving safer. Now is the time to focus on preventing fall injuries. The good news is that fall injuries are preventable. Everyone falls, but falls don't just happen, they're preceded by other events. When you eliminate those events, you reduce the risk of falling. Stop the Slip shows how you can avoid these injuries. Following the simple five step A-L-E-R-T System(TM) discussed in the book you will reduce your risk of falling. Thom Disch provides an entertaining and engaging look at: Why we fall; where we fall; the business side of falls; and most importantly how we can prevent and avoid fall injuries. The book is a comprehensive mix of research on the topic of falls and fall injuries mixed with real world stories and experiences about falls and their consequences. As you read this book you'll also discover many interesting and surprising facts. For example: -Fall injuries are not just a problem for the elderly. 75% of all fall injuries happen to people under the age of 68. -The annual economic impact of fall injuries in the US exceeds \$150 billion, or more than 1% of our gross domestic product. -Falls are the number one cause of traumatic brain injuries. -Winter weather appears to be a much smaller cause of fall deaths than you might expect. -Falls cause nearly 4 times more emergency room visits than auto accidents. This is a topic that affects everyone. Reading this book is the first step to making your family and friends safer.

Feed the Temple

Constructing a Diet and Supplement Plan *Createspace Independent Publishing Platform*

Do you want to lose fat? Build muscle? Feel better? Look younger? Optimize your health? Perform better? Now you can. You don't have to resort to infomercial style gimmicks and gadgets. This book will help you achieve your objectives. It provides the 'source code' to building diet and supplement plans for you (or your clients) no matter your (or their) level of experience. It is interactive: enabling you to follow the path through the book that is most applicable. This book is not meant to be read once, cover-to-cover, and then either committed to memory in some fashion or forgotten about. It's designed to be a tool - a resource - that is used interactively on an ongoing basis. Here is a sampling of FAQs from Chapter 9: Q: Are the recommendations in this book specifically applicable to a gender or age group? A: The short answer is "no." This book is written to be applicable to any healthy adult. Most of it will also apply to teenagers, though the energy expenditure estimations in Chapter 1 may need to be adjusted upward for teens and young adults (folks who are 13-20 years old). For kids younger than 13 - in fact, anyone younger than 18 - these individuals should work with their

parent(s)/guardian(s) and their doctor or medical/health care practitioner on applying the principles from this book. Q: Since you're a vegan, why do you allow for the consumption of animal products in this book? A: I wrote this book for a wide audience. I don't like 'preaching to the choir' as the saying goes. Yes, if you're already eating vegan or plant-based you will benefit from reading this book. But I also want this book to be useful by those following other ways of eating: vegetarians, pescatarians, omnivores, those with allergies and intolerances, etc. I like to meet people where they are - not where I think they should be or others think they should be. I also don't view the movement from the typical western diet to a vegan or plant-based diet as having to be transformational - that is, a giant leap - it can be incremental. Some people will take baby steps, and that is okay. Some people will take no steps at all and choose to eat as much animal product as they can while following my plans. That's the choice of each individual to make, though I hope most move in the direction of plant-based and vegan eating - even if only by an inch or two. Of course, I would love it if everyone on earth stopped consuming animal products, but each individual needs to make this choice freely. Q: Why don't you emphasize exercise for fat loss? A: If your diet and sleep habits are off, then fat-burning exercise is not going to help you very much. There is a saying out there that is quite true: "you can't out-exercise a bad diet." This is true calorically speaking, since you can eat and drink a 1,000 calories very easily at a restaurant without even thinking about it, but would have to push yourself pretty hard to burn 1,000 calories during exercise (and you'd also find yourself pretty darn hungry shortly thereafter and likely to binge). But it's also true hormonally speaking: you can't out-exercise a hormonal s**t-storm (pardon my French!). If your diet and sleeping habits are off, you will only make a bad situation worse by piling on exercise. As just one example, cortisol, the so-called stress hormone, is elevated by exercise, lack of sleep, caffeine, stress, and other factors. If you have cortisol levels that are continuously elevated you'll have a heck of a time losing fat; you'll also be putting your overall health at risk. (By the way, this doesn't mean you shouldn't exercise. It just means you shouldn't view exercise as the magic bullet for fat loss. Exercise has many other benefits. Also, more is not better: you want to exercise the right amount based on your needs, capabilities, and objectives.)

Let Go of Anxiety

Reduce Stress, Overcome Fear, Eliminate Worry *Createspace Independent Publishing Platform*

Life is stressful, we have worries and all sorts of fears. And how about those knee-jerk reactions and we have no idea where it came from much less how to get rid of some of these destructive and sometimes dangerous behaviors. I have lived with fear, much of it by my own choice and even of my own imagining. I was a fretter, a list maker, a shadow seer. I have long since thrown out the lists and all the guilt that goes with them. I am a reformed fretter, a worry warrior in recovery. That is a bucket of stress, tossed out with the trash! In a world of very real dangers, we just don't need any extra stress or fears. Wouldn't it be nice to be rid of these useless feelings and reactions? Knowing is never enough. You need tools. You need to take control and act. And you don't need a lot of time or money to get started right now. Learn to change the process of your thinking, making what you feel, and what you think, an intentional choice rather than a knee-jerk reaction to the fires in your life. First understand what is going, then take control of your mind, your body and your life. In this little book you will ...* Identify what makes you uptight. * Discover where this stuff come from. * Understand what happens if we leave it hanging around. Been to the dump lately!* Knowing is not enough. You need effective tools, here is a few practical effective ones.* Finally rid yourself of undesirable emotions and tension. * Quiet those annoying voices of doom that steal your joy and your health. * Open the door to new possibilities for a better life.

The Man from the Atom *Createspace Independent Publishing Platform*

This was one of the 6 science fiction stories published in the first issue (April 1926) of the first magazine devoted to science fiction, *Amazing Stories*, edited and published by Hugo Gernsback, now considered to be the father of the science fiction genre. He described this story in an inset panel: "In 'Alice in the Looking Glass', the beautiful play of fancy which gave immortal fame to a logician and mathematician, we read of the mysterious change in size of the heroine, the charming little Alice. It tells how she grew large and small according to what she ate. But here we have increase in size pushed to its utmost limit. Here we have treated the growth of a man to cosmic dimensions. And we are told of his strange sensation and are led up to a sudden startling and impressive conclusion, and are taken through the picture of his emotions and despair." American science fiction author, journalist, technical writer, editor (*Fortune* and *Time*) and naval seaman during World War II.