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Woman on the Run Trailhead Zest Running Made Easy Running Hot Running That Doesn't Suck Summary of Lisa Jung's Running That Doesn't Suck Running to Extremes Running Scared Your Pace or Mine? Not Your Average Runner The Spiritual Path Running from the Law Run to Me Maizy Chen's Last Chance Stumbling into Grace Snowball Run Sorceress Running Made Easy Small Fry Rodent Nowhere to RUN Knocking on Heaven's Door Just Pretending Deserves To Die On the Run Sew Over It Your Whole Body Running Hot Running with Champions Daddy's Girl Run Away to the Yard Embracing the Race The Body Auction Vintage Death Midnight Shadows Level I Stability Analysis (LISA) Documentation for Version 2.0 Outside the Lines One Last Breath Hidden Agenda Unbroken

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What happened in that desert would change the course of Lisa's life and instil in her a love of desert running. Running Hot is a story of a life lived to the max, complete with challenges, setbacks, heartbreaks and triumph. --Book Jacket. Like a photograph seared in the mind, Run Away to the Yard has lasting power, offering its readers the chance to alter assumed perceptions of culture--and of self. The New York Times--bestselling memoir by Steve Jobs' daughter: "This sincere and disquieting portrait reveals a complex father-daughter relationship." --Publishers Weekly, starred review Born on a farm and named in a field by her parents--artist Chrisann Brennan and Steve Jobs--Lisa Brennan-Jobs's childhood unfolded in a rapidly changing Silicon Valley. When she was young, Lisa's father was a mythical figure who was rarely present in her life. As she grew older, her father took an interest in her, ushering her into a new world of mansions, vacations, and private schools. Lisa found her father's attention thrilling, but he could also be cold, critical and unpredictable. When her relationship with her mother grew strained in high school, Lisa decided to move in with her father, hoping he'd become the parent she'd always wanted him to be. Small Fry is Lisa Brennan-Jobs's poignant story of childhood and growing up. Scrappy, wise, and funny, Lisa offers an intimate window into the peculiar world of this family, and the strange magic of Silicon Valley in the seventies and eighties. Trailhead is a witty, fun pocket guide to all things trail running. Veteran trail runner, triathlete, and adventure racer Lisa Jung offers this illustrated guide to all runners curious about running off road or wanting to run farther into the backcountry. She offers authoritative advice on everything from how to find good trails to run, how to choose the best shoes and clothing, how to carry enough water, and how to stay safe from wildlife and weather. Trailhead includes: The allure: Why trail running is good for body and mind The essentials: Finding good trails, choosing the best trail running gear, handling trail and weather conditions, what you need to know about nutrition and hydration Safety: How to treat (and avoid) common trail running injuries, first aid, animal safety Etiquette: Right of way, preserving the trail, when nature calls Company: Running alone, with friends, with dogs--or burros! Stronger, faster: At-home exercises to enhance your running Going long: Preparing for longer trail runs or trail

Trails of the West is a smart, entertaining read as well as a thorough resource for everyone from aspiring trail runners to those looking to get the most out of every trail run, whether in a city park or on a mountain adventure. Whether it's poker or trial law, wisecracking Rita Morrone plays to win, especially when she takes on the defense of the Honorable Fiske Hamilton, a prominent federal judge accused of sexual harassment. From the Edgar Award-winning author of *Final Appeal* and *Legal Tender*. The *Science Solves It!* series merges fiction and science in storylines that intrigue kids and encourage them to observe, investigate, predict, and experiment! Young readers ages 5–8 will be inspired by the relatable characters in each story as they solve kid-sized mysteries and dilemmas. Whoosh! Nothing is better than sledding down Snowball Run. But when Emmie's little brother gets tired, she has to think of a way to help him up the hill—without wearing herself out first! "These offerings confirm that fiction is a good vehicle for conveying science concepts to children." —School Library Journal (on the *Science Solves It!* series) Michael Hunt is alive—and on the run. Presumed dead by friends and family, the undercover assignment he's been working for the past eight months has just been blown. With a hit out on his life and corruption inside the Atlanta police department, Michael finds himself hunted by both the cartel and the law. His only hope is the daughter of the man who wants him dead. This nonstop chase from taut suspense writer Lisa Harris will leave readers breathless as they race to connect the dots before it's too late. Prepare for edge-of-your-seat suspense in this Thriller Short. Originally published in *THRILLER 2* (2009), edited by #1 New York Times bestselling author Clive Cussler. In this captivating Thriller Short, #1 New York Times bestselling writer Lisa Jackson blends romantic suspense and danger with complex and damaging family relationships in a read you won't be able to put down. When a five-year-old boy is found dead and presumed thrown from a window, his mother must live with the loss, reminded each day of his death, all while she plots revenge on the person who killed him. But revenge is never simple, especially when wealth and power are used to hide the truth. Don't miss any of these exciting stories from *Thriller 2: The Weapon* by Jeffery Deaver *Remaking* by Blake Crouch *Iced* by Harry Hunsicker *Justice Served* by Mariah Stewart *The Circle* by David Hewson *Roomful of Witnesses* by R.L. Stine *The House on Pine Terrace* by Phillip Margolin *The Desert Here and the Desert Far Away* by Marcus Sakey *On the Run* by Carla Neggers *Can You Help Me Out Here?* by Robert Ferrigno *Crossed Double* by Joe Hartlaub *The Lamented* by Lawrence Sanders *Light Vintage Death* by Lisa Jackson *Suspension of Disbelief* by Tim Maleeny *A Calculated Risk* by Sean Chercover *The Fifth World* by Javier Sierra *Ghost Writer* by Gary Braver *Through a Veil Darkly* by Kathleen Antrim *Bedtime for Mr. Li* by David J. Montgomery *Protecting the Innocent* by Simon Wood *Watch Out for My Girl* by Joan Johnston *Killing Time* by Jon Land *Boldt's Broken Angel* by Ridley Pearson Currently the number-one selling running book on Amazon.co.uk, "Running Made Easy" is quite simply the easiest, friendliest, most inspiring running book ever written. Fully revised and updated, this must-have guide is designed to get everyone who thought they could never run on their way to a better body, bags of confidence and soaring energy levels. 'Running Made Easy' takes things right back to basics with the easiest-ever beginner's plan, fill-in charts and diary sections, plus all the jargon-free tips and advice you need to learn to love running. This book is there to support you with amazing stories and tips from runners just like you, and also has chapters on goal setting, self-hypnosis and mind games to get you back on track. Read this book and we guarantee that you'll run away with a healthier mind and body, feeling empowered to succeed at whatever challenge you set yourself - whether that's running a lap of your local park, tackling your first race or marathon, or just changing your life for the better. A society wedding interrupted by deadly violence sends the bride into hiding in this romantic thriller by two New York Times bestselling authors. Rory Abernathy's wedding to Liam Bastian was supposed to be the event of the season. Instead, it was a bloodbath. Rory fled after stabbing a masked intruder, just before a gunman opened fire on the wedding party. Five years on, Rory still has no idea who was behind the attacks. Fearful she and her daughter remain targets, she's made a new life far from Liam and the wealthy, powerful Bastians. But even in remote Point Roberts, Washington, Rory can't hide from the past. Liam tracks her down, stunned to learn they have a child. Did someone in Rory's family try to kill him for his portion of the Bastian estate? As they gradually overcome distrust in search of the truth, Rory knows one thing for certain: someone is watching her... Time has passed, but the killer's need for vengeance hasn't. And as a nightmare stirs to life again, Rory will find that this time, there's nowhere left to run... A debut short story collection from one of Canada's most exciting new Aboriginal voices. "In our family, it was Trish who was *Going To Be Trouble*; I was *Such a Good Girl*." At times haunting, at times hilarious, *Just Pretending* explores the moments in life that send us down pathways predetermined and not-yet-forged. These are the liminal, defining moments that mark irreversible transitions in a girl to mother, confinement to freedom, wife to murderer. They are the melodramatic car-crash moments in the outcomes both horrific and too fascinating to tear our eyes from. And they are the unnoticed, infinitely tiny moments, seemingly insignificant (even ridiculous) yet holding the power to alter, to transform, to make strange. What links these stories is a sense of characters working in both with success and without, through action or reaction in to separate reality from perception and to make these moments into their lives' new truths. From New York Times bestselling author Lisa Renee Jones comes the fourth and final part in the sexy, suspenseful *The Secret Life of Amy Bensen* series—finally revealing the long-awaited wedding between Amy and Liam. But with the explosive secret they're hiding, will their enemies ever let them live happily ever after? For six long years I lived on the run, in fear and devastated by loss. That began to change the day I met Liam Stone, who is so much more than his money and power, and even the protection he has offered me. He is passion. He is friendship. He is love and happiness, and the man who made my enemies his own. And now with his help, the secret that drove me into hiding is buried, our enemies contained. Liam and I can finally start our life and put this behind us. The nightmare is over. Unless...it's not. *Running Made Easy* is quite simply the friendliest, most inspiring running book ever written. Updated for 2014 with the latest fitness and nutrition advice and brand new real-life running stories, it is the must-have guide for aspiring runners. *Running Made Easy* takes things right back to basics with the easiest-ever beginner's plan, fill-in charts and diary sections, plus all the jargon-free tips and advice you need to learn to love running. Whether you're heading out for a long-distance run or a jog around the block, this book will keep you on track. You will find warm-up and cool-down exercise plans (complete with clear step-by-step illustrations), advice on goal setting and motivating real-life stories from runners just like you. Read this book and we guarantee that you'll run away with a healthier mind and body, feeling empowered to succeed at whatever challenge you set yourself - whether that's running a lap of your local park, tackling your first race or marathon, or just changing your life for the better. The first in an edgy new contemporary romance series that follows a family on the run, from the author of the USA Today bestselling *A Little Too Far* series... As the oldest son of a Chicago crime lord, Robert Delgado always knew how dangerous life could be. With his mother dead and his father in prison, he's taking charge of his family's safety—putting himself and his siblings in witness protection to hide out in a backwater Florida town. Fourth grade teacher Adri Wilson is worried about the new boy in her class. Sherm is quiet and evasive,

especially when he's around his even cagier older brother. Adri can't help her attraction to Rob, or the urge to help them both in whatever way she can. But the Delgados have enemies on two sides of the mob—their father's former crew and the rival family he helped take down. It's only a matter of time before someone finds them. And if Rob isn't careful, Adri could end up in the crossfire... Includes an exclusive preview of the next *On the Run* novel, *Over the Line*. Run for fun—no matter your size, shape, or speed! Do you think running sucks? Do you think you're too fat to run? With humor, compassion, and lots of love, Jill Angie explains how you can overcome the challenges of running with an overweight body, experience the exhilaration of hitting new milestones, and give your self-esteem an enormous boost in the process. This isn't a guide to running for weight loss, or a simple running plan. It shows how a woman carrying a few (or many) extra pounds can successfully become a runner in the body she has right now. Jill Angie is a certified running coach and personal trainer who wants to live in a world where everyone is free to feel fit and fabulous at any size. She started the Not Your Average Runner movement in 2013 to show that runners come in all shapes, sizes, and speeds, and, since then, has assembled a global community of revolutionaries who are taking the running world by storm. If you would like to be part of the revolution, this is the book for you! **NEWBERY HONOR AWARD WINNER • NATIONAL BOOK AWARD FINALIST • ASIAN/PACIFIC AMERICAN AWARD FOR YOUTH LITERATURE** Twelve year-old Maizy discovers her family's Chinese restaurant is full of secrets in this irresistible novel that celebrates food, fortune, and family. **NAMED ONE OF THE BEST BOOKS OF THE YEAR BY School Library Journal • Booklist • The Horn Book • New York Public Library** Welcome to the Golden Palace! Maizy has never been to Last Chance, Minnesota . . . until now. Her mom's plan is just to stay for a couple weeks, until her grandfather gets better. But plans change, and as Maizy spends more time in Last Chance and at the Golden Palace—the restaurant that's been in her family for generations—she makes some discoveries. For instance: You can tell a LOT about someone by the way they order food. People can surprise you. Sometimes in good ways, sometimes in disappointing ways. And the Golden Palace has secrets... But the more Maizy discovers, the more questions she has. Like, why are her mom and her grandmother always fighting? Who are the people in the photographs on the office wall? And when she discovers that a beloved family treasure has gone missing—and someone has left a racist note—Maizy decides it's time to find the answers. Runners of all levels will be awakened to powerful parallels between running and the Christian life, equipped with relevant scripture, encouraged to persevere, and inspired with determination. You'll be challenged to a deeper relationship with God. A woman on the run is a Montana serial killer's ultimate target in this psychological thriller by the #1 New York Times bestselling author. In Grizzly Falls, Montana, Detectives Selena Alvarez and Regan Pescoli are struggling with a new acting commander while Sheriff Dan Grayson is in a coma after being shot. It's the worst possible time for a homicide. A woman's body has been found, frozen and missing a finger. Alvarez hopes this was an isolated case of a murderer with a personal grudge. But then a second body turns up. . . Meanwhile, Anne-Marie Calderone has just arrived in town hoping Sheriff Grayson could help her escape a dangerous stalker. But now Grizzly Falls is starting to feel like a trap. As clues begin pointing toward a homicide suspect, Alvarez senses there's more to this case than others want to believe. A killer has made his way to Grizzly Falls, ready to fulfill a vengeance years in the making. Alvarez and Pescoli must find the target of his wrath—or die trying. Running doesn't have to suck. Ease yourself into a comfortable routine (promise!) with this hilarious and approachable guide to workouts and nutrition from an experienced athlete. We've all side-eyed the chipper runners jogging by in their short-shorts and "Fun Run"-finisher tops and felt a little envious. How do they get out there and do it every day? How did they become Runners? Though it's theoretically one of the most natural sports for humans, the general response to running tends to be, "It's hard. It sucks. I wish I could do it." If you want to enjoy running, this helpful and humorous guide will get you started, keep you going, and teach you to "embrace the suckiness" (Hint: You don't have to run at 6 a.m. and you definitely don't have to wear short-shorts). You'll also find body maintenance tips, nutritional guidance, and running etiquette pointers. And, when you're feeling discouraged, Jung's down-to-earth advice will help you stay motivated and confident. With smartly organized chapters that you can read in any order, this book includes insights from professional runners, sports psychologists, coaches, physical therapists, and Jung's own two-decade writing and running career. Whether you're looking for inspiration or setting specific goals, this book has everything you need to get hooked on the sport. Would you assume it is safe to have a routine surgery? Healthy young women do not die from an appendectomy, do they? When a group of psychotic physicians are involved don't be so sure. When Nurse practitioner Layla Matthews awakens in her own coffin, she starts a journey that takes her to "The Body Auction." Here she uncovers an underground nightmare. The business of human trafficking is in the news daily, but a group of physicians have discovered a way to make young women appear dead, then they are taken to a Body Auction. Here a very exclusive clientele can bid on the bodies. Some are purchased for organ donation, others for sexual slavery. Layla was lucky enough to escape, but many do not. Join Layla on this horrific journey that takes her into the multi-million-dollar industry of human tracking and slavery. The web of depraved physicians reaches around the globe. Layla must travel to find who the head of this horrid business is. As she attempts to save some of the women who are still victims of the auction, the reader will appreciate the true power of women. This action-packed novel will keep you on the edge of your seat. *The Body Auction* is a medical suspense thriller that will peak the interest of all readers but will especially be of interest to persons in healthcare. This book is for all runners, from beginners who fear they're too slow or unathletic, right up to the most seasoned marathoners and ultramarathoners. Join Lisa and the extraordinary runners she meets along the way, in a journey that reveals a profound truth about running: it's not about the time you do, but the time you have. In this novel for teens, Isabelle knows all about shouldering responsibility: she looks after her younger siblings because their mother is often drunk or absent. School is a nightmare, but one teacher seems to understand that Isabelle has talent to spare. Expert crafter, Lisa Comfort shares the secrets of her sewing passion. She guides you through all the basics of sewing by hand and machine, as well as providing you with the skills you need to follow her simple but stylish projects. "Lisa's fine grasp of Scripture and love for the Lord make her a trustworthy teacher, yet we learn from her own hard-earned lessons as well. She speaks and writes from a place of understanding, as she clings to God's hand, giving us the privilege of stumbling into grace with her." —LIZ CURTIS HIGGS, best-selling author of *Bad Girls of the Bible* "So, today I've been thinking about...things that bind us. The thought flitted around my mind and then landed for a while, likely because I was wearing a pair of too-tight jeans." Women of Faith® speaker and author Lisa Harper relates from experience — life can be uncertain, sometimes even scary. But with a witty twinkle in her eye and a Bible in her hand, she describes what it's like to find real security in the arms of a Savior who doesn't just notice us but who moves heaven and earth on our behalf. Part diary, part devotional, *Stumbling Into Grace* weaves hilarious and poignant stories from Lisa's own life with intimate and transformational encounters from the life of Christ.

Prayers, reflection questions, and journal prompts help women dig deep into biblical truths to better understand how our Redeemer's compassion, affection, and constancy make every single moment of life not only more enjoyable but well worth living! Your Whole Body is an inclusive book for children about the entire body, from head to toes, and everything in between! Your Whole Body explains and illustrates all of the major body parts, including the genitals. Your Whole Body is:- Complete: it explains, illustrates, and labels all the major body parts including genitals.- Diverse and inclusive: the text and illustrations describe and show different appearances and abilities. Additionally, the text does not use gender pronouns when describing genitals.- Accurate and age appropriate: experts including pediatricians, child safety experts, gender specialists, and preschool teachers, were consulted for this book. NO MATTER HOW FAST YOU RUN . . . The newborn baby boy is beautiful, perfect, and hers for the asking. All Kate Summers has to do is agree to one condition—she must disappear from Boston and never breathe a word about the adoption to anyone. OR HOW FAR YOU GO . . . Fifteen years later, Kate has built a good life for herself and her son, Jon, in Hopewell, Oregon. Still, she is haunted by the fear that he will somehow be taken away. Then Daegan O'Rourke arrives in town and strikes up a friendship with her and Jon. But Daegan has his own past to hide—one with shocking ties to hers. A KILLER WILL ALWAYS FIND YOU . . . Someone is watching Kate, watching her son, and is willing to go to any lengths to claim him. And the one man Kate is tempted to trust has dangerous secrets that could change her world forever. Soon the past Kate thought she could outrun will explode, unearthing a legacy of lies and treachery, and a fury powerful enough to kill . . . Tormented by strange visions and voices, and bound by destiny to save the life of an innocent, Bryanna, the only one who can lift the curse of darkness, must place her trust in a mysterious and darkly sensual stranger when she is surrounded by evil. Original. The author of international bestseller, Shantaram, takes us on a gripping personal journey of wonder and insight into science, belief, faith and devotion. Drawing on common-sense logic, sacred traditions, inspirations from the natural world and the iconoclastic instruction of his spiritual teacher, Roberts describes the step by step path he followed in search of spiritual connection, one that anyone, of any belief or none, can apply in their own lives. This gripping personal account of the Leap of Faith is a compellingly fresh, new addition to such enduring, spiritually inspiring works as Zen and The Art of Motorcycle Maintenance, The Road Less Travelled and The Celestine Prophecy. From the Author: "The Spiritual Path is for anyone searching for meaning and connection, for more answers than questions, and for practical help in resetting the spiritual compass." Gregory David Roberts "Science has a battle for hearts and minds on its hands....How good it feels to have Lisa Randall's unusual blend of top flight science, clarity, and charm on our side." —Richard Dawkins "Dazzling ideas....Read this book today to understand the science of tomorrow." —Steven Pinker The bestselling author of Warped Passages, one of Time magazine's "100 Most Influential People in the World," and one of Esquire's "75 Most Influential People of the 21st Century," Lisa Randall gives us an exhilarating overview of the latest ideas in physics and offers a rousing defense of the role of science in our lives. Featuring fascinating insights into our scientific future born from the author's provocative conversations with Nate Silver, David Chang, and Scott Derrickson, Knocking on Heaven's Door is eminently readable, one of the most important popular science books of this or any year. It is a necessary volume for all who admire the work of Stephen Hawking, Michio Kaku, Brian Greene, Simon Singh, and Carl Sagan; for anyone curious about the workings and aims of the Large Hadron Collider, the biggest and most expensive machine ever built by mankind; for those who firmly believe in the importance of science and rational thought; and for anyone interested in how the Universe began...and how it might ultimately end. An inspiring book about dedication, the love of dogs, and the physical endurance and mental toughness needed to run the Iditarod sled dog race -- from a female perspective. Lisa Frederic didn't set out to run the Iditarod. She just fell in love with the event and wanted to help. She ended up working as a volunteer for the Trail Committee at various checkpoints. Then she helped Iditarod champion Jeff King train his puppies. She had never mushed before. She was a rookie, but a rookie with heart and drive. She started out with short races and eventually raced the 1,049 miles from Anchorage to Nome in the Iditarod. Her story speaks to everyone who has ever followed a dream and found that the dream realized is even bigger than the imagined one. Please note: This is a companion version & not the original book. Sample Book Insights: #1 If your main reason for becoming a runner is how it makes you feel, rather than how it makes you look, you'll be much more likely to stick with it. Focus on how running can make you feel, and the body benefits will come. #2 There are three parts to visualization: visualizing your goal as if it were easy for you to get out there and enjoy the run the way you want to, after the momentum kicks in and you feel good; how good it feels after your run; and how your clothes will fit differently after you start running. #3 The runner's high makes you feel good, and getting addicted to that feeling will make you want to keep doing it. Things that feel good become addictive. #4 The runner's high only lasts for a short period of time. You must be running for at least thirty minutes before you get it. Be patient and keep going. Lisa Murphy resides in southwest Missouri, with her husband Mark, and their feisty, lovable dog Skeeter. A natural storyteller, Lisa's love for writing began when her children were young. That's when she first discovered her inner creativity and joy in sharing her stories. When Lisa isn't writing, she might be found driving country roads in the Ozark Mountains with her camera close at hand. After many years of being a professional photographer, it is now one of her favorite hobbies, second only to spending time with her adorable grandchildren. Lisa's desire in writing romance/suspense books is to not only entertain, but also to inspire her readers and share her faith with others. From the New York Times bestselling author of Dirty Blonde comes a fast-paced thriller in which a young law professor must unravel a conspiracy to see justice done. Law professor Natalie Greco's life is going according to plan, with a boyfriend handpicked by her father and tenure status only a review board away. Then, during a visit to a prison with her colleague Angus, a riot explodes. Rushing to the aid of a fatally wounded prison guard, Nat is privy to his last words—words that, unknown to Nat, can unlock the key to a dangerous conspiracy. Suddenly Nat, A Girl Who Always Plays By The Rules, finds threats around every curve: ruthless killers desperate to keep her from exposing their secret; police who are convinced she is responsible for a cold-blooded murder; and sexy Angus, whose mere presence makes her question her dedication to her long-term boyfriend. With her life on the line, her career in the balance, and her boyfriend on hold, Nat has to go into hiding to buy enough time to figure out the hidden secrets behind one man's last words. Burned by the four-letter word called love, the only thing Beth Standish wants to do is flee for—or maybe from—her life. In the middle of the night Beth takes her favorite running shoes and a flyer for the upcoming San Francisco half-marathon, and drives to the City by the Bay. Hoping to escape the ruins of her relationship, Beth intends to run thirteen miles straight into San Francisco's famous fog. When an insightful woman named Alder Beckman comes to her rescue, Beth feels that maybe she's found the calm sanctuary she so desperately seeks. But Beth's calm is soon turned on its ear when she is pursued by an arousing and wild woman named Mary Walston, who has relationship ghosts of her own. It quickly becomes apparent that neither

Alder nor Mary intends to let Beth disappear into the fog that easily. Will Beth be able to run fast enough to keep ahead of love, or will it overtake her in the home stretch? The ultra-marathon runner takes on some of the world's most extreme races in an inspiring look at the reality of a long-distance runner. STRANGER IN A STRANGE LAND Julia Devaux loves big cities, chic cafes, old movies, and charming men. But after seeing a mafia don whack one of his minions, she is relocated under the Witness Protection Program to a small isolated town in the middle of nowhere. Simpson, Idaho doesn't have chic cafes or cult movie theaters or even sidewalks. And it definitely doesn't have charming men. However, it does have Sam Cooper, former Navy SEAL and war hero, now horse breeder, who makes her feel safe and excited at the same time. True, he doesn't have charming conversation, but conversation isn't what Cooper does best. WHO WAS SHE? The gorgeous new second-grade school teacher who just showed up one day in Simpson is a miracle in Cooper's eyes. Beautiful and smart and kind, she has the town of Simpson wrapped around her little finger. His heart, too, though he doesn't have the words to tell her that. But when killers come for her, Cooper doesn't need words to show what he feels. He's willing to lay down his life for her. This book was originally published by Ellora's Cave and is a lightly re-edited version.

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