

Battling The Inner Dummy The Craziess Of Apparently Normal People 1st Edition

Yeah, reviewing a ebook **Battling The Inner Dummy The Craziess Of Apparently Normal People 1st Edition** could accumulate your close associates listings. This is just one of the solutions for you to be successful. As understood, ability does not suggest that you have fantastic points.

Comprehending as without difficulty as arrangement even more than further will meet the expense of each success. neighboring to, the publication as well as keenness of this Battling The Inner Dummy The Craziess Of Apparently Normal People 1st Edition can be taken as competently as picked to act.

Battling the Inner Dummy - David L. Weiner 2013-01-29
From the sexcapades of Bill Clinton to the unbelievable story of Hugh Grant and the prostitute; from the 15-year-old who weighs only 82 pounds but believes she's obese, to the professor who screams profanities at other drivers in snarled traffic--we wonder out loud, "What are they thinking?!" What drives so many apparently normal, intelligent people to act irrationally, harming themselves and others? According to Sigmund Freud, such behavior may be caused by the "id," our built-in mental invitation to everything from dangerous fun to horrendous acts of irrationality. For popular psychology writer David Weiner, "id" stands for "Inner Dummy," the part of the brain that we must come to understand if we are ever to know why we do foolish, irrational, and compulsive things. Drawing on the groundbreaking theories of evolutionary psychology, *Battling the Inner Dummy* localizes the source of our irrationality in the limbic id--the most primitive part of our brain that endlessly thirsts for status, sex, territory, nurturance, and survival. "We become captured by these drives," Weiner says. "By understanding our Inner Dummy, we can avoid disasters in our own lives." Along with sound advice from clinical psychiatrist Dr. Gilbert Hefter on how to handle our own Inner Dummies with built-in rewards and punishments, Weiner brilliantly interweaves delightful, imagined conversations with Freud and staffers at a mythical advertising agency, who have been given the assignment of communicating the nature of the id's irrationalities to the general public (e.g., t-shirts that say, "Would someone please fix my Inner Dummy before I fall in love with another idiot?" and a bathroom scale that allows you to weigh eight pounds less each time you use it). This inviting, humorous romp with Inner Dummies who have made the news illustrates how we can apply "ID prevention" in our daily lives and includes all the major strategies science and medicine have developed over the years to counter Inner Dummies that threaten our well-being. See how well you're handling your own inner dummy by taking the quizzes at www.innerdummy.com.

Bibliographic Guide to Psychology - New York Public Library. Research Libraries 1999

The Library Journal - 1999

Includes, beginning Sept. 15, 1954 (and on the 15th of each month, Sept.-May) a special section: School library journal, ISSN 0000-0035, (called Junior libraries, 1954-May 1961). Also issued separately.

The Natural - Bernard Malamud 2003-07-07

Introduction by Kevin Baker *The Natural*, Bernard Malamud's first novel, published in 1952, is also the first--and some would say still the best--novel ever written about baseball. In it Malamud, usually appreciated for his unerring portrayals of postwar Jewish life, took on very different material--the story of a superbly gifted "natural" at play in the fields of the old daylight baseball era--and invested it with the hardscrabble poetry, at once grand and altogether believable, that runs through all his best work. Four decades later, Alfred Kazin's comment still holds true: "Malamud has done something which--now that he has done it!--looks as if we have been waiting for it all our lives. He has really raised the whole passion and craziness and fanaticism of baseball as a popular spectacle to its ordained place in mythology."

Be Rebellious - Megan Clinton 2014-09-16

What if we were created for more than just "fitting in" to the culture around us? What if we were meant to change our world?

King, Warrior, Magician, Lover - Robert Moore 2013-10-01

The bestselling, widely heralded, Jungian introduction to the psychological foundation of a mature, authentic, and revitalized masculinity. Redefining age-old concepts of masculinity, Jungian analysts Robert Moore and Douglas Gillette make the argument that mature masculinity is not abusive or domineering, but generative, creative, and empowering of the self and others. Moore and Gillette clearly define the four mature male archetypes that stand out through myth and literature across history: the king (the energy of just and creative ordering), the warrior (the energy of aggressive but nonviolent action), the magician (the energy of initiation and transformation), and the lover (the energy that connects one to others and the world), as well as the four immature patterns that interfere with masculine potential (divine child, oedipal child, trickster and hero). *King, Warrior, Magician, Lover* is an exploratory journey that will help men and women reimagine and deepen their understanding of the masculine psyche.

Linguistics For Dummies - Rose-Marie Dechaine 2012-02-08
The fascinating, fun, and friendly way to understand the science behind human language Linguistics is the scientific study of human language. Linguistics students study how languages are constructed, how they function, how they affect society, and how humans learn language. From understanding other languages to teaching computers to communicate, linguistics plays a vital role in society. *Linguistics For Dummies* tracks to a typical college-level introductory linguistics course and arms you with the confidence, knowledge, and know-how to score your highest. Understand the science behind human language Grasp how language is constructed Score your highest in college-level linguistics If you're enrolled in an introductory linguistics course or simply have a love of human language, *Linguistics For Dummies* is your one-stop resource for unlocking the science of the spoken word.

Gone Girl - Gillian Flynn 2014

When a woman goes missing on her fifth wedding anniversary, her diary reveals hidden turmoil in her marriage, while her husband, desperate to clear himself of suspicion, realizes that something more disturbing than murder may have occurred.

Books in Print - 1991

Talk Talk - T. C. Boyle 2011-07-01

Dana sits in a courtroom with her legs shackled as a long list of charges is read out, many of them dangerous. But the panic that grips her is not because she has been caught. She knows there has been a terrible mistake - she didn't commit any of these crimes. As Dana and her lover Bridger set out to clear her name and find the person who is living a blameless life of criminal excess at her expense, they begin to test the life they have built together to its limits.

New Psycho-Cybernetics - Maxwell Maltz 2002-12-03

With over 30 million copies sold since its original publication in 1960, *Psycho-Cybernetics* has been used by athletes, entrepreneurs, college students, and many others, to achieve life-changing goals--from losing weight to dramatically increasing their income--finding that success is not only possible but remarkably simple. Now updated to include present-day anecdotes and current personalities, *The New Psycho-Cybernetics* remains true to Dr. Maltz's promise: "If you can remember, worry, or tie your shoe, you can succeed with *Psycho-Cybernetics*!"

Principles of Counseling and Psychotherapy - Gerald J. Mozdzierz 2009-03-24

This text presents a novel approach to teaching and learning the fundamental skills and techniques of

counseling and psychotherapy, based on a "non-linear" process of thinking that more accurately reflects the reality of mental health practice. At the core of this text lies the idea that to best prepare students for practice with real clients, they have to learn how to think in a new way, the way that research has shown the most effective practitioners think. The result is a paradigm shift in how to teach and learn basic counseling skills, which separates this text from the competition and brings training up to speed with current practice.

Reality Check - David L. Weiner 2009-09-25

[T]his book, when read with an open, inquisitive mind, will not fail to stimulate new perspectives and provoke new ideas.- Science Books & FilmsHow Weiner goes about understanding these conundrums is a fascinating journey that will make any reader astonished, frustrated, angry, and definitely curious about the human mind.Biology DigestWhat is reality? Can our brains comprehend the true nature of reality? Do we know anything for certain? Reality Check is an entertaining, sometimes light-hearted tour through the many mysteries of neuroscience, genetics and physics by psychology popularizer and businessman David Weiner. Weiner ... writes in a frank and direct manner devoid of technical jargon. He extracts the essence of the many facets of the mind-brain problem.Science & Theology NewsDavid Weiner has written a delightful and impressively researched tour de force on how the brain works that includes wonderful side trips about DNA, the size of the universe and the foibles of religiosity. This is popular science writing at its best - clear, witty and marvelously informative.Benjamin J. Hubbard, Ph.D.Professor of Comparative ReligionCalifornia State University, FullertonWhat is reality? Each of us has a virtual reality map imprinted on our brains, which consists of our individual ideologies, opinions, attitudes, values, and beliefs that we've built up over the years. But what if you learned that your reality map was distorted or limited? In Reality Check, David L. Weiner takes us on an entertaining romp through many odd and interesting new findings in various scientific fields - from neurobiology to physics and genetics, describing how difficult it is for these findings to sink in and impact our perspectives.One of the most fascinating topics that Weiner discusses is what neuroscience has found out about certain apelike mechanisms in our brains. These ancient vestiges of evolution can cause turmoil if we don't meet their primitive expectations, and their penchant for pecking order and status can create far-out realities that we think are absolutely true. By opening our minds to what science has discovered about our realities, and what it still considers to be mysteries, we can gain valuable insights and tools for improving the quality of our lives.The fresh and surprising information in this book has ramifications for parents, managers, educators, and everyone else interested in getting the most out of others and themselves.David L. Weiner (Chicago, IL) is author of the psychology bestseller *Battling the Inner Dummy: The Crazy of Apparently Normal People*, *Power Freaks: Dealing with Them in the Workplace or Anyplace*, and *Reality Check: What Your Mind Knows, but Isn't Telling You*. He is also on the external board of advisers of the HealthEmotions Research Institute of the University of Wisconsin, and is the founder and CEO of Marketing Support, Inc., a \$100-million marketing agency with clients including IBM, Motorola, Home Depot, Xerox, and many other Fortune 500 companies.

Integrating Hypnosis with Psychotherapy - Daniel L. Araoz 2014-01-10

Psychotherapy is a scientifically proven form of treatment, and neuroscience has justified hypnosis as a convenient method to train our minds to change our brains. However, hypnosis remains widely misunderstood. This volume clears up many misconceptions surrounding the practice by exploring it as a part of psychodynamic psychotherapy. In this context, hypnosis involves the activation of the patient's fantasy to create a new inner reality of the self, so that this reality can take the place of the old one for personal enrichment of the individual. Presenting new evidence from neuroscience and the ancient wisdom of Buddhism and detailing many short case studies, this work reveals the essence of hypnosis and demonstrates the benefits of this often misunderstood mind activity.

Library Journal - 1999-10

The 48 Laws of Power - Robert Greene 2000-09-01

Amoral, cunning, ruthless, and instructive, this multi-million-copy New York Times bestseller is the definitive manual for anyone interested in gaining, observing, or defending against ultimate control - from the author of *The Laws of Human Nature*. In the book that *People* magazine proclaimed "beguiling" and "fascinating," Robert Greene and Joost Elffers have distilled three thousand years of the history of power into 48 essential laws by drawing from the philosophies of Machiavelli, Sun Tzu, and Carl Von Clausewitz and also from the lives of figures ranging from Henry Kissinger to P.T. Barnum. Some laws teach the need for prudence ("Law 1: Never Outshine the Master"), others teach the value of confidence ("Law 28: Enter Action with Boldness"), and many recommend absolute self-preservation ("Law 15: Crush Your Enemy Totally"). Every law, though, has one thing in common: an interest in total domination. In a bold and arresting two-color package, *The 48 Laws of Power* is ideal whether your aim is conquest, self-defense, or simply to understand the rules of the game.

Snort For Dummies - Charlie Scott 2004-06-14

Snort is the world's most widely deployed open source intrusion-detection system, with more than 500,000 downloads-a package that can perform protocol analysis, handle content searching and matching, and detect a variety of attacks and probes Drawing on years of security experience and multiple Snort implementations, the authors guide readers through installation, configuration, and management of Snort in a busy operations environment No experience with intrusion detection systems (IDS) required Shows network administrators how to plan an IDS implementation, identify how Snort fits into a security management environment, deploy Snort on Linux and Windows systems, understand and create Snort detection rules, generate reports with ACID and other tools, and discover the nature and source of attacks in real time CD-ROM includes Snort, ACID, and a variety of management tools

The Brain That Changes Itself - Norman Doidge 2007-03-15

"Fascinating. Doidge's book is a remarkable and hopeful portrait of the endless adaptability of the human brain."-Oliver Sacks, MD, author of *The Man Who Mistook His Wife for a Hat* What is neuroplasticity? Is it possible to change your brain? Norman Doidge's inspiring guide to the new brain science explains all of this and more An astonishing new science called neuroplasticity is overthrowing the centuries-old notion that the human brain is immutable, and proving that it is, in fact, possible to change your brain. Psychoanalyst, Norman Doidge, M.D., traveled the country to meet both the brilliant scientists championing neuroplasticity, its healing powers, and the people whose lives they've transformed-people whose mental limitations, brain damage or brain trauma were seen as unalterable. We see a woman born with half a brain that rewired itself to work as a whole, blind people who learn to see, learning disorders cured, IQs raised, aging brains rejuvenated, stroke patients learning to speak, children with cerebral palsy learning to move with more grace, depression and anxiety disorders successfully treated, and lifelong character traits changed. Using these marvelous stories to probe mysteries of the body, emotion, love, sex, culture, and education, Dr. Doidge has written an immensely moving, inspiring book that will permanently alter the way we look at our brains, human nature, and human potential.

Girl in the Arena - Lise Haines 2010-08-17

As a modern gladiator's daughter, Lyn and her family live by the rules of the Gladiator Sports Association. But those rules can turn against you. When Lyn's seventh father dies in the ring, his opponent, Uber, captures Lyn's dowry bracelet-and her hand in marriage. To win her freedom, Lyn will do what no girl has done before: enter the arena and fight her father's murderer-even though she's falling in love with him.

Juniors - Kauai Hart Hemmings 2016-09-06

"A perfect complement to the shelves of readers who follow Jenny Han and E. Lockhart."* Part Hawaiian, part Mainlander. Perpetual new girl at school. Hanging in the shadow of her actress mother's spotlight. And now: new resident of the prominent West family's guest cottage. Bracing herself for the embarrassment of being her classmates' latest charity case, Lea is surprised when she starts becoming friends with Will and Whitney West instead-or in the case of gorgeous, unattainable Will, possibly even more than friends. And despite their

productive, satisfying life. Notice your reaction to these proposals and to the book's title. I suspect you think Well I am running my life! Sure - but have you ever thought about who I is? Reality check: Have you ever had experiences like these? Blowing hot and cold about someone or something? Saying On one hand, and on the other? Obsessively second-guessing (doubting) an important decision you've made? Having discussions or "arguments" with yourself inside your head? An inner voice ceaselessly berating you for being stupid, dumb, weird, or unlovable? Loved and hated someone at the same time? Wanted to do something and simultaneously not wanted to do it? Done something impulsive and later thought What got into me? Known people who seemed two-faced, talked out of both sides of their mouth, and like two different people? Felt young when around an authority figure or perhaps a critical parent? Yellow or mean streak, a blue mood a musical side, a silver tongue, or a way with kids? These are everyday signs of an invisible condition that shapes the lives of you and everyone you know. It's based on a marvelous survival feature of our human neural system recently called multiplicity: our brains wired-in ability to respond to childhood environmental threat by fragmenting into regions with special abilities. Using radiographic PET scans, were the first generation in history to be able to see these regions operating concurrently. The unitary experience of I see my child laugh involves many regions of your brain at once without your knowing it. So does everything you do! Main Ideas This book results from my professionally studying and practicing inner family therapy ("parts work") since 1992. It describes what I've come to believe without question about average women and men like you: Normal people have personalities that are composed of a group of subselves or parts, like members of an orchestra or athletic team. Each subself has its own talent or gift, its own values, goals, and limitations. Our inner families of subselves can range from harmonious to chaotic in calm and crisis times. The nature of our subselves and the relationships among them are determined in the first several years of life of average kids. If kids are

The Glass Castle - Jeannette Walls 2007-01-02

A triumphant tale of a young woman and her difficult childhood, *The Glass Castle* is a remarkable memoir of resilience, redemption, and a revelatory look into a family at once deeply dysfunctional and wonderfully vibrant. Jeannette Walls was the second of four children raised by anti-institutional parents in a household of extremes.

Talk To The Mirror - Florine Mark 2008-10

One of the most successful women in America, Florine Mark built a weight loss empire spanning fourteen states and parts of Canada and Mexico. CEO and Chairman of the Board of The WW Group, Inc., Florine was the owner of the largest number of Weight Watchers(r) franchises in the world. In *Talk to the Mirror* she tells you how she turned a lackluster life into the one she once only dreamed of. And even better, she wants to teach you how to do it giving you the tools to realize that the most important asset you have is YOU Florine was a painfully self-conscious girl. Being fifty pounds overweight and poor, she looked in the mirror and hated what she saw. It wasn't until after a failed marriage, years of struggling self-esteem issues, and a bout with diets pills that almost killed her--that she turned her life around and is one of the most admired businesswoman and motivational speakers in America. *Talk to The Mirror* is the place to feel safe as you challenge yourself with Florine's self-quizzes, exercises, and inspirational stories that will help you to discover how to improve your self-image so you can achieve your goals socially, professionally, and romantically

Braille Book Review - 2003

Brain Tricks - David L. Weiner 2011-04-29

. . . get[s] to the bottom of why the human brain seems to propel us toward destructive behavior. -Dallas Morning News How often have you heard that what distinguishes humans from other forms of advanced life is our superior brain? We can think rationally and make intelligent decisions; we are masters of ourselves and our world. But the fact is that the way we think and react can get us into trouble. We don't use our brain - it uses us! Understanding how our instincts, gut reactions, emotions, and conditioning rule our lives is one powerful part of author David L. Weiner's *Brain*

Tricks. *Brain Tricks* probes what Weiner calls the dark side of the brain - raw animal instincts rooted in our primitive past when survival, mating, and taming the environment required instant, uncritical, and wholly self-centered decision making. Though modified by early childhood conditioning, our primitive thought patterns continue to this day. Our brain ignores the rituals and rules of civilized society as we overreact to sudden situations, indulge in strong emotions and prejudice, and try to manipulate others. When we succumb to our dark side, brain tricks trouble is not far off. We alienate friends and lovers, quarrel with our bosses, become obsessed with possessions, commit murder, and start wars. In clear, easy to understand language, Weiner dramatizes the genetic and conditioned programming that can lead us into chaos. Using well-developed vignettes featuring friends, lovers, business and professional associates, he provides an inviting vehicle for discussing our hard-to-resist tendencies to exert power over others, indulge in greed, succumb to jealousy and rage, and invent scapegoats to mask our own faults. For more on *Brain Tricks* and other books by David L. Weiner see www.innerdummy.com Gives us an uncommon view of our inner selves . . . - Gilbert M. Hefter, M.D. . . . full of practical suggestions and quite readable.

Recommended. - The Reader's Review. . . a refreshing look at the dualities that reaffirm the human condition. . . . Thanks for a great book. -Muses

Psycho-Cybernetics (Updated and Expanded) - Maxwell Maltz 2022-09-08

The landmark self-help bestseller that has inspired and enhanced the lives of more than 30 million readers. In this updated edition, with a new introduction and editorial commentary by Matt Furey, president of the Psycho-Cybernetics Foundation, the original 1960 text has been annotated and amplified to make Maxwell Maltz's message even more relevant for the contemporary reader. Maltz was the first researcher and author to explain how the self-image (a term he popularized) has complete control over an individual's ability to achieve, or fail to achieve, any goal. He developed techniques for improving and managing self-image visualization, mental rehearsal and relaxation which have informed and inspired countless motivational gurus, sports psychologists, and self-help practitioners for more than sixty years. Rooted in solid science, the classic teachings in *Psycho-Cybernetics* continue to provide a prescription for thinking and acting that lead to life-enhancing, quantifiable results.

The Science of Influence - Kevin Hogan 2010-10-19

Get customers, clients, and co-workers to say "yes!" in 8 minutes or less This revised second edition by a leading expert of influence continues to teach a proven system of persuasion. Synthesizing the latest research in the field of influence with real-world tested experiences, it presents simple secrets that help readers turn a "no" into a "yes." Every secret in this book has been rigorously tested, validated, and found reliable. Learn dozens of all-new techniques and strategies for influencing others including how to reduce resistance to rubble Make people feel instantly comfortable in your presence Decode body language, build credibility, and be persistent without being a pain Expert author Kevin Hogan turns the enigmatic art of influence and persuasion into a science anyone can master The amazing secret of *The Science of Influence* is its simplicity. After you read this book you will immediately understand why people say "no" to you and learn how to turn that "no" into a "yes" from that moment on.

States of Denial - Stanley Cohen 2013-08-29

Blocking out, turning a blind eye, shutting off, not wanting to know, wearing blinkers, seeing what we want to see . . . these are all expressions of 'denial'. Alcoholics who refuse to recognize their condition, people who brush aside suspicions of their partner's infidelity, the wife who doesn't notice that her husband is abusing their daughter - are supposedly 'in denial'. Governments deny their responsibility for atrocities, and plan them to achieve 'maximum deniability'. Truth Commissions try to overcome the suppression and denial of past horrors. Bystander nations deny their responsibility to intervene. Do these phenomena have anything in common? When we deny, are we aware of what we are doing or is this an unconscious defence mechanism to protect us from unwelcome truths? Can there be cultures of denial? How do organizations like Amnesty

and Oxfam try to overcome the public's apparent indifference to distant suffering and cruelty? Is denial always so bad - or do we need positive illusions to retain our sanity? *States of Denial* is the first comprehensive study of both the personal and political ways in which uncomfortable realities are avoided and evaded. It ranges from clinical studies of depression, to media images of suffering, to explanations of the 'passive bystander' and 'compassion fatigue'. The book shows how organized atrocities - the Holocaust and other genocides, torture, and political massacres - are denied by perpetrators and by bystanders, those who stand by and do nothing.

Night of the Mannequins - Stephen Graham Jones
2020-09-01

Award-winning author Stephen Graham Jones returns with *Night of the Mannequins*, a contemporary horror story where a teen prank goes very wrong and all hell breaks loose: is there a supernatural cause, a psychopath on the loose, or both? Praise for *Night of the Mannequins* "Reading Stephen Graham Jones is like sitting in the corner of a bar with an old friend, and everyone quiets down the moment they start telling a story. *Night of the Mannequins* is dark and twisted, funny, a little crazy, and unsettling as hell. The opening setup gets way under your skin, and then Jones takes the story somewhere much darker than you imagined. If there's an heir apparent to the kind of no-rules, wild imagination, down home storytelling perfected by Joe R. Lansdale, it's this guy right here. Read him."—Christopher Golden "Sly, surprising psychic sleight-of-hand, in a tale of teenage madness where the next plastic face might be your own."—John Skipp "Wicked and wry, this is a terrific story by one of my favorite writers, Stephen Graham Jones. Tip-top with a twist of dead. The narrator's first person delivery is the most notable aspect of this surprising and creepy tale that nods to popular stalker-killer films of the past, but is so much better than the bulk of those films, and what an ending. You definitely need this."—Joe R. Lansdale "Stephen Graham Jones' has one of the most gripping, stream-of-consciousness voices in horror fiction. *Night of the Mannequins* is propulsive and poignant, capturing the mundane terror of adolescence, and adding that ever-so-essential dab of killer mannequin. You won't put it down." —Sarah Langan "That, my friends, is talent." —Blu Gilliland, Cemetery Dance At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

The Guns at Last Light - Rick Atkinson 2014-05-13

The final volume of the trilogy chronicles the Allied victory in Western Europe, from the brutal struggles in Normandy and at the Battle of the Bulge to the freeing of Paris, as experienced by participants from every level of the military.

The Complete Guide to Book Publicity - Jodee Blanco
2004-05

Prominent book publicist Jodee Blanco tells authors and publishers how to conceptualise, develop and implement a winning multi-dimensional book campaign from start to finish. Exercises and a complete resource list are included.

The Brain's Way of Healing - Norman Doidge 2015-01-27

NEW YORK TIMES BESTSELLER The New York Times-bestselling author of *The Brain That Changes Itself* presents astounding advances in the treatment of brain injury and illness. Now in an updated and expanded paperback edition. Winner of the 2015 Gold Nautilus Book Award in Science & Cosmology In his groundbreaking work *The Brain That Changes Itself*, Norman Doidge introduced readers to neuroplasticity—the brain's ability to change its own structure and function in response to activity and mental experience. Now his revolutionary new book shows how the amazing process of neuroplastic healing really works. *The Brain's Way of Healing* describes natural, noninvasive avenues into the brain provided by the energy around us—in light, sound, vibration, and movement—that can awaken the brain's own healing capacities without producing unpleasant side effects. Doidge explores cases where patients alleviated chronic pain; recovered from debilitating strokes, brain injuries, and learning disorders; overcame attention deficit and learning disorders; and found relief from symptoms of autism, multiple sclerosis, Parkinson's disease, and cerebral palsy. And we learn how to vastly reduce the risk of dementia, with simple approaches anyone can use. For centuries it was believed that the brain's complexity prevented recovery from damage or disease. *The Brain's Way of Healing* shows that this very sophistication is the source of a unique kind of healing. As he did so lucidly in *The Brain That Changes Itself*, Doidge uses stories to present cutting-edge science with practical real-world applications, and principles that everyone can apply to improve their brain's performance and health.

As Brave As You - Jason Reynolds 2016-05-03

"When two brothers decide to prove how brave they are, everything backfires--literally"--