

## Me And My Mouth The Austin Healey Story

The heartwarming debut that brought Per Petterson, the author of the highly acclaimed *Out Stealing Horses*, to prominence Young Arvid Jansen lives on the outskirts of Oslo. It's the early sixties; his father works in a shoe factory and his Danish mother works as a cleaner. Arvid has nightmares about crocodiles and still wets his bed at night, but slowly he begins to understand the world around him. Vivid images accompany each new event: A photo of his mother as a young woman makes him cry as he realizes how time passes, and the black car that comes to collect his father on the day Arvid's grandfather dies reminds him of the passing of his bullfinch. And then, one morning, his teacher tells his class to pray because a nuclear war is looming. *Ashes in My Mouth, Sand in My Shoes*, Per Petterson's debut, in which he introduces Arvid Jansen to the world, is a delicate portrait of childhood in all its complexity, wonder, and confusion that will delight fans of *Out Stealing Horses* and new readers alike.

Life with 10+ kids means you hear yourself saying things out loud that seem odd. Exceptionally odd. Things like, "No, I have never thought about what it would be like to drink my own pee," or "Do not let her take that dead mole to school." Then you will hear yourself asking many strange questions and you will get no legitimate answers. Things like "Why are their tennis shoes in the freezer?," "Whose underpants are in the driveway?" or "Why would you invite boys to your slumber party without asking me first?" You will have to explain things that should need no explanation. Such as, "You can't put a ham sandwich in your pants pocket," or "There is no such 'thing' as a love stab." This book is a compilation filled with the actual "Things That Came Out Of My Mouth" and real life stories, complete with photographic evidence, that opens the door to my world where you can take a brief glimpse into my funny life with all these kids. These wonderful children who, on the verge of adulthood, will lie to my face about whether or not they have brushed their teeth in the last 4 days and cannot recall the last time they showered. The same children who will tape a panty liner to their shin because they are too lazy to look for a band aid. This hilarious book is appropriate for anyone of any age and guaranteed to make you laugh out loud. "Listen- just use the lice comb to get the poop out of the tiny crevices and then wash it off and put it back in the secret drawer." "Oh please, please God in heaven, let him puke on the tile just this once." "Yes, people who spend an hour in the bathroom so they can pluck the hair off their knees with tweezers are generally thought to be weird." "You are in the fourth grade. There is no such thing as a 'serious relationship'." "I am almost sure that we are the only people in the world to use your Dad's nose trimmers to cut the umbilical cord from a kitten." "Is someone eventually going to tell me what happened to the mirror that used to be hanging here?" "You cannot just put an upside down paper plate over the dog poop and consider it 'cleaned up!'" "I find it just ridiculous that when I ask you to do something simple you have to roll around the floor in the fetal position faking a seizure." "A parent should never, ever have to say, 'Get the watermelon out of your pants.' Ever!" "I swear, I have the only child in the world that goes poop and comes out of the bathroom to announce to everyone that you have 'released the Kracken'." "Hellboy" is NOT a good Christmas movie." "Don't shut the cats head in the door just to 'teach it a lesson'. You can't teach cats anything." "Sweetheart, are you absolutely SURE you want to dress as "Captain Underpants" for school?" "No, no, no... you are not going to gather up all the different animal poop and compare which ones stinks the worst. Besides, the answer is cat poop." "Wake up now. I know it's 8 am but wake up and help me in the front yard with this garage sale before I kill your Grandma. She is driving me crazy and I haven't had any coffee yet. No, I'm serious, get up now. Grandma's life may depend on it." "No, Uncle Kevin is not allowed to pee in the yard just because he is a boy. Why, have you seen him do that? No, do not answer me, I really don't want to know."

"Does it really matter what I say?" Your greatest weapon—for good or evil—is in your mouth. From bestselling author Dr. Tony Evans comes a compelling resource to help you learn to tame your tongue. With life-changing insights shared through engaging lessons and anecdotes, you'll learn what the Bible teaches about talking: Discover the power of the spoken word to bolster your faith when you're doubting. Discern what should or shouldn't be said so that you honor God with your speech. Develop the ability to praise God and voice wisdom even in tough circumstances. Get inspired by Tony's teaching on the tongue and model with your mouth the character of God. Don't let your words bring cursing or destruction to yourself and those you love. Instead, let your words minister to and speak life into the world around you.

Austin Healy is one of English rugby's best-known characters. His extraordinary career has seen him win 50 England caps, star on two British Lions tours and play a leading role in England's most successful club ever - Leicester Tigers. But his outspoken nature means he's courted controversy along the way. Here, he lays bare the backstage wrangling that bedevilled England's World Cup winners and wrecked those Lions tours and lifts the lid on the hilarious behind-the-scenes escapades fans rarely get to hear about.

In writing this book, I found direction and guidance from God, in the name of Jesus, by the Holy Spirit of God. I always knew there was someone watching over me. It wasn't until my, then, spouse gave me the Bible to read that I gained understanding about life through reading God's Word. God drew me in quietly and with a loving heart. He spoke to me through the words written in His Will, the Holy Bible. It is my hope this book will be a guidepost in the maturation of God's children. Throughout life, the enemy comes to kill, steal, and destroy, but Jesus came that we might have life... life more abundantly. God is love and self love is very important because hurt people, hurt people. Romans 8 helps God's children walk in the Spirit of God, and I hope this manuscript will offer a framework for our new nature in Christ Jesus for Believers. Ephesians 4: (11) It was He who gave some to be apostles, some to be prophets, some to be evangelists, and some to be pastors and teachers. (12) to prepare God's people for works of service, so that the body of Christ may be built up (13) until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.

A New York Times Bestseller A Washington Post Notable Nonfiction Book of 2020 Named a Best Book of 2020 by NPR "A fascinating scientific, cultural, spiritual and evolutionary history of the way humans breathe—and how we've all been doing it wrong for a long, long time." —Elizabeth Gilbert, author of *Big Magic* and *Eat Pray Love* No matter what you eat, how much you exercise, how skinny or young or wise you are, none of it matters if you're not breathing properly. There is nothing more essential to our health and well-being than breathing: take air in, let it out, repeat twenty-five thousand times a day. Yet, as a species, humans have lost the ability to breathe correctly, with grave consequences. Journalist James Nestor travels the world to figure out what went wrong and how to fix it. The answers aren't found in pulmonology labs, as we might expect, but in the muddy digs of ancient burial sites, secret Soviet facilities, New Jersey choir schools, and the smoggy streets of São Paulo. Nestor tracks down men and women exploring the hidden science behind ancient breathing practices like Pranayama, Sudarshan Kriya, and Tummo and teams up with pulmonary tinkerers to scientifically test long-held beliefs about how we breathe. Modern research is showing us that making even slight adjustments to the way we inhale and exhale can jump-start athletic performance; rejuvenate internal organs; halt snoring, asthma, and autoimmune disease; and even straighten scoliotic spines. None of this should be possible, and yet it is. Drawing on thousands of years of medical texts and recent cutting-edge studies in pulmonology, psychology, biochemistry, and human physiology, *Breath* turns the conventional wisdom of what we thought we knew about our most basic biological function on its head. You will never breathe the same again.

Wish you could take control of the words you speak, instead of feeling like your mouth has a mind of its own? With God's help you can! This companion study guide to *ME AND MY BIG MOUTH!* takes you from, "Oh, no, I can't believe I just said that!" to learning God's language. This book will show you how to train your mouth to speak words that will help you accomplish all God wants for you in this life.

Bestselling author Joyce Meyer emphasizes that speaking the Word of God must be coupled with living a life of complete obedience to the Word of God in order to see the full power of God flowing in your life. By applying the biblical truths outlined in this book, you will learn: The effect of your words in the natural realm How to speak God's language How to break the chains of the past How to cross over to victory Plus much more! Bring your mouth into agreement with God . . . and begin to walk in victory!

*Bitter in the Mouth* is a brilliant, virtuosic novel about a young woman's search for identity and the true meaning of family from the author of *The Sweetest Fruits* "What I know about you, little girl, would break you in two" are the prophetic last words that Linda Hammerick's grandmother says to her. Growing up in small-town North Carolina in the 1970s and '80s, Linda already knows that she is profoundly different from everyone else, including the members of her own family. She can "taste" words. In this and in other ways, her body is a mystery to her. Linda's awkward girlhood is nonetheless enlivened and emboldened by her dancing great-uncle Harper, and Kelly, her letter-writing best friend. Linda makes her way north to college and then to New York City, trying her best to leave her past behind her like "a pair of shoes that no longer fit." But when a family tragedy compels her to return home, Linda uncovers the startling secrets of her past. Monique Truong's acclaimed novel questions our assumptions about what it means to be a family and to be a friend, to be foreign and to be familiar, to be connected to and disconnected from our bodies, our histories, ourselves.

This book teaches children to manage their thoughts and words without interrupting.

#1 New York Times bestselling author Joyce Meyer discusses the importance of words in *Change Your Words, Change Your Life*: "Words are a big deal. They are containers for power, and we have to decide what kind of power we want our words to carry. . . . I believe that our words can increase or decrease our level of joy. They can affect the answers to our prayers and have a positive or negative effect on our future. . . . One might say that our words are a movie screen that reveals what we have been thinking and the attitudes we have." Building on the premises of her bestselling books, *Power Thoughts* and *Living Beyond Your Feelings*, Joyce examines how we use words-the vehicles that convey our thoughts and emotions-and provides a series of guidelines for cultivating talk that is constructive, healthy, healing, and used for good results. Topics include: The Impact of Words How to Tame Your Tongue How to be Happy When to talk and when not to talk Speaking Faith and Not Fear The Corrosion of Complaints Do you really have to give your opinion? The importance of keeping your word The power of speaking God's word How to have a smart mouth In "A Dictionary of God's Word" at the end of the book, Joyce provides dozens of scripture verses, arranged by topic, and recommends that we read them aloud to strengthen our vocabulary of healing words.

'To eat is to build upon our collective story. We use food to say, again and again, who we are.' *Eating with My Mouth Open* is food writing like you've never seen before: honest, bold, and exceptionally tasty. Sam van Zweden's personal and cultural exploration of food, memory, and hunger revels in body positivity, dissects wellness culture and all its flaws, and shares the joys of being part of a family of chefs. Celebrating food and all the bodies it nurtures, *Eating with My Mouth Open* considers the true meaning of nourishment within the broken food system we live in. Not holding back from difficult conversations about mental illness, weight, and wellbeing, Sam van Zweden advocates for body politics that are empowering, productive, and meaningful. 'This is writing as sustenance. The book's moments of deep insight and intimacy, all its quiet revolutions, are answerable – as is the case with the most enduring nonfiction – to two gods only: truth and nurture.' — Maria Tumarkin, author of *Axiomatic* 'Eating with My Mouth Open feels like being gifted the most glorious odd-box from the Farmers' Market: inside are delicious, unnamable fruits and shining vegetables. Van Zweden's writing is at once both nourishing and thorny, generous and eclectic, sumptuous and piquant. This book marks the arrival of a fresh voice in Australian nonfiction.' — Rebecca Giggs, author of *Fathoms: The world in the whale* 'Amazingly attuned to those tender points where food tangles with family, trauma, illness and mental wellbeing – Sam van Zweden describes everyday food moments with clarity and compassion in a way that made me fall in love with food all over again.' — Ruby Tandoh, author of *Eat Up!* 'In this excruciating time of bougie food-for-cultural-capital, of 'body-positive' rah-rah, of food-loving, body-shaming confusion, Sam van Zweden cuts through the bullshit, arguing that food is for love, and that if we love food, we must love the bodies that food nurtures. Van Zweden is a masterful caretaker of the bodies that have been left out.' — Ellena Savage, author of *Blueberries* 'Eating With my Mouth Open is a beautiful book: heartfelt, intelligent and full of love.' — Fiona Wright, author of *The World Was Whole* and *Small Acts of Disappearance* Overcome the issues that affect your heart, mind, and soul with encouraging wisdom and biblical advice from #1 New York Times bestselling author Joyce Meyer. In this book -- small and portable enough to fit in a purse, suitcase, backpack, briefcase, or even a pocket -- Joyce Meyer addresses the many issues that women face today, and encourages them to embrace their unique identity in Christ. Joyce touches on topics like: Living beyond feelings Overcoming fear and insecurity Being wise with words Establishing proper priorities Defeating negative circumstances Overcoming an "I can't" attitude Enjoying the favor of God Women need inspiration today more than ever, and *Habits of a Godly Woman* will encourage and motivate you to make it through the day with God at the forefront.

A traumatic childhood left Kira feeling as though her existence was collateral damage. Abandoned by everyone responsible for her protection, left her no choice but to fight back. Angry. Defensive. Guarded. Unforgiving. Outspoken. Her mouth became her weapon. Without realizing that her past would shape her future, Kira grew into a woman who lived her life with an 'attack first' mentality. Her tongue was mightier than a sword but her soul was left fragile and defenseless. Tired of fighting, Kira sought solace in the only place where she ever felt safe - her prayers and her journals. After years of struggling to find peace, Kira discovers it was there all the time, *If Only She Could Shut Her Mouth*.

This book is simply a written Sunday school lesson rather than the oral variety. The primary topic is war and the relationship of a Christian to it. While someday war shall be studied no more, that day has not yet arrived. This book chronicles with specific examples how a few Christians like Rev. J. J. Taylor, Alvin York, Vernon Grounds, Franz Jagerstatter, and the author himself have approached the topic. Dietrich Bonhoeffer also makes a guest appearance, as do Tolstoy, Gandhi, and MLK. The book does not advocate a pure pacifism. The author has not solved all the problems associated with that viewpoint and does not know anyone who has. But it does argue for peacemaking, the likes of which is addressed by Jesus in the Sermon on the Mount and by St. Paul, who urges us to wrestle with principalities and powers, i.e., ideas, and not to wrestle with flesh and blood. This the author has tried to do within these peacemaking pages and the comparative safety of his laptop and life in bucolic and pastoral Jamestown, North Carolina.

Recognize, confront, and conquer the fears holding you back from living boldly and freely with renowned Bible teacher and New York Times bestselling author, Joyce Meyer. Fear is the devil's favorite tool in the toolbox of schemes he uses to destroy God's good plan for you. He uses it to hold you back and prevent progress in your relationships, career, and more. In *Do It Afraid*, Joyce Meyer explains that fear is everywhere and affects everyone. It rules many people, but it doesn't have to rule you any longer. She will teach you how to: Understand fear and recognize how it works in your life. Confront those fears that are holding you back. Change your mindset for lasting freedom from some of the most common fears people face. Remember, courage isn't the absence of fear; it is learning how to move forward in the presence of fear. Courageous people do what they believe in their hearts they should do, no matter how they feel or what doubts fill their minds. When you take ownership of your problems and open your heart to God, He will help bring light into darkness so that you can be free.

After telling her dog Banana about her loose tooth and discovering that some of her friends do not believe in the Tooth Fairy, Anna makes an impulsive bet with a pesky boy who also has a loose tooth.

Tired of seeing opinions of the rich and famous? This is from the average woman's perspective. Her take on anxiety, depression, casual dating, friends and more. This is a book of essays that will make you smile and say, "Me too. I am not alone."

Joyce Meyer, # 1 New York Times bestselling author, helps readers tap into the life-changing power of positive words and prayer to overcome everyday problems in POWER WORDS. Developing the habit of speaking God's Word will unlock the power of transformation in readers' lives. In this compact derivative of her bestselling book, Me and My Big Mouth, Joyce Meyer draws from personal experience and Scripture to illustrate how prayer and positive words can be used to overcome every challenge that stands in the way of fulfillment. Joyce teaches readers how to stop talking idly about their problems and use God's POWER WORDS to defeat them.

Can a woman who has been deeply hurt by life's circumstances be healed, heart and soul? If she has been wounded by a man she loved and trusted, can she love and trust again? As a woman who endured years of abuse, abandonment, and betrayal by those closest to her, Joyce Meyer can answer with a resounding "yes!" Meyer's positivity comes from living her own journey, and from seeing so many women who don't believe they can fully overcome their pain-or even know where to begin-find the guidance they need in the life-changing wisdom of the Bible. Meyer's bestseller Beauty for Ashes told of her personal story of healing. Now, with the passage of more time, HEALING THE SOUL OF A WOMAN delves deeper into Joyce's story and the journey of healing for all women. Each chapter guides you through whatever obstacles may be holding you back to find your true destiny as God's beloved. God can heal all pain, and He wants to do this in you. Let HEALING THE SOUL OF A WOMAN be the first step toward the wonderful, joyful future God intends for you.

Miracle In My Mouth - Prayer Study Manual, a guide for learning about the Miracle Healing Ministry of Jesus, Prophetic Declarations and Speaking forth your miracle, no matter what it is. In this Manual you'll learn how important it is to activate God's Word out of your mouth to get the Good God Manifestation of the blessings of Christ.

The final book of the Bible, Revelation prophesies the ultimate judgement of mankind in a series of allegorical visions, grisly images and numerological predictions. According to these, empires will fall, the "Beast" will be destroyed and Christ will rule a new Jerusalem. With an introduction by Will Self.

Why do we have to know when to shut up? People tend to either underuse or overuse silence as a communication tool. Learning the delicate balance of shutting up or speaking up is difficult. Even the most experienced conversationalists struggle with it. You can be too "by the book" in terms of the mechanics of proper understanding, but this practice can easily be disrupted by mood, and then boom! Conflict arises. This short book will cover the basics of why we talk a lot, what can be done about it, and how we can decrease the chances of reaching a boiling point that will cause emotional bursts. You will discover ways to divert emotional spillover and destress yourself so you can control your tongue and mouth. The book is intended to be a quick read for somebody looking for an introduction on when not to speak and remain silent. So, shut up! and let's get to it.

Twelve-year-old Zack Delacruz has remained happily unnoticed at his middle school... until now. When he sees his classmate being teased by the school bully, Zack surprises everyone--including himself--by breaking out of his shell and standing up to the tormentor. Somehow this act of bravery gets Zack put in charge of the sixth-grade dance fund raiser with none other than the bully himself! Zack's situation goes from bad to worse when he learns that his best salesperson for the chocolate bar fund raiser has been EATING--not selling--her candy bars. Zack never wanted to be the class hero, but with the hopes of the entire sixth grade on the line, can he come up with a new plan to save the dance?

A hilarious illustrated novel from the creator of CatDog! Davis Delaware is not from Delaware. But try telling that to everyone at his new school. When you move in the middle of ninth grade, people are going to think whatever they want about you. If they pay attention at all. Blending in is fine with Davis. He just wants to doodle in his notebook. Make a few friends. Not rock the boat. Easier said than done. Because when he starts a band called The Amazing Dweebs with beautiful Molly and nerdy Edwin, Davis rocks the boat big-time. And all that rocking gets the attention of school bully Gerald "the Butcher" Boggs. Now Davis is suddenly king of the school -- and the Butcher's next target. This can't end well.

A TikTok sensation, this rom-com about a young woman who agrees to fake date a colleague and bring him to her sister's wedding has "everything you could want in a romance" (Helen Hoang, New York Times bestselling author). Catalina Martín desperately needs a date to her sister's wedding. Especially since her little white lie about her American boyfriend has spiralled out of control. Now everyone she knows—including her ex and his fiancée—will be there and eager to meet him. She only has four weeks to find someone willing to cross the Atlantic and aid in her deception. New York to Spain is no short flight and her raucous family won't be easy to fool. Enter Aaron Blackford—her tall, handsome, condescending colleague—who surprisingly offers to step in. She'd rather refuse; never has there been a more aggravating, blood-boiling, and insufferable man. But Catalina is desperate, and as the wedding draws nearer, Aaron looks like her best option. And she begins to realize he might not be as terrible in the real world as he is at the office.

Acclaimed author Karen Hesse's Newbery Medal-winning novel-in-verse explores the life of fourteen-year-old Billie Jo growing up in the dust bowls of Oklahoma.

Considered by many to be mentally retarded, a brilliant, impatient fifth-grader with cerebral palsy discovers a technological device that will allow her to speak for the first time.

Seven stunning stories of speculative fiction by the author of A Boy and His Dog. In a post-apocalyptic world, four men and one woman are all that remain of the human race, brought to near extinction by an artificial intelligence. Programmed to wage war on behalf of its creators, the AI became self-aware and turned against humanity. The five survivors are prisoners, kept alive and subjected to brutal torture by the hateful and sadistic machine in an endless cycle of violence. This story and six more groundbreaking and inventive tales that probe the depths of mortal experience prove why Grand Master of Science Fiction Harlan Ellison has earned the many accolades to his credit and remains one of the most original voices in American literature. I Have No Mouth and I Must Scream also includes "Big Sam Was My Friend," "Eyes of Dust," "World of the Myth," "Lonelyache," Hugo Award finalist "Delusion for a Dragon Slayer," and Hugo and Nebula Award finalist "Pretty Maggie Moneyeyes."

When her kindergarten class has Job Day, Junie B. goes through much confusion and excitement before deciding on the "bestest" job of all.

The critically acclaimed, award-winning, modern classic Speak is now a stunning graphic novel. "Speak up for yourself—we want to know what you have to say." From the first moment of her

freshman year at Merryweather High, Melinda knows this is a big fat lie, part of the nonsense of high school. She is friendless—an outcast—because she busted an end-of-summer party by calling the cops, so now nobody will talk to her, let alone listen to her. Through her work on an art project, she is finally able to face what really happened that night: She was raped by an upperclassman, a guy who still attends Merryweather and is still a threat to her. With powerful illustrations by Emily Carroll, Laurie Halse Anderson's *Speak: The Graphic Novel* comes alive for new audiences and fans of the classic novel. This title has Common Core connections.

"Fans of R.J. Palacio's *Wonder* will appreciate this feel-good story of friendship and unconventional smarts." --Kirkus Reviews *Ally* has been smart enough to fool a lot of smart people. Every time she lands in a new school, she is able to hide her inability to read by creating clever yet disruptive distractions. She is afraid to ask for help; after all, how can you cure dumb? However, her newest teacher Mr. Daniels sees the bright, creative kid underneath the trouble maker. With his help, Ally learns not to be so hard on herself and that dyslexia is nothing to be ashamed of. As her confidence grows, Ally feels free to be herself and the world starts opening up with possibilities. She discovers that there's a lot more to her--and to everyone--than a label, and that great minds don't always think alike. The author of the beloved *One for the Murphys* gives readers an emotionally-charged, uplifting novel that will speak to anyone who's ever thought there was something wrong with them because they didn't fit in. This paperback edition includes *The Sketchbook of Impossible Things* and discussion questions. A New York Times Bestseller! \* "Unforgettable and uplifting."--School Library Connection, starred review \* "Offering hope to those who struggle academically and demonstrating that a disability does not equal stupidity, this is as unique as its heroine."--Booklist, starred review \* "Mullaly Hunt again paints a nuanced portrayal of a sensitive, smart girl struggling with circumstances beyond her control." --School Library Journal, starred review

A spring day brings attorney Avery Andrews a new case. Fran French comes from Atlanta looking for her friend Neanna, who's more like a sister to her. Neanna went to Dacus looking for information on the unsolved murder of her aunt Wenda, and now she's missing. Twenty years earlier, Wenda's body was found posed on a memorial bench in the cemetery, her packed luggage at her feet, as if ready for a journey. When Neanna is found in her car, dead from a shot to the head, the police want to call it suicide. Fran insists it's impossible that Neanna killed herself and urges Avery to help her prove it. While Avery is sifting through Neanna's and Wenda's confused past and present, her office mate Melvin Bertram is befriended by a trio of ghost hunters who arrive in search of ectoplasm from the long-dead. The trio, christened "the ghosters" by Avery, hope to talk Melvin into investing in their TV pilot, oblivious to the fact that someone is baiting them with increasingly ridiculous ghost sightings. In no time at all, the ghosters are having altercations with the resident biker gang and with Avery's private investigator. Let no one say life in Camden County is uninteresting. In this latest in Cathy Pickens's *Southern Fried Mystery* series, Avery explores the nature of family—the ones we're born into and the ones we find—and learns about the haunting power of the past in the process. *Hush My Mouth* offers an original blend of humor and mystery, peppered with quirky characters and boasting a decidedly Southern flavor.

*A River Called my Mouth* is a love letter to those everywhere. After assessing the relationships in her life, whether it be family, friendships, lovers, or herself -- Ashley Lauren tries to signify love through the things that mean the most to her: her words. This book is more than sentences and stanzas for the mind, it's a journey for the soul. Ashley hopes that it is a liberating for you as it is for her.

FOURTEEN-YEAR-OLD SHERMIE THUFF is a Big Guy with a Big Dream— to become the most famous competitive eater in the world. But every big dream has to start somewhere, and Shermie's determined to start his in the spotlight. If he can take first place in Nathan's World Famous International hot dog eating competition, fame will be his. The catch? The current record is 53-1/2 hot dogs and buns in 12 minutes. Shermie's personal best? Seven. Clearly, Shermie has some training to do. . . . Only, no matter how hard he tries, he can't get past nine measly wieners. Then, just when Shermie's about to crack under the pressure, he gets his biggest shake-up of all: news that the 53-1/2 record holder is an itty-bitty, 130-pound guy. So Shermie vows to lose his restrictive Fat Belt the only way he knows how—with the help of Gardo, a weight-cutting fanatic determined to turn Big Shermie into a lean, mean eating-machine.

When Top Chef judge Gail Simmons first graduated from college, she felt hopelessly lost. All her friends were going to graduate school, business school, law school . . . but what was she going to do? Fortunately, a family friend gave her some invaluable advice-make a list of what you love to do, and let that be your guide. Gail wrote down four words: Eat. Write. Travel. Cook. Little did she know, those four words would become the basis for a career as a professional eater, cook, food critic, magazine editor, and television star. Today, she's the host of *Top Chef: Just Desserts*, permanent judge on *Top Chef*, and Special Projects Director at *Food & Wine* magazine. She travels all over the world, eats extraordinary food, and meets fascinating people. She's living the dream that so many of us who love to cook and eat can only imagine. But how did she get there? *Talking with My Mouth Full* follows her unusual and inspiring path to success, step-by-step and bite-by-bite. It takes the reader from her early years, growing up in a household where her mother ran a small cooking school, her father made his own wine, and family vacation destinations included Africa, Latin America, and the Middle East; through her adventures at culinary school in New York City and training as an apprentice in two of New York's most acclaimed kitchens; and on to her time spent assisting *Vogue's* legendary food critic Jeffrey Steingarten, working for renowned chef Daniel Boulud, and ultimately landing her current jobs at *Food & Wine* and on *Top Chef*. The book is a tribute to the incredible meals and mentors she's had along the way, examining the somewhat unconventional but always satisfying journey she has taken in order to create a career that didn't even exist when she first started working toward it. With memorable stories about the greatest (and worst) dishes she's eaten, childhood and behind-the-scenes photos, and recipes from Gail's family and her own kitchen, *Talking with My Mouth Full* is a true treat.

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