

Born On The Fourth Of July Ron Kovic

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Christmas Penny Readings and Original Sketches for the Season George Manville Fenn 2020-07-20
Reproduction of the original: Christmas Penny Readings and Original Sketches for the Season by George Manville Fenn

Memphis 1873 Dennis D. Carrigan 2014-10-09
Having survived the worst effects of the Civil War, the city of Memphis, battered but unbowed, finds itself facing a far more dangerous foe. It is invisible, lethal, and unstoppable: a plague of yellow fever. It is the story of JP Mahoney, 14-year-old farm boy who dreams of escape from tedious chores and farmlife routine. It is the story of a courageous young woman, Ginnie Moon, onetime Confederate spy, who now operates a boarding house for men who have survived the war. And it is the story of Kevin O'Boyle, an embittered riverfront laborer, who blames the world for his troubles, and finds the crippled city his perfect prey. Several characters in the novel are actual historical figures, most notably Ginnie Moon, Judge "Pappy" Hadden, and Cap'n Jim Lee. Their actions, and those of the other characters, are entirely fictional. The plague, one of several to hit the city in the years following the war, was all too real.

Two Walls and a Roof John Michael Cahill 2012-08-01
This is the story of an Irish family from Cork Ireland. It documents how they survived in the 50's and 60's and will take you on a roller coaster ride of every emotion, sometimes all on the same page. Here you will read of an inspiring mother, always encouraging her six children to laugh at life, and believe in tomorrow. She did this inspiring while battling a domineering old grandmother, and an alcoholic husband, as her children drank tea from their jam jars, and read by a candle. Its a book filled with humor, drama, and dreams that come true, culminating in the author meeting his American dream. It's said the book is like, Irish Stew for the Soul. You will feel uplifted when you finish reading a book that seems to be everyone's story.

How to Have Great Meetings Adam Yuret 2016-07-07
Meetings don't need to be terrible. They can be the best place for us to connect with the people we work with and do great things. This book presents the Lean Coffee method which has since its inception in 2009 spread across the globe to radically shift the way people meet with each other.

Typewriter in the Sky L. Ron Hubbard 1995-08-15
Modern man Mike de Wolf gets stranded in a pirate adventure being written by his friend Horace Hackett and finds himself fighting for his life as the villainous Miguel de Lobo, while trying to figure out how to extricate himself from Horace's fatal plot.

Truth Beyond the Matrix Ronald Fellion 2016-01-15
Questioning some commonly accepted metaphysical beliefs and explaining how they are programs-beliefs of

control designed to keep a person within this earthly matrix. How to escape these programs and this system by changing your beliefs.

Born on the Fourth of July Ron Kovic 1977
Kovic's powerful and moving new introduction sets this classic antiwar story in a contemporary context.
Captain Hazzard-Python Men of the Lost City Ron Fortier 2012-09-08
The most intriguing character from the action pulps returns! This thrill-a-minute new edition is not merely a reprint of that solo 1938 classic, but a brand new relaunch of this long-forgotten pulp hero. Captain Hazzard travels the world in search of action and adventure, accompanied by his team: Jake Cole, Monatana sharp-shooter; Martin Tracey, surgeon; Washington MacGowen, scientific genius; Tyler Randall, ace pilot; and William Crawley, tabloid crime reporter. Their adventures are the stuff of legends. This New Special Edition contains: *The completely re-edited and rewritten Captain Hazzard book "Python Men of the Lost City" by Ron Fortier to include new chapters not included in the 1938 book! * Wonderful spot illustrations by artist Rob Davis! * A sensational cover by Mark Maddox. * New introduction and afterward written especially for this new edition.
Movies Are Prayers Josh Larsen 2017-06-13
Movies do more than tell a good story. Filmspotting co-host Josh Larsen brings a critic's unique perspective to how movies can act as prayers—expressing lament, praise, joy, confession, and more. When words fail, the perfect film might be just what you need to jump-start your conversations with the Almighty.

Marriage on the Rock Ron Perry 2015-07-28
Marriage on the Rock is based on Psalm 127 verse one which says, "Unless the Lord builds the house, its builders labor in vain." It is a daily devotional providing guidance for most marital circumstances. The book is based on Biblical principles; ones that should serve Christians well. However, if the principles are true, which I believe they are, people need not be practicing Christians to improve their marriage. Even the strongest marriages can benefit from periodic reminders of how they can demonstrate their love and respect for one another. As a counselor I saw far too many couples who had been married for ten to forty years; they had amassed such bitterness and unforgiveness that they could not move past the hurt and pain that they had inflicted on one another. By the time couples came to see me they were usually certain their spouse was the primary cause. They had little hope that things would change. Some had even tried counseling at some point but failed to apply what they learned. Each person needs to accept their contribution to the state of their marriage. Each needs to be willing to change whether or not their spouse is willing, for we can only change ourselves. In most cases the culprit is self-centeredness. When we learn to die to self, amazing things can happen.

A Double Barrelled Detective Story Mark Twain 2021-05-18 In the primary arc, a rich young woman is abused, humiliated and abandoned by her new husband, Jacob Fuller, whom she married against the wishes of her father. The young Fuller resents her father's rejection and dismissal of him as a ne'er-do-well and resolves to exact his revenge by mistreating his new bride.

Strike Five Aaron T. Knight 2012-10-25 Be careful what you wish for. Your dream might come true. This is a humorous story about Chad Smith who had his greatest hope fulfilled but with results he could never have imagined. His ambition was to play ball in the Major League. Only one thing held him back from playing professional baseball in the majors. Through a freak accident this shortcoming is removed but the transformation leads to an unorthodox style of play. His success arouses a number of emotions in the other players, team managers and owners of the baseball teams. He is swept away into a beehive of controversy.

Born on the Fourth of July Oliver Stone 1988

Building a Family Breaks My Heart Tanika Dillard 2014-08-08 A childless mother faces the hollowing pain of recurrent pregnancy loss and overwhelming disappointment. When her faith plummeted along with the statistics of ever having a child, she refused to accept defeat. Deep within her soul was an undying dream of nurturing children that compelled her to make it a reality. Journey with Tanika, as she goes from the warm memories of her grandmother's house to the bitter cold of the mortuary in her quest to have a family. You will be captivated by the depth of love that arises from the ashes of pain. You will experience her tears of despair. You will jubilantly celebrate the promise of new beginnings and accompany Tanika in mourning painful endings. Most importantly, you will be encouraged to live after the pain of loss and to love without restraint. Building A Family Breaks My Heart will touch your heart, whether you have or have not experienced the unspeakable pain of miscarriage, pregnancy loss, or stillbirth.

There Is Something About Rough and Ready Lawrence Knorr 2012-11-01 The little village of Rough and Ready in Upper Mahantongo Township, Schuylkill County, PA is set in the center of the Mahantongo Valley, famous for its Pennsylvania Dutch culture -- especially the painted furniture. This book focuses on the social history of the village, anchored by information from the 1850 census and Salem Reformed Church cemetery records. This was the famous Isaac F Stiehly's church and most of the families mentioned were in his congregation. The book contains hundreds of photos, most over 100 years old, of life in the Valley. Table of Contents: The Origins of Rough and Ready The 1850 Census in Upper Mahantongo Township, Schuylkill County, Pennsylvania The Old Man Knorr and Stiely Connections The Monroe and Harvey Stiely Mill Maurers of the Mahantongo Valley Manasses Maurer Family Caroline Gonser, Indian Maiden of Creek Town, Rough and Ready, Upper Mahantongo Township, Schuylkill County, Pennsylvania Steve Rebeck Visits the Mahantongo Valley 24th August, 2010 Daniel A. Maurer Homestead and Stine's Hotel at Rough & Ready, PA The Maurer Blacksmiths of Hepler The Daniel Klinger Ramberger Family Ancestors of the Rambergers Jacob Ramberger (1802-1854) md. Catherine Klinger (1802-1871) A Visit to the Jacob and Clara Ramberger Farm, June 18, 2011 Jacob and Clara Ramberger Farm Painting by Leroy Drumheller Ramberger Anecdotes Rough and Ready Band - 1906 Zerfings School, 1907 Ramberger Photo Gallery Ramberger Conclusion Henry Ramberger of Rough and Ready The Gold Mine in the Leck Bush near Rough and Ready, PA The Herb Family of Rough and Ready Something About Rough and Ready and the Emergency Militia Henry B. Clark - Farmer and Defender of Freedom Indians in Rough and Ready along Beisel's Run Beisel Homestead near Rough and Ready Erdman Family History Indian Incursions in the Mahantongo Valley On the

Baums, Herbs and Schlegels Frederick Stein Schwalm: Civil War Veteran, Justice of the Peace, Molly Maguire Jury Member Something about the Heplers Something about the Bensingers Something about the Wolfgangs George and Elizabeth Wolfgang The Story of My Life by Bessie May Schadel Bowman Klingers in the 1850 Census Snyders in the 1850 Census Ray Davis Recalls Rough and Ready of the Past Simmy Court House Records Simmy and Associated Colored Family Vital Records Salem Church Photo Knorr Family Heritage John H. Knorr Land A Winter Market Day Interview with Willard and Joyce Kahler of Old State Road, Rough and Ready, Pa. Klinger Farms, Rough and Ready, Pa. Picture Gallery PA German Fraktur, including a hand drawn, Riderless Horse and a handwritten German Script Prayer Appendix 1: Researching Economic Life in the Mahantongo Valley: A 19th Century Pennsylvania German Community Appendix 2: SALEM CHURCH CEMETERY UPPER MAHANTANGO TWP., SCHUYLKILL CO. L.R.53047. JULY 25, 1980 Appendix 3: 1850 Census UPPER MAHANTANGO TWP., SCHUYLKILL CO. Heads of Households Appendix 4: 1850 Census UPPER MAHANTANGO TWP., SCHUYLKILL CO. Most Common Surnames

Born on the Fourth of July Ron Kovic 2016-06-13 "Classic and timeless." --New York Times "The book details Kovic's entering of the Vietnam War as a fierce, pro-war patriot before becoming an outspoken peace activist after an injury paralyzed him and he returned home to a cold reception." --Rolling Stone "Born on the Fourth of July tells the story of its author's transition from war hawk to protestor after being paralyzed in Vietnam, and coming home to a lukewarm reception. It's no coincidence that 'Born in The U.S.A.' tells very much the same tale." --Billboard "Kovic's book follows him from star high school wrestler to a patriotic American inspired by John F. Kennedy to join the marines to the traumatic 1968 wartime injury that left him paralyzed from the chest down to his emergence as an outspoken anti-war activist." --Hollywood Reporter "The 1976 book, which was made into an Oscar winning film starring Tom Cruise in 1989, details Kovic's period in the Vietnam War as a fierce, pro-war patriot before he became an outspoken peace activist after an injury paralysed him and he returned home to a cold reception." --NME "He was born in the U.S.A.--and on the 4th of July. Bruce Springsteen narrates a foreword he wrote in the new audiobook edition of Born on the Fourth of July, Ron Kovic's anti-Vietnam War memoir." --New York Daily News "There is no better time than Independence Day to listen [to] The Boss' iconic voice on the foreword and this great work of art." --Examiner "For the 40th anniversary of the book, which became a movie in the '80s starring Tom Cruise, a new print edition was issued with a foreword written by Bruce Springsteen, and the audiobook is the only place where you can hear Bruce read his foreword directly to you. That's right, the Boss sets the tone for this extremely powerful and moving memoir in a way that you won't want to miss." --Omnivoracious "Forty years ago the Vietnam vet from Massapequa--wounded in combat and in a wheelchair ever since--published his classic war memoir, later made into a film with Tom Cruise. The anniversary edition features a foreword by Bruce Springsteen. Kovic's new book, Hurricane Street, chronicles the 1970s activism of the American Veterans Movement." --Newsday "Born on the Fourth of July chronicles Kovic's transformation from a gung-ho soldier entering the Vietnam War to his return home as a paralyzed man. His experiences overseas, as well as the terrible way he was treated when he came back, made Kovic's book one of the antiwar movement's most celebrated works." --Ultimate Classic Rock "Kovic entered of the Vietnam War as a fierce, pro-war patriot before becoming an outspoken peace activist after an injury paralyzed him and he returned home to a cold reception as a veteran. His book tells his story." --Radio.com "Born on the Fourth of July tells the story of Kovic's enlistment and

how he became disillusioned with the war over time and especially after he returned home to the States. Many of the book's themes are echoed in Springsteen's hit song, 'Born in the U.S.A.'" --Asbury Park Press With a new foreword by Bruce Springsteen. This New York Times best seller (more than one million copies sold), presented here in a special fortieth-anniversary edition with a brand-new foreword by Bruce Springsteen, details the author's life story (portrayed by Tom Cruise in the Oliver Stone film)--from a patriotic soldier in Vietnam, to his severe battlefield injury, to his role as the country's most outspoken anti-Vietnam War advocate, spreading his message from his wheelchair.

Rest Stop Ron Lemco 2011-10-18 Synopsis Rest Stop is a 250 page realistic novel based on real characters I knew while I served my time in prison. It is about the convicts I lived with on a daily basis. The book starts off in prison and gives insight of the living conditions. It tells of the games that are needed in order to survive. It explains the brotherhood that forms between cell mates and the cliques you become part of, not by choice but out of necessity. Following a fight and a stabbing, the four inmates who are held responsible are being transported from a minimum security location to the main prison when they escape. The escape convicts come up with a plan to take over a rest-area on Interstate 15. It was just a few miles from Las Vegas. They figured that the people going to Vegas would have lots of cash on them. Their plan was to rob them and use the money to get out of the country. It is a long way from Oregon State Penitentiary to Las Vegas. A big part of the story takes place on the trip to get to the rest stop, with robbery, murder and rape along the way. The driving force behind the story is the dialog and vivid thought process, not only from the convicts but from the victims. Each chapter gives insight to the mind set and words of the escaped convicts, along with the Warden, the State Police and the Federal agent who is always just one step behind the inmates. The novel begins with a thrilling, fast paced opening. It holds the excited pace up to an unforgettably tense conclusion. Each chapter ends in a poem I wrote while in prison and coincides with the story. The epilogue leaves room for a sequel for a second book. Ron Lemco PO Box 63 Sumner, WA. 98390 253-2284544 rlemco@aol.com

Settle for Best Kristine M. Smith 2012-07 Loosely based on Napoleon Hill's seminal title, Think and Grow Rich, Settle for Best lists the common mindsets and actions of renowned philanthropist millionaires from the early 20th century and encourages readers to develop and rely on the skills and mindsets that successful people still use to win big, no matter what shape the economy is in. Written for start-up entrepreneurs and anyone else anyone in search of the "keys to the kingdom" in whatever realm you travel, SETTLE FOR BEST will encourage, inspire and light a fire under you if you truly want to build the life and legacy your heart most desires.

The Book of Eli - Solara Charles Hairston 2016-02-29 "The Book of Eli - Solara: The Verse of Shadow," is the story of Solara and her mission to save her blind mother from Carnegie. This story is a fan-told expansion of the original 2010 movie The Book of Eli starring Denzel Washington (Eli) and Mila Kunis (Solara). Throughout this book, the reader follows Solara as the main character and receives closure to the original story. This book will appeal to those who enjoy fan fiction.

The Warrior Mindset Ron Kness 2017-07-28 What does it mean to have a "warrior mindset"? What is different in the way a warrior thinks than the rest of us? Throughout the ages, warriors - ancient and modern - have had a determination to win like no other. They are willing to take calculated risks for the betterment of

their fellow warriors. They live to stand for something greater than themselves. The warrior mindset is different. It is about knowing what you want and going for it. It's about being hard and it's about not letting little things get you down. It's about pushing ahead with what you know is right and it's about carrying responsibility and hardship on your shoulders with dignity and pride. It's about not letting your emotions get the better of you and it's about not taking the easy answer or the easy route to solve your problems. Instead, it's about taking the hard right and not the easy wrong. Now imagine if you could take that same mindset and apply it to modern life. Instead of getting tired or bogged down, instead of being distracted and tempted, you would instead drive forward with an unstoppable, bulletproof mentality. Your enemies would quake knowing that there was nothing they could do to stop you and the obstacles that normally would block another person's career, relationship goals and financial plans would all crumble beneath your will. Developing a warrior mindset makes you unstoppable. You are a warrior! In Warrior Mindset, we delve into how a warrior thinks and how you can learn that same way of thinking and apply it to your career, relationships and financial goals.

Wisdom of the Carpenter Ron Miller 2002-11-26 These little known teachings of Jesus from the Gospel of Thomas, the "Book of Q" and other lost sources offer a radical message of spiritual awakening.

Children Books Liz Doolittle 2015-05 These are the magic stories of RUMPLESTILTSKIN, THE FROG PRINCE, and THE UNGRATEFUL SON told in rhymes and beautiful illustrations for your delight. The Grimm stories are a collection of German fairy tales first published in 1812 by the Grimm brothers, Jacob, and Wilhelm. These stories have certainly endured the test of time and keep delighting our children. For more than 200 years, millions of children have enjoyed and learned with these tales. Perhaps no other stories possess as much power to enchant, delight, and surprise as those penned by the immortal Brothers Grimm. In this edition, your children will enjoy three classic tales now told in catchy rhymes and beautiful modern illustrations. Enjoy the reading! Each story has a moral for educating your children with entertainment.

The Adaptation of Ron Kovic's Memoir, Born on the Fourth of July Joseph Schickel 1988

Kovic, Ron - Born on the Fourth of July - Ron Kovic's autobiographical novel - a convincing example of an anti-war novel? Melina Korn 2002

Kill Jesus L Ron Gardner 2016-02-14 What if someone told you that you were the reincarnation of Jesus, and that it was your destiny to save the world from political and economic destruction? Jack Cohen had his whole future before him. Just nineteen years old, he was a gifted athlete, a genius scholar, and a mixed martial arts prodigy, capable of leaving his mark in any number of ways. But his world turns suddenly upside down when a mesmerizing femme, Mary McDonald, enters his life and insists that he is Jesus 2.0 -- and that it is his mission to wage spiritual and political warfare on the establishment of Washington, D.C. Beautiful, clever, yet dangerous, Mary also tells Jack that she was chosen from above to lead him to his mission. Though he tries to resist, Jack finds himself thrust into a journey of sexual, spiritual and political awakening that will forever alter his life... and change the course of the world. A blend of Atlas Shrugged, Fifty Shades of Gray and The Shack, mixed together with a megadose of PEDs, Kill Jesus is a wild, page-turning ride that will open your mind to a new way of thinking, while shattering any notions of a pacifist or puritanical Messiah.

Dead Men Risen Toby Harnden 2014-11-17 *Dead Men Risen*, winner of the prestigious Orwell Prize for Books, is the epic story of a beleaguered British battle group fighting desperately to prevent the Taliban from seizing Afghanistan's Helmand province just as the U.S. Marines arrive to take over. Bestselling author Toby Harnden describes how men from the coal mining valleys and slate quarry villages of Wales found themselves in the most intense combat faced by British troops for a generation. Underequipped and overstretched, the fighting prowess of the Welsh Guards in the killing fields of Sangin and Nawa awed the U.S. Marines. NATO commander General Stanley McChrystal, who was awaiting a response to his urgent request to President Barack Obama for more troops, hailed their "burn-in-your-gut passion." Harnden was on the ground with the Welsh Guards in Helmand in 2009. He gained access to a trove of secret military documents and conducted nearly three hundred interviews in Afghanistan, England, Wales, and the United States to produce this timeless and profound account of men at war. Commanding the Welsh Guards was Lieutenant Colonel Rupert Thorneloe, a passionate believer in the justness of the war who was dismayed by the military and political incompetence surrounding it. In chilling detail, Harnden reveals how and why Thorneloe—the first British battalion commander to die in action since the 1982 Falklands War—was killed by an IED during Operation Panther's Claw. By the time the fighting was over, almost no rank had been spared. From the searing heat of the poppy fields and the mud compounds of Helmand to the dreaded knock on the door back home, the reader is transported there. Harnden weaves the experiences of the soldiers, their historical forbears and the flawed NATO strategy into a masterly narrative. No other book about modern conflict succeeds on so many levels. *Dead Men Risen* is essential for anyone who wants to understand the reality of the Afghan war for the U.S and its allies.

BORN ON THE FOURTH OF JULY. RON. KOVIC 2019

CLASSICS Born on the Fourth of July Ron Kovic

Born on the Fourth of July Oliver Stone 1988 Press kit includes 3 pamphlets and 7 photographs.

The Bad Canadian Leonard G. Mocos 2016-10-24 IN A PLACE OF PEACE DURING A TIME OF WAR THE UNFORGIVEN WILL NOT GO FORGOTTEN. Edenville, 1940. In a rural hamlet where the majority of men are overseas to fight Hitler's Nazi war machine, someone is killing veterans of the first world war. Wartime Special Constable 'Lame' Eddie Sommers, a crippled rich boy and the butt of derision, is doing his best to fill a uniform he believes in, yet wears too large. Inexperienced and out of his depth, he turns to a former detective and veteran of the western front for assistance. Involving Marshall Geary might be his biggest mistake. Marshall wears a copper mask, as much to hide behind as to conceal his disfigurements. He struggles against howling flashbacks and the lingering stench of his own concealed crimes. In a town meant for sanctuary, repressed horrors awaken like worms in a collapsing coffin. The closer they get to the truth, the nearer everyone is dragged to their limits, their failings and their buried pasts.

A Study Guide for Ron Kovic's "Born on the Fourth of July" Cengage Learning Gale 2016

[A Study Guide for Ron Kovic's "Born on the Fourth of July"](#) Gale, Cengage Learning 2016 A Study Guide for Ron Kovic's "Born on the Fourth of July," excerpted from Gale's acclaimed *Literary Themes for Students: War and Peace*. This concise study guide includes plot summary; character analysis; author biography; study questions; historical context; suggestions for further reading; and much more. For any literature project, trust *Literary Themes for Students: War and Peace* for all

of your research needs.

The Confessions of a Catnip Junkie Allan Goldstein 2010-01-26 Take a 6000 mile American journey with Doo Doo, a golden-orange tomcat who is very lost. But not so lost he doesn't know what he wants more than anything—it's the same thing we all want—love and home.

The garden of infinite possibilities Alex Acquarone 2015 In the Garden of Infinite Possibilities there are only 3 rules: Rule n.1: "There are infinite possibilities." Rule n.2: "Thoughts become things." Rule n.3: "NEVER forget the first two!" For the first time, a voyage spanning Quantum Physics, Personal Growth and Spirituality, through the eyes of a curious child, and a Master Teacher who knows the Infinite. Their journey to escape mind control and arrive to... an extraordinary revelation !

Financially Intact Ron Vejrostek 2015-07-02 In the cutthroat world of finance, there are many ways to gain wealth. And there are many more ways to lose that wealth. In *Financially Intact: Making Money Is Easy, Keeping It Is the Hard Part*, author Ron Vejrostek shows you not only how to become wealthy but also how to protect yourself against those who would try to take those finances away from you. Using personal stories and detailed statistics to show the many different ways people lose their capital, this book addresses legal issues, identity theft, scams, taxes, insurance, and the myriad con artists of Wall Street who try to line their pockets with your hard-earned fortune. For fans of *Flash Boys*, by Michael Lewis; *Everyone's Money Book*, by Jordan Goodman; and *Financial Guidebook*, by Suze Orman, this easy-to-follow resource can and will save you thousands of dollars through its simple and proven methods. Whether you're at the start of your financial career or the end of it, this invaluable tool will help you protect your assets and achieve your monetary dreams.

The Power of Light Wilson Santos 2016-02

Hurricane Street Ron Kovic 2016-06-13 The author of *Born on the Fourth of July* delivers "a harrowing, poignant telling of the American Veteran's Movement and its members' struggles" (*Manhattan Book Review*). In the spring of 1974, as the last American troops were being pulled out of Vietnam, Ron Kovic and a small group of other severely injured veterans in a California VA hospital launched the American Veterans Movement. In a phenomenal feat of political organizing, Kovic corralled his fellow AVM members into staging a sit-in, and then a hunger strike, in the Los Angeles office of Senator Alan Cranston, demanding better treatment of injured and disabled veterans. This was a short-lived and chaotic but ultimately successful movement to improve the deplorable conditions in VA hospitals across the country. *Hurricane Street* is their story—one that resonates deeply today—told by Kovic in the passionate and brutally honest style that led to over one million sales of *Born on the Fourth of July*. "Another raw exposé on the cost of war . . . The book is an unflinching anti-war declaration, written in blood and the sweat of too many haunted nights by a Vietnam Marine Corps sergeant who later opposed the wars in Iraq and Afghanistan." —*Los Angeles Times* "A deeply moving account of the struggle of Vietnam veterans to hold politicians accountable to the maimed warriors they sent into harm's way and then abandoned." —Robert Scheer, author of *They Know Everything About You* "An impassioned and timely memoir about the 1974 American Veterans Movement that will strike a chord with veterans and their families today." —*Publishers Weekly*, Top 10 Pick for Spring 2016

The Wellness Trilogy Series Ron Kness 2017-03-16 We all want to be empowered in controlling our health. We also want to feel better about ourselves. And we want to get healthy and the easiest way to do so is through lifestyle, metabolism and

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

I Love You, God Ron Dalrymple 2016-06-26 The purpose of this book is to help the

reader focus on Divine ideas every day. Since what we dwell upon comes upon us, it is important to make a habit of thinking positive, healthy, Divine, inspirational, loving thoughts all day, no matter what other people are doing around us or to us. One of the greatest difficulties in transforming oneself to a more Divine attitude and perspective is found in working through the negative emotions and beliefs we have long internalized. These beliefs and emotions become lodged in the subconscious mind, and drive the system automatically until they are changed. This takes considerable effort and persistence, since the deeply embedded negative emotions tend to link to many different thoughts, attitudes and other feelings. A virtual labyrinth of interconnected thoughts, emotions and behaviors have to be transformed. This book was created to help the reader achieve that goal. The intent is for the reader to dwell upon each affirmation of the day with strong feeling, trying to love the very idea being expressed, and projecting it outward to the world. Each affirmation should be repeated many times throughout the day, and memorized for future use. As you practice these, your own affirmations will occur to you. Use them all with devotion, because what you worship, is what you become.

Born in 1939? What Else Happened? Ron Williams 2020-03-23 The first in a series of 33 Year-books that detail the Social History of Australia in the 33 years 1939 to 1971. It describes how the population felt as the excitements and changes of those years developed. Great for birthdays and Christmas for families and friends, aunts and uncles, Gran and Pop, workmates and boss. You too.