

# [DOC] Hot Heavy Viking II Series Book 5

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Hot & Heavy-Sandra Hill 2014-02-04 In and out . . . That's Lieutenant Ian MacLean's goal. The leader of a team of highly trained Navy SEALs— the toughest, buffest fighting men in the world— the sexy, hard-as-nails bachelor has the brains, guts, and brawn to outthink, outgun, and outmaneuver any enemy. But dealing with a buxom, headstrong, iron-willed Viking maiden from a time a thousand years before Ian was born . . . that's a whole different kind of warfare. Madrene Olgadottir has no idea where she is or that she's landed ten centuries in the future. After bopping the arrogant soldier on his head and tying him up, the stunning hellion gives him a tongue lashing that makes a drill sergeant sound like a kindergarten teacher. Then she demonstrates that she has her own special way of dealing with overconfident males. Hoo-yah, it looks like Operation Rodent is about to get . . . Hot & Heavy

Viking Unchained-Sandra Hill 2008 When Viking warrior Thorfinn Haraldsson travels through time and finds himself in modern-day Baghdad in the midst of a Navy SEAL operation, he is taken stateside where he stumbles upon a woman with an eerie resemblance to his cheating ex-wife. Original.

Down and Dirty-Sandra Hill 2007 Punished for an indiscretion, Navy SEAL and single father Zachary Floyd, a world-class player nicknamed Pretty Boy, must teach a new SEAL-like program for females and is mystified when one of his students, a tall, beautiful, and muscular Norsewoman fleeing a nunnery, her father, and the eleventh century, rejects his advances. Original.

Dark Viking-Sandra Hill 2010-10-05 After a sea operation gone wrong, Navy SEAL Rita Sawyer awakens to find herself still clad in her wetsuit and in a cage with a bunch of Vikings staring at her, including one very tempting warlord. Steven of Norstead has been in a cold, dark mood for many weeks. But perhaps this unusual woman, with her sharp tongue and irksome ways, could be the one to light his fire.

The Very Virile Viking-Sandra Hill 2014-02-04 Viking in Wonderland Magnus Ericsson is a simple man. He loves the smell of fresh-turned dirt after springtime plowing. He loves the feel of a soft woman under him in the bed furs. He loves the heft of a good sword in his fighting arm. But, Holy Thor, what he does not relish is the bothersome brood of children he's been saddled with. Or the mysterious happenstance that strands him in a strange new land— the kingdom of Holly Wood. Here is a place where the folks think he is an act-whore (whatever that is), and the woman of his dreams—a winemaker of all things—fails to accept that he is her soul mate, a man of exceptional talents, not to mention . . . a very virile viking

The Last Viking-Sandra Hill 2014-02-18 He wore nothing but a leather tunic, spoke in an ancient tongue . . . and he was standing in Professor Meredith Foster's living room. The medieval historian told herself he was part of a practical joke, but with his wide gold belt, callused hands, and the rabbit roasting in her fireplace, the brawny stranger seemed so . . . authentic. Suddenly Meredith was mesmerized by his bronzed, muscular form, and her body surrendered to the fantasy that Geirolf Ericsson really was a Viking from a thousand years ago, sent only to pleasure her. But as she tried to teach him to eat spaghetti and use a computer, she realized he knew an awful lot about the tenth century—and so little about this one. And as he helped her fulfill her grandfather's dream of re-creating a Viking ship, he awakened her to dreams of her own. Until she wondered if the hand of fate had thrust her into the loving arms of . . . The Last Viking

Rough and Ready-Sandra Hill 2006 Lieutenant Torolf Magnusson and his team of Navy SEALs are sent back in time to the eleventh-century Norselands on a search-and-destroy mission that leads them to a

sanctuary filled with beautiful women.

**The Outlaw Viking-Sandra Hill 2014-02-25** As tall and striking as the Valkyries of legend, Dr. Rain Jordan is proud of her Norse ancestors despite their warlike ways. But she can't believe her eyes when a blow to her head transports her to a nightmarish battlefield of yore—and there standing before her is the barbarian of her dreams. A wild-eyed berserker, Selik can slay a dozen Saxons with a single swing of his deadly sword—yet he can't control a saucy wench from the future. In his eyes, Rain is a prisoner and he'd dearly love to avail himself of her medical skills—not to mention her considerable knowledge of the male anatomy. But the infuriating woman has ideas of her own. If Selik isn't careful, the stunning siren might very well capture his savage heart and make a warrior of love out of . . . *The Outlaw Viking*

**The Reluctant Viking-Sandra Hill 2014-02-18** The hypnotic voice on the self-motivation tape was supposed to help Ruby Jordan solve her problems, not create new ones. Instead, she was lulled from a failing marriage to an era of hard-bodied warriors and fair maidens. But the world ten centuries in the past didn't prove to be all mead and mirth. Ruby had to deal with a Norseman who had her husband's face, habits, and desire to avoid Ruby. Determined not to lose the same man twice, Ruby planned a bold seduction that would conquer the reluctant Viking—and make him an eager captive of her love.

**Kiss of Pride-Sandra Hill 2012-04-24** "Her books are always fresh, romantic, inventive, and hilarious." —New York Times bestselling author Susan Wiggs Trust the always original, wonderfully fun Sandra Hill to do the wildly unexpected! With *Kiss of Pride*, the New York Times bestselling author—best known for her steamy and hilarious romance novels featuring lusty Viking heroes and heroines—turns the paranormal romance genre upside-down...with the first in a seductive new series that features Viking vampire angels! A refreshingly unique, utterly satisfying love story that puts the "super" in supernatural, *Kiss of Pride* tells the tantalizing tale of a lady reporter who falls under the sway of a sexy Norse vampire on a thousand-year mission who might be an angel too good to be true...or too devilishly bad to resist!

**Cajun Persuasion-Sandra Hill 2018-06-26** Return to New York Times Bestseller Sandra Hill's Cajun country, where the Louisiana bayou is steamier than ever . . . Alaskan pilot Aaron LeDeux came to Louisiana with his brother to discover his Cajun roots. But any hopes he had of returning home are extinguished when he agrees to help a crew of street monks and nuns rescue sex-trafficked girls. For the work has become his new calling. Plus, he's in love with a gorgeous almost-nun named Fleur . . . With her harrowing past, Fleur Gaudet only feels safe at the nunnery. But when she's ordered out into the real world to decide where she truly belongs, Fleur goes to live with the notorious Tante Lulu, matriarch of the LeDeux clan. Suddenly, she's leading a regular life, thinking irregular thoughts about Aaron. With his whiskey-colored eyes and fierce bravery, Aaron is like her own personal Cajun cowboy, re-introducing her to . . . everything. As the dangerous missions bring them closer, Fleur must decide if her heart is truly on the path she's been following, or if she'll have a new future with the man of her heart.

**Viking in Love-Sandra Hill 2010-01-26** "Her books are always fresh, romantic, inventive, hilarious." —New York Times bestselling author Susan Wiggs New York Times and USA Today bestseller Sandra Hill brings her unique blend of passion, invention, and unparalleled wit to Avon Books—and in *Viking in Love* she delivers her most alpha of alpha heroes to date. *Viking in Love* is Hill at her hottest, wildest, funniest, best—a gem of historical romance that showcases the magnificent talents that have compelled Booklist to praise her "wickedly wonderful" stories to the skies, while prompting New York Times bestseller Christina Skye to rave about Hill's "wildly inventive and laugh-out-loud fabulous" novels.

**White Noise-Don DeLillo 1999-06-01** A brilliant satire of mass culture and the numbing effects of technology, *White Noise* tells the story of Jack Gladney, a teacher of Hitler studies at a liberal arts college in Middle America. Jack and his fourth wife, Babbette, bound by their love, fear of death, and four ultramodern offspring, navigate the rocky passages of family life to the background babble of brand-name consumerism. Then a lethal black chemical cloud, unleashed by an industrial accident, floats over their lives, an "airborne toxic event" that is a more urgent and visible version of the white noise engulfing the Gladneys—the radio transmissions, sirens, microwaves, and TV murmurings that constitute the music of American magic and dread.

**The Last Rogue-Connie Mason 2004** With her trademark sensuality and action-packed style, Connie Mason presents the much-anticipated final book of the regency-era Rogue trilogy in which smuggling and intrigue abound along the Cornish coast.

**Wet & Wild-Sandra Hill 2014-02-11** What do you get when you cross a Viking with a Navy SEAL? A warrior with fierce instincts of the past and the rigorous training of America's most elite fighting corps . . . A totally buff hero-in-the-making who hasn't had a woman in roughly a thousand years . . . A wise guy with a time-warped sense of humor drilling with the boys . . . A dyed-in-the-wool romantic with a hopeless crush

on his seriously hot, hands-off superior officer . . . You get every woman's dream-man come true! And even though his adjustment to the modern rules of love may be a bit . . . rough, the outcome will most definitely be . . . Wet & Wild

The Blue Viking-Sandra Hill 2014-02-11 What in the name of Thor could be making this Viking so blue? Eating haggis? Listening to those insufferable bagpipes? Traveling through Scotland with the world's worst poet? Searching for the infuriatingly inept witch who's cursed his face . . . and even more important parts? For Rurik the Viking, life has not been worth living since he left Maire of the Moors. Oh, it's not that he misses her fiery red tresses or kissable lips. Nay, it's the embarrassing blue zigzag she put on his face after their one wild night of loving. For a fierce warrior who prides himself on his immense height, his expertise in bedsport, and his well-honed muscles, this blue streak is the last straw. In the end, he'll bring the witchling to heel, or die trying. Mayhap, he'll even beg her to wed . . . so long as she can promise he'll no longer be . . .

The Odyssey of Homer-Homer 1828

Truly, Madly Viking-Sandra Hill 2014-02-04 Mad about you His boat off course, distracted by a randy she-whale whose infatuation had somehow thrust him into the twenty-first century, Jorund Ericsson thought he'd found heaven when he caught sight of the comely wench with the man-hair and the kiss-some lips. The lovely doctor, however, simply thought Jorund insane—even as she drove the befuddled Viking crazy with her enticing figure. He leapt from the water and into Maggie's life, all sinewy muscles in a flawlessly proportioned body, a swath of long blond hair swept back from his brow. His claim to be a Viking from the tenth century made her smile. But it wasn't laughter that caused her stomach to flutter when the Hercules look-alike claimed her lips. And soon he had her believing his story and questioning her own sanity—though the psychologist realized there was another possibility. They were, neither of them, truly mad . . . simply truly, madly in love.

Viking Heat-Sandra Hill 2009-09-01 Psychologist Joy Nelson thinks things are bad when she finds herself training in the modern-day female Navy SEALs program. But then her life takes a turn for the worse. Somehow she's been thrust back in time to the cold Norselands, being auctioned off as a thrall, or slave—a gift for a Viking warlord, who would be a perfect candidate for Male Chauvinist Viking of the Centuries. Watch a Video

The Circle-Dave Eggers 2013-10-08 Now a Major Motion Picture starring Emma Watson and Tom Hanks. A bestselling dystopian novel that tackles surveillance, privacy and the frightening intrusions of technology in our lives. When Mae Holland is hired to work for the Circle, the world's most powerful internet company, she feels she's been given the opportunity of a lifetime. The Circle, run out of a sprawling California campus, links users' personal emails, social media, banking, and purchasing with their universal operating system, resulting in one online identity and a new age of civility and transparency. As Mae tours the open-plan office spaces, the towering glass dining facilities, the cozy dorms for those who spend nights at work, she is thrilled with the company's modernity and activity. There are parties that last through the night, there are famous musicians playing on the lawn, there are athletic activities and clubs and brunches, and even an aquarium of rare fish retrieved from the Marianas Trench by the CEO. Mae can't believe her luck, her great fortune to work for the most influential company in the world—even as life beyond the campus grows distant, even as a strange encounter with a colleague leaves her shaken, even as her role at the Circle becomes increasingly public. What begins as the captivating story of one woman's ambition and idealism soon becomes a heart-racing novel of suspense, raising questions about memory, history, privacy, democracy, and the limits of human knowledge.

The Angel Wore Fangs-Sandra Hill 2016-05-31 New York Times bestselling author Sandra Hill continues her sexy Deadly Angels series, as a Viking vangel's otherworldly mission pairs him with a beautiful chef who whets his thousand-year-old appetite . . . Once guilty of the deadly sin of gluttony, thousand-year-old Viking vampire angel Cnut Sigurdsson is now a lean, mean, vampire-devil fighting machine. His new side-job? No biggie: just ridding the world of a threat called ISIS while keeping the evil Lucipires (demon vampires) at bay. So when chef Andrea Stewart hires him to rescue her sister from a cult recruiting terrorists at a Montana dude ranch, vangel turns cowboy. Yeehaw! The too-tempting mortal insists on accompanying him, surprising Cnut with her bravery at every turn. But with terrorists stalking the ranch in demonoid form, Cnut tele-transportes Andrea and himself out of danger-accidentally into the 10th Century Norselands. Suddenly, they have to find their way back to the future to save her family and the world . . . and to satisfy their insatiable attraction.

Amusing Ourselves to Death-Neil Postman 2006 Examines the ways in which television has transformed public discourse--in politics, education, religion, science, and elsewhere--into a form of entertainment that

undermines exposition, explanation and knowledge, in a special anniversary edition of the classic critique of the influence of the mass media on a democratic society. Reprint.

Taming Liquid Hydrogen-Virginia Parker Dawson 2004

Viking Warrior Conditioning-Kenneth Jay 2009-03 Based on painstaking, original research on subjects ranging from untrained folks to members of the Danish Olympic team, Viking Warrior Conditioning is a foolproof blueprint for achieving Olympian conditioning in record time-while simultaneously improving one's body composition dramatically. Kenneth Jay, the warrior sage equally at ease with a heavy kettlebell and with a force plate, shows you the way.-Pavel Tsatsouline, author of Enter the Kettlebell! Kenneth Jay has produced what may be the most eye-opening work on VO2max training available today. Jay begins by taking the reader through the fundamental scientific principles of top-level conditioning. His down-to-earth writing takes the abstractions of calculations and puts them into the tangibles of training.

Continuing with a step-by-step description of his Viking Warrior Conditioning regimes, Jay walks the reader through the fine details of his method. His progression of kettlebell training regimens is designed to take you from weekend wanna-be to victorious Viking. Educational, entertaining, enlightening, and inspirational, Viking Warrior Conditioning is sure to be a well read and re-read part of any elite coach, trainer, athlete, or warrior's library!-Mark Cheng, L.Ac., Ph.D., Senior RKC, Contributing Editor: Black Belt Magazine If you want to understand the why and the how of kettlebell training for conditioning then this is the book! This is the guide to using the kettlebell for optimal VO2max conditioning. Kenneth Jay's protocols have benefited me and my clients greatly.-Brett Jones, Master RKC, CSCS, CK-FMSA great book by one of the best young minds in fitness. Against a bleak backdrop of fraudulent fitness product hucksters and in this era of No Brain - No Pain personal trainers, the Pain Dane does indeed have a brain- a big one -and this book is as welcome as a cool breeze ripping through a room full of stale cigar smoke.- Marty Gallagher, author of The Purposeful Primitive

A Woman of No Importance-Sonia Purnell 2020-03-24 A NEW YORK TIMES BESTSELLER Chosen as a BEST BOOK OF THE YEAR by NPR, the New York Public Library, the Seattle Times, the Washington Independent Review of Books, BookBrowse, the Spectator, and the Times of London "Excellent...This book is as riveting as any thriller, and as hard to put down." -- The New York Times Book Review "A compelling biography of a masterful spy, and a reminder of what can be done with a few brave people -- and a little resistance." - NPR A never-before-told story of Virginia Hall, the American spy who changed the course of World War II, from the author of Clementine. In 1942, the Gestapo sent out an urgent transmission: "She is the most dangerous of all Allied spies. We must find and destroy her." The target in their sights was Virginia Hall, a Baltimore socialite who talked her way into Special Operations Executive, the spy organization dubbed Winston Churchill's "Ministry of Ungentlemanly Warfare." She became the first Allied woman deployed behind enemy lines and--despite her prosthetic leg--helped to light the flame of the French Resistance, revolutionizing secret warfare as we know it. Virginia established vast spy networks throughout France, called weapons and explosives down from the skies, and became a linchpin for the Resistance. Even as her face covered wanted posters and a bounty was placed on her head, Virginia refused order after order to evacuate. She finally escaped through a death-defying hike over the Pyrenees into Spain, her cover blown. But she plunged back in, adamant that she had more lives to save, and led a victorious guerilla campaign, liberating swathes of France from the Nazis after D-Day. Based on new and extensive research, Sonia Purnell has for the first time uncovered the full secret life of Virginia Hall--an astounding and inspiring story of heroism, spycraft, resistance, and personal triumph over shocking adversity. A Woman of No Importance is the breathtaking story of how one woman's fierce persistence helped win the war.

Collapse-Jared Diamond 2013-03-21 From the author of Guns, Germs and Steel, Jared Diamond's Collapse: How Societies Choose to Fail or Survive is a visionary study of the mysterious downfall of past civilizations. Now in a revised edition with a new afterword, Jared Diamond's Collapse uncovers the secret behind why some societies flourish, while others founder - and what this means for our future. What happened to the people who made the forlorn long-abandoned statues of Easter Island? What happened to the architects of the crumbling Maya pyramids? Will we go the same way, our skyscrapers one day standing derelict and overgrown like the temples at Angkor Wat? Bringing together new evidence from a startling range of sources and piecing together the myriad influences, from climate to culture, that make societies self-destruct, Jared Diamond's Collapse also shows how - unlike our ancestors - we can benefit from our knowledge of the past and learn to be survivors. 'A grand sweep from a master storyteller of the human race' - Daily Mail 'Riveting, superb, terrifying' - Observer 'Gripping ... the book fulfils its huge ambition, and Diamond is the only man who could have written it' - Economist 'This book shines like all

Diamond's work' - Sunday Times

Kiss of Surrender-Sandra Hill 2012-11-27 What romance reader can resist a hero who is both Viking...and vampire? In the second installment of New York Times bestselling author Sandra Hill's exciting Deadly Angels series, Nicole Tasso, Navy SEAL is powerless to resist the "vangel" in her midst... And the mystery surrounding her thousand-year-old suitor only makes him more desirable...and more dangerous! Filled with Sandra Hill's trademark combination of smoldering sensuality and laugh-out-loud humor, Kiss of Surrender: A Deadly Angels Book will leave paranormal and urban fantasy romance fans hungry for more from this award-winning author.

Whiskey When We're Dry-John Larison 2019-07-02 Named a Best Book by Entertainment Weekly, O Magazine, Goodreads, Southern Living, Outside Magazine, Oprah.com, HelloGiggles, Parade, Fodor's Travel, Sioux City Journal, Read it Forward, Medium.com, and NPR's All Things Considered. "A thunderclap of originality, here is a fresh voice and fresh take on one of the oldest stories we tell about ourselves as Americans and Westerners. It's riveting in all the right ways -- a damn good read that stayed with me long after closing the covers." - Timothy Egan, New York Times bestselling author of The Worst Hard Time From a blazing new voice in fiction, a gritty and lyrical American epic about a young woman who disguises herself as a boy and heads west In the spring of 1885, seventeen-year-old Jessilyn Harney finds herself orphaned and alone on her family's homestead. Desperate to fend off starvation and predatory neighbors, she cuts off her hair, binds her chest, saddles her beloved mare, and sets off across the mountains to find her outlaw brother Noah and bring him home. A talented sharpshooter herself, Jess's quest lands her in the employ of the territory's violent, capricious Governor, whose militia is also hunting Noah--dead or alive. Wrestling with her brother's outlaw identity, and haunted by questions about her own, Jess must outmaneuver those who underestimate her, ultimately rising to become a hero in her own right. Told in Jess's wholly original and unforgettable voice, Whiskey When We're Dry is a stunning achievement, an epic as expansive as America itself--and a reckoning with the myths that are entwined with our history.

Crashed-Adam Tooze 2019-08-27 From a prize-winning economic historian comes an eye-opening reinterpretation of the 2008 economic crisis (and its 10-year aftermath) as a global event that directly led to the shockwaves being felt around the world today.

The Boys in the Boat-Daniel James Brown 2014-05-27 Traces the story of an American rowing team from the University of Washington that defeated elite rivals at Hitler's 1936 Berlin Olympics, sharing the experiences of such contributors as their enigmatic coach, a visionary boat builder and a homeless teen rower. By the author of Under a Flaming Sky. Reprint.

Romance Today-John Charles 2007 Alphabetically arranged entries discuss the lives and works of more than 100 contemporary American romance writers and list their fiction and nonfiction.

CPO Focus on Physical Science-CPO Science (Firm) 2007

World Development Report 2010-World Bank 2009-11-06 In the crowded field of climate change reports, 'WDR 2010' uniquely: emphasizes development; takes an integrated look at adaptation and mitigation; highlights opportunities in the changing competitive landscape; and proposes policy solutions grounded in analytic work and in the context of the political economy of reform.

Dream of Me/Believe in Me-Josie Litton 2008-12-10 Complete in one breathtaking volume — Books One and Two of an unforgettable historical romance series by an exciting new author They were two Viking lords, the brothers Wolf and Dragon, bound both by blood and by a shared ambition to end the war with their lifelong enemies, the Saxons. They know that their only hope for peace is to persuade the Saxon Lord Hawk to unite his noble family with theirs — in a bond sealed forever by the sanctity of marriage. Together these three men will strive to overcome centuries-old rivalries and hatred. Each will unite in marriage with an extraordinary woman who has her own special gift — and her own dreams of bringing about an end to war.... Book One In Dream of Me we meet the Viking leader Wolf Hakonson as he embarks on a mission to kidnap the Lady Cymbra, a legendary beauty Wolf mistakenly believes is the cause of war. Instead he discovers that she is a gifted healer who will challenge him to confront his deepest yearnings — and together they will become soul mates who forge a future blessed by peace. Book Two The drama continues in Believe in Me, when the Saxon Lord Hawk, brother of Cymbra, seeks to strengthen the alliance by wedding a Norse noblewoman. But Lady Krysta arrives bearing many secrets — including her gift for seeing what others cannot. And as an unexpected love ignites, only Krysta can sense the looming danger that threatens the peace — and Hawk as well. Now, discover Josie Litton.... From the Paperback edition.

Beyond Earth-Asif A. Siddiqi 2018 This is a completely updated and revised version of a monograph

published in 2002 by the NASA History Office under the original title *Deep Space Chronicle: A Chronology of Deep Space and Planetary Probes, 1958-2000*. This new edition not only adds all events in robotic deep space exploration after 2000 and up to the end of 2016, but it also completely corrects and updates all accounts of missions from 1958 to 2000--Provided by publisher.

Always Red-Isabelle Ronin 2017-11-07 The highly anticipated and epic conclusion to the *Chasing Red* duology "Red," Caleb whispered. "Do you know how I felt when you left me?" I looked into his eyes. The emotion I saw in them, the intensity, and the tenderness filled up my throat. "I felt ruined. Because, Red, every time you break me apart, you put me back together. And I always come out better than before." "So," he cupped my face, stroking my cheek with his thumb. "Ruin me." *Chasing Red Duology: Chasing Red (Book 1) Always Red (Book 2) Praise for Chasing Red: "Chasing Red is a perfectly sweet romance, with just the right amount of spice."—Foreword Reviews "Readers will be chomping at the bit while waiting for the next installment!"—RT Book Reviews "Readers will swoon over Caleb."—Publishers Weekly Survival of the Sickest LP-Sharon Moalem 2007-05-22 Invites readers to change their perceptions about illness in order to understand disease as an essential component of the evolutionary process, citing the role of such malaises as diabetes, STDs, and the Avian Bird Flu in protecting the survival of the human race. (Health & Fitness)*

The Secret Chord-Geraldine Brooks 2016 Traces the arc of King David's journey from obscurity to fame, from shepherd to soldier, from hero to traitor, from beloved king to murderous despot and into his remorseful and diminished dotage.

Hot and Cold Water Supply-BSI (The British Standards Institution) 2008-04-15 This book provides a highly illustrated guide to the design, installation and maintenance of hot and cold water supply systems for domestic buildings. Based on British Standard BS 6700, the new edition takes into account revisions to the standard since the book was first published in 1991. It has also been updated to give guidance on the 1999 Water Supply Regulations and includes revisions to the Building Regulations. Written for designers and installers, this immensely practical book will also be of interest to technical staff of water undertakers, property services managers and students of NVQ and BTEC courses. It was specially commissioned by the British Standards Institution and written for BSI by Bob Garrett, formerly of Langley College of Further Education and past President of the National Association of Plumbing Teachers.

The Brain That Changes Itself-Norman Doidge 2010 An astonishing new scientific discovery called neuroplasticity is overthrowing the centuries-old notion that the adult human brain is fixed and unchanging. It is, instead, able to change its own structure and function, even into old age. Psychiatrist and researcher Norman Doidge, M.D., travelled around the United States to meet the brilliant scientists championing neuroplasticity, and the people whose lives they've transformed — people whose mental limitations or brain damage were previously seen as unalterable, and whose conditions had long been dismissed as hopeless. We see a woman born with half a brain that rewired itself to work as a whole; a woman labeled retarded who cured her deficits with brain exercises and now cures those of others; blind people who learn to see; learning disorders cured; IQs raised; ageing brains rejuvenated; stroke patients recovering their faculties; children with cerebral palsy learning to move more gracefully; entrenched depression and anxiety disappearing; and lifelong character traits changed. Doidge takes us onto terrain that might seem fantastic. We learn that our thoughts can switch our genes on and off, altering our brain anatomy. We learn how people of average intelligence can, with brain exercises, improve their cognition and perception, develop muscle strength, or learn to play a musical instrument — simply by imagining doing so. Using personal stories from the heart of this neuroplasticity revolution, 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.

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