

Dark Days A Memoir

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Dive into 'Dark Days: A Memoir,' a gripping personal account that chronicles the author's most challenging experiences and their profound journey through adversity. This compelling narrative offers readers an intimate look at overcoming life's darkest moments, providing an inspirational story of resilience and hope.

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Dark Days

The incredible memoir from Lamb of God frontman, Randy Blythe. In 2010, a nineteen-year-old super-fan rushed the stage during a Lamb of God concert in Prague. To protect himself, singer Randy Blythe pushed the fan away. Unbeknownst to Blythe, the young man hit his head on the floor when he fell and later died from the injury. Blythe was promptly incarcerated on charges carrying a prison term of five to ten years. Thirty-seven days later, he was released on bail to await trial. Although legal experts told him not to return to the Czech Republic to face the charges, Blythe explained that he "could not run away from this problem while the grieving family of a dead young man searched hopelessly for answers that [he] might help provide." After a five-day trial, he was acquitted on March 5, 2013. In Dark Days, Blythe tells the story of his incarceration and the wild life that led up to it. As he explains, "Most substance abuse books end with the author getting sober. My book starts there."

Dark Days

Lamb of god vocalist D. Randall Blythe finally tells the whole incredible story of his arrest, incarceration, trial, and acquittal for manslaughter in the Czech Republic over the tragic and accidental death of a concertgoer in this riveting, gripping, biting, bold, and brave memoir. On June 27, 2012, the long-running, hard-touring, and world-renowned metal band lamb of god landed in Prague for their first concert there in two years. Vocalist D. Randall "Randy" Blythe was looking forward to a few hours off--a rare break from the touring grind--in which to explore the elegant, old city. However, a surreal scenario worthy of Kafka began to play out at the airport as Blythe was detained, arrested for manslaughter, and taken to Pankr  Prison--a notorious 123-year-old institution where the Nazis' torture units had set up camp during the German occupation of then-Czechoslovakia, and where today hundreds of prisoners are housed, awaiting trial and serving sentences in claustrophobic, sweltering, nightmare-inducing conditions. Two years prior, a 19-year-old fan died of injuries suffered at a lamb of god show in Prague, allegedly after being pushed off stage by Blythe, who had no vivid recollection

of the incident. Stage-crashing and -diving being not uncommon occurrences, as any veteran of hard rock, metal, and punk shows knows, the concert that could have left him imprisoned for years was but a vague blur in Blythe's memory, just one of the hundreds of shows his band had performed over their decades-long career. At the time of his arrest Blythe had been sober for nearly two years, having finally gained the upper hand over the alcoholism that nearly killed him. But here he faced a new kind of challenge: jailed in a foreign land and facing a prison sentence of up to ten years. Worst of all, a young man was dead, and Blythe was devastated for him and his family, even as the reality of his own situation began to close in behind Pankrác Prison's glowering walls of crumbling concrete and razor wire. What transpired during Blythe's incarceration, trial, and eventual acquittal is a rock 'n' roll road story unlike any other, one that runs the gamut from tragedy to despair to hope and finally to redemption. While never losing sight of the sad gravity of his situation, Blythe relates the tale of his ordeal with one eye fixed firmly on the absurd (and at times bizarrely hilarious) circumstances he encountered along the way. Blythe is a natural storyteller and his voice drips with cutting humor, endearing empathy, and soulful insight. Much more than a tour diary or a prison memoir, *Dark Days* is D. Randall Blythe's own story about what went down--before, during, and after--told only as he can.

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Love the Dark Days

Set in India, England, Trinidad and St Lucia, *Love the Dark Days* follows the story of a girl, Dolly, born of mixed Hindu-Muslim parentage in post-independence India. When she lives with her grandmother, member of an elite Muslim family, whose history is one of having colluded with the brutality of the British rule in India, Dolly unconsciously imbibes her grandmother's prejudices of class and race. As the dark child in her family, this makes her feel that she does not belong, leading to an over-anxiety to please the adults around her. That feeling of unbelonging is repeated when her family migrates to multicultural Trinidad, made up of people from many continents, where she encounters Indian people, several generations away from India, who have a very different sense of themselves, who appear contemptuous of what they see as her airs and graces. She begins writing about her experiences as a way of trying to make sense of them. In her darkest hour, she meets Nobel Laureate Derek Walcott, who encourages her, when she visits him in St Lucia over a weekend, to leave the past behind and reinvent herself.

Darling Days

Born into the beautiful bedlam of downtown New York in the eighties, iO Tillett Wright came of age at the intersection of punk, poverty, heroin, and art. This was a world of self-invented characters, glamorous superstars, and strung-out sufferers, ground zero of drag and performance art. Still, no personality was more vibrant and formidable than iO's mother's. Rhonna, a showgirl and young widow, was a mercurial, erratic glamazon. She was iO's fiercest defender and only authority in a world with few boundaries and even fewer indicators of normal life. At the center of *Darling Days* is the remarkable relationship between a fiery kid and a domineering ma—a bond defined by freedom and control, excess and sacrifice; by heartbreaking deprivation, agonizing rupture, and, ultimately, forgiveness. *Darling Days* is also a provocative examination of culture and identity, of the instincts that shape us and the norms that deform us, and of the courage and resilience it takes to listen closely to your deepest self. When a group of boys refuse to let six-year-old, female-born iO play ball, iO instantly adopts a new persona, becoming a boy named Ricky—a choice iO's parents support and celebrate. It is the start of a profound exploration of gender and identity through the tenderest years, and the beginning of a life invented and reinvented at every step. Alternating between the harrowing and the hilarious, *Darling Days* is the candid, tough, and stirring memoir of a young person in search of an authentic self as family and home life devolve into chaos.

Confessions Of A Heretic

"Rebellion is a part of youth. Sometimes it's dangerous. Instead of a sword, I hold a guitar in my hands. I'm in the same, rigid world but instead of Molotov cocktails, I've got a computer. It's a much more powerful weapon." *Confessions Of A Heretic* is the forthright and erudite memoir of the front man and driving force behind the Polish heavy-metal group Behemoth, currently at the top of their game following the release of their 2014 US Top 40 album *The Satanist*. Presented as a series of interrogations by friends and associates, the book reveals a complex man of great contrast—a health-conscious, highly personable intellectual known for his extreme views and even more extreme music—lifting the lid on everything from his clashes with the Polish Catholic church to appearing as a judge on the Polish edition of *The Voice* to his recent battle with leukemia.

The Death Archives

Mayhem are the most influential Black Metal band in the world, and obviously no strangers to controversy. Death Archives offer never before seen photographs and unique insight into one of music's most extreme subcultures. The Death Archives is a ravishingly illustrated first-person account of the birth of black metal in the Norwegian scene by Jorn "Necrobutcher" Stubberud, the founding member and ongoing bass player in Mayhem. During the band's ongoing career, now spanning thirty years, bass player and only surviving band member from the original line-up, Jorn "Necrobutcher" Stubberud, has collected enormous amounts of photographs, video diaries and memorabilia. In this unique documentary book, Stubberud shares the first groundbreaking years of Mayhem's existence including their first photo-sessions in full corpse regalia; recording sessions, and exclusive stills from live video footage of their earliest gigs. In Necrobutcher's Death Archives he shares rarely seen photos of the band before death of singer Pelle "Dead" Ohlin and murder of guitarist Oystein "Euronymous" Aarseth.

The Prince in His Dark Days

Atsuko's father is a drunk, and she's shunned by her classmates as "the poor kid." Walking the streets in a dark fog of despair, Atsuko cons pervers out of their money to survive. Then, one day, she meets Itaru, the heir to a wealthy family, who happens to look exactly like her. Itaru hatches a plan: Atsuko will live his tedious public life for him, and she will get a taste of the luxuries enjoyed by the 1%. Everybody's (finally) happy. Right?

Walking with the Muses

New York in the sixties and seventies was glamorous and gritty at the same time, a place where people like Warhol, Avedon, and Halston as well their muses came to pursue their wildest ambitions, and when the well began to run dry they darted off to Paris. Though born on the very fringes of this world, Patricia Cleveland, through a combination of luck, incandescent beauty, and enviable style, soon found herself in the centre of all that was creative, bohemian, and elegant. A "walking girl," a runway fashion model whose inimitable style still turns heads on the runways of New York, Paris, Milan, and Tokyo, Cleveland was in high demand. Ranging from the streets of New York to the jet-set beaches of Mexico, from the designer retailers of Paris to the offices of Diana Vreeland, here is Cleveland's larger-than-life story. One minute she's in a Harlem tenement making her own clothes and dreaming of something bigger, the next she's about to walk Halston's show alongside fellow model Anjelica Huston. One minute she's partying with Mick Jagger and Jack Nicholson, the next she's sharing the dance floor with Warhol. One moment she's idolizing the silver screen sensation Warren Beatty, years later, she's deciding whether to resist his considerable amorous charms. In New York, she struggles to secure her first cover of a major magazine. In Paris, she's the toast of the town. A page-turning memoir of a life well lived, *Walking with the Muses* is a book you won't soon forget.

I Am Not Myself These Days

Josh Kilmer-Purcell lived a double life. By day, he was a successful young advertising executive. By night, he would trade in his corporate uniform for high heels and sequins, and perform in downtown New York nightclubs as a drag queen called Acquadisiac before returning to the uptown penthouse he shared with his crack-addicted male escort boyfriend. In this powerfully written, emotional rollercoaster of a memoir, Kilmer-Purcell blends the glittering and highly dramatic world of nightclubs, drugs and drag with a soulful and ironic perspective on his own journey through love and life. Told with a raw and honest voice that conveys hard truths with unflinching courage, *I Am Not Myself These Days* is a stunningly witty and ultimately deeply moving tour de force by a remarkable talent.

The Wild Other

SHORTLISTED FOR THE WAINWRIGHT PRIZE 'Extraordinary, and a painful but invigorating read. I've never met anyone who has read it and doesn't rank it as one of their favourite books.' Dolly Alderton 'This story - so fierce and brave and visceral and raw - will stay with me forever. Clover Stroud is a force of nature, and a woman who is fearless in the face of life and death. I loved it.' Elizabeth Gilbert, author of *Eat Pray Love* 'There is so much richly evoked life here... beautifully written.' Cathy Rentzenbrink, *The Times* 'This redemptive memoir will steal your heart; it will return it bruised but emboldened.' *Mail on Sunday* 'I have huge admiration for the spirit of this memoir, and its author: full of heart, bravery and adventure. A moving, gripping read.' Amy Liptrot, author of *The Outrun* Clover Stroud grew up in rural Wiltshire surrounded by animals and family. When she was just sixteen her adored mother had

a horrific riding accident which left her permanently brain-damaged, and suddenly Clover was left to fend for herself. She embarked on an extraordinary journey to heal her broken heart, courting men and danger through two marriages and five children. *The Wild Other* is a grippingly honest account of love, sex and travelling to the darkest edges of human experience and back again. Powerful and deeply emotional, this is the story of an extraordinary life lived at its fullest.

Yours Cruelly, Elvira

The woman behind the icon known as Elvira, Mistress of the Dark, the undisputed Queen of Halloween, reveals her full story filled with intimate bombshells—told by the bombshell herself. On Good Friday in 1953, at only 18 months old, 25 miles from the nearest hospital in Manhattan, Kansas, Cassandra Peterson reached for a pot on the stove and doused herself in boiling water. Third-degree burns covered 35% of her body, and the prognosis wasn't good. But she survived. Burned and scarred, the impact stayed with her and became an obstacle she was determined to overcome. Feeling like a misfit led to her love of horror. While her sisters played with Barbie dolls, Cassandra built model kits of *Frankenstein* and *Dracula*, and idolized Vincent Price. Due to a complicated relationship with her mother, Cassandra left home at 14, and by age 17 she was performing at the famed Dunes Hotel in Las Vegas. Run-ins with the likes of Frank Sinatra, Sammy Davis Jr., and Tom Jones helped her grow up fast. Then a chance encounter with her idol Elvis Presley, changed the course of her life forever, and led her to Europe where she worked in film and traveled Italy as lead singer of an Italian pop band. She eventually made her way to Los Angeles, where she joined the famed comedy improv group, The Groundlings, and worked alongside Phil Hartman and Paul "Pee-wee" Reubens, honing her comedic skills. Nearing age 30, a struggling actress considered past her prime, she auditioned at local LA channel KHJ as hostess for the late night vintage horror movies. Cassandra improvised, made the role her own, and got the job on the spot. *Yours Cruelly, Elvira* is an unforgettably wild memoir. Cassandra doesn't shy away from revealing exactly who she is and how she overcame seemingly insurmountable odds. Always original and sometimes outrageous, her story is loaded with twists, travails, revelry, and downright shocking experiences. It is the candid, often funny, and sometimes heart-breaking tale of a Midwest farm girl's long strange trip to become the world's sexiest, sassiest Halloween icon. Instant New York Times Bestseller, Los Angeles Times Bestseller, USA Today Bestseller, Publishers Weekly Bestseller A New York Times Best Books to Give This Season selection

Girl in the Dark

Haunting, lyrical, unforgettable, *Girl in the Dark* is a brave new memoir of a life without light. Anna Lyndsey was young and ambitious and worked hard; she had just bought an apartment; she was falling in love. Then what started as a mild intolerance to certain kinds of artificial light developed into a severe sensitivity to all light. Now, at the worst times, Anna is forced to spend months on end in a blacked-out room, where she loses herself in audiobooks and elaborate word games in an attempt to ward off despair. During periods of relative remission, she can venture out cautiously at dawn and dusk into a world that, from the perspective of her cloistered existence, is filled with remarkable beauty. And through it all there is Pete, her love and her rock, without whom her loneliness seems boundless. One day Anna had an ordinary life, and then the unthinkable happened. But even impossible lives, she learns, endure. *Girl in the Dark* is a tale of an unimaginable fate that becomes a transcendent love story. It brings us to an extraordinary place from which we emerge to see the light and the world anew.

Our Tan

***'Raw, brutal and life-affirming - Marise has written a hugely important book that is as entertaining as it is illuminating.' - Sara Pascoe'I couldn't put this down. A brave, honest, witty, new Irish voice that has a very bright future ahead of her.' - Jade Jordan'Holy cow. I finished it and cried my eyes out. An incredible, beautifully written memoir about humanity, heartbreak and hope.' - Lou Sanders'Gripping, funny and heart-wrenchingly relatable. Every time I turned the page I hoped it wouldn't be the last.' - Lily O'Farrell, *Vulgadrawings*'Where so much writing about mental illness is riddled with po-faced earnestness and cliché, Marise Gaughan's take no prisoners approach to craziness, sex and Catholic girlhood is spit-your-tea-out funny.' - Fern Brady'Disarming in its candour, hilarious and harrowing in its depictions of a life shaped by trauma and addiction, reminds us that we are not defined by our pasts, but by the small steps we take every day towards our ideal selves.' - Stephen Kelman, Booker Prize-shortlisted author of *Pigeon English*'A knife-sharp and defiant story of recovery' - Tanya Shadrick, author of *The Cure for Sleep*Marise was nine when she first realised there was trouble, 14 when her

Dad tried to end it all, and 23 when he finally succeeded. In a turmoil of conflicting emotions Marise runs - from Dublin to Amsterdam to Los Angeles, leaving a trail of sex and self-destruction in her wake. Until finally, she finds herself facing what she's become in a California psych ward, a girl imploding through trying to make sense of her father's suicide. As she retells her unravelling, from child to adult, Marise strips back her identity and her relationship with her father, layer by layer, until she finally starts to understand how to live with him, years after he has gone. Written beautifully, with wit and unflinching honesty, Marise has produced one of the most powerful coming-of-age memoirs of recent years, a brave new voice in Irish writing.

Trouble

In the years immediately following his Academy Award nomination for Philadelphia, screenwriter Ron Nyswaner fell through the rabbit hole. This gripping, intimate, and darkly comic memoir chronicles this period in his life, a -period where a raging drug addiction collided with an obsessive and almost fatal love affair. A wrong turn down a one-way street in the shadow of the Sunset Strip's Chateau Marmont leads Academy Award-nominated screenwriter Ron Nyswaner (Philadelphia, *Soldier's Girl*) on a journey that will nearly drown him in the intoxicating, impulsive, maddening, tragic, and transformative nature of love. Despite the success of his latest film, Ron has been fighting depression and contemplating self-destruction. "I don't want a mediocre, empty life," he tells his psychiatrist-acupuncturist-herbalist after halfheartedly attempting to hang himself with a belt. Then, on a trip from his home in upstate New York to Los Angeles, Ron meets and falls for world-weary Johann, a Latin-quoting, leather-clad hustler with a vague, European accent. In the next year Johann will teach him many things: how to make a crack pipe out of a soda can, how to come down from a crystal meth binge, how to walk down a city street as if he owns it, how to beg for "more" in Hungarian, and how to lose oneself utterly in reckless passion. If he can survive it, loving Johann might be Ron's salvation. This new edition of the memoir offers an introduction by acclaimed filmmaker Jonathan Demme and added epilogue by the author.

Blue Days, Black Nights

THE SUNDAY TIMES BESTSELLER '... a compelling memoir. Breezy and unpretentious, *The Sanest Guy in the Room* is a delightful collection of memories, insider information and after-dinner anecdotes' *The Times* 'Brilliant stories and wonderful behind-the-scenes glimpses of a life and career in show-business ... It's bloody brilliant ... Read it!' Michael Ball Don Black is the songwriter's songwriter, a composer's dream collaborator, and the man behind some of the twentieth century's greatest musical numbers. Black made his first foray into the glittering world of showbiz as a stand-up, before realising his error and focusing on his lifelong passion instead - music. Shirley Bassey, Michael Jackson, Quincy Jones, Henry Mancini and Barbra Streisand are just some of the artists Black has worked with over the years - not to mention his frequent collaborator, West End legend Andrew Lloyd Webber - in what can only be described as a remarkable musical career. Yet, never one to court fame, Black has always remained what Mark Steyn coined as 'the sanest guy in the room'. Interwoven with the stories behind songs such as 'Diamonds are Forever' and 'Born Free' are vignettes of Black's life with his beloved wife Shirley, who died in March 2018, after almost sixty years of marriage. Black writes movingly about how the enormity of his grief changed his life, and how the dark days are slowly turning into dark moments. *The Sanest Guy in the Room* is a rich and delightful paean to a life lived through song. It reveals the essence of Black's craft, looks at those who have inspired him and allows us to understand what made those icons tick. It is also a poignant tribute to Shirley, his biggest inspiration. Told with wit, warmth and great humour, this is Don Black's astonishing musical journey and an insight into a life behind the lyrics.

The Sanest Guy in the Room

The "fierce, erotic, haunting, truthful" memoirs of an extraordinary artist, activist, and iconoclast who lit up late-twentieth-century New York (Dennis Cooper). One of the New York Times' "50 Best Memoirs of the Past 50 Years" David Wojnarowicz's brief but eventful life was not easy. From a suburban adolescence marked by neglect, drugs, prostitution, and abuse to a squalid life on the streets of New York City, to fame—and infamy—as an activist and controversial visual artist whose work was lambasted in the halls of Congress, all before his early death from AIDS at age thirty-seven, Wojnarowicz seemed to be at war with a homophobic "establishment" and the world itself. Yet what emerged from the darkness was a truly extraordinary artist and human being—an angry young man of remarkable poetic sensibilities who was inordinately sympathetic to those who, like him, lived and struggled outside society's boundaries.

Close to the Knives is his searing yet strangely beautiful account told in a collection of powerful essays. An author whom reviewers have compared to Kerouac and Genet, David Wojnarowicz mesmerizes, horrifies, and delights in equal measure with his unabashed honesty. At once savage and funny, poignant and sexy, compassionate and unforgiving, his words and stories cut like knives, leaving indelible marks on all who read them.

Close to the Knives

WINNER OF THE 2022 NOBEL PRIZE IN LITERATURE An extraordinary evocation of a grown daughter's attachment to her mother, and of both women's strength and resiliency. *I Remain in Darkness* recounts Annie's attempts first to help her mother recover from Alzheimer's disease, and then, when that proves futile, to bear witness to the older woman's gradual decline and her own experience as a daughter losing a beloved parent. *I Remain in Darkness* is a new high water mark for Ernaux, surging with raw emotional power and her sublime ability to use language to apprehend her own life's particular music. A Washington Post Top Memoir of 1999

I Remain in Darkness

New York Times Bestseller Over 2.5 million copies sold For David Goggins, childhood was a nightmare -- poverty, prejudice, and physical abuse colored his days and haunted his nights. But through self-discipline, mental toughness, and hard work, Goggins transformed himself from a depressed, overweight young man with no future into a U.S. Armed Forces icon and one of the world's top endurance athletes. The only man in history to complete elite training as a Navy SEAL, Army Ranger, and Air Force Tactical Air Controller, he went on to set records in numerous endurance events, inspiring *Outside* magazine to name him "The Fittest (Real) Man in America." In *Can't Hurt Me*, he shares his astonishing life story and reveals that most of us tap into only 40% of our capabilities. Goggins calls this The 40% Rule, and his story illuminates a path that anyone can follow to push past pain, demolish fear, and reach their full potential.

Can't Hurt Me

THE SUNDAY TIMES BESTSELLER BBC RADIO 4 BOOK OF THE WEEK 'A beautiful, gentle exploration of the dark season of life and the light of spring that eventually follows' **RAYNOR WINN** 'My favourite book of the last five years' **CAITLIN MORAN** *Wintering* is a poignant and comforting meditation on the fallow periods of life, times when we must retreat to care for and repair ourselves. Katherine May thoughtfully shows us how to come through these times with the wisdom of knowing that, like the seasons, our winters and summers are the ebb and flow of life. 'Every bit as beautiful and healing as the season itself' **ELIZABETH GILBERT** 'Absolutely beautiful' **CHERYL STRAYED**

Wintering

As a middle child raised middle class and stuck out in the middle of Louisiana, hilarious writer and actress Sarah Thyre often found her in-between existence far less than desirable. Even from a young age, Sarah found ways of shirking her own hated identity — whether by stealing someone else's or lying about her own. She changed her name, claimed to be a great outdoorsman, and solicited donations for her favorite charity — which turned out to be, in fact, her. In addition, Sarah lived through the violent struggles between her parents and their often troubled finances, and the stories with which she emerged populate this charming memoir.

Dark at the Roots

"Built on her ... Modern Love column, 'When a Couch is More Than a Couch' (9/23/2016), a ... memoir of living meaningfully with 'death in the room' by the 38-year-old great-great-great granddaughter of Ralph Waldo Emerson--mother to two young boys, wife of 16 years--after her terminal cancer diagnosis"--

The Bright Hour

The #1 New York Times Bestseller and inspirational memoir by Michelle Knight, whose survival story gripped the world and continues to inspire and offer hope. Michelle was a young single mother when she was kidnapped by a local school bus driver named Ariel Castro. For more than a decade afterward, she endured unimaginable torture at the hand of her abductor. In 2003 Amanda Berry joined her in captivity, followed by Gina DeJesus in 2004. Their escape on May 6, 2013, made headlines around the

world. Barely out of her own tumultuous childhood, Michelle was estranged from her family and fighting for custody of her young son when she disappeared. Local police believed she had run away, so they removed her from the missing persons lists fifteen months after she vanished. Castro tormented her with these facts, reminding her that no one was looking for her, that the outside world had forgotten her. But Michelle would not be broken. In *Finding Me*, Michelle will reveal the heartbreaking details of her story, including the thoughts and prayers that helped her find courage to endure her unimaginable circumstances and now build a life worth living. By sharing both her past and her efforts to create a future, Michelle becomes a voice for the voiceless and a powerful symbol of hope for the thousands of children and young adults who go missing every year.

Finding Me

This text reconstructs the lives of the author's grandfathers, both of whom were imprisoned during World War II, one for being a German spy in Turkey, and the other because he was a dedicated IRA man. It uncovers tragic secrets and passionate commitment.

Blood-Dark Track

Born in Somerset in 1957 to itinerant Scottish parents, Erwin James lost his mother when he was seven. Shipped from home to home and subject to the whims of various caregivers after his father turned to alcohol and violence, he committed his first crime of breaking and entering when he was ten. His teenage and early adult years were spent drifting, and his petty crime turned increasingly violent, culminating in the terrible events for which he was jailed for life in 1984. Entering prison at 27, James struggled to come to terms with the enormity of his crimes and a future without purpose or hope. Then he met Joan, a prison psychologist, who helped him to confront the painful truth of his past, and to understand how it had shaped him from such a young age. Her sessions transformed his life. Encouraged to read and to educate himself, over the next twenty years Erwin James would go on to receive a BA in History, and become a regular columnist for the Guardian. Speaking to the very heart of the human condition, this is a book that offers no excuses - only the need to understand how we become who we become, and shows that no matter how far a person may fall, redemption is possible with the right kind of help. It is an important and timely memoir.

Redeemable

New York Times Bestseller Fame. Sex. Pain. Drugs. Death. Booze. Money. Addiction. Redemption. Dizzying heights. Rock-bottom depths. Desperation and elation—sometimes in the same hour. Not to mention power . . . and the struggle for it. The world knows Lamar Odom as a two-time NBA world champion who rocketed to uncharted heights of fame thanks to being a member of both the storied Los Angeles Lakers and the ubiquitous Kardashian empire. But who is Lamar, really? Fans have long praised his accessibility and genuine everyman quality—he is a blinding talent who has suffered a series of heartaches, setback, and loss. But until now, his most candid moments have remained behind closed doors . . . sometimes face-down on the floor. In *Darkness to Light*, Lamar gives readers an intimate look into his life like never before. His exclusive and revealing memoir recounts the highs and lows of fame and his struggle with his demons along the way to self-discovery and redemption. From the pain of his unraveled marriage to Khloé Kardashian to the harmful vices he used to cope—and the near-death experience that made him rethink everything about his life—this is Lamar as you have never before seen him. Lamar brings basketball fans directly into the action of a game during the Lakers championship years. He shares his personal account of the lifelong passion that started as one shining light in a childhood marked by loss and led to his international fame as one of the most extraordinary athletes of all time. In this profoundly honest book, Lamar invites you to walk with him through the good times and bad, while looking ahead to a brighter future.

Darkness to Light

Deep Dark Blue is more than a memoir about sexual assault. It's about breaking boundaries but also setting them. It's about learning to trust your instincts. It's a story of survival, resilience, and finally, finding your joy. I want to be in the Air Force someday. These are the words Polo Tate engraved on her junior dog tags at age eleven. It was an unpopular dream for most young girls, but her hard work paid off and at age eighteen, Polo started basic training at the United States Air Force Academy. She does everything right, from academics to athletics. But no one prepared her for what came next: physical,

sexual, and emotional abuse at the hands of her superiors. Harassment from peers who refused to believe her story. But this is a story that needs to be told.

Deep Dark Blue

An Iraq War veteran's firsthand account of surviving a deadly insurgent ambush against the 1st Cavalry Division—and battling through the aftermath. It was known as Black Sunday—April 4, 2004, when units of America's 1st Cavalry Division saw their routine deployment turn into a harrowing and costly fight. Enraged, motivated, and well-armed insurgents crammed the alleys, streets, and buildings of Sadr City. In that fight, a surging mob of militants ambushed one small unit of the Black Knight battalion. The heroic rescue attempt proved fatal for many of the determined soldiers who braved the gauntlet. Cav veteran Matt Fisk—who fought through Black Sunday and survived—gives a gut-level, over-the-rifle-sights view of a short, violent period when one of the safest places in the war zone suddenly turned into a cauldron of death and destruction, leaving eight US troops dead and dozens wounded—only the beginning of a lengthy siege aimed at defeating the Mahdi Army. Fisk's rugged deployment with colorful and courageous fellow soldiers would result in some serious problems when he returned home, testing his coping skills. He turned to the VA for help—and wound up with the same frustration that plagues so many of today's returning combat veterans. It's all here in *Black Knights, Dark Days*—and it's all brutally honest. “A gripping, astonishing insider's account of the April 4, 2004, ambush of a First Cavalry Platoon in Sadr City that changed the course of the Iraq War. With great candor and skill, Matt Fisk interweaves the chaos and adrenaline of modern combat with the continuing battles with PTSD at home. An intense, vivid, deeply personal portrait of men at war that is up there with the very best books of the genre.” —Mikko Alanne, screenwriter and producer, *The Long Road Home*, *The 33*

Black Knights, Dark Days

In her deeply affecting, vividly written memoir, Rosemary L. Bray describes with remarkable frankness growing up poor in Chicago in the 1960s, and her childhood shaped by welfare, the Roman Catholic Church, and the civil rights movement. Bray writes poignantly of her lasting dread of the cold and the dark that characterized her years of poverty; of her mother's extraordinary strength and resourcefulness; and of the system that miraculously enabled her mother to scrape together enough to keep the children fed and clothed. Bray's parents, held together by their ambitions for their children and painfully divided by their poverty, punctuate young Rosemary's nights with their violent fights and define her days with their struggles. This powerful, ultimately inspiring book is a moving testimony of the history Bray overcame, and the racial obstacles she continues to see in her children's way.

Unafraid of the Dark

In *Scoundrel Days* Brentley Frazer tells the story of his youth – wild, disillusioned, impassioned and desolate. Born into a Christian cult in outback Queensland, Frazer escapes through literature and poetry, drugs and violence, sex and alcohol; and his ensuing rejection of religion, authority and the 'way things are' leads to adventures, desperation and, just possibly, redemption. Beautifully written and urgently told, *Scoundrel Days* is a visceral, compelling assault on the senses. An at times brutal story articulated with a poet's sensibility, it portrays a walker of edges exploring the dark side while searching for the love essential to build a soul.

Scoundrel Days

From activist, Pussy Riot member and freedom fighter Maria Alyokhina, a raw, hallucinatory, passionate account of her arrest, trial and imprisonment in a penal colony in the Urals for standing up for what she believed in. 'One of the most brilliant and inspiring things I've read in years. Couldn't put it down. This book is freedom' Chris Kraus, author of *I Love Dick* 'Reading: RIOT DAYS, by PussyRiot member MariaAlyokhina. A women's prison memoir like no other! One tough cookie!' @MargaretAtwood 'In oppressive political systems, some of the most effective weapons are sarcasm and dark humour. It is exactly these weapons that are employed by Masha Alyokhina in the brilliantly written *Riot Days*. Once you begin reading, you are completely disarmed, unable to put it down until the last page' Marina Abramovic People who believe in freedom and democracy think it will exist forever. That is a mistake. What happened in Russia - what happened to me - could happen anywhere. When I was jailed for political protest, I learned that prison doesn't just teach you to follow the rules. It teaches you to think that you can never break them. It's inevitable that the prison gates will open at some point. But this doesn't mean that you leave the 'prisoner' category and go straight into the category of 'the free'.

Freedom does not exist unless you fight for it every day. This is the story about how I made a choice. We are all Pussy Riot. And actions break fear. 'To Back Down an Inch is to Give Up a Mile'.

Riot Days

The incredible memoir from Lamb of God frontman, Randy Blythe. In 2010, a nineteen-year-old super-fan rushed the stage during a Lamb of God concert in Prague. To protect himself, singer Randy Blythe pushed the fan away. Unbeknownst to Blythe, the young man hit his head on the floor when he fell and later died from the injury. Blythe was promptly incarcerated on charges carrying a prison term of five to ten years. Thirty-seven days later, he was released on bail to await trial. Although legal experts told him not to return to the Czech Republic to face the charges, Blythe explained that he "couldn't run away from this problem while the grieving family of a dead young man searched hopelessly for answers that [he] might help provide." After a five-day trial, he was acquitted on March 5, 2013. In *Dark Days*, Blythe tells the story of his incarceration and the wild life that led up to it. As he explains, "Most substance abuse books end with the author getting sober. My book starts there."

Dark Days

*** #1 NEW YORK TIMES BESTSELLER * #1 INTERNATIONAL BESTSELLER * MORE THAN 2 MILLION COPIES SOLD!** A heartbreaking and hilarious memoir by *iCarly* and *Sam & Cat* star Jennette McCurdy about her struggles as a former child actor—including eating disorders, addiction, and a complicated relationship with her overbearing mother—and how she retook control of her life. Jennette McCurdy was six years old when she had her first acting audition. Her mother's dream was for her only daughter to become a star, and Jennette would do anything to make her mother happy. So she went along with what Mom called "calorie restriction," eating little and weighing herself five times a day. She endured extensive at-home makeovers while Mom chided, "Your eyelashes are invisible, okay? You think Dakota Fanning doesn't tint hers?" She was even showered by Mom until age sixteen while sharing her diaries, email, and all her income. In *I'm Glad My Mom Died*, Jennette recounts all this in unflinching detail—just as she chronicles what happens when the dream finally comes true. Cast in a new Nickelodeon series called *iCarly*, she is thrust into fame. Though Mom is ecstatic, emailing fan club moderators and getting on a first-name basis with the paparazzi ("Hi Gale!"), Jennette is riddled with anxiety, shame, and self-loathing, which manifest into eating disorders, addiction, and a series of unhealthy relationships. These issues only get worse when, soon after taking the lead in the *iCarly* spinoff *Sam & Cat* alongside Ariana Grande, her mother dies of cancer. Finally, after discovering therapy and quitting acting, Jennette embarks on recovery and decides for the first time in her life what she really wants. Told with refreshing candor and dark humor, *I'm Glad My Mom Died* is an inspiring story of resilience, independence, and the joy of shampooing your own hair.

I'm Glad My Mom Died

Mitch and Debbi were beshert. Soulmates. She knew it from the first day of law school. He came to the same conclusion just a few months later. From that day on, they were rarely apart. Debbi made one, five, and ten-year plans for their future. Mitch always replied, "Yeah. Maybe someday." Someday came too soon. A terrible freak accident put Mitchell in a hospital remote from home, with a spinal cord injury that left him paralyzed from the neck down. Alone in the ICU with her husband, away from her children and family, Deborah struggled to manage their days and find a way to keep their love and their marriage alive. Every night, she wrote him a note of news, hope, and love. But, thirty-two days were all they had. Mitch died and Debbi was left with two small children. With the help of family and friends, she struggled to make a life for three seem as good as the life they had when they were a family of four. All traces of her time in the hospital with Mitchell were stored in the "sad" box, stuffed high on a shelf in the back of the closet. Twenty-five years later, the notes resurfaced in an unlikely space. Deborah knew it was time to share the letters with family, friends, and the world. *32 Days* is the story of a wonderful man, taken from this world much too soon. A husband, father, son, brother, friend, lawyer and advocate, and the courageous battle he fought to stay alive. Until someday. Mitchell and Deborah's story is one of love that transcends time and space. Of faith that grows stronger even in the face of the unimaginable. Of the healing strength given by family and friends. Of hope that life will go on. Of someday.

32 Days

This emotional and honest novel recounts a young man's experiences during World War II and digs deep into what he and his fellow soldiers lived through during those dark times. The nightmares began

for William Manchester 23 years after WW II. In his dreams he lived with the recurring image of a battle-weary youth (himself), "angrily demanding to know what had happened to the three decades since he had laid down his arms." To find out, Manchester visited those places in the Pacific where as a young Marine he fought the Japanese, and in this book examines his experiences in the line with his fellow soldiers (his "brothers"). He gives us an honest and unabashedly emotional account of his part in the war in the Pacific. "The most moving memoir of combat on WW II that I have ever read. A testimony to the fortitude of man...a gripping, haunting, book." --William L. Shirer

Goodbye, Darkness

This is Tony Blair's own account of his political life, his rise to power, his life on the world stage, and the clashes, controversies and triumphs of one of the most successful political careers of modern times.

A Journey

'The bed is hard. I'm utterly exhausted but never has sleep seemed so far away. I lie there, terrified. How can I find a way back to any sort of life from this? Soon a man in a blue uniform comes into the room. Softly he walks to the side of the bed and shines a torch into my eyes. At first, I'm confused, but then the awful realisation hits me - he's checking to make sure I'm still alive. I am on suicide watch.'

In May 2013, 38-year-old journalist Jonny McCambridge seems to have the perfect life - a beautiful wife and a newborn son, a top job in local media and a bright future in the newspaper industry. But just four months later, in the early hours of a September morning, he finds himself in the acute ward of a Northern Ireland psychiatric hospital. It's a voluntary admission - but only because a doctor insisted that the alternative was to have him forcibly sectioned. How has his life so dramatically fallen apart? And how indeed will he be able to 'find a way back . . . from this'? This is Jonny's heartfelt, viscerally honest account of his attempt to overcome the mental health demons which tormented him for decades and brought him dangerously close to the conclusion that life simply wasn't worth living anymore. He embarks on a long and often bumpy road to recovery which sees him returning to work too soon and having to abandon his media career, then adjusting to a new life as a 'stay-at-home' dad, becoming the world's least likely blogger and ultimately finding meaning and purpose in his role as a full-time father. All the while, he struggles to better navigate the uncharted territory of his own mind and make sense of his emotions, shut down decades earlier by the expectations of a repressed society where boys don't cry and men are supposed to be strong and silent. By turns poignant, heartbreakingly sad and side-achingly funny, this is a book which will speak to anyone who struggles to articulate their own emotions or to make sense of all that life throws at them, as well as those who at times feel crushed by the challenges of new parenthood. Jonny McCambridge was born in Co. Antrim, Northern Ireland in 1974. After completing a degree in history and politics at Queen's University, he worked in the NI media industry for almost two decades, holding a number of senior editorial positions, including Deputy Editor at the Belfast Telegraph. In 2016, Jonny gave up daily newspaper journalism to concentrate on looking after his son. In 2017 he launched the popular blog, What's a Daddy For? In 2020, he was appointed News Editor of the News Letter. Jonny currently lives in Hillsborough with his wife, Debs, also a journalist, and his seven-year-old son, James. Praise for *Afraid of the Dark* 'Packed with humour, wisdom and pathos, this is a compellingly personal memoir by one of Northern Ireland's finest writers.'

Sam McBride, News Letter Political Editor and author of *Burned* 'Written by a gifted and courageous writer, this is a book every home should have.'

Frank Mitchell, broadcaster and journalist '...this book will cement Jonny McCambridge's second career - not just as a truth-telling journalist, but as an author of the highest ability, integrity, penmanship and - I am certain - literary success.'

Peter Cardwell, former UK government adviser, author of *The Secret Life of Special Advisers* and mental health patient 'Jonny McCambridge takes on his inner and outer demons with a cracking combination of grace, good humour, compassion, courage, love, self-deprecation and searing honesty. And brilliant writing. This is a wonderfully uplifting book.'

Writer and commentator Alex Kane *Afraid of the Dark* is one of the rawest, most poignant accounts I have ever read... Gareth O'Callaghan, Writer and Broadcaster

Afraid of the Dark

'If you are hungry for truth and beauty, read this book' Roisin Ingle, The Irish Times 'A demonstration of a will to live that is breathtaking ... a work of documentary poetry ... an extraordinary read' The Herald 'An unforgettable read about what it means to be alive' Woman's Way 'The word "inspirational" is over-used, but if ever a book deserved this epithet, this is it' Sunday Independent 'Sparsely and beautifully written .. the human spirit and will to live shines out of these pages' Irish Independent A

No.1 bestseller, *It's Not Yet Dark* is an unforgettable book about relationships and family, about what connects and separates us as people and, ultimately, about what it means to be alive. In 2008, Simon Fitzmaurice was diagnosed with Motor Neurone Disease (mnd). He was given four years to live. In 2010, in a state of lung-function collapse, Simon knew with crystal clarity that now was not his time to die. Against all prevailing medical opinion, he chose to ventilate in order to stay alive. Here, the young filmmaker, a husband and father of five small children draws us deeply into his inner world. Written using an eye-gaze computer and told in simply expressed and beautifully stark prose, the result is an astonishing journey into a life which, though brutally compromised, is lived more fully and in the moment than most, revealing at its core the power of love its most potent.

It's Not Yet Dark