

they head home to put some heavy cocaine dealing down in the streets of Oakland. A lot is on the line, including their lives, along with their freedom as they take you on a trip through the town. All Nesto ever wanted was to be a good father, while he enjoyed the finer things in life. Finesse was at a point in his life where he was just along for the ride. After a close friend of theirs comes up short, lies and deception along with jealousy and envy made enemies. Fortune and fame on the line, it was just a matter of time before they had to cross paths again. Little did anybody know that it would be sooner than they thought.

The ultimate code resource, this guid lists tons of codes for today's bet games. Everything is easy to find and easy to use!

Chinese edition of The Moon Is a Harsh Mistress by Robert A. Heinlein. The 1967 Hugo award winner is a science fiction about a lunar colony revolt against the rule by Earth, expressing libertarian ideals.

The Chinese edition includes a reading guide. In Traditional Chinese. Distributed by Tsai Fong Books, Inc.

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Anthony, on his way from basketball practice with his team mates, is left alone as usual. Not that he minds, he loves his esoteric world. Not tonight, though. He hears sounds emanating from one of Brooklyn's sordid alley's, and with nothing better to do, he foolishly goes in to investigate. Now Anthony finds himself a witness to . . . He later finds out that the victim is an important man, from Washington. The icing on the cake, is that the man he saw committing the violent crime in the alley, is now looking for him, and wants him to be his next victim/trophy. Everyone is in the loop, but not Lorraine. What scares her the most, is that Anthony, her friend from childhood, is acting weird, and looking even worse. An ex-convict, and the nephew of the President of the US of A, Ed is now relishing his new life as a member of the NYPD. His hedonistic mission in life has now changed course, and Ed reluctantly has to use the little police prowess he has to find the witness to his crime. This story is about Brooklyn New York, where two innocent budding high school basketball stars, have to endure the vile and grime that

Delving into a world where the living dead really do walk the earth, this exploration turns the myth of zombies into a frightening—and hilarious—reality. Whether in an alternate universe or 100 years into the future, this entertaining examination predicts that the invasion of the undead will indeed happen, putting everyone at risk of either knowing a zombie or becoming one. Instead of creating an apartheid society of living and undead, this far-out study suggests that the future human race integrate themselves with zombies, simply accepting the inevitable loss of life in the long run. Revealing a unique take on zombie acculturation, this consideration introduces zombie magazines, zombie yoga poses, and even recipes for brain casserole—including the stealthiest ways to get to that elusive human cranial meat. Concluding with a Zombie IQ test to determine one's future as a member of the undead and an extensive dictionary of words defined in a zombie context, this is an uproarious look at what life would be like in a zombie's shoes.

Anthony & Lorraine - EvolutionXlibris Corporation

What if the ability to look, feel, and perform at peak capacity wasn't the stuff of lore but instead was within easy reach? In a perfect world, you would be able to have it all: complete optimization of mind, body, and spirit. In Boundless, the New York Times bestselling author of Beyond Training and health and fitness leader Ben Greenfield offers a first-of-its-kind blueprint for total human optimization. To catapult you down the path of maximizing cognition, mental clarity, and IQ, you will discover: How to rewire your skull's supercomputer (& 9 ways to fix your neurotransmitters) The 12 best ways to heal a leaky brain 8 proven methods to banish stress and kiss high cortisol goodbye 10 foods that break your brain, and how to eat yourself smart How to safely utilize nootropics and smart drugs, along with 8 of the best brain-boosting supplement stacks and psychedelics The top nutrient for brain health that you probably aren't getting enough of 6 ways to upgrade your brain using biohacking gear, games, and tools How to exercise the cells of your nervous system using technology and modern science Easy ways to train your brain for power, speed, and longevity The ultimate guide to optimizing your sleep, maximizing mental recovery, and stopping jet lag To ensure that you look good naked and live a long time, you will learn: 6 ways to get quick, powerful muscles (& why bigger muscles aren't better) How to burn fat fast without destroying your body The fitness secrets of 6 of the fittest old people on the planet The best training program for maximizing muscle gain and fat loss at the same time One simple tactic for staying lean year-round with minimal effort A step-by-step system for figuring out exactly which foods to eat 14 ways to build an unstoppable immune system Little-known tactics, tips, and tricks for recovering from workouts with lightning speed The best tools for biohacking your body at home and on the road How to eat, train, and live for optimal symmetry and beauty (& how to raise kids with superhuman bodies and brains) And to help you live a fulfilling and happy life, you will learn: 12 techniques to heal your body using your own internal pharmacy What the single most powerful emotion is and how to tap into it every day 4 of the best ways to heal your body and spirit using sounds and vibrations 6 ways to enhance your life and longevity with love, friendships, and lasting relationships How to biohack the bedroom for better sex and longer orgasms, and the top libido-enhancing herbs, supplements, and strategies The perfect morning, afternoon, and evening routines for enhancing sleep, productivity, and overall happiness 28 ways to combine ancestral wisdom and modern science to enhance longevity, including the best foods, herbs, supplements, injections, medical treatments, biohacks, fasting strategies, and much more The 4 hidden variables that can make or break your mind, body, and spirit The exercise that will change your life forever (& how to reverse-engineer your perfect day) Boundless guides you every step of the way to becoming an expert in what makes your brain tick, your body work, and your spirit happy. You can flip open the book to any chapter and discover research-proven, trench-tested techniques to build muscle, burn fat, live longer, have mind-blowing sex, raise robust children, and much, much more!

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