

Do You Russell Simmons

Drawing on extensive interviews with ninety-four women prisoners, Megan Sweeney examines how incarcerated women use available reading materials to come to terms with their pasts, negotiate their present experiences, and reach toward different futures. Foregrounding the voices of African American women, Sweeney analyzes how prisoners read three popular genres: narratives of victimization, urban crime fiction, and self-help books. She outlines the history of reading and education in U.S. prisons, highlighting how the increasing dehumanization of prisoners has resulted in diminished prison libraries and restricted opportunities for reading. Although penal officials have sometimes endorsed reading as a means to control prisoners, Sweeney illuminates the resourceful ways in which prisoners educate and empower themselves through reading. Given the scarcity of counseling and education in prisons, women use books to make meaning from their experiences, to gain guidance and support, to experiment with new ways of being, and to maintain connections with the world.

In 1999, when Napster made music available free online, the music industry found itself in a fight for its life. A decade later, the most important and misunderstood story—and the one with the greatest implications for both music lovers and media companies—is how the music industry has failed to remake itself. In *Fortune's Fool*, Fred Goodman, the author of *The Mansion on the Hill*, shows how this happened by presenting the singular history of Edgar M. Bronfman Jr., the controversial heir to Seagram's, who, after dismantling his family's empire and fortune, made a high-stakes gamble to remake both the music industry and his own reputation. Napster had successfully blown the industry off its commercial foundations because all that the old school label heads knew how to do was record and market hits. So when Bronfman took over the Warner Music Group in 2004, his challenge was to create a new kind of record executive. Goodman finds the source of the crisis in the dissolution of the old Warner Music Group, the brilliant conglomerate of Atlantic, Elektra, and Warner Bros. Records. He shows how Doug Morris, the head of Atlantic Records, rose through the ranks and rode the CD bonanza of the 1990s to enormous corporate and personal profit before becoming embroiled in an ego-driven corporate turf war, and how all of Warner's record executives were blindsided when AOL/Time-Warner announced in 2003 that it wanted nothing more to do with the record industry. When the music group was finally sold to Bronfman, it was a ghost of itself. Bronfman built an aggressive, streamlined team headed by Lyor Cohen, whose relentless ambition and discipline had helped build Def Jam Records. They instituted a series of daring initiatives intended to give customers legitimate online music choices and took market share from Warner's competitors. But despite these efforts, illegal downloads still outnumber legitimate ones 19–1. Most of the talk of a new world of music and media has proven empty; despite the success of iTunes, even wildly popular sites like YouTube and MySpace have not found a way to make money with music. Instead, Warner and the other labels are diversifying and forcing young artists to give them a cut of their income from touring, publishing, and merchandising. Meanwhile, the average downloader isn't even meeting forward-thinking musicians halfway. Each time a young band finds a following through music websites, it's a unique story; no formula has emerged. If one does, Warner is probably in a better position than anyone to exploit it. But at the end of the day, *If* is the one-word verdict on Bronfman's big bet.

Offers the text of the Broadway stage presentation featuring performances by a multicultural cast of youthful poets and introduces all the performers along with a selection of their other works. Reprint. 25,000 first printing.

This book examines current diets to help you make decisions about your eating style as well as taking a look at sleep patterns in association with our overall health. Health and physical education warrant a bigger role in our children's overall health and well being. One of the chapters is entitled: *Games People Play*, which focuses on games you played growing up. Will Shelton is deeply concerned that some neighborhoods, including parks are too violent for youth to play in. He presents some innovative ideas that can help curtail violence in neighborhoods. "We need to bring back pride as a core value in some neighborhoods so youth have a vested interest in their respective neighborhoods, by creating jobs, safe parks and recreational centers, better teachers, principals, other school staff, school curriculum, mentorship programs, rites of passage programs, violence prevention programs, better training of police and dramatically stop how guns, drugs and other weapons enter neighborhoods." ~Will Shelton *Will Shelton's book Investing in Your Health... You'll Love the Return* is an insightful and innovative look at our personal health status and how we can improve it. It examines why we eat the foods we select. It answers the following questions and so much more: What can we specifically do to defeat the #1 Killer of Americans using empirical data? Is healthcare a right or privilege? What are the factors that are affecting our health? What cellular "Master Switch" can be turned on by eating the right kinds of foods to prevent diabetes, obesity, heart disease and other diseases? How do you unlock the subconscious mind to health, wealth and contentment? Why Financial Principles are a requirement for total health happiness? Why is generational health and wealth a vital legacy, in terms of passing the Torch of Health and Wealth to this generation of youth? How does the Glycemic Index help lower sugar intake? How can Stress Busters techniques and activities help with stress? You are a cornucopia of endless treasure. Now is the time to claim your treasure by *Investing In Your Health... You'll Love the Returns!*

Award-winning activist journalist and motivational speaker Jeff Johnson dares the post-Civil Rights generation to stop making excuses, overcome personal challenges, and create lives filled with passion, meaning, and service in *Everything I'm Not Made Me Everything I Am*. This empowering strategic guide for manifesting and achieving your personal B.E.S.T. highlights Johnson's unique blend of political consciousness and street-smart inspiration. A committed youth advocate, Johnson offers a lifeline to those who feel lost in a sea of choices, distractions, and self-imposed limits. *Everything I'm Not Made Me Everything I Am* offers practical guidance for learning how to unplug from the programmed expectations of family and society in order to discover and fulfill your unique life's mission.

Happiness comes from asking and answering one simple question: Is it a "Hell yes!?" If not, then it's a "Hell no!" -- so don't waste your time with it. Here is a secret and simple philosophy (an attitude, really) for living a happier life. Asking that one little question helps readers refocus their lives by inspiring them to simplify, purge, and not overcommit. Also inspiring are the amazing illustrations by James Yang. This is the perfect self-purchase or gift. (It's perfect for graduation when kids are getting ready to tackle the real world.) * Life's busy and 24 hours isn't enough. But there's hope and help, thanks to Hell Yes!

One of the godfathers of rap music and hip-hop culture recalls his days as the co-founder of Def Jam Records--a groundbreaking recording company that worked with the Beastie Boys, Public Enemy, DMX, and other rap heavyweights. Reprint. 50,000 first printing.

Multi-platinum music producer and author of *Gotta Get Signed How To Become A Hip Hop Producer*, Sahpreem A. King is back with his long awaited follow up, *Surviving The Game How To Succeed In The Music Business*. In this book, Sahpreem takes music business newcomers by the hand and teaches them how to succeed in the music business the do-it-yourself way. In addition, Sahpreem talks about music publishing, marketing and promotion, starting an online record label, the power of social media, and making money from your music without being signed to a record deal. Music is a business. That's what this book is all about. For a whole host of justifiable reasons, there have been numerous other books that have been published about the "talent side" of the music industry. What distinguishes this book is the author's firsthand experience in the industry from both the talent side and the business side. Artists from all genres of music, managers, producers, A&R directors, entertainment lawyers, PR consultants, label executives, and the public at large will benefit immeasurably from reading and studying King's advice and good counsel. Sahpreem King's practical approach on how to get into the music

business, and how to do well as a result of your passion for the art form and your willingness to grind and work hard every day, is informed by his years of experience, first as a DJ and recording artist, and then as a successful producer. The book is more than an industry insider's view. Sahpreem tells you what to do and what not to do, from imparting to you his basic knowledge about music to the deeper wisdom that he has acquired over the last twenty years.

Vibe is the lifestyle guide to urban music and culture including celebrities, fashion, beauty, consumer electronics, automotive, personal care/grooming, and, always, music. Edited for a multicultural audience Vibe creates trends as much as records them.

A thrilling account of how the Bomb Squad produced such a singular-sounding record—the engineering, sampling, scratching, constructing, deconstructing and reconstructing.

Master entrepreneur, original hip-hop mogul, and three-time New York Times bestselling author Russell Simmons offers an inspiring guide to the benefits of conscious eating and veganism In the New York Times bestseller Success Through Stillness, Russell Simmons shared how meditation can be used as a powerful tool to access potential in all aspects of life, having seen himself how achieving inner peace led to outward success. In The Happy Vegan, Simmons shares how once he started practicing yoga and meditation, he became more conscious of his choices, particularly the choices he made regarding his diet. Simmons first adopted a vegetarian and then vegan diet, and almost immediately began to experience the physical, mental, and emotional benefits of eating green and clean. He delves into research about mindful eating, the links between stress and poor eating habits, the importance of listening to your body, the well-documented problems associated with eating animal products and processed foods, along with tips on how to transition to a vegan diet. Drawing on his own experience, the experiences of others, and science and research on the health benefits of conscious eating and veganism, The Happy Vegan is an accessible and inspiring guide to help others make the move toward a vegan diet and a more successful, focused, and purposeful life.

Russell Simmons, the original and eternal Hip-Hop Mogul, is one of the most innovative and influential figures in modern American business and culture.' - The New York Times 'I consider him one of the great entrepreneurs out there today. Russell knows the market and he sees the future, and that's the ultimate businessperson.' - Donald Trump'

The Skinny on Willpower is a review and analysis of the subject of self-discipline ... the only separation between mediocrity and excellence in one's pursuit.

The weekly source of African American political and entertainment news.

Fabulosity (n): 1: a state of everything that is fabulous 2: a quality ascribed to that which expresses glamour, style, charisma, power, and heart Kimora Lee Simmons knows what it means to have fabulosity -- and she wants to tell you how to get it. In this empowering new book, Kimora -- a top model, wife of hip-hop legend Russell Simmons, mother to two daughters, a national media presence, and president and creative director of the multimillion-dollar Baby Phat company -- shares her personal secrets of success and fabulosity. Kimora knows that in today's ultracompetitive world, it's not enough for women just to be smart or dress well. With too much to do and competition everywhere, the savvy woman must know how to combine feminine glamour with professional power, business ambition with personal values, and confidence with heart. Kimora is the living picture of all these things. What are Kimora's secrets to achieving her goals, her signature fabulosity? One is her ability to identify and build upon her own unique talents and strengths. In Kimora's case, she brilliantly combined the two worlds she knows best -- the high fashion and hip-hop scenes -- to create Baby Phat, her ultrasuccessful hip-hop inspired lifestyle brand. How do you uncover and develop your own special talents? Kimora shares her step-by-step guide to achieving your wildest dreams, including her 16 laws of success, which cover everything you need to become the woman you want to be. Whether you're college-educated or street smart, just starting out or at the top of your game, Fabulosity has something to say to you. Learn how to cultivate Power, Independence, Confidence, and Positivity in everything you do, whether it's finding Mr. Right, snagging that corner office, or rocking the latest fashion trend. Packed with useful lessons and Kimora's personal tips, this book will be your instruction manual to empowering yourself, turning your individual talents into permanent success, and unleashing your inner fabulosity.

This book is an invaluable resource for direct sales professionals either embarking on their direct sales career or those who have entered this exciting world and need a little motivation. For those who want a source of income that is dependent primarily on their own efforts as well as a flexible schedule, direct sales is a wonderful career. The Skinny on Direct Sales will help these sales professionals create a 100 day plan of success. It outlines the pitfalls that other direct sales folks have overcome. It is a great motivator and advises on good selling skills and how to overcome fear. The book concludes with ten practical tips these professionals should follow to help ensure a long and healthy career in direct sales.

The first book by an African American on contemporary African American filmmakers; here directors and producers speak for themselves and pose challenges to current thinking in the field. Presents the life and career of Russell Simmons, who helped found the rap group Run-D.M.C. and the pioneering label "Def Jam Recordings."

The Skinny on Success is a compilation of the best thinking on the subject of success. Relying on thought leaders from ancient Rome to the present day, this book pulls back the curtain on success and separates the wheat from the chaff. If you want the real story, pick it up and invest one hour. It will be one of the best hours you have ever spent!!

Attention Hip Hop Entrepreneurs! Start your own record label! Release your own music! Create your own empire! This groundbreaking guide--my first book--really did change the game when it was first published as Rap: This Game of Exposure, and with each yearly update, continues to inspire, inform and instruct each new generation of Hip Hop Entrepreneur! This is the book Hip Hop pioneer, Chuck D, raved about in his book, Fight the Power! (294 pages; 8.5 x 11; ISBN: 978-1517523992) Read more at www.hiphopentrepreneur.com

CHBiographies

This is a success story about the journey of life of a village boy from a poor big family. The three stages of life are classified as the learning stage, working phase and yearning or retiring stage. These three stages of his life can be compared to the four seasons. The book has seven chapters. The first chapter consists of the author's general philosophy of life, his habits of meditation, his drill strategy to enhance skills of his game, basketball, his secrets of his study strategy, his discoveries of his talents as a writer, investor and entrepreneur, his financial planning, his family achievements and his super physical health. The second chapter provides the necessary ingredients, information and knowledge that help him in building his financial security. It gives a full description of his strategies building many linear incomes as well as residual income. All these efforts make him a wealthy man. The third chapter is full of information and knowledge to help him living a healthy and fulfilled life. They are plenty examples of life-style for anyone who cares to live healthily. The fourth chapter gives a full description of his three stages of life including his family history, his struggle from birth to fifteen years old. The experiences of a terrible childhood and child labor. This is comparable to the winter season of his life. His spring season of life begins when his sister gave him the opportunity to study secondary school in the city of Penang. He made full use of the period moving from secondary school to teacher training college and the university. His interest in his game propels him to be a basketball star player. Chapter five gives an account of his working life. After graduating from the university, he begins his summer

season of his life. His chosen career as a professional teacher becomes his calling and he makes full use of available talents in writing to secure his financial security. His motivation, experiences and contribution give him an edge and he moves up the ladder of success. He was not only a successful mathematics teacher and an excellent administrator as his school principal; he is also a successful writer, investor and entrepreneur, making him a wealthy man. At the age of fifty-one, he accomplished his mission seeing all his projects completed, he took his optional retirement. He left for Australia to pursue his doctoral study. Chapter six gives an account of the autumn season of his life. He continues to write, invest and learn. He keeps fit and continues playing his game, tennis. He keeps fit and enjoys his retirement. Chapter seven tells a new story. He embarks on a new adventure called Quantum Jumping. He provides many successful quantum jumps to heal his headache, to learn new concept, to achieve new abundance, wealth, to gain happiness, to increase his excitement in happy marriage, and finally acquiring joy of his life. The journey is well-travelled.

Master entrepreneur, original hip-hop mogul, and New York Times bestselling author Russell Simmons shares the most fundamental key to success—meditation—and guides readers to use stillness as a powerful tool to access their potential. In the New York Times bestseller *Super Rich*, Russell Simmons proved that to be rich is more than just having money in the bank—wealth is about balance, joy, and conscientious living. In *Success Through Stillness*, Simmons shows the connection between inner peace and outward success through interviews with other successful leaders in various industries, and how learning to be still has been instrumental in his own career. Simmons attributes his meditation practice with changing his life for the better and says that there is no “bad” way to meditate, only different forms for different people. In this highly anticipated new book, Russell Simmons guides readers into finding greater clarity and focus, and explains how to be healthier in both mind and body. Simmons breaks down what he's learned from masters of meditation into a guide that is accessible to those unfamiliar with the practice. A prominent rabbi and imam, each raised in orthodoxy, overcome the temptations of bigotry and work to bridge the chasm between Muslims and Jews Rabbi Marc Schneier, the eighteenth generation of a distinguished rabbinical dynasty, grew up deeply suspicious of Muslims, believing them all to be anti-Semitic. Imam Shamsi Ali, who grew up in a small Indonesian village and studied in Pakistan and Saudi Arabia, believed that all Jews wanted to destroy Muslims. Coming from positions of mutual mistrust, it seems unthinkable that these orthodox religious leaders would ever see eye to eye. Yet in the aftermath of 9/11, amid increasing acrimony between Jews and Muslims, the two men overcame their prejudices and bonded over a shared belief in the importance of opening up a dialogue and finding mutual respect. In doing so, they became not only friends but also defenders of each other's religion, denouncing the twin threats of anti-Semitism and Islamophobia and promoting interfaith cooperation. In *Sons of Abraham*, Rabbi Schneier and Imam Ali tell the story of how they became friends and offer a candid look at the contentious theological and political issues that frequently divide Jews and Muslims, clarifying erroneous ideas that extremists in each religion use to justify harmful behavior. Rabbi Schneier dispels misconceptions about chosenness in Judaism, while Imam Ali explains the truth behind concepts like jihad and Shari'a. And on the Israeli-Palestinian conflict, the two speak forthrightly on the importance of having a civil discussion and the urgency of reaching a peaceful solution. As Rabbi Schneier and Imam Ali show, by reaching a fuller understanding of one another's faith traditions, Jews and Muslims can realize that they are actually more united than divided in their core beliefs. Both traditions promote kindness, service, and responsibility for the less fortunate—and both religions call on their members to extend compassion to those outside the faith. In this sorely needed book, Rabbi Schneier and Imam Ali challenge Jews and Muslims to step out of their comfort zones, find common ground in their shared Abrahamic traditions, and stand together and fight for a better world for all.

Are you currently getting the most out of your life? Are you achieving your dreams and striving to be the best you can be or are you stuck in a comfort zone and just ‘plodding’ along? Are you operating at 100%? In this fantastic insight into great achievers, you will learn what the ‘best of the best’ do to achieve extraordinary success in their lives. Learn how world class athletes achieve high levels of success, how successful business men and women manage to succeed beyond their wildest imaginations, learn from the greatest achievers throughout history. Learn how to construct your day to day life to have more energy, vitality, positivity and productivity so you too can perform like a professional athlete in pursuit of your life goals. Do NOT waste another minute, grab life by the horns, grab this book and unleash your true potential on the World. What are you waiting for? "Martin is living proof that it doesn't matter where you start or how much fear you have, with the right attitude you can achieve anything you want. Martin's book captures this perfectly with some great examples from his own life and many other successful people from history" NIGEL RISNER – Author of *The IMPACT Code*

Based on a true story, this gripping account of hip hop's early years follows Sherri Sher, who, growing up in the South Bronx during the 1970s and caring for her eleven siblings, forms an all-girl rap group and discovers that it is hard to earn respect in a male-dominated world. Original.

This book is your ultimate Russell Simmons resource. Here you will find the most up-to-date information, facts, quotes and much more. In easy to read chapters, with extensive references and links to get you to know all there is to know about Russell Simmons's whole picture right away. Get countless Russell Simmons facts right at your fingertips with this essential resource. The Russell Simmons Handbook is the single and largest Russell Simmons reference book. This compendium of information is the authoritative source for all your entertainment, reference, and learning needs. It will be your go-to source for any Russell Simmons questions. A mind-tickling encyclopedia on Russell Simmons, a treat in its entirety and an oasis of learning about what you don't yet know...but are glad you found. The Russell Simmons Handbook will answer all of your needs, and much more.

Since rising out of the New York City streets over twenty-five years ago, Russell Simmons has helped create such groundbreaking ventures as Def Jam Records, Phat Farm, and Def Comedy Jam. Russell might have helped introduce hip-hop to the world, but he credits his success to his belief in a strong set of principles—or laws. In twelve straightforward steps, Russell reveals a path that can be followed by anyone struggling to realize their dreams. Russell's laws stem from the belief that it's impossible to receive any sort of lasting success from the world without giving something of lasting value to the world first. Blending business insight, universal spiritual truths, and an inspired sense of purpose, *Do You!* crosses the lines of age, race, and background, with wisdom that will lift you up and motivate you to pursue your vision.

A collection of rare and classic examples of album covers of reggae music

Stars of MTV's Run's House--dubbed "the new Cosby family"--celebrate family values in this inspiring guide to modern parenting Despite being a hip-hop icon, an ordained minister, and a reality TV star, Rev Run's greatest accomplishment has been raising his six children--Angela, Vanessa, JoJo, Diggy, Russy and Miley--with his wife Justine. Their journey has been captured on Run's House, a show that celebrates--finally--a reality TV family that is functional instead of dysfunctional. In an age marked by shallow materialism and fragmented families, Rev Run and Justine have inspired millions of viewers by teaching old-fashioned family values applied with a hip-hop twist. In Take Back Your Family, Rev Run and Justine celebrate the role of parents and share their secrets to raising a respectful and loving family that can enjoy the good times while surviving the hard ones. Adventures in Urban Mysticism (AUM) Vol. 1: Rebirth spans a year in the Life of JMAW, a human+being, as he put the pieces together after losing what mattered most to him. Years before, he had been issued a higher calling by a messenger of the spirit after a near-death experience. Despite this, fear crippled him from embodying love, and as a result, his choices created suffering in his life and those he cared about, time and time again. By searching for a more intuitive, natural, and mystical way of being, JMAW found a deeper connection in spirit. He did this by praying for dreams, following signs, interpreting their symbols, and honoring each with a step in faith. Doing this work allowed him to see the sacred reflection of Aloha ke Akua (God is Love), by finally finding that mirror within himself. JMAW was ultimately guided to spiritual work and has served people from around the world in a variety of roles, including psychic, guide, and teacher. AUM Vol. 1 explores all of this and expands through the range of consciousness from light to dark and the grey in between. This entirely true story even includes a cameo appearance by the devil himself.

In its 114th year, Billboard remains the world's premier weekly music publication and a diverse digital, events, brand, content and data licensing platform. Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music, video, gaming, media, digital and mobile entertainment issues and trends.

On July 4, 1988, CFL Hall of Famer Terry Evanshen was a happily married father of three with a successful second career in sales. The day was sunny and hot, and Evanshen was driving his new Jeep Cherokee, heading home to join his family for a barbecue, when a van running a stoplight smashed into his vehicle. For two weeks, Evanshen was in a coma, close to death. His brain had been bashed around inside his skull and starved of oxygen for a crucial few moments. When he awoke, he did not recognize his wife Lorraine, or his daughters or his friends. He did not know who he was. Every memory of his life until the accident had been destroyed, his ability to remember new things wiped out, and his personality largely annihilated. The football player who had fumbled the ball only three times in his fourteen-year career now could not catch at all. In The Man Who Lost Himself, June Callwood describes Evanshen's slow, difficult struggle to build a sense of who he is. The compelling story she tells is about how the exceptionally strong love of his wife and daughters (and dog, Rebel) helped Evanshen through long years of frustration and rage. It's a story about how the brain works and the effects of brain damage on personality and identity. It's a story about how today Terry Evanshen is managing a third successful career, giving motivational speeches at conventions and company gatherings, telling his audience how he overcame perhaps the most immense obstacle anyone could ever face. The Man Who Lost Himself is a fascinating and inspiring and unflinchingly honest story told by one of Canada's most skilful and compassionate writers.

Do You!12 Laws to Access the Power in You to Achieve Happiness and SuccessAvery

The visionary entrepreneur and author of the New York Times bestseller Do You! delivers a powerful guide to true abundance. Russell Simmons knows firsthand that wealth is rooted in much more than the stock market. True wealth has more to do with what's in your heart than what's in your wallet. Using this knowledge, Simmons became one of America's shrewdest entrepreneurs, achieving a level of success that most investors only dream about. No matter how much material gain he accumulated, he never stopped lending a hand to those less fortunate. In Super Rich, Simmons uses his rare blend of spiritual savvy and street-smart wisdom to offer a new definition of wealth-and share timeless principles for developing an unshakable sense of self that can weather any financial storm. As Simmons says, "Happy can make you money, but money can't make you happy." In straight-talking inspiring chapters, Simmons provides unforgettable true stories from his own road to riches, delving into the principles and practices that have kept him energized and focused. Whether we're in the boardroom or on a yoga mat, Simmons says, we have to be able to listen to our inner voices. Finding our unique potential, we can make the right moves, ruled not by money but by the joy of conscientious living and giving. With these philosophies and more, Simmons brings us a stimulus package of consciousness that will never run dry, backed by the power of the higher self. Watch a Video

Red beans and rice, trad jazz, and second lines are the Big Easy's calling cards, but beyond where the carriage rides take you is a city brimming with genre-defying music, transnational cuisine, and pockets of wild, artistic locals that challenge preconceived notions of what it means to be New Orleans. With a respectful nod to the traditional and a full embrace of the obscure, New Orleans: The Underground Guide is a resource for discovering the city as it really is -- as much brass bands and boas as it is bounce and bicycle tours. From a speakeasy in the Bywater neighborhood to the delightfully sketchy vibe of St. Roch Tavern, lead author Michael Patrick Welch uncovers an unexpected tableau of musicians, venues, and novel ways to pass the bon temps. Contents include but are not limited to: where to get naked, how to make the most of Mardi Gras according to banjo player Geoff Douville, what to order from the delicious Slavic menu at Siberia, where to find the New Orleans Giant Puppet Festival, how to catch a performance by the New Movement comedy troupe, where to rent a kayak, and how to get in on the "bed and beverage" experience at the Royal Street Inn.

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