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# Fight Or Flight 1

## Jamie Canosa

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Book Trailer: Fight or Flight by Jamie Canosa!  
Fight or Flight Teaser Trailer RBLX: EP  
Soundtracks: The Lakehouse Alternate Loud  
(Fight or Flight; Inside Tracks) The Fight Flight  
Freeze Response [REDACTED] + [REDACTED] [REDACTED] |  
[REDACTED]. [REDACTED] [REDACTED] Fight or Flight - Friday Night  
Funkin' [FULL SONG] (1 HOUR) James 1-5 - The  
Bible from 30,000 Feet - Skip Heitzig - Flight  
JAM01 Cheshyre - Fight or Flight Pt.1 extended -  
Madness Project Nexus Classic soundtrack Storm  
Chasers THIRST (S5E05) w/ KRISTIN KREUK!  
Learning to Say NO, Buffy Vampire Crossovers  
\u0026 Raunchy Jacuzzis Healing from The  
Biological Injury of Trauma: Jamie Mustard - Into  
Healing S1, Ep.13 The #1 Barrier to Healing and  
Recovery is Chronic Stress - Fight or Flight Mode  
- Dr.Berg Say it with me, get woke go ANOTHER  
iconic brand down the drain. Flight of the  
Conchords Outtakes/Bloopers UNCUT INTERVIEW:  
Flight Of The Conchords Getting cheated on,  
divorced \u0026 hiding our 12-year-old from the  
internet w/ Kay \u0026 Tay | Ep. 51 James  
Chapter 1 (Part 1) :1-4 • Count it all joy Fight,  
Flight, Freeze, Fawn: Understanding Your Stress

Responses Turn Off the Fight or Flight Response:  
Evidence-Based Strategies The Epistle of James:  
Lesson 1 - Introduction to James Divine  
intervention? Evangelicals once 'hijacked by  
MAGA' flock to Harris-Walz ticket Book Trailer:  
Final Approach My Pyromaniac Brother Fight or  
Flight Team USA WINS GOLD over France as  
Steph Curry explodes to seal it | Paris Olympics |  
NBC Sports Kevin Can Wait | Fight or Flight |  
Season 2 Ep 15 | Full Episode fight or flight —  
conan gray (sped up + reverb) 3-12-23 "Fight or  
Flight" James 1:2-4 Bro. Chris Green Soldier gets  
pregnancy surprise mid flight □ Artists - Flight of  
the Conchords on the Simpsons  
Broken Blue Line  
Fight Or Flight  
Outlander, Dragonfly in Amber, Voyager, Drums  
of Autumn  
Understanding the Amygdala and Fight Or Flight  
Response  
An Anthology  
Fight or Flight  
Doon  
Essays on Television's Supergirl and Fourth-Wave  
Feminism  
Therapist Guide  
Unified Protocols for Transdiagnostic Treatment  
of Emotional Disorders in Children and  
Adolescents  
Love Inspired Suspense January 2016 - Box Set 1  
of 2  
Relationships, Reciprocity and Reflection

Practical Patterns for Innovation  
Acupressure for the Emotions  
The "Why" Behind Classroom Behaviors, PreK-5  
How Round-the-Clock Work Is Killing the  
American Dream  
Justifying Jamie  
Scientific Foundations and Therapeutic Models

*Fight  
Or  
Flight 1  
Jamie Canosa* OMB No.  
5402815968719  
edited by

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**SANTOS  
CONRAD**

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**BROKEN  
BLUE LINE**

Routledge  
A series of  
chance  
encounters  
leads to a  
sizzling new  
romance from  
the New York  
Times  
bestselling  
author of the  
On Dublin  
Street series.  
The universe  
is conspiring

against Ava  
Breevort. As if  
flying back to  
Phoenix to  
bury a  
childhood  
friend wasn't  
hell enough, a  
cloud of  
volcanic ash  
traveling from  
overseas  
delayed her  
flight back  
home to  
Boston. Her  
last ditch  
attempt to  
salvage the  
trip was  
thwarted by  
an arrogant  
Scotsman,  
Caleb Scott,

who steals a  
first class seat  
out from  
under her.  
Then over the  
course of their  
journey home,  
their  
antagonism  
somehow  
lands them in  
bed for the  
steamiest  
layover Ava's  
ever had. And  
that's all it  
was--until  
Caleb shows  
up on her  
doorstep.  
When pure  
chance pulls  
Ava back into  
Caleb's orbit,

he proposes they enjoy their physical connection while he's stranded in Boston. Ava agrees, knowing her heart's in no danger since a) she barely likes Caleb and b) his existence in her life is temporary. Not long thereafter Ava realizes she's made a terrible error because as it turns out Caleb Scott isn't quite so unlikeable after all. When his stay in Boston becomes permanent,

Ava must decide whether to fight her feelings for him or give into them. But even if she does decide to risk her heart on Caleb, there is no guarantee her stubborn Scot will want to risk his heart on her....

### **FIGHT OR FLIGHT**

Harlequin  
Healing  
Haunted  
Histories  
tackles the  
oldest and  
deepest  
injustices on  
the North  
American  
continent.  
Violations

which inhabit every intersection of settler and Indigenous worlds, past and present. Wounds inextricably woven into the fabric of our personal and political lives. And it argues we can heal those wounds through the inward and outward journey of decolonization . The authors write as, and for, settlers on this journey, exploring the places, peoples, and spirits that have formed (and

deformed) us. They look at issues of Indigenous justice and settler "response-ability" through the lens of Elaine's Mennonite family narrative, tracing Landlines, Bloodlines, and Songlines like a braided river. From Ukrainian steppes to Canadian prairies to California chaparral, they examine her forebearers' immigrant travails and trauma,

settler unknowing and complicity, and traditions of resilience and conscience. And they invite readers to do the same. Part memoir, part social, historical, and theological analysis, and part practical workbook, this process invites settler Christians (and other people of faith) into a discipleship of decolonization . How are our histories, landscapes, and communities

haunted by continuing Indigenous dispossession? How do we transform our colonizing self-perceptions, lifeways, and structures? And how might we practice restorative solidarity with Indigenous communities today?

**Outlander,**  
**Dragonfly in Amber,**  
**Voyager,**  
**Drums of Autumn**

Jessica Kingsley Publishers  
Veronica  
doesn't think she's going crazy. But why

can't anyone else see the mysterious blond boy who keeps popping up wherever she goes? When her best friend, Mackenna, invites her to spend the summer in Scotland, Veronica jumps at the opportunity to leave her complicated life behind for a few months. But the Scottish countryside holds other plans. Not only has the imaginary kilted boy followed her to Alloway, she and

Mackenna uncover a strange set of rings and a very unnerving letter from Mackenna's great aunt—and when the girls test the instructions Aunt Gracie left behind, they find themselves transported to a land that defies explanation. Doon seems like a real-life fairy tale, complete with one prince who has eyes for Mackenna and another who looks suspiciously like the boy

from Veronica's daydreams. But Doon has a dark underbelly as well. The two girls could have everything they've longed for... or they could end up breaking an enchantment and find themselves trapped in a world that has become a nightmare.

**Understanding the Amygdala and Fight Or Flight Response**  
 Createspace  
 Independent Pub  
 Travis

Maddox, Eastern University's playboy, makes a bet with good girl Abby that if he loses, he will remain abstinent for a month, but if he wins, Abby must live in his apartment for the same amount of time.

**An Anthology**  
Delacorte Press  
Creating Change for Vulnerable Teens tells the story of Tish Feilden and Jamie's Farm - a network of therapeutic farms dedicated to

transforming the lives of disadvantaged children. Documenting Tish's experiences of working with truly remarkable teens who have faced huge challenges in their lives, the book describes how the farms help young people to thrive academically, socially and emotionally. She shares the approaches they have pioneered, including the critical importance of trust, of

looking behind the behaviour and of really connecting with the desires and hopes of young people. If you have an interest in supporting vulnerable children or young people, this book provides a wealth of inspiration and ideas you can use, whatever the setting. [Fight or Flight](#)  
InterVarsity Press  
Jules Machias, author of Indie Next List Pick Both Can Be True, delivers another inspiring story

about how an unexpected friendship transforms the lives of two middle schoolers. Avery Hart lives for the thrill and speed of her dirt bike and the pounding thump of her drum kit. But after she's diagnosed with hypermobile Ehlers-Danlos syndrome, a disease that affects her joints, Avery splits her time between endless physical therapy and worrying that her fun and independence

are over for good. Sarah Bell is familiar with worry, too. For months, she's been having intense panic attacks. No matter how much she pours her anxiety into making art, she can't seem to get a grip on it, and she's starting to wonder if she'll be this way forever. Just as both girls are reaching peak fear about what their futures hold, their present takes a terrifying turn when their school is

seemingly attacked by gunmen. Though they later learn it was an active shooter drill, the traumatic experience bonds the girls together in a friendship that will change the way they view their perceived weaknesses—and help them find strength, and more, in each other. Doon Simon and Schuster This volume presents the rich and provocative historical, theoretical, methodological, and applied developments



within affirmative postmodern and post-structural criminology. This includes the evolution of thought that embraces the "linguistic turn" in crime, law justice, and social change. Previously-published articles authored by key thinkers are included throughout the book's five substantive sections. Collectively, they represent important reflections on the current criminological landscape in

which symbolic, linguistic, material, and cultural realms of analyses are featured.

**ESSAYS ON  
TELEVISION'  
S SUPERGIRL  
AND  
FOURTH-  
WAVE  
FEMINISM**

Ebury Press  
This book is a simple way for children to understand the fight or flight response. Children are introduced to Amy, who symbolizes the Amygdala, and how she reacts to

perceived scary things. It then provides ways to help Amy calm and includes pages for children to write their own triggers and coping mechanisms.

**THERAPIST  
GUIDE**

Wipf and Stock Publishers  
Professionals working in a range of clinical settings are regularly called upon to work with angry clients, and they may find their skills and resources for working with this

powerful emotion limited. Art Therapy and Anger demonstrates how the non-verbal medium of art therapy provides an ideal outlet for the expression of thoughts and feelings that are too complex and painful to put into words, presenting a new and practical approach to dealing with this area of need. Marian Liebmann argues that clients of all ages will benefit from the art-

making process, which helps them to slow down and consider their emotions more calmly. The tangible product of their efforts allows clients to assess and react to what they have depicted, providing a lucid and safe framework for better understanding the causes and effects of their anger. This book draws together contributions from art therapists who work in a wide variety of contexts,

including work with offenders, mental health clients, clients with brain injury and those with cancer, with the view of helping clients to manage their anger more constructively. This positive, practical volume will be of great interest to art therapists and students, as well as practitioners working with angry clients in various fields such as mental health, probation, counselling and medicine.

**UNIFIED  
PROTOCOLS  
FOR  
TRANSDIAGN  
OSTIC  
TREATMENT  
OF  
EMOTIONAL  
DISORDERS  
IN CHILDREN  
AND  
ADOLESCENT  
S**

Routledge  
'Broken Blue  
Line is a  
rollercoaster  
of a ride  
depicting the  
realities of  
twenty-first-  
century  
policing on the  
front-line. Its  
well written,  
honest and  
informative.  
Alistair  
Livingstone

put his life on  
the line, and  
now he's put  
his heart on  
the line.  
Courageous  
and human.  
Highly  
recommended  
' Mike  
Pannett,  
author of Now  
Then Lad . . .  
and Crime  
Squad As a  
police officer,  
Alistair  
Livingstone  
was dubbed  
Supercop by  
the media for  
making more  
arrests than  
any other  
officer in the  
UK. But then  
Ali broke  
down. Broken  
Blue Line is  
the vividly told  
story of what  
brought him

to that point,  
and the  
beginning of  
his slow,  
painful  
recovery. Ali  
was dubbed  
Supercop for  
making more  
than 1,000  
arrests over  
one eighteen-  
month period,  
when the  
average arrest  
rate for  
officers in  
England and  
Wales is just  
nine a year. In  
his work as a  
police officer,  
he dealt with  
life-and-death  
situations on  
an almost  
daily basis:  
saving lives as  
a hostage  
negotiator;  
rescuing the  
occupant of a

house fire; providing tactical advice during some of the most violent incidents; clinging onto a suicidal man hanging from the roof of a multi-storey car park; and entering a flat that had been blown up in an explosion just moments before. Ali was also engulfed in the aftermath and devastation of losing a colleague and friend who died doing the job she loved, and he witnessed the unprecedented response to

the serial killings in Ipswich and the profound effect it had on the community and the police. But then an agonising and debilitating mental breakdown left the seemingly indestructible sergeant desperately seeking help. After almost two decades helping some of society's most vulnerable people he became so troubled by what he had seen and done in the line of duty that he

hit rock bottom. Ali had no option but to walk away from the job that had defined him to embark on his biggest challenge yet: regaining his mental health. Ali's book offers an insight into the real world of modern policing: the demands and challenges faced by frontline officers throughout the UK. Ali's hope is that by opening up about his experiences and his struggle to regain his

mental health in this no-holds-barred account, he will help to remove some of the lingering stigma that attaches to mental illness within the police and other professions and prevent others from making the same mistakes that he did. Ali says that he thoroughly enjoyed being a police officer and got to experience the sharp end of policing in so many different ways. When

he finally made the decision to leave he was devastated and the months that followed his breakdown were the toughest he'd ever faced. Now that he is on the road to recovery, he hopes that by sharing his story it'll shine a light on the challenges of modern policing and the toll it can take, and, in doing so, to help others.

**LOVE  
INSPIRED  
SUSPENSE  
JANUARY**

## **2016 - Box SET 1 OF 2**

R.K. Lilley  
There's never been a better time to discover the novels behind the blockbuster Starz original series *Outlander*. Blending rich historical fiction with riveting adventure and a truly epic love story, here are the first four books of Diana Gabaldon's New York Times bestselling saga that introduced the world to the

brilliant Claire Randall and valiant Highlander Jamie Fraser: OUTLANDER DRAGONFLY IN AMBER VOYAGER DRUMS OF AUTUMN Scottish Highlands, 1945. Claire Randall, a former British combat nurse, is just back from the war and reunited with her husband on a second honeymoon when she walks through a standing stone in one of the ancient circles that dot the British Isles.

Suddenly she is a Sassenach—a “outlander”—in a Scotland torn by war and raiding clans in the year of Our Lord . . . 1743. Claire is catapulted into the intrigues of a world that threatens her life, and may shatter her heart. Marooned amid danger, passion, and violence, her only chance of safety lies in Jamie Fraser, a gallant young Scots warrior. What begins in compulsion

becomes an urgent need, and Claire finds herself torn between two very different men, in two irreconcilable lives. Praise for Diana Gabaldon’s Outlander novels “Marvelous and fantastic adventures, romance, sex . . . perfect escape reading.”—San Francisco Chronicle, on Outlander “History comes deliciously alive on the page.”—New York Daily News, on Outlander

<p>“Gabaldon is a born storyteller. . . . The pages practically turn themselves.” —The Arizona Republic, on <i>Dragonfly in Amber</i> “Triumphant . . . Her use of historical detail and a truly adult love story confirm Gabaldon as a superior writer.” —Publishers Weekly, on <i>Voyager</i> “Unforgettable characters . . . richly embroidered with historical detail.” —The Cincinnati Post, on <i>Drums of</i></p>	<p>Autumn <i>Relationships, Reciprocity and Reflection</i> Robinson In life he haunted her...in death she haunted him. Love is eternal... Weeks away from her twenty-first birthday, the date where she would assume control over her family legacy, a night terror robs Indie of the balance she was clinging to. Like the dream she had before she lost her family, it predicts a fatal</p>	<p>catastrophe on the horizon. The fight between life and death, good and evil, began the moment her thundering heart awoke her. Everything changed after that dream. The one thing that keeps her curse at bay is stolen, and then her enigmatic boy arrives in the flesh. Face to face with her fiery born-again lover Indie realizes that the only way she can prevent the tragedy before her is to surrender</p>
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everything	Witness Vital	Image Vital
she was, is,	Vindicate	Vindicate
and could be.	Synergy	Enflame
Can she bend	Enflame	Rivulet
the laws of	Redefined	Imperial
nature and	Rivulet	Blakeshire
fight the	Imperial	(Drake's
improbability	Blakeshire	Story)
that fire and	Derive	Emanate
ice could ever	Emanate	Exaltation
be one? As far	Exaltation*	Disavow SEE
as Indie is	Disavow The	READING
concerned,	Witches	ORDER
there is not a	Revolt	Whispers of
myth, spoken	Scorched	the Damned
fate, or curse	Souls *If you	Witness of a
that is	are a fan of	Broken Heart
stronger than	Adult	Synergy of
her stubborn	Paranormal	Souls
desire to have	Edge can be	Redefined
it all ...	read with the	Love Affair
including him.	Web of	Derive (Aden's
COMBINED	Hearts, before	Beginning) A
WEB OF	of after	Lovers Revolt
HEARTS AND	Exaltation--the	Scorched
SOULS	stories share	Souls EDGE
READING	the same	SERIES
ORDER Insight	characters.	READING
Embody	INSIGHT	ORDER Alphas
Image	READING	Rise Dark Lure
Whispers of	ORDER Insight	Sacred
the Damned	Embody	Betrayal Risen



<p>Lovers Fall of Kings Queens Rise Stolen Son Disloyal Souls Aftermath We all fell hard for Twilight. We lost ourselves in the teen angst of Vampire Diaries, Fallen, and Hush, Hush. We found courage in the pages of Hunger Games, Divergent, and the Maze Runner. Our imagination was on fire inside of Mortal Instruments, Throne of Glass, and The Red Queen. We fell back into our</p>	<p>childhoods with the likes of Cinder. And now we have the compelling, enigmatic, character driven thrill ride of the long reaching contemporary fantasy series INSIGHT. Fans of contemporary and paranormal fantasy you cannot go wrong! Looking for ghosts? Angels? Demons &amp; Devils? Witches? Gods? How about action and adventure wrapped around the</p>	<p>romance of soul mates? Do you like to dive into the mystics? Science Fiction elements found in our own realm? Past lives or the zodiac? Ancient and modern civilizations? Spirituality? A setting that is contemporary, urban, and otherworldly? How do you feel about psychics? What about gothic elements? All of this and so much more is wrapped in this long reaching teen series. Insight</p>
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is the foundation for not only its self titled series but also as a thread in the Web of Hearts and Souls Series, where several series intertwine to offer a mind-bending experience for the reader. If you're looking for originality and one hell of a deal this book is

HIGHLY RECOMMENDED. SEE READING ORDER

Whispers of the Damned  
Witness of a Broken Heart  
Synergy of Souls

Redefined Love Affair Derive (Aden's Beginning) A Lovers Revolt Scorched Souls *Practical Patterns for Innovation* Simon and Schuster

The CW's hit adaptation of Supergirl is a new take on the classic DC character for a new audience. With diverse female characters, it explores different versions of the female experience. No single character embodies a feminist ideal but together

they represent attributes of the contemporary feminist conversation. This collection of new essays uses a similar approach, inviting a diverse group of scholars to address the many questions about gender roles and female agency in the series. Essays analyze how the series engages with feminism, Supergirl's impact on queer audiences, and how families craft the show's

feminist narratives. In the ever-growing superhero television genre, Supergirl remains unique as viewers watch a female hero with almost godlike powers face the same struggles as ordinary women in the series.

Acupressure for the Emotions  
 Guilford Publications  
 Traditional explorations of war look through the lens of history and military science,

focusing on big events, big battles, and big generals. By contrast, The SAGE Encyclopedia of War: Social Science Perspective views war through the lens of the social sciences, looking at the causes, processes and effects of war and drawing from a vast group of fields such as communication and mass media, economics, political science and law, psychology and sociology.

Key features include: More than 650 entries organized in an A-to-Z format, authored and signed by key academics in the field  
 Entries conclude with cross-references and further readings, aiding the researcher further in their research journeys  
 An alternative Reader's Guide table of contents groups articles by disciplinary areas and by broad themes  
 A helpful Resource

Guide directing researchers to classic books, journals and electronic resources for more in-depth study This important and distinctive work will be a key reference for all researchers in the fields of political science, international relations and sociology.

### **THE "WHY" BEHIND CLASSROOM BEHAVIORS, PREK-5**

Simon and Schuster  
Cognitive behavior therapy (CBT)

is arguably the most effective psychotherapy model for children and adolescents with emotional disorders (e.g., anxiety, depression, obsessive-compulsive disorders, trauma and stress-related disorders, etc.). Emotional disorders in youth frequently overlap or co-occur, and yet many of the existing, effective therapies available for children and adolescents with emotional

disorders target just one or a smaller subset of these problems. The Unified Protocols for Transdiagnostic Treatment of Emotional Disorders in Children and Adolescents, based in groundbreaking research from Jill Ehrenreich-May, David H. Barlow, and colleagues, suggest that there may be a simpler and more efficient method of utilizing effective strategies, such as those commonly

included in CBT, in a manner that addresses the broad array of emotional disorder symptoms in children and adolescents. The child and adolescent Unified Protocols do this by framing effective strategies in the general language of strong or intense emotions, more broadly, and by targeting change through a common lens that applies across emotional

disorders. Specifically, the child and adolescent Unified Protocols help youth by allowing them to focus on a straightforward goal across emotional disorders: reducing intense negative emotion states by extinguishing the distress and anxiety these emotions produce through emotion-focused education, awareness techniques, cognitive strategies,

problem-solving and an array of behavioral strategies, including a full-range of exposure and activation techniques. The Unified Protocol for children and adolescents comprises a Therapist Guide, as well as two Workbooks, one for children, and one for adolescents. *How Round-the-Clock Work Is Killing the American Dream* Anna Brooks "Read this book, of course."

—Publishers Weekly NBC NATIONAL INVESTIGATIVE CORRESPONDENT AND HOST OF “ROSSEN REPORTS” ON TODAY BRINGS THE ULTIMATE HANDBOOK TO LIFE. Do you know where to take shelter in an earthquake? How to bust a lying car mechanic? Save money at the store? You’ll know now. Every morning, millions of Americans watch Jeff Rossen explain how to

solve our most harrowing problems, such as: how to put out a kitchen fire, find bedbugs, avoid rip-offs, and even how to survive a plane crash. In *Rescue*, he includes daring experiments, expert advice, and game plans for handling all the wild cards in life—big and small—while sharing personal, and sometimes embarrassing, anecdotes that he couldn’t tell on television.

Overflowing with never-before-seen tips and tricks, this book is filled with enough hacks to keep you and your family safe...and it just might save your life. [Justifying Jamie](#) Basic Books 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.

### **SCIENTIFIC FOUNDATIONS AND THERAPEUTIC MODELS**

St. Martin's Press  
In the past few years, going cloud native has been a big advantage for many companies. But it's a tough technique to

get right, especially for enterprises with critical legacy systems. This practical hands-on guide examines effective architecture, design, and cultural patterns to help you transform your organization into a cloud native enterprise—whether you're moving from older architectures or creating new systems from scratch. By following Wealth Grid, a fictional

company, you'll understand the challenges, dilemmas, and considerations that accompany a move to the cloud. Technical managers and architects will learn best practices for taking on a successful company-wide transformation. Cloud migration consultants Pini Reznik, Jamie Dobson, and Michelle Gielow draw patterns from the growing community of expert practitioners

and enterprises that have successfully built cloud native systems. You'll learn what works and what doesn't when adopting cloud native—including how this transition affects not just your technology but also your organizational structure and processes. You'll learn: What cloud native means and why enterprises are so interested in it. Common barriers and

pitfalls that have affected other companies (and how to avoid them). Context-specific patterns for a successful cloud native transformation. How to implement a safe, evolutionary cloud native approach. How companies addressed root causes and misunderstandings that hindered their progress. Case studies from real-world companies that have succeeded with cloud

native transformation  
s  
*Rivulet: Web of Hearts and Souls #11*  
Berkley  
ALMOST 1000  
PAGES OF  
EXPLOSIVE,  
EDGE OF  
YOUR SEAT  
THRILLER  
ACTION.  
★★★★ "If you're missing travel and love a good thriller, READ THIS SERIES!"  
Three gripping stories to transport you to the deadly backstreets of Kathmandu, the high-rise towers of Hong Kong and the techno nightclubs of



Berlin. HAVE YOU MET LEO & ALLISSA? Leo's jobless, crippled by anxiety, and obsessed with a girl he hasn't seen in two years. Granted, disappearing on a Thai island isn't a normal break up. Allissa's on the run from her family. Travelling the world without a plan, she's finally found something of a home in Kathmandu. She just hopes the surrounding mountains can keep the world away.

WHAT READERS THINK OF THE LEO & ALLISSA SERIES:  
 ★★★★★  
 "Intense, thrilling, mysterious and captivating."  
 ★★★★★  
 "Keeps you hooked until the final word."  
 ★★★★★ "Just an amazing read and so well written. Made you feel as if you were actually there."  
 ★★★★★ "Richardson captures the magic of Asia."  
 ★★★★★  
 "Highly recommend to

anyone who loves adventure and travel."  
 ★★★★★ "I've never read a book like this. Shocking, exhilarating, heart-warming and encouraging."  
 ★★★★★ "If you're missing travel at the moment and love a good thriller, I would definitely recommend this series."  
 ★★★★★ "I love the combination of travel, relatable characters and interesting plots." THIS BOX SET

<p>INCLUDES: BOOK 1 – KATHMANDU Leo’s jobless, crippled by anxiety, and obsessed with a girl he hasn’t seen in two years. Just as things reach an all- time low, Leo’s thrown a lifeline. A politician’s missing daughter has been traced to Kathmandu. Leo must go there and find her, if his anxiety and the mysterious city will allow. In his bid to prove himself, Leo sets off on a twisting trail through</p>	<p>Kathmandu’s labyrinthine streets. But with a storm on the way, the city revealing a dark side, and unexpected danger around every corner, can he find Allissa and get out alive? BOOK 2 – HONG KONG When Jamie’s colleague and former lover disappears, the police ask questions. Sure, a body’s not been found, but there’s plenty of evidence to land Jamie behind bars. Leo and Allissa take the case. In</p>	<p>order to free a man charged with murder, they must find a woman who’s supposed to be dead. BOOK 3 – BERLIN When a prominent fashion designer falls beneath a train on Berlin’s U- Bahn, everything points to suicide. But the family isn’t convinced. Keen to prove he’s over his past and has a handle on his anxiety, Leo heads to Berlin alone. When the investigation</p>
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leads from a late-night techno club to a shop run by gangsters and finally onto the sinister wreck of a Cold War spy station, it may be a decision he stands to regret. This collection includes the first three explosive novels in the Leo & Allissa international thriller series. If you're looking for nail biting

adventures, unlikely heroes and international settings, then this has to be your next read! WHAT HAPPENED IN KOH TAO? No just satisfied with THREE full length novels, when you buy this box set, you'll get a free download link for the series prequel, Koh Tao. Leo's looking for the perfect place

to propose to the love of his life. When they arrive in the Thai tropical paradise of Koh Tao, he thinks he's found it. But before he gets an answer, she's nowhere to be seen.  
**A Second Chance Romance (Rockstar Romance)**  
 Oxford University Press  
 Fight Or FlightBerkley

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