

## The Truth About Coffee

Author and pastor Mike Glenn shares funny, heartbroken memories, and practical wisdom he learned by caring for his mother with dementia.

From bestselling author Jon Gordon and rising star Damon West comes *The Coffee Bean*: an illustrated fable that teaches readers how to transform their environment, overcome challenges, and create positive change. Life is often difficult. It can be harsh, stressful, and feel like a pot of boiling hot water. The environments we find ourselves in can change, weaken, or harden us, and test who we truly are. We can be like the carrot that weakens in the pot or like the egg that hardens. Or, we can be like the coffee bean and discover the power inside us to transform our environment. *The Coffee Bean* is an inspiring tale that follows Abe, a young man filled with stress and fear as he faces challenges and pressure at school and home. One day after class, his teacher shares with him the life-changing lesson of the coffee bean, and this powerful message changes the way he thinks, acts, and sees the world. Abe discovers that instead of letting his environment change him for the worse, he can transform any environment he is in for the better. Equipped with this transformational truth, Abe embarks on an inspirational journey to live his life like the coffee bean. Wherever his life takes him, from school, to the military, to the business world, Abe demonstrates how this simple lesson can unleash the unstoppable power within you. A delightful, quick read, *The Coffee Bean* is purposely written and designed for readers of all ages so that everyone can benefit from this transformational lesson. This is a book and message that, when read and shared, has the power to change your life and the world around you. You just have to decide: are you a carrot, egg, or coffee bean?

Reveals how this natural amphetamine wreaks havoc upon the body by increasing the risk of certain kinds of cancer, PMS, heart disease, and ulcers, and includes strategies for reducing caffeine intake and increasing energy.

A five-hundred-year history of coffee draws on sources in alchemy, anthropology, politics, and other disciplines to document coffee's identity as one of the most valuable legally traded commodities in the world, tracing its origins in fifteenth-century East Africa, its rise as an imperial consumer product, its role in commercialism and social disruption, and more. 15,000 first printing.

The Killer 1940s

to drink coffee with a ghost

Coffee is Good for You

Workshop Summary

Wake Up to the Hidden Dangers of America's #1 Drug

Film Noir Style

RE:Think Innovation

This book exposes coffee's darker side that scientists know, but the coffee industry has tried to suppress. It uncovers short- and long-term health issues associated with coffee consumption, reveals why women should avoid coffee, the role of coffee in adrenal depletion, and other topics.

A fascinating full-colour history of coffee, the world's favourite drink

Over 80 per cent of adults in the UK use caffeine every day. But at what point, did they consciously decide to consume it daily and begin to feel uneasy if they didn't? Caffeine is a bitter addictive drug which acts as a natural insecticide. It attacks the central nervous system and makes people jittery. It fools you into thinking you are more alert. Quite simply, it's bad for you with no actual benefits. In *The Easy Way to Quit Caffeine*, Allen Carr addresses the difficulties coffee-drinkers - and fizzy drink consumers - face in trying to quit caffeine. By explaining why you feel the need for caffeine and with simple step-by-step instructions to set you free from your addiction, Carr shows you how to lead a happier, healthier, more chilled life.

*Uncommon Grounds* tells the story of coffee from its discovery on a hill in ancient Abyssinia to the advent of Starbucks. In this updated edition of the classic work, Mark Pendergrast reviews the dramatic changes in coffee culture over the past decade, from the disastrous "Coffee Crisis" that caused global prices to plummet to the rise of the Fair Trade movement and the "third-wave" of quality-obsessed coffee connoisseurs. As the scope of coffee culture continues to expand, *Uncommon Grounds* remains more than ever a brilliantly entertaining guide to the currents of one of the world's favorite beverages.

*The Easy Way to Quit Caffeine*

*A Drink for the Devil*

*Caffeine Blues*

*An Exploration into the Wonder of Plants*

*Three Cups of Tea*

*Caffeine in Food and Dietary Supplements: Examining Safety*

*The World's Most Consumed Drug (The Benefits, Side Effects, and History of Caffeine)*

***In his mid-twenties, Dave Asprey was a successful Silicon Valley multimillionaire. He also weighed 300 pounds, despite the fact that he was doing what doctors recommended: eating 1,800 calories a day and working out 90 minutes a day, six times a week. When his excess fat started causing brain fog and food cravings sapped his energy and willpower, Asprey turned to the same hacking techniques that made his***

**fortune to "hack" his own biology, investing more than \$300,000 and 15 years to uncover what was hindering his energy, performance, appearance, and happiness. From private brain EEG facilities to remote monasteries in Tibet, through radioactive brain scans, blood chemistry work, nervous system testing, and more, he explored traditional and alternative technologies to reach his physical and mental prime. The result? The Bulletproof Diet, an anti-inflammatory program for hunger-free, rapid weight loss and peak performance. The Bulletproof Diet will challenge—and change—the way you think about weight loss and wellness. You will skip breakfast, stop counting calories, eat high levels of healthy saturated fat, work out and sleep less, and add smart supplements. In doing so, you'll gain energy, build lean muscle, and watch the pounds melt off. By ditching traditional "diet" thinking, Asprey went from being overweight and sick in his twenties to maintaining a 100-pound weight loss, increasing his IQ, and feeling better than ever in his forties. The Bulletproof Diet is your blueprint to a better life.**

**"You'll never think the same way about your morning cup of coffee."—Mark McClusky, editor in chief of Wired.com and author of Faster, Higher, Stronger Journalist Murray Carpenter has been under the influence of a drug for nearly three decades. And he's in good company, because chances are you're hooked, too. Humans have used caffeine for thousands of years. A bitter white powder in its most essential form, a tablespoon of it would kill even the most habituated user. This addictive, largely unregulated substance is everywhere—in places you'd expect (like coffee and chocolate) and places you wouldn't (like chewing gum and fruit juice), and Carpenter reveals its impact on soldiers, athletes, and even children. It can make you stronger, faster, and more alert, but it's not perfect, and its role in health concerns like obesity and anxiety will surprise you. Making stops at the coffee farms of central Guatemala, a synthetic caffeine factory in China, and an energy shot bottler in New Jersey, among numerous other locales around the globe, Caffeinated exposes the high-stakes but murky world of caffeine, drawing on cutting-edge science and larger-than-life characters to offer an unprecedented understanding of America's favorite drug.**

**The purpose of this Special Issue is to provide a thorough and up-to-date presentation of research investigating the impact of coffee and/or caffeine intake on various health outcomes. We welcome the submission of original research articles and/or systematic Reviews/meta-analyses focusing on several aspects of coffee/caffeine intake in relation to human health. Areas of interest include, but are not limited to, the following topics: - Human clinical trials of coffee or caffeine use in relation to disease or**

***intermediate phenotypes. - Epidemiological studies of habitual coffee or caffeine intake in relation to human health, among the general public, as well as, among special populations (i.e., children, pregnant women, diabetics, cancer patients, hypertensives, etc.) - Mechanisms of action of nutrients and other bioactive components of coffee/caffeine. - Studies integrating genetic or physiological markers of coffee/caffeine intake to investigations of coffee and health.***

***The astonishing, uplifting story of a real-life Indiana Jones and his humanitarian campaign to use education to combat terrorism in the Taliban's backyard Anyone who despairs of the individual's power to change lives has to read the story of Greg Mortenson, a homeless mountaineer who, following a 1993 climb of Pakistan's treacherous K2, was inspired by a chance encounter with impoverished mountain villagers and promised to build them a school. Over the next decade he built fifty-five schools—especially for girls—that offer a balanced education in one of the most isolated and dangerous regions on earth. As it chronicles Mortenson's quest, which has brought him into conflict with both enraged Islamists and uncomprehending Americans, Three Cups of Tea combines adventure with a celebration of the humanitarian spirit.***

***A Dialogue on Skepticism, Evidence, and Truth***

***The Bulletproof Diet***

***Lose Up to a Pound a Day, Reclaim Energy and Focus, Upgrade Your Life***

***The Monk of Mokha***

***A Novel***

***Using the Coffeehouse to Accomplish Anything in Life***

***It's Not About the Coffee***

Meetings don't need to be terrible. They can be the best place for us to connect with the people we work with and do great things. This book presents the Lean Coffee method which has since its inception in 2009 spread across the globe to radically shift the way people meet with each other.

Though food is supposed to be one of life's simple pleasures, few things cause more angst and confusion. Every day we are bombarded with come-ons for the latest diet, promises for "clinically proven" miracle ingredients, and warnings about contaminants in our favorite foods. It's enough to give anybody indigestion. Packed with useful-and surprising-information, Coffee Is Good for You cuts through the clutter to reveal what's believable and what's not in a fun and easily digestible way. You'll find out: Locally grown produce isn't necessarily more healthful than fruits and vegetables from across the globe Alcohol does cause breast cancer You don't need eight glasses of water a day for good health Milk isn't necessary for strong bones Oatmeal really can lower cholesterol Sea salt isn't more healthful than regular salt

Low-fat cookies may be worse for you than high-fat cheese

The coffeehouse has become the new center of the universe. "What's Your Coffee Strategy?" walks the reader through understanding and benefiting from this new cultural phenomenon introducing powerful concepts such as... - How to Immediately Connect with ANYONE. - Master The Art of the Coffee Conversation. - Win Clients - The Blueprint for Killer Business Conversations - Never Be Nervous - Conversational Confidence & Personal Presence. - How to Attract People & Be Unbelievable Personable - Using Coffeehouse as a Personal Headquarters - The Secrets to Building an Unstoppable Personal Brand - How to Win with The Coffee Strategy. - ... "What's Your Coffee Strategy?" has been called the "How to Win Friends & Influence People" of the modern era. A must read.

What's behind your morning cup of coffee? How much do you really want to know? This book will undoubtedly ruin any tidy, simple, black-and-white interpretation of how the coffee business and international supply chains function. Cheap coffee is a top-to-bottom presentation of the mechanics and economics of the coffee supply chain from the perspective of each stakeholder group and a multi-perspective analysis of its sustainability, lack thereof, and efforts toward it. It is a practical and digestible synthesis of an extensive collection of academic works and studies that few in the coffee industry have taken the time to internalize. It focuses especially on smallholder coffee producers, the most vulnerable stakeholder group.

Coffee with Mom

One Man's Mission to Promote Peace . . . One School at a Time

Caffeinated

A Dark History

How Our Daily Habit Helps, Hurts, and Hooks Us

In Defense of Plants

The Authenticity Project

What would you change if you could travel back in time? Down a small alleyway in the heart of Tokyo, there's an underground café that has been serving carefully brewed coffee for over a hundred years. Local legend says that this shop offers its customers something else besides coffee—the chance to travel back in time. The rules, however, are far from simple: you must sit in one particular seat, and you can't veer outside the café, nor can you change the present. And, most important, you only have the time it takes to drink a hot cup of coffee—otherwise you're getting stuck forever. Over the course of one summer, four customers visit the café in the hopes of traveling to another time: a heartbroken lover looking for closure, a nurse with a mysterious letter from her husband, a waitress hoping to say one last goodbye and a mother who wonders if the child she may never get the chance to know. Heartwarming, wistful and delightfully quirky, *Before the Coffee Gets Cold* explores the intersecting lives of four women who come together in one extraordinary café, where the service may not be quick, but the opportunities are endless.

From the bestselling & award-winning poetess, Amanda Lovelace, comes the finale of her illustrated duology, "Things That Hunt." In this installment, to make monsters out of girls, Lovelace explored the memory of being in a toxic romantic relationship. In *To Drink Coffee with a Ghost*, Lovelace unravels the memory of the complicated relationship she had with her now-deceased mother.

Presenting a wide scope of problems caused by B12 deficiency, this comprehensive guide provides up-to-date medical information about symptoms, testing, diagnosis, and treatment. Written for both the patient and the interested layperson, this detailed book outlines how

physicians frequently misdiagnose B12 deficiency as Alzheimer's disease, multiple sclerosis, heart disease, mental retardation, Parkinson disease, depression, or other mental illnesses. Now in the second edition, this resource has been thoroughly updated with the latest research, diagnostic tests, treatment options, case studies, and testimonials.

Film Noir Style: The Killer 1940s looks at the fashions of the femmes fatales who were so good at being bad, and the suits and trench coats of definitive noir actors such as Humphrey Bogart and Alan Ladd. Film and fashion historian Kimberly Truhler explores twenty definitive noir titles from 1941 to 1950 and traces the evolution of popular fashion in the decade of the '40s, the impact of World War II on home fashion, and the influence of the film noir genre on popular fashion then and now. Meet not only the fabulous women of noir, including Grace Kelly, Grace Grable, Veronica Lake, Gene Tierney, Lauren Bacall, Barbara Stanwyck, Ava Gardner, and many others, but also the costume designers that created and recreated these famous stars as killers—and worse—through the clothes they wore.

A Simple Lesson to Create Positive Change

Could It Be B12?

Lessons on Putting People First from a Life at Starbucks

Brewing Up Murder

A Lean Coffee Book

The Truth about Coffee [and] the Truth about Chocolate

What's Your Coffee Strategy?

***This book is an anthology written by a diverse group of 40 individuals from around the world. They come from all walks of life, yet they are all united by the choices they have made. Confessions of a Caffeine Addict covers all major products including coffee, tea, yerba mate, energy and sport drinks, soda, caffeine pills, diuretics, medicine, chocolate, and other foods containing the drug. All have acted from their hearts and here, they have written from their hearts, telling the stories of what brought them along to their own conclusions about their use of caffeine. This book was written to inspire more people to make informed choices, to know that their actions do make a difference, and to know that, in their efforts to tell their tales anonymously, that they are not alone.***

***RE:Think Innovation makes coming up with great ideas everybody's business. People think innovation isn't sustainable, so they make it much harder than it has to be. Experts portray it as confusing and complicated so they can charge big fees. Executives make it intimidating and complex, so they appear smarter and important. Traditional innovators imply you need a special degree or training to know how to do it right. The truth is, consistently coming up with great ideas isn't a talent one is born with or a skill that takes years to learn. It's actually a simple 5-step framework that anyone can follow to look at the work that they do differently, and have a bigger impact on the people they serve. RE:Think Innovation answers the question of how to tie individual competence with innovation techniques to direct corporate outcomes. Within its pages, Carla Johnson shows how to create a unified, idea-driven employee base that delivers more ideas in a shorter amount of time. Ultimately, this is the path that makes organizations genuinely nimble, passionate, innovative powerhouses that deliver extraordinary outcomes for sustained periods of time.***

***During his many years as a senior executive at Starbucks, Howard Behar helped establish the Starbucks culture, which stresses people over profits. He coached hundreds of leaders at every level and helped the company grow into a world-renowned brand. Now he reveals the ten principles that guided his leadership—and not one of them is about coffee. Behar shows that if you think of***

*your staff as people (not labor costs) they will achieve amazing results. He discusses the importance of building trust, telling hard truths, thinking independently, and more. And he shares inside stories of key turning points for Starbucks, as it fought to hang on to its culture while growing exponentially.*

*"Caffeine in Food and Dietary Supplements" is the summary of a workshop convened by the Institute of Medicine in August 2013 to review the available science on safe levels of caffeine consumption in foods, beverages, and dietary supplements and to identify data gaps. Scientists with expertise in food safety, nutrition, pharmacology, psychology, toxicology, and related disciplines; medical professionals with pediatric and adult patient experience in cardiology, neurology, and psychiatry; public health professionals; food industry representatives; regulatory experts; and consumer advocates discussed the safety of caffeine in food and dietary supplements, including, but not limited to, caffeinated beverage products, and identified data gaps. Caffeine, a central nervous stimulant, is arguably the most frequently ingested pharmacologically active substance in the world. Occurring naturally in more than 60 plants, including coffee beans, tea leaves, cola nuts and cocoa pods, caffeine has been part of innumerable cultures for centuries. But the caffeine-in-food landscape is changing. There are an array of new caffeine-containing energy products, from waffles to sunflower seeds, jelly beans to syrup, even bottled water, entering the marketplace. Years of scientific research have shown that moderate consumption by healthy adults of products containing naturally-occurring caffeine is not associated with adverse health effects. The changing caffeine landscape raises concerns about safety and whether any of these new products might be targeting populations not normally associated with caffeine consumption, namely children and adolescents, and whether caffeine poses a greater health risk to those populations than it does for healthy adults. This report delineates vulnerable populations who may be at risk from caffeine exposure; describes caffeine exposure and risk of cardiovascular and other health effects on vulnerable populations, including additive effects with other ingredients and effects related to pre-existing conditions; explores safe caffeine exposure levels for general and vulnerable populations; and identifies data gaps on caffeine stimulant effects.*

*40 True Anonymous Short Stories*

*The New Rules of Coffee*

*Confessions of a Caffeine Addict*

*Before the Coffee Gets Cold*

*Last Days*

*The History of Coffee and How It Transformed Our World*

*An Epidemic of Misdiagnoses*

*The Monk of Mokha is the exhilarating true story of a young Yemeni American man, raised in San Francisco, who dreams of resurrecting the ancient art of Yemeni coffee but finds himself trapped in Sana'a by civil war. Mokhtar Alkhanshali is twenty-four and working as a doorman when he discovers the astonishing history of coffee and Yemen's central place in it. He leaves San Francisco and travels deep into his ancestral homeland to tour terraced farms high in the country's rugged mountains and meet beleaguered but determined farmers. But when war engulfs the country and Saudi bombs rain down, Mokhtar has to find a way out of Yemen without*

*sacrificing his dreams or abandoning his people.*

*To find a cult leader's killer, a former detective must literally give up his body in this award-winning work of literary horror—"A dark treat" (AV Club). Nominated for the Shirley Jackson award and winner of the ALA/RUSA Best Horror novel, Brian Evenson's Last Days is an intense, profoundly unsettling down-the-rabbit-hole detective noir. Kline is a former detective who's cool head in the face of a brutal amputation makes him the perfect candidate to infiltrate a dark cult that believes amputation brings one closer to God. Kline is tasked with finding the cult leader's killer. But to get to the truth, Kline must lose himself—literally—one body part at a time. Last Days was first published in 2003 as a limited edition novella titled The Brotherhood of Mutilation. Its success led Evenson to expand the story into a full-length novel. In doing so, he has created a work that's disturbing, deeply satisfying, and completely original.*

*Dr. Bob Arnot, the bestselling author of The Aztec Diet, shows you how to use the power of America's favorite drink—coffee—to achieve improved health, longevity, mental clarity and weight loss in this unique, groundbreaking wellness guide. For years, we've been told that coffee was bad for our health. But new research reveals that, consumed properly, coffee can be the healthiest, tastiest part of your day. It can sharpen your focus, jumpstart your workout, help you lose weight, and even help fend off disease, from diabetes and liver disease to heart disease and Parkinson's. In this revolutionary handbook, Dr. Bob Arnot explains how coffee became a staple of the human diet, and reveals why having a cup is the best thing you can do each day. He also teaches you how to find the best beans from around the world and how to create the best brew and food pairings. The Coffee Lover's Diet includes a full diet plan with corresponding recipes to ensure you get the full benefits of this miracle bean—in the right amounts and in a variety of ways—as well as tips for putting all of this invaluable information and advice to work to help you shed pounds, gain energy, and make the healthiest choices every day.*

*Messages to the Heart was born from an organic pairing of one couple's passion: Elise's thoughtful, healing pastel paintings paired with Phil's mindful philosophy derived from years of coaching clients to success. Together, they bring a visceral expression of everyday inspiration brought together through art and words. Readers will feel touched, inspired and reminded of their "ah-ha" moments of truth and beauty in their own lives.*

*Caring for a Parent with Dementia*

*The Truth about Coffee*

*The Truth about Caffeine*

*The Honest Truth*

*Is the Bible True . . . Really?*

*Caffeine: the Truth About Caffeine*

*An illustrated guide to the essential rules for enjoying coffee both at home and in cafes, including tips on storing and serving coffee, coffee growing,*

roasting and brewing, plus facts, lore, and popular culture from around the globe. This introduction to all things coffee written by the founders and editors of Sprudge, the premier website for coffee content, features a series of digestible rules accompanied by whimsical illustrations. Divided into three sections (At Home, At the Cafe, and Around the World), *The New Rules of Coffee* covers the basics of brewing and storage, cafe etiquette and tips for enjoying your visit, as well as essential information about coffee production (What is washed coffee?), coffee myths (Darker is not stronger!), and broadcasts from a new international coffee culture.

*The Truth about Caffeine* exposes caffeine's darker side that scientists know but that the beverage, confectionery and pharmaceutical industries have tried to suppress. Caffeine is a highly addictive drug, does not offer any nutritional value and has not been proven safe. Epidemiological, clinical and laboratory studies link caffeine to heart disease, pancreas cancer, bladder cancer, hypoglycemia and central nervous system disorders.

Mark has been in and out of hospital his whole life - and he's fed up. So when his cancer returns, he decides he's had enough. Running away with his dog Beau, he sets out to climb a mountain - and it's only when he's left everything behind that Mark realises he has everything to live for.

With over 40 million books sold, bestselling author Josh McDowell is no stranger to creatively presenting biblical truth. Now, partnering with fellow apologist Dave Sterrett, Josh introduces a new series targeted at the intersection of story and truth. The *Coffee House Chronicles* are short, easily devoured novellas aimed at answering prevalent spiritual questions. Each book in the series tackles a long-contested question of the faith, and then answer these questions with truth through relationships and dialogue in each story. In *Is the Bible True, Really?: A Dialogue on Skepticism, Evidence, and Truth*, we meet Nick, a college freshman at a state school in Texas. Nick has his spiritual world turned upside-down with what he hears in an introduction to religion class. His questions turn into conversations as he dialogues with professors, friends, and family about the authenticity and authority of the Bible. The other two books in the series: *Who is Jesus, Really?* and *Did the Resurrection Happen, Really?* continue the unfolding story at the college campus and the coffee house down the road.

*The Coffee Lover's Diet*

*A Modern Guide for Everyone*

*Change Your Coffee, Change Your Life*

*From Vitamin C and Organic Foods to Low-Carb and Detox Diets, the Truth about Diet and Nutrition Claims*

*How to Have Great Meetings*

*Messages to the Heart*

*Lore, Legends, Lies and Bits of Truth about Coffee*

As the owner of *Mystery Cup Café* in Wilton, Missouri, a town made famous by a string of long-ago murders, Blake Harper is used to the mysterious. When her barista is found strangled in a mound of coffee beans, Blake vows to find the killer, even though her sister, the town's lead police detective, tells her to stay out of it. Blake finds plenty of suspects, like the owners of a rival coffee shop and the handsome new bookstore owner. But when new threats are made, she soon realizes the danger is centered around *Mystery Cup* and someone is targeting her personally. Will Blake be able to solve the murder, find a new barista, and perfect her recipe for espresso brownies before she becomes the next victim?

A New York Times bestseller A WASHINGTON POST "FEEL-GOOD BOOK guaranteed to lift your spirits" "A warm,

charming tale about the rewards of revealing oneself, warts and all.” —People The story of a solitary green notebook that brings together six strangers and leads to unexpected friendship, and even love Clare Pooley's next book, Iona Iverson's Rules for Commuting, is forthcoming Julian Jessop, an eccentric, lonely artist and septuagenarian believes that most people aren't really honest with each other. But what if they were? And so he writes—in a plain, green journal—the truth about his own life and leaves it in his local café . It's run by the incredibly tidy and efficient Monica, who furtively adds her own entry and leaves the book in the wine bar across the street. Before long, the others who find the green notebook add the truths about their own deepest selves—and soon find each other In Real Life at Monica's Café . The Authenticity Project's cast of characters—including Hazard, the charming addict who makes a vow to get sober; Alice, the fabulous mommy Instagrammer whose real life is a lot less perfect than it looks online; and their other new friends—is by turns quirky and funny, heartbreakingly sad and painfully true-to-life. It's a story about being brave and putting your real self forward—and finding out that it's not as scary as it seems. In fact, it looks a lot like happiness. The Authenticity Project is just the tonic for our times that readers are clamoring for—and one they will take to their hearts and read with unabashed pleasure.

Did You Have Your Pick Me Up Today?Caffeine is the most Consumed Drug in the World! This eBook is here to provide insight about Caffeine. Covering the good, the bad, and the ugly truth about what we all put into our body. Nearly 80% of all Americans are addicted to this drug (caffeine)In the Truth About Caffeine you will learn everything that you need to know about a drug that we all are very familiar with everyday, now it's time to learn the effects that it has on our body. Be aware of what you consume.Here's what you will learn in this book-Chapter 1: Caffeine: An Understanding-Chapter 2: Benefits of Caffeine-Chapter 3: Short-Term & Long-Term Effects and Benefits of Caffeine-Chapter 4: Dieting, Diet Pills & Caffeine-Chapter 5: How to Get the Most Out of Your Caffeine Consumption-Chapter 6: Use It...Or Leave It AloneTag: caffeine, coffee, substance abuse, caffeine eBooks, coffee and tea, caffeine addiction, drugs

As a 6'2" dreadlocked black man, Tyler Merritt knows what it feels like to be stereotyped as threatening, which can have dangerous consequences. But he also knows that proximity to people who are different from ourselves can be a cure for racism. Tyler Merritt's video "Before You Call the Cops" has been viewed millions of times. He's appeared on Jimmy Kimmel and Sports Illustrated and has been profiled in the New York Times. The viral video's main point--the more you know someone, the more empathy, understanding, and compassion you have for that person--is the springboard for this book. By sharing his highs and exposing his lows, Tyler welcomes us into his world in order to help bridge the divides that seem to grow wider every day. In I Take My Coffee Black, Tyler tells hilarious stories from his own life as a black man in America. He talks about growing up in a multi-cultural community and realizing that he wasn't always welcome,

how he quit sports for musical theater (that's where the girls were) to how Jesus barged in uninvited and changed his life forever (it all started with a Triple F.A.T. Goose jacket) to how he ended up at a small Bible college in Santa Cruz because he thought they had a great theater program (they didn't). Throughout his stories, he also seamlessly weaves in lessons about privilege, the legacy of lynching and sharecropping and why you don't cross black mamas. He teaches readers about the history of encoded racism that still undergirds our society today. By turns witty, insightful, touching, and laugh-out-loud funny, *I Take My Coffee Black* paints a portrait of black manhood in America and enlightens, illuminates, and entertains--ultimately building the kind of empathy that might just be the antidote against the racial injustice in our society.

**I Take My Coffee Black**

**Cheap Coffee**

**The Impact of Caffeine and Coffee on Human Health**

**The Coffee Bean**

**Live a healthier, happier life**

**How the World's Most Prolific Innovators Come Up with Great Ideas that Deliver Extraordinary Outcomes**

**Uncommon Grounds**

The Study of Plants in a Whole New Light "Matt Candeias succeeds in evoking the wonder of plants with wit and wisdom." ?James T. Costa, PhD, executive director, Highlands Biological Station and author of *Darwin's Backyard #1*  
New Release in Nature & Ecology, Plants, Botany, Horticulture, Trees, Biological Sciences, and Nature Writing & Essays  
In his debut book, internationally-recognized blogger and podcaster Matt Candeias celebrates the nature of plants and the extraordinary world of plant organisms. A botanist's defense. Since his early days of plant restoration, this amateur plant scientist has been enchanted with flora and the greater environmental ecology of the planet. Now, he looks at the study of plants through the lens of his ever-growing houseplant collection. Using gardening, houseplants, and examples of plants around you, *In Defense of Plants* changes your relationship with the world from the comfort of your windowsill. The ruthless, horny, and wonderful nature of plants. Understand how plants evolve and live on Earth with a never-before-seen look into their daily drama. Inside, Candeias explores the incredible ways plants live, fight, have sex, and conquer new territory. Whether a blossoming botanist or a professional plant scientist, *In Defense of Plants* is for anyone who sees plants as more than just static backdrops to more charismatic life forms. In this easily accessible introduction to the incredible world of plants, you'll find: • Fantastic botanical histories and plant symbolism • Passionate stories of flora diversity and scientific names of plant organisms • Personal tales of plantsman discovery through the study of plants If you enjoyed books like *The Botany of Desire*, *What a Plant Knows*, or *The Soul of an Octopus*, then you'll love

## Download Ebook The Truth About Coffee

In Defense of Plants.

Coffee

Behind the Curtain of the Global Coffee Trade

Reflections on Tupac, Musical Theater, Faith, and Being Black in America