

Jane Fonda's Workout Book

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Being Fat

A call to action from Jane Fonda, one of the most inspiring activists of our time, urging us to wake up to the looming disaster of climate change and equipping us with the tools we need to join her in protest "This is the last possible moment in history when changing course can mean saving lives and species on an unimaginable scale. It's too late for moderation." In the fall of 2019, frustrated with the obvious inaction of politicians and inspired by Greta Thunberg, Naomi Klein, and student climate strikers, Jane Fonda moved to Washington, D.C., to lead weekly climate change demonstrations on Capitol Hill. On October 11, she launched Fire Drill Fridays, and has since led thousands of people in nonviolent civil disobedience, risking arrest to protest for action. In *What Can I Do?*, Fonda weaves her deeply personal journey as an activist alongside conversations with and speeches by leading climate scientists and inspiring community organizers, and dives deep into the issues, such as water, migration, and human rights, to emphasize what is at stake. Most significantly, Fonda equips us all with the tools we need to join her in protest, so that everyone can work to combat the climate crisis. No stranger to protest, Fonda's life has been famously shaped by activism. And now she is once again galvanizing the public to take to the streets. Many are already aware of the looming disaster of climate change and realize that a moral responsibility rests on our shoulders. In 2019, we saw atmospheric concentrations of greenhouse gases hit the highest level ever recorded in human history, and our window of opportunity to act is quickly closing. We are facing a climate crisis, but we're also facing an empathy crisis and an inequality crisis; the surge of protests over police violence against black Americans has once again highlighted the links between racism and environmental degradation in our country. It isn't only earth's life-support systems that are unraveling. So too is our social fabric. This is going to take an all-out war on drilling and fracking and deregulation and racism and misogyny and colonialism and despair all at the same time. As Annie Leonard, executive director of Greenpeace USA and Fonda's partner in developing Fire Drill Fridays, has declared, "Change is inevitable; by design, or by disaster." Together, we can commandeer change for the positive--but it will require collective actions taken by social

movements on an unprecedented scale. The problems we face now require every one of us to join the fight. The fight for not only our immediate future, but for the future of generations to come. 100% of the author's net proceeds from What Can I Do? will go to Greenpeace

A Lotus Grows in the Mud

The popular actor describes his relationships with such contemporaries as Clark Gable, Frank Sinatra, and Elizabeth Taylor; remembers his two marriages to Natalie Wood; and shares his observations on Hollywood throughout the past half-century.

10 Pounds in 10 Days

This book is for da real Gs and ladies. Thing is, I could tell you I'm a grime pioneer, a successful media mogul and one of Britain's most recognised personalities, but like I always say — men lie, women lie, numbers don't. So here's some numbers. 3: that's how many days man lasted at a posh all-boys' school before getting kicked out. 25: my schoolteacher told me I'd be dead or in prison by that age (cheers cuz). 6: the number of awards I've got for my music and TV work so far. 15,000: the crowd size I was performing to ninety minutes after leaving my dad's funeral. 144%: that's how much The Big Narstie Show increased Channel 4's black audience. Then there's 34. That's the age, now, where I'm gonna tell you some of my story and show you how you can change yours. I won't tell you how to live your life. Although, well, I might a little bit: how to survive school and college, how to get a job, how to deal with family, friends, love and PAIN. How to live your own life, not someone else's. How to be Narstie.

Bodies in Motion

This book argues that the coming of the 'a new consumerism' in the affluent societies marks a distinct phase of modernity. Limits of production no longer confine consumption to what is necessary or instrumental. Demands for increasing production no longer shape ideology and culture as they did previously. Important contemporary themes of morality, the body, citizenship and inequality are here placed in a new theoretical light. The book provides examples of new codes of happiness in consuming products, culture and entertainment. Issues of nutrition, consumer policy, environmental risk and health are discussed in the light of these new codes.

Billboard

As America's favorite no-nonsense celebrity fitness trainer, Jackie Warner has years of experience showing her clients how

to get red-carpet ready in no time. Now she's sharing the secret formula! She'll show you how to lose 10 pounds fast and then continue losing over 30 days. You'll look and feel better than ever. In *10 Pounds in 10 Days*, Jackie reveals a program that your body will love and you will want to commit to for a lifetime. Rooted in Jackie's principles of fitness, this plan will give you a nutrient-rich, all-natural diet to jump-start your metabolism and rev up the fat burning; exercises to tone and sculpt your body to perfection; and the encouragement to turn your self-loathing into self-loving. Jackie's powerful 10 x 10 program will help you achieve your best body and the happiest you. Discover how to: **DROP POUNDS RAPIDLY:** Three simple 10-day eating plans and workouts-for a full 30 days of fat burning and toning **EAT TO LOSE:** Discover the superstar foods that encourage fat loss, satisfy cravings, and recharge your metabolism **BURN FAT FAST:** Specific high-intensity workouts that combine cardio-acceleration and resistance training to maximize burn and give ultimate tone in the fastest time possible **KEEP THE WEIGHT OFF:** The secret strategy for changing your set point so the pounds stay off permanently. Research-backed and client-proven, this program works! You'll feel better, eat healthier, exercise more efficiently, and above all, you'll lose up to 10 POUNDS IN 10 DAYS!

Shopping Around

A collection of essays, speeches, interviews, articles, and other previously inaccessible sources chronicles the political activism of Jane Fonda from 1970 through 2005, in a volume that encompasses the actress's campaigns against the war in Vietnam and militarism and on behalf of women's rights, feminism, the environment, and women's health issues.

Jane Fonda's New Pregnancy Workout and Total Birth Program

It is okay to be fat. This is the basic premise of fat activism, a social movement that has existed in Canada since the early 1970s. This book focuses on the earliest strands of the Canadian movement, which emerged around 1977 and ended around 1997 with the emergence of defiant performance artists Pretty, Porky, and Pissed Off. This twenty-year window loosely correlates with the rise of "second-wave" feminist organizing and thinking in the country. Fat activists were wrestling with issues other feminists of the era were debating: femininity, sexuality, and health. While united by the idea that it is okay to be fat, the movement has taken many different forms. Fat "activism" and the "movement" encompassed a variety of activities. It included groups that held regular meetings and published newsletters, organized events, and elected an executive. *Being Fat* explores activities like fashion design, self-help groups, plus-size modelling, and dance under the umbrella of fat activism, undertaken in the name of empowering fat women. Together, these activities show that self-identified fat women took up feminist ideas of liberation and applied them to their lives. Their personal experiences became the basis of a powerful movement to challenge beauty and bodily norms.

Steps in Time

More information to be announced soon on this forthcoming title from Penguin USA

Cooking for Healthy Living

Shopping Around investigates the issues of contemporary popular narrative, feminine pleasure, and consumer culture, viewing the permutations of the feminine subject as a textual construction evolved through everyday life. A wide spectrum of texts are examined, exposing the fact that women "read" within a complex and conflicted cultural arena characterized by a significant intertextuality that multiply defines "femininity." Shopping Around raises these issues in the context of everyday cultural practices such as applying make-up, reading magazines, watching television, and working-out, providing a unique introduction to postmodern feminist and cultural theory.

Vogue Body and Beauty Book

This edition of A Description of New Netherland provides the first complete and accurate English-language translation of an essential first-hand account of the lives and world of Dutch colonists and northeastern Native communities in the seventeenth century. Adriaen van der Donck, a graduate of Leiden University in the 1640s, became the law enforcement officer for the Dutch patroonship of Rensselaerswijck, located along the upper Hudson River. His position enabled him to interact extensively with Dutch colonists and the local Algonquians and Iroquoians. An astute observer, detailed recorder, and accessible writer, Van der Donck was ideally situated to write about his experiences and the natural and cultural worlds around him. Van der Donck's Beschryvinge van Nieuw-Nederlant was first published in 1655 and then expanded in 1656. An inaccurate and abbreviated English translation appeared in 1841 and was reprinted in 1968. This new volume features an accurate, polished translation by Diederik Willem Goedhuys and includes all the material from the original 1655 and 1656 editions. The result is an indispensable first-hand account with enduring value to historians, ethnohistorians, and anthropologists.

Bushworld

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.

Barbarella & the Wrath of the Minute-Eater

An entertaining compilation of Hollywood lore, trivia, and analysis provides a close-up look at the golden era of filmmaking and the creation of stars at the height of the studio system, from the 1930s to the 1950s, explaining how the star machine worked, the grooming of actors, and the careers of such actors as Tyrone Power, Errol Flynn, Lana Turner, and others. Reprint. 15,000 first printing.

A Description of New Netherland

Incorporates the latest medical findings to create a new health and fitness program for pregnant women

On Fire

Guaranteed to get results for both beginning and experienced exercisers, this amazing new workout helps readers get measurable benefits, balance muscle strength and flexibility, increase body awareness, improve energy level, and more.

Prime Time

This collection of thoughts is designed to give the reader a daily tune up to run at full capacity.

Forked

#1 NEW YORK TIMES BESTSELLER • Discover Jane Fonda, in her own words—and now experience the story of her life in the HBO documentary Jane Fonda in Five Acts. “To hold this book in your hands is to be astonished by how much living can be packed into sixty-plus years.”—Los Angeles Times America knows Jane Fonda as actress and activist, feminist and wife, workout guru and role model. In this extraordinary memoir, Fonda shows that she is much more. From her youth among Hollywood’s elite to her film career and her activism today, Fonda reveals intimate details and personal truths she hopes “can provide a lens through which others can see their lives and how they can live them a little differently.” Surprising, candid, and wonderfully written, *My Life So Far* is filled with insights into the personal struggles of a woman living a remarkable life. “In the process of writing this book I discovered there were clear, broad, even universal themes that ran through my life, a coherent arc to my journey that, if I could be truthful in the telling, might provide a road map for other women as they face the challenges of relationships, self-image, and forgiveness. What I did not anticipate was how my journey would also resonate with men.”—From the Introduction This eBook includes the full text of the book plus the

following additional content: • 50 new photos from Jane Fonda's personal and family archives, many often never seen in public • A free chapter from Jane Fonda's Prime Time Praise for My Life So Far "[A] sisterly, enveloping memoir . . . an intimate, haunting book that might as well be catnip from its ever controversial author."—Janet Maslin, *The New York Times* "Terrific . . . rich . . . unexpectedly quite moving."—*San Francisco Chronicle* "Fiercely intelligent, detailed, probing, rigorously revealing."—*O: The Oprah Magazine* "Fonda possesses a raw and affecting candor. . . . Her honesty [is] a force."—*The Philadelphia Inquirer* "A fearless book . . . fascinating."—*Chicago Sun-Times* "Truly compelling."—*The Atlanta Journal-Constitution* "Riveting."—*Seattle Post-Intelligencer*

Represent

PRE-ORDER NOW: the hilarious and heartfelt new autobiography from the national treasure Sir David Jason "So lithe,' they say. 'So spry and sparkling. So uncannily youthful. How on earth do you do it?' Well, what can I tell you? An hour of tai chi first thing in the morning, an HIIT work-out with my personal trainer, a bowl of steamed kale and a handful of almonds for lunch, and then two hours of yoga in the afternoon followed by an ice bath - this is a routine which I'm sure would work miracles for anyone of any age, although I can't be entirely sure because I haven't myself adopted any aspect of it at any point. Fortunately, during my life and career I have been given all sorts of advice and learned huge amounts from some great and enormously talented people. I've been blessed to play characters such as Derek Trotter, Granville, Pop Larkin and Frost, who have changed my life in all sorts of ways, and taught me lessons that go far beyond the television set. And I've worked a few things out for myself as well, about friendship, ambition, rejection, success, failure, adversity and fortune. With any luck, some of these thoughts and observations will chime with episodes and challenges you have faced, or are facing, in your own life. And if they don't well, hopefully, at the very least you'll get to have a good old laugh at my expense. So lean back, pour yourself a glass, and try not to fall through the bar flap . . .

Jane Fonda's Words of Politics and Passion

A restaurant critic can tell you about the chef. A menu can tell you about the farm-sourced ingredients. Now who's going to tell you about the people preparing your meal? From 2015 James Beard Leadership Award winner Saru Jayaraman, *Forked* is an enlightening examination of what we don't talk about when we talk about restaurants: Is the line cook working through a case of stomach flu because he doesn't get paid sick days? Is the busser not being promoted because he speaks with an accent? Is the server tolerating sexual harassment because tips are her only income? As most corporate restaurants continue to set low standards for worker wages and benefits, a new class of chefs and restaurateurs is working to foster sustainability in their food and their employees. *Forked* offers an insider's view of the highest--and lowest--scoring restaurants for worker pay and benefits in each sector of the restaurant industry, and with it, a new way of thinking about

how and where we eat.

On Golden Pond

No Marketing Blurb

What Can I Do?

Features 120 recipes, along with menu suggestions, nutritional analyses, cooking and preparation tips, and advice on fitness and exercise

The Lost Daughter

Explores the life of the actress, fitness trainer, and activist beyond her controversial public persona, covering her complicated relationship with her father, her marriage to Ted Turner, and the self-doubts about her anti-war campaigns.

Jane Fonda Cooking for Healthy Living

Includes more than 350 recipes collected from the cast and crew of *Murder, She Wrote*, with such offerings as Southern fried chicken, seafood chowder, Moroccan eggplant, and sweet potato flan

Note to Self

Presents the Bodies in Motion program of becoming or staying fit by utilizing diet, exercise, and mental awareness

What Falls Away

“Over the last few years we’ve seen a remarkable surge of women running for office, and even better, winning. Running takes courage, passion, and commitment, but it also takes books like this. June and Kate have created a wonderful resource for women as they think about taking the leap.”—Hillary Rodham Clinton Turn “can I do this?” into “yes, I can!” Join the growing wave of women leaders with *Represent*, an energetic, interactive, and inspiring step-by-step guide showing how to run for the approximately 500,000 elected offices in the US. Written with humor and honesty by writer, comedian, actress, and activist June Diane Raphael and Kate Black, former chief of staff at EMILY’s list, *Represent* is structured around a

21-point document called "I'm Running for Office: The Checklist." Doubling as a workbook, Represent covers it all, from the nuts and bolts of where to run, fundraising, and filing deadlines, to issues like balancing family and campaigning, managing social media and how running for office can work in your real life. With infographics, profiles of women politicians, and wisdom and advice from women in office, this is a must-own for any woman thinking of joining the pink wave.

Jane Fonda

When Barbarella's spaceship breaks down, she finds herself trapped on the planet, Lythion. There, she has a series of adventurous, and erotic encounters with a variety of strange beings, from robots to angels. In Wrath of the Minute-Eater (previously unpublished in English) Barbarella's travelling Circus Delirium enters another dimension, led by the mysterious and alluring aquaman, Narval, whose machinations catapult Barbarella & Co. into a complex battle for the planet, Spectra.

My Life So Far (with Bonus Content)

A veteran film critic offers a lively, opinionated guide to thinking and talking about movies--from Casablanca to Clueless. Whether we are trying to impress a date after an art house film screening or discussing Oscar nominations among friends, we all need ways to look at and talk about movies. But with so much variety between an Alfred Hitchcock thriller and a Nora Ephron romantic comedy, how can everyday viewers determine what makes a good movie? In Talking Pictures, veteran film critic Ann Hornaday walks us through the production of a typical movie--from script and casting to final sound edit--and explains how to evaluate each piece of the process. How do we know if a film has been well-written, above and beyond snappy dialogue? What constitutes a great screen performance? What goes into praiseworthy cinematography, editing, and sound design? And what does a director really do? In a new epilogue, Hornaday addresses important questions of representation in film and the industry and how this can, and should, effect a movie-watching experience. Full of engaging anecdotes and interviews with actors and filmmakers, Talking Pictures will help us see movies in a whole new light--not just as fans, but as film critics in our own right.

Being a Teen

THE STORY: This is the love story of Ethel and Norman Thayer, who are returning to their summer home on Golden Pond for the forty-eighth year. He is a retired professor, nearing eighty, with heart palpitations and a failing memory--but still as tart

Kathy Smith's Walkfit for a Better Body

One of the foremost entertainers of the twentieth century—singer, actor, choreographer, and, of course, the most dazzling "hooper" in the history of motion pictures—Fred Astaire was the epitome of charm, grace, and suave sophistication, with a style all his own and a complete disregard for the laws of gravity. *Steps in Time* is Astaire's story in his own words, a memoir as beguiling, exuberant, and enthralling as the great artist himself, the man ballet legends George Balanchine and Rudolf Nureyev cited as, hands down, the century's greatest dancer. From his debut in vaudeville at age six through his remarkable career as the star of many of the most popular Hollywood musicals ever captured on celluloid, *Steps in Time* celebrates the golden age of entertainment and its royalty, as seen through the eyes of the era's affable and adored prince. Illustrated with more than forty rare photographs from the author's personal collection, here is Astaire in all his debonair glory—his life, his times, his movies, and, above all, his magical screen appearances and enduring friendship with the most beloved of all his dancing partners, Ginger Rogers.

The Star Machine

The Oscar-winning actress, fitness expert and political activist outlines a roadmap for seniors who are experiencing unprecedented rates of longevity, sharing practical advice on everything from fitness and sexuality to coming to terms with past mistakes and embracing a spiritual life.

Pieces of My Heart

The Hollywood star traces her career and personal life, discussing such topics as her relationships with fellow actors, her marriage to plane crash victim Charles F. Blair, and her work on specific causes.

Call Me Ted

#1 New York Times and internationally bestselling author Naomi Klein makes the case for a Green New Deal in this “keenly argued, well-researched, and impassioned” manifesto (The Washington Post). An instant bestseller, *On Fire* shows Klein at her most prophetic and philosophical, investigating the climate crisis not only as a profound political challenge but also as a spiritual and imaginative one. Delving into topics ranging from the clash between ecological time and our culture of “perpetual now,” to the soaring history of humans changing and evolving rapidly in the face of grave threats, to rising white supremacy and fortified borders as a form of “climate barbarism,” this is a rousing call to action for a planet on the brink. An expansive, far-ranging exploration that sees the battle for a greener world as indistinguishable from the fight for our lives, *On Fire* captures the burning urgency of the climate crisis, as well as the fiery energy of a rising political movement demanding a catalytic Green New Deal. “Naomi Klein’s work has always moved and guided me. She is the great chronicler

of our age of climate emergency, an inspirer of generations." —Greta Thunberg, climate activist "If I were a rich man, I'd buy 245 million copies of Naomi Klein's 'On Fire' and hand-deliver them to every eligible voter in America...Klein is a skilled writer." —Jeff Goodell, The New York Times

101 Ways to Transform Your Life

In an exquisitely written memoir, Mia Farrow introduces us to the landscapes of her extraordinary life. Moving from her earliest memories of the walled gardens and rocky shores of western Ireland and her Hollywood childhood to her career as an actress, she writes of these experiences and her struggle to protect her children in a painful custody battle with Woody Allen. It was this crisis that led her to reflect upon the incidents that had brought her to a place so incomprehensible. Now, in *What Falls Away*, a memoir resonant not only in its honesty but also in its beautifully crafted prose, Mia Farrow speaks for the first time. She was born the third of seven children to the beautiful actress Maureen O'Sullivan and successful writer/director John Farrow, but the isolation of a polio ward brought her childhood to an abrupt end at the age of nine. Several years later, two deaths shattered the security of the family forever, and Mia Farrow embarked upon a journey that would lead her away from the convent education that was to sustain her spiritual courage, to starring roles in *Peyton Place* and *Rosemary's Baby*, a marriage to Frank Sinatra, divorce, a defining trip to India, work on the London stage and in film, and marriage to André Previn. Their life together in England brought them three sons and three daughters before that marriage, too, dissolved and she returned to the United States. The year 1979 saw the beginning of a new career with brilliant performances in thirteen of Woody Allen's most distinguished films. Told with grace and deep understanding, as well as humor, *What Falls Away* goes beneath the surface of this amazing life, with all its drama, success, and pain, and exposes the inner workings of a mind and spirit for whom truth, compassion, and faith are essential. Mia Farrow's story is ultimately one of hope and courage in the face of difficulty; of commitment to others--most important of whom are her children; and of spiritual strength. Readers will not easily forget this remarkable book, even long after the last page has been turned.

Talking Pictures

"Early to bed, early to rise, work like hell and advertise!" These words of fatherly advice helped shape Ted Turner's remarkable life, but they only begin to explain the colorful, energetic, and unique style that has made Ted into one of the most amazing personalities of our time. Along the way - among his numerous accomplishments -- Ted became one of the richest men in the world, the largest land owner in the United States, revolutionized the television business with the creation of TBS and CNN, became a champion sailor and winner of the America's Cup, and took home a World Series championship trophy in 1995 as owner of the Atlanta Braves. An innovative entrepreneur, outspoken nonconformist, and

groundbreaking philanthropist, Ted Turner is truly a living legend, and now, for the first time, he reveals his personal story. From his difficult childhood to the successful launch of his media empire to the catastrophic AOL/Time Warner deal, Turner spares no details or feelings and takes the reader along on a wild and sometimes bumpy ride. You'll also hear Ted's personal take on how we can save the worldshare his experiences in the dugout on the day when he appointed himself as manager of the Atlanta Braves.learn how he almost lost his life in the 1979 Fastnet sailing race (but came out the winner)and discover surprising details about his dealings with Fidel Castro, Mikhail Gorbachev, Jimmy Carter, Bill Gates, Jack Welch, Warren Buffett, and many more of the most influential people of the past half century. Ted also doesn't shrink from the darker and more intimate details of his life. With his usual frankness, he discusses a childhood of loneliness (he was left at a boarding school by his parents at the tender age of four), and the emotional impact of devastating losses (Ted's beloved sister died at seventeen and his hard-charging father committed suicide when Ted was still in his early twenties). Turner is also forthcoming about his marriages, including the one to Oscar-winning actress, Jane Fonda. Along the way, Ted's friends, colleagues, and family are equally revealing in their unique "Ted Stories" which are peppered throughout the book. Jane Fonda, especially, provides intriguing insights into Ted's inner drive and character. In CALL ME TED, you'll hear Ted Turner's distinctive voice on every page. Always forthright, he tells you what makes him tick and what ticks him off, and delivers an honest account of what he's all about. Inspiring and entertaining, CALL ME TED sheds new light on one of the greatest visionaries of our time.

The Murder, She Wrote Cookbook

A Del of a Life

In this New York Times bestseller, Gayle King collects her favorite inspiring letters from the popular CBS This Morning segment Note to Self, in which twenty-first century luminaries pen advice and encouragement to the young people they once were. What do Congressman John Lewis, Dr. Ruth, and Kermit the Frog wish they could tell their younger selves? What about a gay NFL player or the most successful female race car driver? In Note to Self, CBS This Morning cohost Gayle King shares some of the most memorable letters from the broadcast's popular segment of the same name. With essays from such varied figures as Oprah, Vice President Joe Biden, Chelsea Handler, and Maya Angelou—as well as poignant words from a Newtown father and a military widow—Note to Self is a moving reflection on the joys and challenges of growing up and a perfect gift for any occasion.

How to Be Narstie

In this candid, insightful, and unconventional memoir, Goldie Hawn invites us to join her in an inspirational look back at the people, places, and events that have touched her. It is the spiritual journey of a heart in search of enlightenment. With her trademark effervescence, Goldie delivers a personal look at private and powerful events that carried her through life: her father's spontaneity; her mother's courage; and the joy of being a daughter, a sister, a parent, and a lover. She writes about her childhood dreams of becoming a ballerina. She takes us on a tour of her go-go years in 1960s New York City, the phenomenon of TV's Rowan & Martin's Laugh-In, her Oscar-winning debut in *Cactus Flower* and Hollywood stardom. She writes intimately about the challenges of love, anger and fear, and the importance of compassion and integrity. She speaks openly about her family, her partner Kurt Russell, her children; her faith, her curiosity for that which she doesn't yet know, and her thirst for knowledge. Most of all, it is a trip back through a life well lived by a woman well loved.

To Paint is to Love Again

This cookbook is structured to make it easier for one to incorporate the principles of health cooking and eating into everyday life. It begins with a discussion on healthy cooking and eating, the basic principles of nutrition, meal and menu planning, shopping tips and weight loss and exercise. The book is then divided into the three meals of the day for which Jane Fonda suggests menus for complete, healthy meals as well as individual recipes which are each accompanied by a full-page colour photograph.

Constructing the New Consumer Society

Tis Herself

"I always hoped [Mary Williams] would tell her incredible story. She's a writer of uncommon clarity and humor, and the arrival of her memoir is cause for celebration." —Dave Eggers, author of *What is the What* As she grew up in 1970s Oakland, California, role models for Mary Williams were few and far between: her father was often in prison, her older sister was a teenage prostitute, and her hot-tempered mother struggled to raise six children alone. For all Mary knew, she was heading down a similar path. But her life changed when she met Jane Fonda at summer camp in 1978. Fonda grew attached to the bright girl and eventually invited her to become part of her family, becoming the mother Mary never had. Mary's life since has been one of adventure and opportunity—from hiking the Appalachian Trail solo, working with the Lost Boys of Sudan, and living in the frozen reaches of Antarctica. Her most courageous trip, though, involved returning to Oakland and reconnecting with her biological mother and family, many of whom she hadn't seen since the day she left home. *The Lost Daughter* is a chronicle of her journey back in time, an exploration of fractured family bonds, and a moving epic of self-

discovery.

Your Body, Your Health

Presents a guide to identity, friendship, family, the body, sexuality, pregnancy, and bullying, based on the author's personal experiences working with young people and experts at The Georgia Campaign for Adolescent Pregnancy Prevention.

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