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KEY=MICHAEL - RANDY MIDDLETON

HUNGER: A GONE NOVEL

Harper Collins It's been three months since everyone under the age of fifteen became trapped in the bubble known as the FAYZ. Three months since all the adults disappeared. Gone. Food ran out weeks ago. Everyone is starving, but no one wants to figure out a solution. And each day, more and more kids are evolving, developing supernatural abilities that set them apart from the kids without powers. Tension rises and chaos is descending upon the town. It's the normal kids against the mutants. Each kid is out for himself, and even the good ones turn murderous. But a larger problem looms. The Darkness, a sinister creature that has lived buried deep in the hills, begins calling to some of the teens in the FAYZ. Calling to them, guiding them, manipulating them. The Darkness has awakened. And it is hungry.

HUNGER

Electric Monkey Suddenly it's a world without adults and normal has crashed and burned. When life as you know it ends at 15, everything changes. The clock is ticking for Sam Temple and the kids of Perdido Beach and starvation threatens the FAYZ. The strain of leadership is beginning to show on Sam and he's got more than just dwindling rations and in-fighting to worry about - Caine is back with the psychotic whiphand, Drake, by his side. And in the background lies the greatest danger of all - and he too needs to be fed. A tour-de-force from global sensation Michael Grant, Hunger is the second book in this bestselling series. "I love this book" - Stephen King

GONE SERIES COMPLETE COLLECTION

GONE, HUNGER, LIES, PLAGUE, FEAR, LIGHT

Harper Collins This collection contains all six books in New York Times bestselling author Michael Grant's breathtaking dystopian sci-fi Gone saga. These page-turning thrillers invoke the classic The Lord of the Flies along with the horror of Stephen King. King himself said: "I love these books." In the blink of an eye, everyone disappears. Gone. Except for the young. There are teens, but not one single adult. Just as suddenly, there are no phones, no internet, no television. No way to get help. And no way to figure out what's happened. Hunger threatens. Bullies rule. A sinister creature lurks. Animals are mutating. And the teens themselves are changing, developing new talents—unimaginable, dangerous, deadly powers—that grow stronger by the day. It's a terrifying new world. Sides are being chosen, a fight is shaping up. Townies against rich kids. Bullies against the weak. Powerful against powerless. And time is running out: on your birthday, you disappear just like everyone else. . . . Michael Grant's Gone series has been praised for its compelling storytelling, multidimensional characters, and multiple points of view. Included in this collection are: Gone, Hunger, Lies, Plague, Fear, and Light.

FEAR

Harper Collins The fifth book in the bestselling Gone series by Michael Grant continues the page-turning saga of Sam, Astrid, and Drake in their terrifying post-apocalyptic world. It's been one year since all the adults disappeared. Gone. Despite the hunger, despite the lies, even despite the plague, the kids of Perdido Beach are determined to survive. Creeping into the tenuous new world they've built, though, is the worst incarnation yet of the enemy known as the Darkness: fear. Within the FAYZ, life breaks down while the Darkness takes over—turning the dome-world of the FAYZ entirely black. A will to survive and a desire to take care of those they love endure in this ravaged band, even in the bleakest moments. But in darkness, the worst fears of all emerge, and the cruelest of intentions are carried out. After so many months, is all about to be lost in the FAYZ? "Fans can count on more excellent storytelling, multidimensional characters who continue to develop in unexpected ways, and some mighty find eye-popping moments." —VOYA (starred review) Read the entire series: Gone Hunger Lies Plague Fear Light Monster Villain Hero

GONE

Harper Collins The first in New York Times bestselling author Michael Grant's breathtaking dystopian sci-fi saga, Gone is a page-turning thriller that invokes the classic The Lord of the Flies along with the horror of Stephen King. In the blink of an eye, everyone disappears. Gone. Except for the young. There are teens, but not one single adult. Just as suddenly, there are no phones, no internet, no television. No way to get help. And no way to figure out what's happened. Hunger threatens. Bullies rule. A sinister creature lurks. Animals are mutating. And the teens themselves are changing, developing new talents—unimaginable, dangerous, deadly powers—that grow stronger by the day. It's a terrifying new world. Sides are being chosen, a fight is shaping up. Townies against rich kids. Bullies against the weak. Powerful against powerless. And time is running out: on your birthday, you disappear just like everyone else. . . . "A potent mix of action and thoughtfulness—centered around good and evil, courage and cowardice—renders this a tour de force that will leave readers dazed, disturbed, and utterly breathless." —ALA Booklist (starred review) Read the entire series: Gone Hunger Lies Plague Fear Light Monster Villain Hero

PLAGUE

Harper Collins *Plague*, Michael Grant's fourth book in the bestselling *Gone* series, will satisfy dystopian fans of all ages. It's been eight months since all the adults disappeared. *Gone*. They've survived hunger. They've survived lies. But the stakes keep rising, and the dystopian horror keeps building. Yet despite the simmering unrest left behind by so many battles, power struggles, and angry divides, there is a momentary calm in Perdido Beach. But enemies in the *FAYZ* don't just fade away, and in the quiet, deadly things are stirring, mutating, and finding their way free. The Darkness has found its way into the mind of its Nemesis at last and is controlling it through a haze of delirium and confusion. A highly contagious, fatal illness spreads at an alarming rate. Sinister, predatory insects terrorize Perdido Beach. And Sam, Astrid, Diana, and Caine are plagued by a growing doubt that they'll escape—or even survive—life in the *FAYZ*. With so much turmoil surrounding them, what desperate choices will they make when it comes to saving themselves and those they love? “Grant’s sf-fantasy thrillers continue to be the very definition of a page-turner.” —ALA Booklist Read the entire series: *Gone Hunger Lies Plague Fear Light Monster Villain Hero*

LIES

Harper Collins The third book in Michael Grant's New York Times bestselling *Gone* series, *Lies* is another heart-in-your-throat page-turner, both chilling and thought-provoking. It's been seven months since all the adults disappeared. *Gone*. It happens in one night. A girl who died now walks among the living; Zil and the Human Crew set fire to Perdido Beach, and amid the flames and smoke, Sam sees the figure of the boy he fears the most: Drake. But Drake is dead. Sam and Caine defeated him along with the Darkness—or so they thought. As Perdido Beach burns, battles rage: Astrid against the Town Council; the Human Crew versus the mutants; and Sam against Drake, who is back from the dead and ready to finish where he and Sam left off. And all the while deadly rumors are raging like the fire itself, spread by the prophetess Orsay and her companion, Nerezza. They say that death is a way to escape the *FAYZ*. Conditions are worse than ever and kids are desperate to get out. But are they desperate enough to believe that death will set them free? “Disturbing, brilliantly plotted, and boasting a balanced mix of action and scheming.” —ALA Booklist Read the entire series: *Gone Hunger Lies Plague Fear Light Monster Villain Hero*

GONE

Harper Collins In the blink of an eye. Everyone disappears. *GONE*. Except for the young. Teens. Middle schoolers. Toddlers. But not one single adult. No teachers, no cops, no doctors, no parents. Just as suddenly, there are no phones, no internet, no television. No way to get help. And no way to figure out what's happened. Hunger threatens. Bullies rule. A sinister creature lurks. Animals are mutating. And the teens themselves are changing, developing new talents—unimaginable, dangerous, deadly powers—that grow stronger by the day. It's a terrifying new world. Sides are being chosen, a fight is shaping up. Townies against rich kids. Bullies against the weak. Powerful against powerless. And time is running out: On your birthday, you disappear just like everyone else...

VILLAIN

HarperCollins Acclaimed author Michael Grant's globally bestselling *Gone* series continues with *Villain*, where old foes return and new ones rise, with action-packed scenes, gory battles, and plot twists that will leave readers scrambling for more. It's been four years since the events of *GONE*. The Perdido Beach dome is down, but the horrors within have spread. The alien virus-infested rock that created the *FAYZ* is creating monsters—monsters that walk the cities and countryside, terrorizing all. There are tanks in the street and predator drones in the sky, doomed efforts to stop the disintegration of civilization. Into this chaos comes a villain with the power to control anyone with just the sound of his voice. Dillon Poe wanted to be a comedian once . . . but everyone made fun of him. Dillon the loser. Dillon the freak. Now he's sending thousands to their death. Who's laughing now? The only people who can stop a superpowered villain are superpowered heroes. Dekka, Shade, Cruz, Malik, Armo, and a new mutant with unmatched powers, are all that stand in Dillon's way. But when the lines begin to blur between hero and villain—some begin to wonder who's really the monster. Praise for *Monster*: “Ratchets up the gore and action, and features a diverse cast of characters. An evocative, intricately plotted companion series.” —ALA Booklist Read the entire series: *Gone Hunger Lies Plague Fear Light Monster Villain Hero*

HUNGER

A deadly, flu-like epidemic and a plague of flesh-eating creatures threaten the lives of the children at Perdido Beach while Sam, Astrid, Caine, and Diana each struggle with doubts and uncertainties.

HUNGER GONE ; 2

HERO

HarperCollins The mind-blowing conclusion to the *Monster* trilogy and the final installment in the *Gone* series from science fiction and fantasy master Michael Grant is perfect for superhero and Stephen King fans alike. After the fall of Perdido Beach dome, a new set of humans developed mutant powers from the rock infected with alien virus. They are the Rockborn Gang: Dekka, Shade, Cruz, Malik, Armo, and Francis. With their superpowers, they have defended the earth from other rockborn who used their powers for evil, like Dillon Poe. When another rock carrying the virus strikes New York, a new foe, Bob Markovic, rises with a horrifying and nearly unstoppable ability. Markovic's unending ambition and lack of a moral compass made him unbearable before the virus. And that was before he was a swarm of plague-ridden insects, with the power and means to take over the city—and maybe the world. As the Rockborn Gang try to defeat their latest villain, they will find themselves on morally gray grounds and have to make tough decisions if they want to save the world. In this pulse-pounding finale to the saga more than ten years in the making, Michael Grant delivers an unforgettable conclusion while asking: What does it take to be a hero? Praise for *Monster*: “Ratchets up the gore and action, and features a diverse cast of characters. An evocative, intricately plotted companion series.” —ALA Booklist Read the entire series: *Gone*

Hunger Lies Plague Fear Light Monster Villain Hero

MONSTER

HarperCollins Acclaimed author Michael Grant delivers a stunning follow-up to the globally bestselling *Gone* series—perfect for fans of Stephen King’s suspenseful writing. It’s been four years since a meteor hit Perdido Beach and everyone disappeared. Everyone, except the kids trapped in the *FAYZ*—an invisible dome that was created by an alien virus. Inside the *FAYZ*, animals began to mutate and teens developed dangerous powers. The terrifying new world was plagued with hunger, lies, and fear of the unknown. Now the dome is gone and meteors are hitting earth with an even deadlier virus. Humans will mutate into monsters and the whole world will be exposed. As some teens begin to morph into heroes, they will find that others have become dangerously out of control . . . and that the world is on the brink of a monstrous battle between good and evil. “Ratchets up the gore and action, and features a diverse cast of characters. An evocative, intricately plotted companion series.” —ALA Booklist Read the entire series: *Gone Hunger Lies Plague Fear Light Monster Villain Hero*

LIGHT

Electric Monkey Welcome back to the *FAYZ*! This is Book 6 in the series that Stephen King calls a 'driving, torrential narrative'.

HUNGER. GONE

THE DIABOLIC

Simon and Schuster *Red Queen* meets *The Hunger Games* in this epic novel about what happens when the galaxy’s most deadly weapon masquerades as a senator’s daughter and a hostage of the galactic court. A *Diabolic* is ruthless. A *Diabolic* is powerful. A *Diabolic* has a single task: Kill in order to protect the person you’ve been created for. *Nemesis* is a *Diabolic*, a humanoid teenager created to protect a galactic senator’s daughter, *Sidonia*. The two have grown up side by side, but are in no way sisters. *Nemesis* is expected to give her life for *Sidonia*, and she would do so gladly. She would also take as many lives as necessary to keep *Sidonia* safe. When the power-mad Emperor learns *Sidonia*’s father is participating in a rebellion, he summons *Sidonia* to the Galactic court. She is to serve as a hostage. Now, there is only one way for *Nemesis* to protect *Sidonia*. She must become her. *Nemesis* travels to the court disguised as *Sidonia*—a killing machine masquerading in a world of corrupt politicians and two-faced senators’ children. It’s a nest of vipers with threats on every side, but *Nemesis* must keep her true abilities a secret or risk everything. As the Empire begins to fracture and rebellion looms closer, *Nemesis* learns there is something more to her than just deadly force. She finds a humanity truer than what she encounters from most humans. Amidst all the danger, action, and intrigue, her humanity just might be the thing that saves her life—and the empire.

BZRK RELOADED

Carolrhoda Lab ® From best-selling author Michael Grant comes the highly anticipated, terrifying, and mind-bending second book in the *BZRK* trilogy. The entire *BZRK* cell—including Noah and Sadie—has been left in pieces after the last round of battle with the *Armstrong Twins*, conjoined brothers who plot to rob mankind of its free will. Vincent’s mind is shattered, and his memories hold dangerous secrets—secrets that *Lear*, *BZRK*’s mysterious leader, will stop at nothing to protect. Meanwhile, *Bug Man* has taken control of the President’s brain, but playing with sanity is a dangerous game. The consequences can spiral way out of control, and the *Armstrong Twins* are not people *Bug Man* can afford to disappoint. The nano is as terrifying, exhilarating, and unpredictable as ever. But the wall of secrets that surrounds it is cracking. What will it reveal? And once the dust has settled, who will be sane enough to find out?

FRONT LINES

HarperCollins An epic, genre-bending, and transformative new series that reimagines World War II with female soldiers fighting on the front lines. World War II, 1942. A court decision makes women subject to the draft and eligible for service. The unproven American army is going up against the greatest fighting force ever assembled, the armed forces of Nazi Germany. Three girls sign up to fight. *Rio Richlin*, *Frangie Marr*, and *Rainy Schulterman* are average girls, girls with dreams and aspirations, at the start of their lives, at the start of their loves. Each has her own reasons for volunteering: *Rio* fights to honor her sister; *Frangie* needs money for her family; *Rainy* wants to kill Germans. For the first time they leave behind their homes and families—to go to war. These three daring young women will play their parts in the war to defeat evil and save the human race. As the fate of the world hangs in the balance, they will discover the roles that define them on the front lines. They will fight the greatest war the world has ever known. Perfect for fans of *Girl in the Blue Coat*, *Salt to the Sea*, *The Book Thief*, and *Code Name Verity*, from New York Times bestselling author Michael Grant.

GONE

Createspace Independent Publishing Platform *Macy Mercer* was abducted by *Chester Woodran*, who took her to replace his own missing daughter. She’s faced horrors worse than she ever imagined, but is determined to get back home.

EVE AND ADAM

Feiwel & Friends In the beginning, there was an apple – And then there was a car crash, a horrible injury, and a hospital. But before *Evening Spiker*’s head clears a strange boy named *Solo* is rushing her to her mother’s research facility. There, under the best care available, *Eve* is left alone to heal. Just when *Eve* thinks she will die – not from her injuries, but from boredom—her mother gives her a special project: Create the perfect boy. Using an amazingly detailed simulation, *Eve* starts building a boy from the ground up. *Eve* is creating *Adam*. And he will be just perfect . . . won’t he?

THE WORDS IN MY HANDS

Annick Press Part coming of age, part call to action, this fast-paced #ownvoices novel about a Deaf teenager is a unique and inspiring exploration of what it means to belong. Smart, artistic, and independent, sixteen year old Piper is tired of trying to conform. Her mom wants her to be “normal,” to pass as hearing, to get a good job. But in a time of food scarcity, environmental collapse, and political corruption, Piper has other things on her mind—like survival. Piper has always been told that she needs to compensate for her Deafness in a world made for those who can hear. But when she meets Marley, a new world opens up—one where Deafness is something to celebrate, and where resilience means taking action, building a community, and believing in something better. Published to rave reviews as Future Girl in Australia (Allen & Unwin, Sept. 2020), this empowering, unforgettable story is told through a visual extravaganza of text, paint, collage, and drawings. Set in an ominously prescient near future, The Words in My Hands is very much a novel for our turbulent times.

THE COLLECTED POEMS OF KENNETH PATCHEN

New Directions Publishing Patchen, Collected Poems. The great poet's complete poetry.

BZRK

Carolrhoda Lab ® Love The Hunger Games? Action-adventure thrillers with a dystopian twist? BZRK (Berserk) by Michael Grant, New York Times best-selling author of the GONE series, ramps up the action and suspense to a whole new level of excitement. Charles and Benjamin Armstrong, conjoined twins and owners of the Armstrong Fancy Gifts Corporation, have a goal: to turn the world into their vision of utopia. No wars, no conflict, no hunger. And no free will. Opposing them is a guerrilla group of teens, code name BZRK, who are fighting to protect the right to be messed up, to be human. This is no ordinary war, though. Weapons are deployed on the nano-level. The battleground is the human brain. And there are no stalemates here: It's victory . . . or madness. BZRK unfolds with hurricane force around core themes of conspiracy and mystery, insanity and changing realities, engagement and empowerment, and the larger impact of personal choice. Which side would you choose? How far would you go to win?

MESSENGER OF FEAR

Harper Collins Michael Grant's Messenger of Fear is a haunting narrative that examines the nature of good and evil in every human. Fans of Michelle Hodkin's Mara Dyer trilogy and Stephen King will love this satisfyingly twisted series. Mara Todd wakes in a field of dead grass, a heavy mist pressing down on her. She is terrified, afraid that she is dead. She can't remember who she is or anything about her past. Is it because of the boy who appears? He calls himself the Messenger of Fear. If the world does not bring justice to those who do evil, the Messenger will. He offers the wicked a game. If they win, they go free. If they lose, they will live their greatest fear. Either way, their sanity will be challenged. It is a world of fair but harsh justice. Of retribution and redemption. And mystery. Why was Mara chosen to be the Messenger's apprentice? What has she done to deserve this terrible fate? She won't find out until three of the wicked receive justice. And when she does, she will be shattered.

THE GIRL WHO OWNED A CITY

Carolrhoda Books ® A deadly plague has devastated Earth, killing all the adults. Lisa and her younger brother Todd are struggling to stay alive in a world where no one is safe. Other children along Grand Avenue need help as well. They band together to find food, shelter, and protection from dangerous gangs invading their neighborhood. When Tom Logan and his army start making threats, Lisa comes up with a plan and leads her group to a safer place. But how far is she willing to go to protect what's hers?

THE NIGHT BUFFALO

A NOVEL

Simon and Schuster A compelling new novel by the author of 21 Games revolves around the suicide of Gregorio, a charismatic but troubled young man betrayed by the two people whom he trusted the most. Reprint.

BZRK APOCALYPSE

Carolrhoda Lab & 8482 Noah and Sadie struggle to hold onto their sanity and each other while preparing for an ultimate showdown to save the world from being destroyed by an invisible apocalypse.

STRUCK

Macmillan After a major earthquake devastates Los Angeles, seventeen-year-old Mia wants only to take care of her younger brother and traumatized mother, but two fanatical doomsday cults vie for her powers, drawn from the multiple lightning strikes she has experienced.

AFTER THE END

Harper Collins Michael Grant's Gone series meets M. Night Shyamalan's The Village in this riveting story of one girl's journey to save the very people who have lied to her for her entire life. Amy Plum, international bestselling author of the Die for Me series, delivers a fast-paced adventure perfect for fans of Marie Lu, Veronica Rossi, and Robison Wells. Juneau grew up fearing the outside world. The elders told her that beyond the borders of their land in the Alaskan wilderness, nuclear war had destroyed everything. But when Juneau returns from a hunting trip one day and discovers her people have been abducted, she sets off to find them. And leaving the boundaries for the very first time, she learns the horrifying truth: World War III never happened. Nothing was destroyed. Everything she'd ever been taught was a lie. As Juneau comes to terms with an unfathomable deception, she is forced to survive in a completely

foreign world, using only the skills and abilities she developed in the wild. But while she's struggling to rescue her friends and family, someone else is after her. Someone who knows the extraordinary truth about her secret past.

GONE

National Geographic Books

EVA'S NEW PET: A BRANCHES BOOK (OWL DIARIES #15)

Scholastic Inc. Eva Wingdale is getting a new pet, in this bestselling early chapter book series just-right for emerging readers! Pick a book. Grow a Reader! This series is part of Scholastic's early chapter book line, Branches, aimed at newly independent readers. With easy-to-read text, high-interest content, fast-paced plots, and illustrations on every page, these books will boost reading confidence and stamina. Branches books help readers grow! Eva can't wait to get a new pet! But she can't decide what kind of pet to get. Her pet needs to be cute, cuddly, friendly... and, of course, get along with her bat, Baxter. Eva's friend Lucy has a great idea: They will pet-sit for all their friends to find out which animal is right for Eva! Chaos breaks out as they look after a bumblebee, a tortoise, a goldfish, and more. Will Baxter be able to help Eva discover which pet is just-right for their family? Rebecca Elliott's sweet text and full-color artwork on every page bring this story to life for young readers!

THE SICKNESS (ANIMORPHS #29)

Scholastic Inc. Something is very wrong with Ax. He's sick, and the Animorphs don't know what to do about it. They can't take him to the hospital. They don't know how to contact the Andalite home world. And Ax is dying. Cassie and the other Animorphs come up with a plan. But it involves finding a new way into the Yeerk pool. There's just one problem: Jake, Rachel, Tobias, and Marco all come down with Ax's sickness. And now, for the first time, Cassie is on her own...

A SUDDEN DEATH IN CYPRUS

Canongate Books David Mitre has a very unusual set of skills, skills he has acquired over a long criminal career. Skills that make him an irritant for people like the FBI. Hiding among the ex-pat community of the Greek islands, his cover is blown when he is witness to a stabbing on a Cyprus beach. The FBI want answers and David is given an ultimatum; solve the murder or face imprisonment for his own crimes. Coerced into playing detective, David unwittingly uncovers a criminal enterprise far worse than anything he could have imagined.

THE DRAGON HEIR

Little, Brown Books for Young Readers The third thrilling installment of the Heir Chronicles series by New York Times and USA Today bestselling author Cinda Williams Chima. The covenant that was meant to keep the wizard wars at bay has been stolen, and Trinity must prepare for attack. Everyone is doing their part—Seph is monitoring the Weirwalls, Jack and Ellen are training their ghostly army, even Anaweir Will and Fitch are setting booby traps around the town's perimeter. But to Jason Haley it seems like everyone wants to keep him out of the action. He may not be the most powerful wizard in Trinity, but he's prepared to fight for his friends. Everything changes when Jason finds a powerful talisman—a huge opal called the Dragonheart—buried in a cave. The stone seems to sing to Jason's very soul, showing him that he is meant for more than anyone knew. Moral compasses spin out of control as a final battle storms through what was once a sanctuary for the gifted. With so much to lose, what will the people of Trinity be willing to fight for—and what will they sacrifice?

WORLD AGRICULTURAL SUPPLY AND DEMAND ESTIMATES

DEADLY LITTLE LIES

Little, Brown Books for Young Readers Last fall, sixteen-year-old Camelia fell for Ben, the mysterious new boy at school who turned out to have a very mysterious gift--psychometry, the ability to sense the future through touch. But just as Camelia and Ben's romance began to heat up, he abruptly left town. Brokenhearted, Camelia has spent the last few months studying everything she can about psychometry, and experiencing her own strange brushes with premonition.

SPARK

The first in an exciting new series that will appeal to fans of Matched and Divergent! One day Evie's an ordinary seventeen year old, grieving for her mother. The next, she's a Shield, the result of a decades old experiment gone wrong, bound by DNA to defend her best friend from an unknown killer...

CYTHON

A GUIDE FOR PYTHON PROGRAMMERS

"O'Reilly Media, Inc." Build software that combines Python's expressivity with the performance and control of C (and C++). It's possible with Cython, the compiler and hybrid programming language used by foundational packages such as NumPy, and prominent in projects including Pandas, h5py, and scikits-learn. In this practical guide, you'll learn how to use Cython to improve Python's performance—up to 3000x— and to wrap C and C++ libraries in Python with ease. Author Kurt Smith takes you through Cython's capabilities, with sample code and in-depth practice exercises. If you're just starting with Cython, or want to go deeper, you'll learn how this language is an essential part of any performance-oriented Python programmer's arsenal. Use Cython's static typing to speed up Python code Gain hands-on experience using Cython features to boost your numeric-heavy Python Create new types with Cython—and see how fast object-oriented programming in Python can be Effectively organize Cython code into separate modules and

packages without sacrificing performance Use Cython to give Pythonic interfaces to C and C++ libraries Optimize code with Cython's runtime and compile-time profiling tools Use Cython's prange function to parallelize loops transparently with OpenMP

LIGHT

A GONE NOVEL

"Answers to every mystery of the FAYZ are revealed, unexpected heroes emerge as sacrifices are made, and the Darkness is finally conquered by a force even more powerful than itself in this conclusion to the Gone series"--

MUSCLE FOR LIFE

GET LEAN, STRONG, AND HEALTHY AT ANY AGE!

Simon and Schuster Imagine watching pounds of fat melt away without ever feeling like you're on a diet. Imagine adding lean muscle to all the right places by doing just a few workouts per week that make you strong. And imagine realizing that your health and fitness goals—even the ones you've all but given up on—are finally within your reach. Muscle for Life will show you how. From the bestselling fitness author of *Bigger Leaner Stronger* and *The Shredded Chef*, Muscle for Life reveals a science-based blueprint for eating and exercising that anyone can follow at any age and fitness level. Based on time-proven principles produced by decades of hands-on experience and thousands of hours of scientific research, Muscle for Life will give you a plan for transforming your body faster than you ever thought possible, including: -Conquering the "mental game" of fitness. Learn to hack your habits, willpower, and mindset so your fitness regimen feels like it's on autopilot. -Harnessing the science of "flexible dieting." A whole new paradigm for eating that empowers you to forever break free of fad dieting, crash dieting, and yo-yo dieting. -Unlocking the power of strength training. The "secret" to optimizing your body composition, which is far more important for your health and image than your body weight. Whether you're a beginner looking for a lifestyle change, a lifelong athlete looking to reach the next level, or somewhere in between, Muscle for Life will show you how to look, feel, and perform your best. And frankly, it may be the last fitness book you'll ever need to read.