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(Piano/Vocal/Guitar Artist Songbook). This fantastic collection features over 25 hits from the British rock band in piano/vocal/guitar notation, including: Angie \* Beast of Burden \* Emotional Rescue \* Fool to Cry \* Happy \* It's Only Rock 'N' Roll (But I like It) \* Miss You \* Not Fade Away \* Rocks Off \* Shattered \* Start Me Up \* Time Is on My Side \* Tumbling Dice \* Waiting on a Friend \* and more. Up Coming Book events December- 2sd, Landing - Jacksonville, FL - (904) 353-1188 - Bing Local Friday -10am to 2pm The Landings Downtown Jax. December - 3rd, \*Pier 17 Marine / Ships Locker Saturday - 11am to 3pm Jacksonville FL. December -10th, \*Billy's Boat House Grill Sunday - 12 to 4pm Jacksonville FL. December - 16th, \*Whitey's Fish Camp / Seafood Restaurant Friday - 4 to 9pm Orange Park, FL December - 18th, \*Caribbee Key Island Grill & Cruzan Rum Bar Sunday- December 18th 1 to 5pm Neptune Beach, FL January - Date to be announced \*Blue Fish Restaurant and Oyster Bar Jacksonville, FL Coastal Cruising at its best...A first hand viewpoint from the cockpit! A Sail and Tale Of an Emotional Rescue Part 1 and 2 Thoughts of a sailor back on land with an assignment in life... An untold Story Part 3 "A Final Destination in Mind"... "A tell all"... coming soon By Samuel Phillis Sailing yachtsman, beware of Murphy and his law! Book description, Book Reviews and Current Press Release A full color picture gift book, ideal as a coffee table pride and a good read "Some say a page turner" Men will brave themselves through rough seas of the Atlantic and life, somewhat a metaphor of life...Written for the wannabes, novice and seasoned boater. Even non-boaters...Or even for those looking for a "new slice within life" and want to master something new..... that they never dared before..... Boating is a hobby that reflects much of life. Everyone has their own boat to sail. Their destination and route is their own choosing, but we all sail on unpredictable waters that are not under our command. Sam Phillis's A Sail and Tale of an Emotional Rescue is a book of a man's adventurous voyage over seas and through life. A Sail and Tale of an Emotional Rescue chronicles the thrilling and dramatic experiences of author Sam Phillis and his 30-foot Catalina Yacht and sailing sloop named the Emotional Rescue. Phillis initially preferred the safe enclosure of freshwater, but some dramatic events in his life, and the distant crashing waves of the Atlantic seawater, compelled him to set sail down the Atlantic Intracoastal Waterway and near shore on the Atlantic Ocean. Through many tribulations on ocean and in life, Phillis emerges to tell his amazing tales of daily survival. A Sail and Tale of an Emotional Rescue is a factual and humorous narrative of a seasoned recreational sailor with thirty years and thirteen thousand miles of sailing and boating experience. This book makes an excellent gift and enjoyable reading for avid recreational sailors and those wanting to leave their dormant shores of life for adventure. Some Book Reviews of Interest: • Every now and then at Savannah Connect we

come across a book so unique, so individualistic, so off-the hook that it makes us smile. Sam Phillis's book is such a book! ..... A glorious hodge-podge of an account of his voyages off the Eastern Seaboard.....Phillis's book is hectic, a deeply personal memoir of one man's struggle, depicted by his efforts to tame the sea almost single-handed, although a cancer patient, and a self-professed bipolar sufferer, along with going through a divorce..... Sam writes with a funny, engaging writing style and a great eye for photocomposition. ....A Sail and Tale of an Emotional Rescue takes you on what is sometimes literally a whirlwind tour of the Intracoastal Waterways and points offshore...the book is much like the author himself: warm, engaging and somewhat chaotic (there is not just one "ending" but multiple closures and endings.... ....It's a book that despite its many minor flaws, will no doubt remind you of your own personal voyages, large and small.... Most of all, in a publishing world full of self-important, "literary" tomes of questionable human value, Phillis's memoir is quite a breath of fresh air in your own sail. Jim M. Editor and Chief • "I honestly didn't know what to think or what I'd find the first time I set down to read Sam's "Sail and Tale of an Emotional Rescue". But the more I read, the more delighted and curious I was. I found it hard to put down once I got started and felt I was along with him in the cockpit." - Dennis N. - Reader and CEO • "It seems like Sam writes with an interested "stream of consciousness" and tells it like it really is. He will surely hold your attention and make you ask yourself, What's next"? Seems like he expanded the story in print, by adding the color pictures, but failed to express the meanings behind each shot related to a specific story. For as I know, a picture is worth another 1000 words. Where are the other stories? Maybe he will explain in his next book? More please- Suzie M. - Travel Agent • "Sam provides an unvarnished account of two coastal and Intracoastal sailing adventures, Sharing the pit falls and landfalls within his book". "We all are dreaming about when we will do it, where we will do it, how we will do it and with whom we will do it with." Sam is not the first to escape to the coast by boat, but the first to write about it after leaving the Charlotte Lake Norman area." -Chip Richardson, Lake Norman Times • "Just a note to say we at the RSMAS Library, here in Miami enjoy having your book, A Sail and Tale of an Emotional Rescue in our collection. We have many materials on the Atlantic Intracoastal Waterways; charts, sailing directions, lights list and alike, but your work provides an informal commentary which complements our technical sources. In addition, many of our faculty, staff and students are sailors themselves and greatly appreciate your narrative". - Helen D. Albertson, PH.D at RSMAS (Rosenstiel School of Marine and Atmospheric Science Library- U of Miami. The Cooperative Institute for Marine and Atmospheric studies. • "The book is beautifully done and everyone seems to be enthused about the book at the signing event". - Charlotte M- Hallmark Store. A book to be enjoyed by readers interested in boating, sailing, adventure, the outdoors, travel and challenges of the wilderness or about life itself. For readers who want to observe others as they

overcome challenges and confrontations, especially engaged in by the captain and crew. The story also provides a guided ecological tour along coastal waterways and is uniquely crafted to interact with the reader's nautical knowledge, level of experiences and personal opinions. Written with an attempt to deliberately take some of the seriousness out of yachting, as well as to include some nautical nonsense. In addition, several stories are left wide open, consequently allowing readers to draw their own conclusions. The central theme of this story is the tale of two separate, but similar journeys aboard a 30-foot sailing sloop named Emotional Rescue. Both journeys took place 13 months apart. Heading south from Little River, SC to Charleston, and St. Augustine, Florida and then to Miami was the float plan and goal. Most often, Sam Phillis sailed solo and sometimes with a crew, confronting and clashing with adversities associated with boating and yachting within unfamiliar waterways and during personal "bad times" and challenging the issues of life. A Sail and Tale of an Emotional Rescue incorporates scenarios From drinks with the girls to dinner for one, Gin is just glorious and this tip-top collection of retro photos and frightfully funny captions captures everything to love about a good highball of gin. In her memoir, Strand of Pearls, author Deborah Livingston recounts her journey from childhood abuse, frequent tragedy, and adult addiction to a spiritual transformation that brought her an inner peace and joy available to us all. Deborah was the first of three children born to a Canadian father and a New England mother—parents who were worlds apart in their own upbringings and views of the world. From two to sixteen, when she was finally able to break free, Deborah suffered abuse at the hands of her father. Her freedom from that abuse took her to abuse at the hands of others and to a tragic accident that cost the life of a friend. Her misfortunes early in life and her inability to see them as the "pearls" they actually were led to serious addiction in her early forties. And yet this addiction saved her life, preparing her for the inner transformation she would experience. In Strand of Pearls, Livingston invites the reader into the most painful, raw moments of her past so that the light of the present might shine brighter—as an invitation to others to embrace hope, faith, and gratitude in their lives. An Anthology of prose, poetry, short stories and songs. Rich in humour, romance, and the personal history of the author. From a treasure trove of nearly 50 years of writing material, Gary Edward Gedall has selected a rich selection, 'To and from the Heart'. Each section is prefixed by a short explanation of how, when, and often even why he wrote the piece. To not only have the fruits of his creativity, but also to take a glimpse into the mind and the history of such an imaginative artist, offers a truly unique experience. The Wit and Wisdom of... is a series of terrifically humorous books brought to you by the rip-roaringly funny folks behind the best-selling On-the-Ceiling greetings cards. From parenting to pints and prosecco, and martial bliss to man flu and margaritas, these tip-top collections of retro photos and frightfully funny captions capture everything to love about parenting and marriage. From radio to railways, grandads are

just spiffy and this tip-top collection of retro photos and frightfully funny captions captures everything to love about being a grandparent. Presented by DanielFast.org. Do you struggle with fear, insecurity, worry, anxiety, hurt, loss, heartbreaks, anger and other controlling emotions? Is your life more pain than happiness? Do you want to find your purpose in life? Discover how to break free from negative controlling emotions and get off the emotional roller coaster for good! Emotional Rescue for the Hurting Soul takes you step-by-step, lesson-by-lesson, through a deeply powerful transformation and a fulfilling journey to true emotional healing. You will not make this journey alone. You will make it with the Healing Hand of God by your side. This book is filled with 30 lessons, short stories, self-reflection questions, ideas, specific prayers, inspiration and proven techniques to overcome spiritual obstacles and enjoy true joy through the renewing of your mind. Blessings, Maria The Wit and Wisdom of... is a series of terrifically humorous books brought to you by the rip-roaringly funny folks behind the best-selling On-the-Ceiling greetings cards. From parenting to pints and prosecco, and martial bliss to man flu and margaritas, these tip-top collections of retro photos and frightfully funny captions capture everything to love about parenting and marriage. "In this life-changing book, acclaimed Buddhist teacher Dzogchen Ponlop Rinpoche shows how to free yourself from being a slave to your emotions by harnessing--rather than falling victim to--their power. Emotions bring color and meaning to our lives, but they can also put us on an exhausting roller-coaster ride that takes us to blissful peak states, the depths of delusion and despair, and everything in between. People are driven by their emotions to marry and to murder (sometimes the very person they chose to marry!). It is only by learning to relate to our emotions skillfully that we benefit from their richness and glean wisdom, rather than letting them control us. Emotions get their power from a simple but deep-seated source: our lack of self-knowledge. When we bring awareness to our experience of emotions, something truly amazing happens--they lose their power to make us miserable. In

this book, renowned Buddhist teacher Dzogchen Ponlop Rinpoche leads us through the three steps of his Emotional Rescue Plan. First, Mindful Gap is the practice of creating a safe distance between you and your emotions, which gives you the psychological space to work with their energy. Clear Seeing involves recognizing the bigger picture. Finally, Letting Go is the practice of releasing stressful physical and emotional energy through physical exercise, relaxation, and awareness. With each step, you become increasingly familiar with the inner workings of your emotions, seeing straight to the heart of your anger, passion, jealousy, and pride; even ignorance and fear become transparent. With time and practice, anxiety and doubt give way to trust and confidence"-- This book is a small collection of Poems that I have wrote over many years. I get my inspiration from people I have come into contact with actual events they have gone through in their lives also from stories I have read or have been told.The content of the poems are mainly to do with emotional feelings of love. Recent years have seen an upsurge of interest in the study of emotions in organizations. However, research has been hampered by the ephemeral nature of emotions and the lack of an integrated, multilevel model for studying their role in organizational life. Neal M. Ashkanasy has tackled this problem by constructing a five-level model of emotions in organizations. Feeling Backward weighs the costs of the contemporary move to the mainstream in lesbian and gay culture. While the widening tolerance for same-sex marriage and for gay-themed media brings clear benefits, gay assimilation entails other losses--losses that have been hard to identify or mourn, since many aspects of historical gay culture are so closely associated with the pain and shame of the closet. Feeling Backward makes an effort to value aspects of historical gay experience that now threaten to disappear, branded as embarrassing evidence of the bad old days before Stonewall. It looks at early-twentieth-century queer novels often dismissed as "too depressing" and asks how we might value and reclaim the dark feelings that they represent. Heather Love argues that instead of moving on, we need to look backward and consider how

this history continues to affect us in the present. Through elegant readings of Walter Pater, Willa Cather, Radclyffe Hall, and Sylvia Townsend Warner, and through stimulating engagement with a range of critical sources, Feeling Backward argues for a form of politics attentive to social exclusion and its effects.

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