Did you know…?

Fuel—Happy employees are 50% more productive.

Inventory—77% would work harder for recognition.

Reframe—Employee recognition can boost performance 44%.

Energize—60% less errors are made by healthy employees.

Declare—20% are motivated by career development opportunities.

Understand—80% lost work time due to a conflict with a colleague.

Present—84% of engaged employees feel they can improve their workplace.

Happier employees set the stage for a happier workplace—translating to greater efficiency and a healthier bottom line.

Don't you want employees contributing to your organization as if they are owners in its success? Aric Bostick shows you how to get employees FIRED UP! using seven simple but powerful principles to ignite engagement and increase performance—effective immediately!

You don't have to spend a ton of money to make a dramatic difference in how employees respond to challenges and tackle opportunities. Just get FIRED UP!

All Fired Up

A coloring book with over 50 shiny stickers starring Nickelodeon's PAW Patrol! Fire dog Marshall is ready for adventure with the rest of his pup-tacular team. Boys and girls ages 3 to 7 will thrill to this coloring and activity book, which features a sparkling cover and over 50 shiny stickers.

Get on the case with Nickelodeon's PAW Patrol! Chase, Marshall, Rubble, Skye, and the rest of the puppy heroes are on a mission to save their friends and protect the community of Adventure Bay using their paw-some vehicles, tools, and teamwork.

Fired Up about Consent

ASHTON

If there's one thing I know, it's how to play the game—both on and off the field. If it hadn't been for that one teenage slipup where I kissed Beau Campbell, I'd be able to keep f*ooiling myself. Football is the one thing I use to distract myself from the truth, and when I screw-up and lose the game I love, I find myself right back in Fever Falls. And right back face-to-face with Cranky Campbell, who hates me even more than he did when we were kids. Whatever magic he held over me then is still there. As much as I fight it, I still want him. And I always get what I want. Except with Beau. Why do I like that so much? Beau might've spent years watching Ash live out my dream—without the off-field antics and orgies with women, at least—but I've made a good life for myself. I'm a firefighter, and I coach my brother's football team for those with developmental disabilities. But when Ash swings back into town armed with his monster ego and...
an arsenal of stupid nicknames, everyone is in awe of him. Nope, not me. I don't care if our kiss years ago was responsible for my sexual awakening. I won't fall for Ashton Carmichael. Though that resolution would be a whole lot easier if he wasn't so tempting. Once he finds his way into my bed, I'm screwed-in more ways than one. But there's more to Ash than meets the eye, buried beneath his ego, sarcasm and how we burn up the sheets together. Soon, it's more than a game. We don't just get each other fired up, we just might win each other's hearts. Too bad things are never that simple

**All Fired Up (Pokémon Classic Chapter Book #14)**

"If you need a dose of upbeat medicine - this is it." TONY CAMPOLO, PHD - EASTERN UNIVERSITY "A book that sizzles with wisdom. Tremendous thoughts to rekindle the fires of a servant." CHARLES "TREMENDOUS" JONES, AUTHOR OF Life Is Tremendous "This book reminds you to become your best. Uplifting and easy reading." DAVID C. BENTALL-NEXT STEP FAMILY CONSULTING "Read this book from cover to cover. It is a must for anyone wanting to feel hopeful, inspired, energized. Greg not only talks the talk, he walks the walk." VALERIE CADE, CSP, AUTHOR OF Bully Free At Work "If you need a book on vision - this is a must. I have used Greg's book in speeches, lectures and sermons. Absolutely fantastic!" REV. DR. KARL KELLER, PASTOR - LUTHERAN CHURCH OF CANADA

**Fired Up With Raku**

From the woman who murdered his family to the goddess who tricked him into centuries of slavery, betrayal has dogged Alrik Gunn's existence. Now he has the chance for freedom: grant a human woman three chances to change her life.

**Fired Up for Life**

Great creative teams don't just happen. They have to be built and led well to tap into talent, expand opportunity, and foster collaboration. Easier said than done. Using the familiar components of the Fire Triangle, Dr. Johnston illustrates principles for kindling the spark, turning up the heat, and fanning the flames of creativity in teams.

**From Burned Out to Fired Up**

Build a high energy workplace that accelerates performance, generates more profits, increases sales and provides outstanding customer service. Fired Up! is packed with ideas, tips and practical information to help you become a better leader and create an exceptional place to work that attracts, retains and motivates your workforce.

**Tuned in and Fired Up**

The book behind the viral internet sensation of "The Scottish Granny" reading this story to her grandchild. A young boy suddenly notices a big problem - his bum has a huge crack! So he sets off to find a new one. Will he choose an armor-plated bum? A rocket bum? A robot bum? Find out in this silly, quirky tale with hilarious illustrations. Children and parents will love this book - no ifs, ands, or butts about it! "I can assure you right now that your kids will love this book. They will giggle, they will laugh, and they will want this book to be read over and over again because it is just plain silly and funny the perfect kid-combo." Storywraps

**Fired Up! Employees**

As a recovering workaholic, psychotherapist and author who has helped thousands of professionals find meaningful work, Leslie Godwin knows the effects of stress and job burnout—physical, mental and spiritual exhaustion. For the millions of struggling women who wear many hats, Godwin offers real solutions - it's not about balancing or multitasking; it's about making true life changes that result in a renewal of passion and meaning. For corporate professionals, budding entrepreneurs or stay-at-home mothers (and yes, that's work, too!), Godwin's compelling case studies, helpful tips, quizzes and worksheets will change their lives.

**Are You Fired Up or Burned Out?**

He's tantalizing trouble she can't resist... Charlotte Parrish has always wanted a certain kind of man: someone
responsible, settled, boring. Bad boys need not apply. But when her car leaves her stranded and a mysterious stranger with brooding eyes and a protective streak comes to her rescue, she can’t deny how drawn she is to him. In town searching for family he’s never met, Mitch is everything she never thought she wanted—and suddenly everything she craves. Finding his half brothers after all these years is more than Mitch Crews has allowed himself to wish for. Finding love never even crossed his mind...until he meets Charlotte. She's sweet, warmhearted, sexier than she knows—and too damn good for an ex-con like him. But when his past comes back to haunt him, putting Charlotte—and the family he's come to care for—in danger, Mitch isn't playing by the rules. He's already surrendered his heart, but now he'll risk his life.

**Fired Up**

Gotta catch this action-packed adventure about Ash, Pikachu, and their friends! This chapter book features classic characters featured on Netflix and in Pokémon Go!

**All Fired Up**

Rollicking Wild West Adventure and Romance from Bestselling Author Mary Connealy Dare Riker is a doctor who saves lives, but someone seems determined to end his. It may have something to do with the traitors he dealt with during the Civil War, or it might be related to the recent incident with Flint Greer and the ranch. Whoever the culprit is, he or she seems really fired up, and Dare can't let his guard down for a moment, which is a challenge, since right now he's trying to win the heart of the recently widowed Glynna. Glynna Greer came west as a mail-order bride and ended up in a bad situation. Now her husband, Flint, is dead, and she's determined to care for her son and daughter on her own. She wants to believe Dare Riker is as decent as he seems, but she's terrified to lock herself into another marriage. She plans to support her small family by opening a diner—never mind that cooking is not her greatest talent. The men in Broken Wheel, Texas, are so desperate for home cooking that they seem willing to overlook dried-out beef and blackened biscuits. Glynna can't help but notice that danger follows Dare wherever he goes. There's the avalanche. And then the fire. But things really get out of hand when someone plunges a knife from Glynna's diner into Dare's back. Are Flint's cronies still plotting revenge? Is Glynna's son engaged in a misguided attempt to protect his mother? Is a shadowy outsider still enraged over past injustices? And can Dare survive long enough to convince Glynna to take another chance on love?

**I Need a New Bum!**

After nightmares and blackouts signal the presence of a family curse, Jack Winters seeks the Burning Lamp in hopes of preventing his transformation into a monster, enlisting the help of Chloe Harper, an alluring private investigator with special powers, who just may be able to read the dreamlight of the Burning Lamp if the two of them can ever find it. Reprint. A best-selling book.

**Fired Up**

A book that explains how to grill up fruits, veggies and faux meats includes recipes for plant-based appetizers, salads, sides, kabobs, burgers, desserts and more. Original.

**Fired Up**

Praise for Fired-Up Fundraising: Turn Board Passion into Action "Fired-Up Fundraising is honest, realistic, practical, and inspiring. It transforms the whole concept of fundraising from obligation and drudgery into passion and fun. Every CEO, development director, development consultant, and board chair needs to have and use this book." —Charles F. (Chic) Dambach President and CEO, Alliance for Peacebuilding Former Senior Consultant, BoardSource "A breakthrough! Fired-Up Fundraising takes the mystery out of engaging your board in the ongoing work of fundraising. In this well-organized little book, Gail Perry lays out a commonsense, four-step process that will fire up your board and help you meet your fundraising goals, year after year." —Mal Warwick author of How to Write Successful Fundraising Letters "Fired-Up Fundraising: Turn Board Passion into Action is by far the best book I have ever read on how to involve board members in the entire process of fundraising, from identifying prospects, cultivating them, and finally making 'the ask.' Just as important, it is an invaluable guide on how to select, enlist, train and especially inspire board members so they take ownership of their institutions. Every nonprofit CEO and development officer should read this book." —Robert L. Gale President Emeritus, Association of Governing Boards of Universities and Colleges and founder of BoardSource
Get Free Fired Up

(formerly known as the National Center for Nonprofit Boards) "This is the book for which EVERY nonprofit chief executive has been yearning since time immemorial. Every nonprofit needs money to survive and thrive, and every nonprofit has a board of trustees to help raise it, but few nonprofits come anywhere near using their boards to maximum benefit. Fired-Up Fundraising, a reader-friendly, realistic, and practical playbook written by a richly experienced, highly literate fundraiser turned consultant, takes readers by the hand and leads them step-by-step through eminently doable ways of inspiring the greatest possible engagement of-and return from-their trustees. It will instantly become the gold-standard guide for building successful boards." —Joel Fleishman

Professor of Law and Public Policy and Director, The Foundation Research Program, Duke University

THE FIRED UP LIFE

"I'm loving it! Laura has managed not only to write a clear and incredibly important book, she's really funny too! Her way of writing, the images in her language, and the diagrams make this book really stand out; there's no way to misunderstand the concepts she's presenting." —Emelie Johnson Vegh, co-author of Agility Right from the Start

Some dogs need a little help. Some dogs are afraid, or excited, or reactive. Dogs that “don’t listen” and “go crazy” don’t live the lives we—or they—want. Fired Up, Frantic, and Freaked Out can change that. Simple steps and an accessible, conversational tone from award-winning, internationally-known trainer Laura VanArendonk Baugh CPDT-KA KPACTP make calming the agitated dog not only possible, but pleasant. Inside you’ll learn how to: - Achieve change in short, simple training sessions of a minute or less - Maximize the effects of natural brain chemistry - Know when to call in medical help - “Clean up” unreliable behaviors in both overexcited sport dogs and pets at home - Recognize how fear, aggression, and excitement are variants of the same root problem

The conversational tone is both informative and fun—very accessible, and it feels like the reader has a consulting trainer standing at her shoulder! Bring your dog from emotional to thoughtful, and enjoy a calmer, more enriched life with your best friend.

All Fired Up! (Paw Patrol)

A unique and gloriously nostalgic account of one eventful year in the fire service for readers who loved books such as CALL THE MIDWIFE and TRUST ME, I'M A VET. Nothing about the county fire service was quite what Malcolm expected when he joined the watch in Shrewsbury. As the newest member of the service he was first in line when swans terrorised the high street - and when a flock of owls got stuck on the roof of his local pub. Eighteen years old and more than ready to rush into burning buildings to save fair damsels in distress, young Malcolm soon realised he was more likely to be jumping into slurry pits and rivers to rescue any number of unfortunate animals. But for all the embarrassing situations Malcolm found himself in there were heart-stopping dramas too - and tragic farm and house fires. As he learns on the job and begins to win the respect of the old-timers, Malcolm starts to feel that maybe, one day, he just might make it as a fireman. But first he has to catch the eye of the smiley secretary in the office opposite the station

Funny, moving and gloriously nostalgic, All Fired Up paints a unique portrait of rural Britain - and shows just how surprising a fireman's life can be.

The Deen Bros. Get Fired Up

Fired Up

Catch this action-packed adventure about Ash, Pikachu, and their friends! This chapter book features classic characters featured on Netflix and in Pokémon Go. Ash wants to be a great Pokémon Trainer. But sometimes Trainers have to make big sacrifices. Charizard can only get stronger if it leaves Ash -- forever. But that means Ash has no Fire-type Pokémon at all. Have his dreams of becoming a Pokémon Master gone up in flames? This chapter book is based on a thrilling storyline from the top-rated animated series now on Netflix. Black-and-white illustrations throughout.

Fit, Fifty and Fired Up

Once bitten. Twice burned. Forever bonded. Don’t miss this riveting and romantic spin-off series from Jenn Burke, author of Not Dead Yet. Paranormals are dying. All over the city, with no explanation and only one thing in common: their magic is missing. Vampire and private investigator Evan Fournier isn't supposed to be taking on paranormal cases, but when the murderer hits close to home, he agrees to look into it. The last thing he expects is to become a target himself—and then to become irrevocably bonded to the man who just tried to
Get Free Fired Up

kill him. With his memory gone and his soul bonded to a stranger, former firefighter Colin Zhang wants to be anywhere else. He doesn’t have a damn clue why he just tried to kill Evan, and he didn’t even know about magic until just now. The sooner he can get back to his real life, the better. But every time either of them tries to leave, pure agony stops them short. Forced to work with Evan or suffer the consequences, Colin must excavate the secrets buried in his missing memories while battling two rising threats: the conspiracy behind the murder, and his mutual attraction to the bond mate he never wanted. Ashes and Dust Book 1: All Fired Up Not Dead Yet Book 1: Not Dead Yet Book 2: Give Up the Ghost Book 3: Graveyard Shift

Ignite!

Hungry for the great outdoors? Jamie and Bobby Deen know just what to make—whether it’s in your own backyard, on the beach, at a potluck picnic, or tailgating before the big game. Paula Deen’s sons share a batch of more than 125 mouthwatering recipes and entertaining ideas to make your outdoor dining a breeze. Jamie and Bobby have always preferred eating at a picnic table to a dining room. For the guys, backyard grilling means more good eats and less mess, tailgating is all about friendship and fun, and a beach picnic is a chance to splash around in the sun between courses. Now the brothers are sharing their outdoor cooking know-how to help you wow your friends and family with everything from grilled meats and barbecue to sandwiches, pizzas, and smoky sides. This irresistible cookbook also offers up delicious nibbles, tasty salads, and refreshing Seaside Sippers. Featuring ingredients easily found at your local supermarket, these effortless dishes are made even more special with the Deen brothers’ signature Southern flare. Fire up the grill for some Beer Can Chicken with Sweet and Spicy Pickled Vidalia Onions, Big Fat Garlicky Rib Eye, and Down-Home Baby Back Ribs. Whip up Hot Buffalo Burgers with Blue Cheese or Nutty Pimiento Cheese Balls in the parking lot before the game. Spread out the picnic blanket for some Red-Hot Mayo and Tomato Sandwiches, NOLA-Style Dirty Rice Salad, or Southern Biscuit Cheese Straws. Hit the beach with Glazed Barbecue Shrimp, Grilled Crab Cake Sammies, or Fire-Roasted Clams and Mussels. Then wash it all down with such lip-lickin’ concoctions as Pomegranate Punch, Cucumber Sangria, or a Savannah Sea Breeze. Jamie and Bobby also throw in something sweet with their Grilled Buttery Pound Cake and More and More S’mores. Packed with gorgeous photographs of the whole family at work (cooking!) and at play, The Deen Bros. Get Fired Up is a celebration of the beautiful landscapes, the wonderful people, and the great meals we can all share together.

All Fired Up

A unique and gloriously nostalgic account of one eventful year in the fire service for readers who loved books such as CALL THE MIDWIFE and TRUST ME, I’M A VET and the brand new ALL CREATURES GREAT AND SMALL. Nothing about the county fire service was quite what Malcolm expected when he joined the watch in Shrewsbury. As the newest member of the service he was first in line when swans terrorised the high street - and when a flock of owls got stuck on the roof of his local pub. Eighteen years old and more than ready to rush into burning buildings to save fair damsels in distress, young Malcolm soon realised he was more likely to be jumping into slurry pits and rivers to rescue any number of unfortunate animals. But for all the embarrassing situations Malcolm found himself in there were heart-stopping dramas too - and tragic farm and house fires. As he learns on the job and begins to win the respect of the old-timers, Malcolm starts to feel that maybe, one day, he just might make it as a fireman. But first he has to catch the eye of the smiley secretary in the office opposite the station Funny, moving and gloriously nostalgic, All Fired Up paints a unique portrait of rural Britain - and shows just how surprising a fireman’s life can be.

All Fired Up

*Part of series intended for young adults (16-25). Decades after abortion was legalized and decriminalized in Canada, the U.S. and the U.K., why are we still fighting for reproductive rights? Shattering the myth that the battle for reproductive rights was won in the sixties, seventies, and eighties, Fired Up about Reproductive Rights shows us the many ways our reproductive lives remain subject to state control. From the fight for safe, legal and accessible abortion services to the fight against coercive sterilization, eugenics, and population control, threats to our reproductive control remain alive and well in our communities. Far from just debates over morality or religion, the regulation of sexuality, fertility and reproduction has been a major way that societies have ensured the domination of men over women, rich people over poor people, and white people over people of colour. Engaging with the reproductive justice framework advanced by women of colour, the book presents the fight for reproductive rights as continuous with other social justice issues, and forces us to grapple with the weaknesses of the feminist and reproductive rights movement as it exists. Accessible and engaging, this book gives readers the tools to understand--and fight against--contemporary threats to our
reproductive rights."--

**Fired Up, Frantic, and Freaked Out**

"Published by arrangement with Harlequin Books S.A."--Copyright page.

**All Fired Up**

Indisputable evidence has revealed the greatest threat to America’s economy. Is it off-shoring labor? Unethical corporate practices? A turbulent market that forces downsizing? No. A Gallup Organization survey of more than one million Americans show that nearly 75 percent of all workers are disengaged. Employee disengagement is a widespread malady in American organizations, causing the loss of billions of dollars, hours of dissatisfaction, and work lives lacking true value. In his book, Fired Up or Burned Out, Michael Stallard shares the three key actions necessary to transform even a lethargic, disconnected organization or office into an impassioned, innovative, and thriving workplace.

**Fired Up (Trouble in Texas Book #2)**

He’s ready to lead the way Parker Wilson never thought he’d go from battle-hardened soldier to romance expert, but after his stint in the Rangers, that’s exactly what happened. As the owner of DreamMakers Inc., he helps other men win in the love department, using every resource available to plan the perfect date. When a routine recon turns into an unexpected night of passion, Parker’s mission becomes more personal—and he won’t give up until Lynn Davidson is all his. She’s more than willing to follow Lynn is a goner from the moment she lays eyes on the delectable Parker. She’s just ditched her boring almost-boyfriend and is tired of sticking to the straight and narrow. It’s time to walk on the wild side, and what better way than in the arms of the most irresistible man she’s ever met? But when their red-hot affair is threatened, it’ll take a team effort to make their dreams come true. Sexy adventures, alpha male, humorous situations.

**All Fired Up**

What can teachers do to inspire their students? In this book, Sam Intrator provides detailed portraits of powerful learning episodes in a high school classroom and suggests numerous practical ideas to help teachers cultivate their own seemingly magical learning moments.

**Grilling Vegan Style**

Have you ever felt a little bored, tired, or stressed about your life and even your faith? Haven’t we all? This “world weariness” can happen to anyone. Yet Jesus came that we might have exciting, joyful, abundant life! The question is... how? In Are You Fired Up or Burned Out? best-selling author James W. Moore explains how to move from fatigue to favor. In short, encouraging, and practical chapters, you will learn how to Recognize-Remember-Relax: Recognize your fatigue limit Remember your priorities Relax your soul in God Today’s busy world may bring a tiredness that can settle on the human spirit. Struggling through hectic, frenzied, stressful lives, we scrape and scramble toward something that leaves us empty and feeling cheated, let down, and bone weary. God doesn’t want it to be that way for us. Find out how, with His help, you can stay excited, exhilarated, fulfilled, and truly fired up about life.

**Fired Up!**

**Fired Up about Reproductive Rights**

More than 1,000 Quote Judges (salespeople, sales managers, trainers, consultants, and bloggers) rated 1,005 quotes. 307 great ones made the book. Six parts: Think Big, Get Going, Keep Going, Make the Sale, Succeed, and A Stronger, Better You, with a subject and author index. The Little Red Book of Selling has sold more than a million copies. Fired Up! SellingTM is for the same market. Handsomely designed with 4-color text and faux leather cover, ribbons.

**All Fired Up**
Get Free Fired Up

No fight left? No future? Does the handwriting on the wall say utter failure? Harvey Mackay, one of the world’s best-selling motivational and business authors tells you why it isn’t so. He reveals anecdotes and secrets from some of the best and brightest headliners in our world today. Their gripping accounts show that no one is immune to bad judgment or backstabbing. In colorful detail, these remarkable success stories reveal what the best of the best did to get back on top. Each story tells a unique tale and contains valuable lessons that are applicable to any reader who wants his or her career to flourish; indeed, this is the book that will inspire, instill hope . . . and give more than a glimpse into what makes these stalwarts strong. When Fortune magazine called Mackay “Mister Make-Things-Happen,” it was right on the money—getting this amazing group of people from various walks of life to talk openly about their abilities to bounce back shows him to be a master at getting people to divulse some of their defeats and their dreams. Hopeful, tough-minded, and filled with indispensable advice, We Got Fired! . . . And It’s the Best Thing That Ever Happened to Us will show anyone how to turn a modern bummer into a major blessing. It’s a rarity: a sure thing in our shaky times. Originally published as We Got Fired!

Fired-Up Fundraising

According to the World Health Organization, one in three women will be sexually or physically assaulted in her lifetime. These rates are very similar for non-binary people and other feminized people, too. This is rape culture, and young adults are living through it here and now. Fired Up about Consent is a practical, survivor-informed primer for young people who want to learn how to build joyful, mutually satisfying sex lives and relationships. In these pages, author Sarah Ratchford defines rape and sexual assault, busts the myths behind toothless messaging and outdated advice, and provides sex-positive scripts on how to ask for and offer a clear, enthusiastic, and freely given “Yes!” Along the way, Ratchford touches on topics such as #MeToo, gender identity, masturbation, virginity, porn, sex work, reporting assault, and more, all through a radically inclusive and intersectional lens. The message is loud and clear: not only is consent sexy, it’s mandatory—and everyone deserves frank and empowering literacy around it. Only with empathy, compassion, and resistance can we move forward into a new culture of consent.

Fired Up about Capitalism

Overwhelmed teachers, this book is for you. The truth is that you can be remarkable without burning out. Drawing from the latest research and her own teaching experiences, author Morgane Michael delivers doable strategies to reignite your passion and replenish your well-being. Make a commitment today to begin a new chapter—one where you continue to make a difference while maintaining a deep sense of wellness, worthiness, and wholeheartedness. Learn why burnout happens and what you can do to thrive once again. Explore the five Rs—reflect, reframe, refocus, reconnect, and reveal—and understand how each can help counter burnout. Acquire a clear road map for reigniting your love for teaching. Inspire others to reignite their own passion for education. Discover how to sustain your passion and avoid burnout going forward. Contents: Introduction Chapter 1: Reflect--How to Tune In and Check Up on Yourself Chapter 2: Reframe--How to Be Resilient in the Face of Adversity Chapter 3: Refocus--How to Harness Intentionality to Reach Your Goals and Dreams Chapter 4: Reconnect--How to Boost the Quality of the Social Connections in Your Life Chapter 5: Reveal Your True Self--How to Embrace Creativity as an Expression of Your Humanity Chapter 6: Reignite--Craft Your Own Roadmaps to Go From Burnt Out to Fired Up! References and Resources Index

Fired Up or Burned Out

Who says learning can’t be fun? Students Fired-up Over Fun Facts: Making Learning Fun is full of fun facts, presented in a quiz format that will have students clamoring to learn more. The multiple-choice, true/false, fill-in-the-blank, and open-ended questions offer information, encourage critical thinking, and provide an opportunity for students to not only test their knowledge of everything from geography to fine arts to science and classic literature, but to learn something new along the way. Students and parents of all ages will enjoy the trivia in this book, and keep wanting to learn more.

Fired Up!

Are you slogging your guts out at a job you don't particularly like to buy things you don't particularly need? Would you like to spend more time with your family and less time at work? Do you ever wonder what it'd be like to really love what you do? Ten years on from Fat, Forty and Fired, Nigel Marsh steps off the hamster wheel (again) to grapple with these and other less weighty questions, like: Where the hell has my wife left the
cordless phone? and How do I dress my daughter as a bridge for school in ten minutes? Written with Nigel's customary humour and honesty, Fit, Fifty and Fired Up is a must-read for anyone who's ever dreamt of taking a risk to live a life they feel passionate about.

**Fired Up**

**All Fired Up**

I'm the station's youngest fire chief, a grown man, and fully in my right mind—which means I'm not going to fall for the One Who Got Away. That's not the kind of person I am. Second chances are like skipping leg day—I don't do that. Ever. But I wasn't counting on Naomi buying me at the firefighter charity auction. Now I'm forced into a month of dates with the one woman who cuts through my defenses like no one else, and I'm starting to think maybe she's right...maybe we are different people than the teenagers who failed at love. Maybe this isn't a fire I have to put out. Maybe for the first time in my life I can relax and just...let it burn. Or maybe we're both about to learn that fire isn't something you should underestimate—especially the kind that burns between a man and a woman.

**Students Fired-up Over Fun Facts**

The origins of raku can be traced back hundreds of years to Japan, where it was used as the traditional method of creating clay bowls for the tea ceremony. Over the years potters have embraced and adapted the methods, celebrating the remarkable but unpredictable results achieved using raku techniques. The author, who has specialized in raku for over twenty years, considers the origins of raku before offering over 300 glaze recipes. A selection of other potters also share their ideas, and with one hundred photographs of raku-fired pieces, Fired Up With Raku offers inspiration to all potters and is an invaluable source of information and advice for all ceramicists. Includes over 300 glaze recipes. Superbly illustrated with one hundred colour photographs of raku-fired pieces. Irene Poulton has specialized in raku firing for over twenty years and her work is exhibited in both Australia and the USA.

**From Burnt Out to Fired Up**

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