

# Free Copy Secret Stairs A Walking Guide To The Historic Staircases Of Los Angeles

## Secret Stairs A Walking Guide To The Historic Staircases Of Los Angeles

The Portland Stairs Book  
The Goomba's Book of Love  
My Lobotomy  
Dante's Paradise  
Walking L.A.  
Secret Los Angeles: A Guide to the Weird, Wonderful, and Obscure  
Stairway Walks in San Francisco (Large Print 16pt)  
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111 Places in Los Angeles that you must not miss  
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Walking Los Angeles  
Bright Gem of the Western Seas  
Janet Cardiff  
Anne Frank's Tales from the Secret Annex

### The Portland Stairs Book

Urban Trails: East Bay offers 40 routes for walkers, runners, and hikers, with an emphasis on getting out and getting fit in your own backyard. Expert local hiking guide Alexandra Kenin offers a wide range of options, from leg stretchers overlooking the Bay Area at Tilden Regional Park to an afternoon stroll through the wineries around Jack London Square to a 6-mile hike along the slopes of Mount Diablo to spot seasonal waterfalls. Other features include: Trailhead locations, including public transit options  
Rated appeal for walkers,

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runners, or hikers Info for families and dog owners Trail distance, elevation gain, high point, amenities Sidebars on area history, nature, tips, and sights Historic trails, coastal trails, stairways, peak bagging

## The Goomba's Book of Love

The ultimate insider's guide to Los Angeles Features interesting and unusual places not found in traditional travel guides 'In Los Angeles, everyone is a star.' - Denzel Washington For more than a century, seekers of sun and celebrity from around the world have flocked to this sprawling metropolis on the Pacific, which Dorothy Parker once described as '72 suburbs in search of a city.' But beyond the red-carpet reputation and Tinseltown trappings is a west coast wonderland teeming with unexpected cultural experiences, iconic architecture, gorgeous open spaces, quirky museums, hidden vistas, unconventional art, and obscure stories about the starlets, moguls, personalities, and players who have made Los Angeles their playground. This unusual guidebook explores 111 of the city's most interesting and unknown places and experiences: wander a serpentine path in a spiritual quest of your own making; channel your inner cowboy at a tried and true honky tonk bar; pay homage to the Dude at the bungalow where the big Lebowski lived; turn your car tires into musical instruments on the country's only 'musical' road; sleep with the ghosts of Marilyn Monroe and Charlie Chaplin; view a constellation of stars more vivid than anything Hollywood Boulevard has to offer. From the San Gabriel Mountains to the Pacific Ocean, Angelenos and visitors will fall in love with the real Los Angeles. Adventures beckon. Surprises await. Just imagine how much more scintillating your dinner-party storytelling will be »In Los

# Free Copy Secret Stairs A Walking Guide To The Historic Staircases Of Los Angeles

Angeles, everyone is a star.« - Denzel Washington Seit mehr als einem Jahrhundert strömen Menschen auf der Suche nach Sonne und Prominenz in die riesige Metropole am Pazifik. Doch findet sich hinter dem ganzen Glamour ein unerwartetes Wunderland, in dem es von beeindruckender Architektur, hinreißenden Parks, schrulligen Museen, versteckten Aussichtspunkten, unkonventioneller Kunst und unbekanntem Geschichten über Starlets, Filmmogule und Playboys nur so wimmelt. Laurel Moglen has worked for NPR stations in Los Angeles and created podcasts for organizations and companies including Travelocity covering what to do, see, and eat in cities around the US. Understanding the nuances of what gives a place its identity is her passion, and nowhere is it more fascinating, complicated, and mercurial than in Los Angeles, her home for 20 years. Laurel Moglen hat für freie Radiosender in Los Angeles gearbeitet und Podcasts für Organisationen und Unternehmen produziert, darunter auch für die Website »Travelocity«, die Tipps für Restaurants, Sehenswertes und Ausflüge in verschiedenen amerikanischen Städten gibt. Ihre Leidenschaft ist es, die Besonderheiten zu sehen, die einem bestimmten Ort seine Identität geben, und genau das ist nirgendwo faszinierender als in Los Angeles, wo sie seit 20 Jahren lebt. Laurel Moglen hat für freie Radiosender in Los Angeles gearbeitet und Podcasts für Organisationen und Unternehmen produziert, darunter auch für die Website »Travelocity«, die Tipps für Restaurants, Sehenswertes und Ausflüge in verschiedenen amerikanischen Städten gibt. Ihre Leidenschaft ist es, die Besonderheiten zu sehen, die einem bestimmten Ort seine Identität geben, und genau das ist nirgendwo faszinierender als in Los Angeles, wo sie seit 20 Jahren lebt. Julia Posey ist in Los Angeles geboren. Sie arbeitete in der Musikbranche, beim Radio und in ihrer Jugend sogar bei der Müllentsorgung. Heute ist sie Autorin,

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Künstlerin und Designerin. Sie lebt mit ihrem Ehemann, den Söhnen, einem Hund und einer Katze auf einem der letzten verbleibenden Olivenhaine der Firma Lindsay im Highland Park. Lyudmila Zotova's photographs have been featured in the Wall Street Journal, Yahoo News, and Eater, and she is the photographer of the book 111 Shops in Los Angeles That You Must Not Miss (Emons Publisher, 2015). Zotova is an alumnus of The Art Institute of California-Orange County and resides in San Diego, California. Lyudmila Zotovas Fotografien wurden im »Wall Street Journal«, in den »Yahoo News« und »Eater« gezeigt, und sie ist Fotografin für das Buch »111 Shops in Los Angeles That You Must Not Miss« gewesen, das 2015 im Emons Verlag erschienen ist. Zotova ist Schülerin am »The Art Institute of California-Orange County« und wohnt in San Diego.

### My Lobotomy

Walking the Steps of Cincinnati: A Guide to the Queen City's Scenic and Historic Secrets is a revised and updated version of Mary Anna DuSablon's original guidebook, first published in 1998. This new edition describes and maps thirty-four walks of varying lengths and levels of difficulty around the neighborhoods of Cincinnati, following scenic or historic routes and taking in many of the city's more than four hundred sets of steps. Some of these walks follow the same routes laid out by DuSablon in the first edition of the guide; others have been revised to reflect changes in the city and its neighborhoods, the physical condition of the steps, and the scenic views of Cincinnati that they afford; and still others are altogether new. In writing their descriptions of the walks, authors Connie J. Harrell and John Cicmanec have retraced each path and taken all new photographs of the steps as well

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as architectural and natural landmarks along the way. Cartographer Brian Balsley has drawn a fresh set of maps, and Roxanne Qualls, vice-mayor of Cincinnati, has graciously written a new foreword.

## Dante's Paradise

Containing walks and detailed maps from throughout the city, Secret Stairs highlights the charms and quirks of a unique feature of the Los Angeles landscape, and chronicles the geographical, architectural, and historical aspects of the city's staircases, as well as of the neighborhoods in which the steps are located. From strolling through the classic La Loma neighborhood in Pasadena to walking the Sunset Junction Loop in Silver Lake, to taking the Beachwood Canyon hike through "Hollywoodland" to enjoying the magnificent ocean views from the Castellammare district in Pacific Palisades, Secret Stairs takes you on a tour of the staircases all across the City of Angels. The circular walks, rated for duration and difficulty, deliver tales of historic homes and their fascinating inhabitants, bits of unusual local trivia, and stories of the neighborhoods surrounding the stairs. That's where William Faulkner was living when he wrote the screenplay for *To Have and Have Not*; that house was designed by Neutra; over there is a Schindler; that's where Woody Guthrie lived, where Anais Nin died, and where Thelma Todd was murdered . . . Despite the fact that one of these staircases starred in an Oscar-winning short film—"Laurel and Hardy's The Music Box," from 1932—these civic treasures have been virtually unknown to most of the city's residents and visitors. Now, Secret Stairs puts these hidden stairways back on the map, while introducing urban hikers to exciting new "trails" all around the city of Los Angeles.

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## Walking L.A.

LOS ANGELES TIMES BESTSELLER People all over the world have seen Los Angeles's famed "Hollywood" sign and the iconic domed Griffith Observatory. Both are part of Griffith Park, a place visited by more than 10 million people each year--more than Yosemite and Grand Canyon National Parks combined. Rugged and vast, the 4,511-acre Griffith Park encompasses a sprawling 70-mile long network of trails, ranging from paved paths through manicured landscapes to challenging ridgeline climbs, and is a destination for hikers, trail runners, cyclists, equestrians, picnickers, and museum-goers. It's a unique outdoor space in a city that is not well known for its outdoor amenities. Discovering Griffith Park uses the park's extensive trail network as an anchor to explore the park in full, whether on foot, wheel, or hoof. Readers will also find out where the best views of the Hollywood sign are, where they can catch free Shakespeare on summer evenings, and how to attend one of the legendary Los Angeles Breakfast Club meetings for good food, good friends, and a bit of early morning learning.

## Secret Los Angeles: A Guide to the Weird, Wonderful, and Obscure

Secret Walks: A Walking Guide to the Hidden Trails of Los Angeles is a sequel to the popular Secret Stairs: A Walking Guide to the Historic Staircases of Los Angeles, and features another collection of exciting urban walks through parks, canyons, and neighborhoods unknown and unseen by most Angelinos. Each walk is rated for duration, distance, and difficulty, and is accompanied by a map. The walks, like those in Secret Stairs, are filled with fascinating factoids about

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historical landmarks—the original Bat Cave from Batman, the lake where Opie learned to fish on The Andy Griffith Show, or the storage barn for one of L.A.'s oldest wineries. The book also highlights the people who made the landmarks famous: the infamous water engineer William Mulholland; the convicted murderer and philanthropist Colonel Griffith J. Griffith; Charles Lummis, who walked from Cincinnati to Los Angeles to take a job on the L.A. Times; and tobacco millionaire Abbot Kinney, who dug canals to drain the marshes south of Santa Monica and create his American "Venice." Written in the entertainingly informed style that has made Secret Stairs a Los Angeles Times best-seller, Secret Walks is the perfect book for the walker eager to explore but tired of the crowds at Runyon Canyon or Temescal Park.

### Stairway Walks in San Francisco (Large Print 16pt)

[CLICK HERE](#) to download Jake and Cathy Jaramillo's favorite walk from the book, "The Olmstead Vision" (Provide us with a little information and we'll send your download directly to your inbox) \* The only guidebook to stairway walks in Seattle \* Explore Seattle neighborhoods in a new way with these interesting walks in Seattle \* Written for people of all ages who want to get outside, exercise, and explore Often called a "city of neighborhoods," Seattle is shaped by soaring mounds like Queen Anne and Capitol Hill and by indentations such as Ravenna Ravine and Deadhorse Canyon. Weaving together the hills, bluffs, and canyons are stairs -- lots and lots of stairs. In fact, there are over 600 publicly accessible Seattle stairways within the city limits! And to explore Seattle by these stairs opens up stunning views and a whole new, intimate side of the Emerald City. Seattle Stairway Walks: An Up-and-Down Guide to City

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Neighborhoods is the city's first guidebook to 25 of the best neighborhood walks that feature public Seattle stairways. Each route description includes driving and public transit directions to the starting point, full-color photos, a detailed map, QR codes for saving abbreviated directions on your smart phone, tips on sections that are family-friendly, suggestions for cafes and pubs for that perfect espresso and sandwich en route, fascinating sidebars on Seattle's neighborhood history and community anecdotes, and much, much more.

### Urban Trails East Bay

A young earl cancels his original wedding plans when he falls in love with the new housemaid, Anna, a penniless Russian countess exiled to England. Reissue.

### A Goomba's Guide to Life

10,000 Steps a Day in L.A.: 52 Walking Adventures is for urban adventurers with a passion for healthy living who are also hungry to explore L.A.'s hidden, unsung, and sometimes quirky side. This unique guidebook provides everything readers need to venture out and tackle the city's 500 square miles. The book is based on a concept that first took hold in Japan—that if people walked 10,000 steps each day, they would burn 20 percent of their caloric intake through that activity alone. Now an ingrained part of the American lifestyle, the 10,000 steps phenomenon is taking the country by storm; it is now a recognized daily goal by a number of major insurance companies like Kaiser Permanente and health institutes such as the World Health Organization, the U.S. Center for Disease Control, the U.S. Surgeon General, and

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the American Heart Foundation. In this first-ever book to explore the 10,000 steps concept in the City of Angels, these walks take readers through the terrain that makes Los Angeles the envy of many a metropolis—beaches, mountains, rivers, and reservoirs, not to mention the nation’s largest urban park, Griffith Park—all while immersing them in the city’s history and lore, offbeat locales, and popular landmarks. 10,000 Steps a Day in L.A. promises three things: 10,000 steps in each walk, a blueprint for doing it each weekend of the year (52 walks equals a year’s worth of weekends), and a sense of fun and discovery about L.A. that will only make the 10,000 steps goal that much easier to attain. Readers need bring only their feet—pedometers optional.

### Walking Brooklyn

An old-fashioned murder mystery full of places and characters from Old Hollywood, with a surprise ending.

### Secret Walks

This book is about finding what is notable, historical, quizzical and beautiful in this great city while walking. It is about learning and using pedestrian-ways where a car may not go: public stairways, walk streets, pedways and pathways. This guidebook describes nearly 500 walkable passages and over 300 great things to see while you are there. From Highland Park to Venice, from Beachwood Canyon to San Pedro, 29 great walking neighborhoods are covered by 40 annotated maps drawn just for the urban explorer on foot. The book includes 150 photographs. The author has led hundreds on LA city walks and he narrates 23 of his favorites inside. Described are 175 miles of walking from Palos Verdes to the

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Arroyo Seco, from Boyle Heights to Rustic Canyon. This is a book about history, about architecture and about neighborhood character. Discussed are pedestrian and planning issues in Los Angeles. Included in the back is a concise directory of 336 public stairways in Los Angeles and its surrounding communities. Also covered is the history of the "Inman 300," America's first urban thru-hike. This is the Black and White interior edition revised with edits January 2014.

## The Hidden Staircase

Attention would-be paesans: Can't distinguish "gabagool" from "pasta fazool"? Not sure how to properly accessorize your track suit with gold chains? Does the phrase "go to the mattresses" make you sleepy? Now Steven R. Schirripa, The Sopranos' own Bobby Bacala, exposes the inner mysteries of this unique Italian-American hybrid in *A Goomba's Guide to Life* so that anyone can walk, talk, and live like a guy "from the neighborhood." Über-goomba Steve Schirripa shows how being a goomba made him what he is today, offering lessons learned on his own journey from Bensonhurst to Vegas, and to his current gig as Bobby Bacala on one of TV's most popular shows. Along the way, he shares secrets that will help you get in touch with your own inner goomba. You'll learn what music to enjoy (Sinatra, yes; Snoop Dogg, no), what movies to watch (Raging Bull, yes; Titanic, never), which sports to follow (baseball is good; golf and tennis, fuhgeddaboutit), and even tips on goomba etiquette. Ever wonder how a real goomba gets the best seat in the house? (Hint: It involves tipping, jewelry, and intimidation.) Schirripa even includes goomba do's and don'ts (never, ever criticize a goomba's mother or her gravy; always wear more jewelry

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than you think you need). With knockout photographs of Schirripa and his compares, and insider information on how to think goomba, speak goomba, cook and eat goomba, and even how to behave at goomba weddings and funerals, A Goomba's Guide to Life will show any wiseguy wannabe how to sing like a Soprano.

### Stairway Walks in Los Angeles

This book documents Janet Cardiff's audio walks, the artist providing gallery-goers with walkmans which take them through the walks relying solely on the acoustic guide.

### Seattle Stairway Walks

The New York Times bestselling author of Bitter Brew chronicles the birth and rise to greatness of the American auto industry through the remarkable life of Harley Earl, an eccentric six-foot-five, stuttering visionary who dropped out of college and went on to invent the profession of automobile styling, thereby revolutionized the way cars were made, marketed, and even imagined. Harleys Earl's story qualifies as a bona fide American family saga. It began in the Michigan pine forest in the years after the Civil War, traveled across the Great Plains on the wooden wheels of a covered wagon, and eventually settled in a dirt road village named Hollywood, California, where young Harley took the skills he learned working in his father's carriage shop and applied them to designing sleek, racy-looking automobile bodies for the fast crowd in the burgeoning silent movie business. As the 1920s roared with the sound of mass manufacturing, Harley returned to Michigan, where, at GM's invitation, he introduced art into the rigid mechanics of auto-making. Over the next

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thirty years, he functioned as a kind of combination Steve Jobs and Tom Ford of his time, redefining the form and function of the country's premier product. His impact was profound. When he retired as GM's VP of Styling in 1958, Detroit reigned as the manufacturing capitol of the world and General Motors ranked as the most successful company in the history of business. Knoedelseder tells the story in ways both large and small, weaving the history of the company with the history of Detroit and the Earl family as Fins examines the effect of the automobile on America's economy, culture, and national psyche.

### Discovering Griffith Park

A collection of the author's lesser-known writings includes stories, personal reminiscences, previously deleted excerpts from her diary, and an unfinished novel composed while she was hidden from the Nazis.

### Portland Hill Walks

Walking L.A. is your portable guide to 40 walking tours exploring historic stairways, hidden streets, public artwork, and architecture, much of which even lifelong Angelenos probably never even knew existed. Completely updated, the third edition of this award-winning book expands and improves upon most of the existing routes with completely revised points of interest, including brand-new trips to Palos Verdes Peninsula, Manhattan Beach, Highland Park, Mar Vista, and Downtown's Art District. This portable guide features detailed maps for each trip, original photos, and public transportation information. Route summaries make each walk easy to follow, and a "Points of Interest" section

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summarizes each walk's highlights, ranging from cultural institutions to the hippest spots to dine, drink, and shop.

### RanDumb

The hills of the East Bay contain one of the finest and densest urban hiking environments in the state of California—more than 400 paved pathways and public staircases lattice up and down the slopes of Berkeley and Oakland alone. Rising high above the city centers, with towering views of the San Francisco Bay, the Bay Bridge, and San Francisco itself, these elegant civic walking trails—many of them shaded in oaks and redwoods, and many unknown even to local residents—present a unique landscape for both the casual walker and dedicated hiker. Charles Fleming, the Southern California author whose bestselling 2010 walking guide *Secret Stairs* turned the hidden public staircases of Los Angeles into popular hiking trails, now turns his eyes northward. For *Secret Stairs: East Bay*, Fleming has designed more than 30 individual hiking loops. Linking multiple staircases into one-to-two-hour self-guided strolls, these urban treks will delight the tourist, newly arrived Berkeley undergraduate, and veteran Bay Area resident alike. The circular walks, each calibrated by length, difficulty, and duration—and each accompanied by a detailed, easy-to-follow map—are sprinkled with fascinating facts about the historic staircases, the historic homes around them, and the famous Bay Area characters who gave them their names. Walk the walks of Bret Harte, Mark Twain, and John Muir! Climb Berkeley's massive Fred Herbert and Tamalpais Paths, hike Easter Way, and summit Sunset Trail! Mount Oakland's Oakmore stairs, then tackle the hills of Upper Rockridge and Crocker Highlands via the public staircases. And do it all

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within easy walking distance from BART or bus stops, free parking, and excellent Bay Area cafés.

### The 500 Hidden Secrets of Los Angeles

To the untrained eye, Los Angeles may seem like a spectacle of glitz and glamour, freeways and traffic snarls. But beneath those superficial impressions hides a richly complex and diverse city teeming with quirky art, dazzling buildings, hidden histories, strange spectacles, and inspiring cultural landmarks. *Secret Los Angeles* guides you to the hidden gems that make the city and surrounding county truly sparkle. Discover the story behind the featherbrained "Statue of Liberty of L.A." and the butterflies of an abandoned oceanside neighborhood. Stroll along the other walks of fame and drive along a musical road. Explore a historic movie palace hidden in the Jewelry District and find the inspiration for Disneyland nestled within Griffith Park. Find the secretive locations of Prohibition-era speakeasies and sip top-notch booze at a Willy Wonka-like distillery. Experience a reenactment of the Great Los Angeles Air Raid and uncover the history of Central Avenue's jazz legacy. Local author Danny Jensen directs you to under-the-radar destinations that are often overlooked, even by locals, yet offer fascinating insight into a place that captures so many people's imagination. Whether you've recently arrived or lived here all your life, this book will help you see and understand L.A. in a completely new way and inspire you to explore further.

### Los Angeles Attractions

Using the life and career of Don Simpson as a point of departure, *High Concept* takes readers on a riveting journey

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inside the Hollywood of the 1980s and 90s. For over two decades Simpson was Hollywood's reigning bad boy, yet through the same period he and his partner, Jerry Bruckheimer were the most successful independent producers in the Hollywood history. The revelations in High Concept are astounding! Through intensive research Fleming has created a dramatic tale of the rise of the key players and how the Don Simpson way became the Hollywood way. Through an interwoven narrative of the decadence and greed, hypocrisy and hysteria, profligacy and moral emptiness of the key power brokers, Fleming returns to the core concept of excess and how it continues to drive Hollywood.

### Portland Stair Walks

-- At the gold diggings in 1848 and 1849. -- Gambling, money, crime, the law, strong drink, and Judge Lynch. -- Life in the cities; Satan and the Legislature; fast living; wild horses. -- Indians; religion; progress. A Report on the Tulare Valley, by George H. Derby. Exploring the Central Valley in 1850, with a full-size folded copy of Derby's map.

### The Gentle Art of Wandering

Los Angeles may have a reputation as a concrete jungle, but in reality, it's incredibly biodiverse, teeming with an amazing array of animals and plants. You just need to know where to find them. Wild LA—from the experts at the Natural History Museum of Los Angeles County—is the guidebook you've been waiting for. Equal parts natural history book, field guide, and trip planner, Wild LA has something for everyone. You'll learn about the factors shaping LA nature—including flood, fire, and climate change—and find profiles of over one hundred

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local species, from sea turtles to rare plants to Hollywood's famous mountain lion, P-22. Also included are day trips that detail which natural wonders you can experience on hiking trails, in public parks, and in your own backyard.

## Fins

The ultimate guidebook to one of the world's most glamorous and exciting cities, and its hidden treasures, unique discoveries, and distinctive landmarks.

## The Goomba Diet

## Ikigai

Beyond its maze of freeways, Los Angeles is a great place to walk. Completely updated and expanded, the second edition of this award - winning book features expanded trips with dozens of additional points of interest, useful new information, and four new trips that are family - friendly.

## The Studio Kill

Follows the story of an Irish man who chases his dream from Ireland to Los Angeles.

## Finding Los Angeles by Foot

Why is it so satisfying to walk up and down stairs? Maybe it's the new layer of discovery with each step up—a new far-off view and a new close-up look at the plants and buildings. Maybe it's the fleeting proximity one has to passing strangers.

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Maybe it's the great feeling of propelling yourself upward and then floating downward. Maybe it's the best workout you can get without putting on gym clothes. Whatever the reason, stairs are an excellent way to get yourself up or down a landscape, and Portland, Oregon has a whole lot of them built into our public sidewalk and trail infrastructures. With Portland Stair Walks as your guide, you'll have 18 urban adventures on foot (or even bike) with: 142 staircases 22 hidden paths 26 bridges 2 tunnels 1 island 1 floating sidewalk 1 aerial tram and several beaches And you'll enjoy views of: 2 rivers 16 river bridges 4 volcanos 3 creeks many city vistas and innumerable small details that make the city and its history come alive Stair-loving pedestrians rejoice!

### High Concept

Portland Hill Walks features twenty-four miniature adventures stocked with stunning views, hidden stairways, leafy byways, urban forests, and places to sit, eat, and soak in the local scene. The revised and updated edition offers five new walks in addition to the well-loved classics, with new contemporary and historical photos and easier-to-follow directions. Whether you feel like meandering through old streetcar neighborhoods or climbing a lava dome, there is a hill walk for every mood. New walks take you up to Willamette Stone State Park, across the St. Johns Bridge, down to the South Waterfront (with a ride on the aerial tram), along a stream in Gresham, and up Mounts Talbert and Scott. Portland is a walking city, and Portland Hill Walks will inspire you to enjoy it to its fullest!

### 111 Places in Los Angeles that you must not miss

The Paradise, which Dante called the sublime canticle, is

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perhaps the most ambitious book of *The Divine Comedy*. In this climactic segment, Dante's pilgrim reaches Paradise and encounters the Divine Will. The poet's mystical interpretation of the religious life is a complex and exquisite conclusion to his magnificent trilogy. Mark Musa's powerful and sensitive translation preserves the intricacy of the work while rendering it in clear, rhythmic English. His extensive notes and introductions to each canto make accessible to all readers the diverse and often abstruse ingredients of Dante's unparalleled vision of the Absolute: elements of Ptolemaic astronomy, medieval astrology and science, theological dogma, and the poet's own personal experiences.

### Secret Stairs

Move over *Miss Lonelyhearts* . . . Steven R. Schirripa, author of the runaway bestseller *A Goomba's Guide to Life*, is back with more life lessons from the neighborhood. Recalling stories of his own colorful journey from the streets of Bensonhurst to the bright lights of Las Vegas and stardom as Bobby "Bacala" Baccalieri in the HBO hit series *The Sopranos*, Schirripa observes the finer points of amore in all its forms—love for his mother and her Sunday sauce, his wife and kids, his friends, his goomar on the side, even for his car (and he better not catch you eating in it, if you know what's good for you). Alternately touching, telling, and laugh-out-loud funny, *The Goomba's Book of Love* proves that no one loves as fiercely (or as frequently) as a goomba.

### A Countess Below Stairs

Los Angeles has so much to offer, and this guide helps you to choose where to start when discovering this beautiful city. In

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The 500 Hidden Secrets of Los Angeles Andrea Richards shares 500 must-know addresses in one of the coolest cities in the United States, such as: \* the 5 most laid-back beach cafes \* 5 places to buy a dress for the Oscars \* the 5 most fun attractions in Griffith Park \* 5 private collections open to the public \* the 5 most unlikely places to see celebs SELLING POINTS: \* Visit Los Angeles in the footsteps of a local and track down the city's best-kept secrets! \* Perfect for tourists who want to avoid the usual hotspots, and for locals who want to get to know their city even better \* A new edition in Luster's successful, practical, and attractive series of city guides 100 colour illustrations

### Walking the Steps of Cincinnati

\*Los Angeles Times bestseller\* ☐If hygge is the art of doing nothing, ikigai is the art of doing something☐and doing it with supreme focus and joy.☐ ☐New York Post Bring meaning and joy to all your days with this internationally bestselling guide to the Japanese concept of ikigai (pronounced ee-key-guy)☐the happiness of always being busy☐as revealed by the daily habits of the world's longest-living people. What's your ikigai? ☐Only staying active will make you want to live a hundred years.☐ ☐Japanese proverb According to the Japanese, everyone has an ikigai☐a reason for living. And according to the residents of the Japanese village with the world's longest-living people, finding it is the key to a happier and longer life. Having a strong sense of ikigai☐the place where passion, mission, vocation, and profession intersect☐means that each day is infused with meaning. It's the reason we get up in the morning. It's also the reason many Japanese never really retire (in fact there's no word in Japanese that means retire in the sense it does in English):

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They remain active and work at what they enjoy, because they've found a real purpose in life—the happiness of always being busy. In researching this book, the authors interviewed the residents of the Japanese village with the highest percentage of 100-year-olds—one of the world's Blue Zones. Ikigai reveals the secrets to their longevity and happiness: how they eat, how they move, how they work, how they foster collaboration and community, and—their best-kept secret—how they find the ikigai that brings satisfaction to their lives. And it provides practical tools to help you discover your own ikigai. Because who doesn't want to find happiness in every day?

### Three Weeks in October

#### Wild LA

Presents a plan for living and enjoying all that life has to offer—from food and drink to the company of good friends.

### 10,000 Steps a Day in L.A.

In this New York Times bestselling book, the police chief who led one of the most suspenseful manhunts in American history takes readers behind the headlines into the notorious "D.C. sniper" case that held the nation spellbound. In October 2002, ordinary Americans feared for their lives, too frightened to pump gas at the local station or let their children play outside. For twenty-three nightmarish days, a series of random sniper killings terrorized the Washington, D.C. area and launched the largest manhunt in American history—under the harsh glare of a media frenzy. Three Weeks in October follows Charles Moose's efforts to crack a seemingly

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unsolvable case. As a stunned nation watched, Chief Moose stood tall in the face of horrific events—a courageous presence whose tenacity brought snipers John Allen Muhammed and Lee Boyd Malvo to justice. But this is also the inspirational story of Moose’s rise from a young African American cop battling prejudice to a respected chief of police—who couldn’t stop until he captured two of the most bizarre killers America has ever known. “Compelling . . . A very candid story . . . Well worth reading.” *The Washington Post* “Fascinating.” *The Daily Oklahoman* “Gutsy, endearing, no-nonsense . . . [cuts] through all the hubbub to show that behind the provocative headlines was little more than a simple, heartfelt man just trying to do the best job he could.” *Publishers Weekly*

### Stairway Walks in San Francisco

In this heartfelt memoir from one of the youngest recipients of the transorbital lobotomy, Howard Dully shares the story of a painfully dysfunctional childhood, a misspent youth, his struggle to claim the life that was taken from him, and his redemption. At twelve, Howard Dully was guilty of the same crimes as other boys his age: he was moody and messy, rambunctious with his brothers, contrary just to prove a point, and perpetually at odds with his parents. Yet somehow, this normal boy became one of the youngest people on whom Dr. Walter Freeman performed his barbaric transorbital—or ice pick—lobotomy. Abandoned by his family within a year of the surgery, Howard spent his teen years in mental institutions, his twenties in jail, and his thirties in a bottle. It wasn’t until he was in his forties that Howard began to pull his life together. But even as he began to live the “normal” life he had been denied, Howard struggled with one question: *Why?* There were only three people who would know the truth: Freeman,

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the man who performed the procedure; Lou, his cold and demanding stepmother who brought Howard to the doctor's attention; and his father, Rodney. Of the three, only Rodney, the man who hadn't intervened on his son's behalf, was still living. Time was running out. Stable and happy for the first time in decades, Howard began to search for answers.

Through his research, Howard met other lobotomy patients and their families, talked with one of Freeman's sons about his father's controversial life's work, and confronted Rodney about his complicity. And, in the archive where the doctor's files are stored, he finally came face to face with the truth. Revealing what happened to a child no one—not his father, not the medical community, not the state—was willing to protect, *My Lobotomy* exposes a shameful chapter in the history of the treatment of mental illness. Yet, ultimately, this is a powerful and moving chronicle of the life of one man.

### Secret Stairs: East Bay

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

### Walking Los Angeles

Hundreds of public stairways traverse San Francisco's 42 hills, exposing incredible vistas while connecting colorful, unique neighborhoods -- veteran guide Adah Bakalinsky loves them all. Her updated *Stairway Walks in San Francisco* explores well-known and clandestine corridors from Lands End to Bernal Heights while sharing captivating architectural, historical, pop culture, and horticultural notes along the way. A comprehensive appendix lists every one of the city's 600-plus public stairways. Long-term residents and tourists

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alike have used the book for over 25 years to adventurously uncover San Francisco's unexpected details.

### Bright Gem of the Western Seas

Portland has 196 public staircases, an irresistible asset to this pedestrian-friendly city. In *The Portland Stairs Book*, Portland's walking guru Laura Foster has gathered the best and most interesting in a handy pocket-sized guide. From Mount Tabor's epic 282 steps to the glass cupola atop 115 steps in Pioneer Courthouse, *The Portland Stairs Book* features details on twenty outdoor stairs that have amazing stories and something unique to offer an urban explorer. The stairs include the Willamette River Bridge Stairs, The Westover Terraces Steps, and Rocky Butte's Grand Staircase. The book also features indoor stairs that are perfect for a rainy Portland day and five Stair Trails that lead readers on urban treks that contain hundreds of steps in five different areas of town.

### Janet Cardiff

Brooklyn is comprised of dozens of vibrant neighborhoods, each with its own distinctive quality and history. But for most people, New York City is synonymous with Manhattan, and until recently few visitors have ventured beyond the famous Brooklyn Bridge to explore the city's largest borough. With *Walking Brooklyn*, Adrienne Onofri has created an exceptional guide to and through Brooklyn's most interesting and notable neighborhoods, providing a mix of information about culture, history, architecture, places to eat, venues to visit, and more. From a walk through the Russian-influenced Brighton Beach, to the expansive Prospect Park, and out to

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Red Hook, Walking Brooklyn reveals the many layers and sites of Manhattan's lesser-known neighbor. This two-color book features 30 routes, a clear neighborhood map for each walk, black-and-white photographs, and critical public transportation information for every trip. Route summaries make each walk easy to follow, and a "Points of Interest" section outlines each walk's highlights. The 30 walks include trivia about architecture, local culture, and borough history, plus tips on where to dine, have a drink, and shop. New title in the successful and award-winning Walking series

### Anne Frank's Tales from the Secret Annex

Hundreds of public stairways traverse San Francisco's 42 hills, exposing incredible vistas while connecting colorful, unique neighborhoods, and veteran guide Adah Bakalinsky loves them all. Her updated Stairway Walks in San Francisco explores well-known and clandestine corridors from Lands End to Bernal Heights while sharing captivating architectural, historical, pop culture, and horticultural notes along the way. This revised and expanded edition has been thoroughly updated and includes two additional walks, new maps, and new color photographs. The two new walks presented are: The Blue Greenway Walking, a new history, which follows the Embarcadero and weaves along the present day contour of the Bay into the future parklands and new neighborhood of San Francisco; and Jazz Takes A Walk in the Sunnyside neighborhood where the undulating geology of San Francisco invites one to hear the dance in the walk. A comprehensive appendix lists every one of the City's 600-plus public stairways. Long-term residents and tourists alike have used the book for over 25 years to adventurously uncover San Francisco's unexpected details.

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