

heart bones

heart bones are a fascinating topic that spans the realms of human anatomy, cultural symbolism, and even language. While the phrase “heart bones” may initially spark curiosity, it has scientific, metaphorical, and medical significance. This article provides a comprehensive overview of heart bones, including their anatomical context, historical meaning, medical relevance, and cultural representation. Readers will discover how the skeletal system interacts with the cardiovascular system, debunk myths about heart bones, explore conditions affecting the chest area, and understand why “heart bones” appear in literature and everyday language. Whether you are a student, medical professional, or someone intrigued by human biology and symbolism, this guide will enhance your knowledge and appreciation of the complexities surrounding heart bones.

- Understanding Heart Bones: Anatomy and Terminology
- The Skeletal System and Its Relationship to the Heart
- Medical Conditions Involving Heart Bones
- Heart Bones in Cultural and Symbolic Contexts
- Common Myths and Misconceptions about Heart Bones
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Understanding Heart Bones: Anatomy and Terminology

The term “heart bones” often raises questions regarding which bones, if any, are directly associated with the heart. Medically, there are no bones within the heart itself. The human heart is a muscular organ located slightly left of the center of the chest, protected by surrounding bones. The phrase “heart bones” typically refers to the bones that shield and support the heart, most notably the sternum and ribs.

The Sternum: The Central Heart Bone

The sternum, or breastbone, is a flat bone situated in the middle of the chest. It forms the front part of the rib cage and serves as a crucial protector of the heart, lungs, and major blood vessels. The sternum consists of three parts: the manubrium, body, and xiphoid process. Its proximity to the heart makes it a focal point when discussing heart bones in anatomical terms.

The Rib Cage: Protective Framework

The rib cage is composed of twelve pairs of ribs that encircle the chest cavity. These ribs connect to the sternum via costal cartilage and provide a strong shield for the heart and lungs. The rib cage not only protects the heart from physical trauma but also assists in respiration by expanding and contracting with each breath.

Terminology and Semantic Variations

While “heart bones” is not a formal medical term, it is used in cultural, poetic, and sometimes colloquial contexts to refer to the bones surrounding the heart. In anatomy, references to “thoracic bones” or “bones of the chest” are more precise. However, the symbolic use of “heart bones” continues to persist in literature and common speech.

The Skeletal System and Its Relationship to the Heart

The skeletal system plays a vital role in protecting and supporting the body’s organs, including the heart. The bones that surround the heart are integral to its safety and function, especially during physical activity or trauma.

How Chest Bones Protect the Heart

- Physical barrier: The sternum and rib cage shield the heart from external impacts.
- Support: The chest bones provide a stable framework for the attachment of muscles involved in breathing and movement.
- Anchoring point: Costal cartilage and sternum serve as anchor points for major muscles and connective tissues.

Bone Marrow and Cardiovascular Health

Bone marrow, found within certain bones including some ribs and the sternum, is essential for producing blood cells. Healthy bone marrow ensures the continuous supply of red blood cells, white blood cells, and platelets, all necessary for optimal cardiovascular function. Any disorder affecting bone marrow can indirectly impact heart health.

Development and Growth of Chest Bones

Chest bones develop through a process called ossification, which begins in the fetus and

continues into adulthood. Proper nutrition and physical activity are crucial for the healthy development of bones that protect the heart. Disorders affecting bone growth, such as osteoporosis, can compromise the integrity of the chest wall and increase vulnerability to heart injuries.

Medical Conditions Involving Heart Bones

Several medical conditions can affect the bones surrounding the heart, impacting both their protective function and the overall health of the cardiovascular system. Understanding these conditions is important for prevention, diagnosis, and treatment.

Fractures of the Sternum and Ribs

Injuries such as blunt force trauma, car accidents, or falls can result in fractures of the sternum or ribs. Such fractures may pose a risk to the heart if bone fragments puncture or compress cardiac tissue, potentially leading to life-threatening complications.

Costochondritis and Chest Pain

Costochondritis is an inflammation of the cartilage connecting the ribs to the sternum. This condition often causes chest pain that can be mistaken for heart-related issues. Proper diagnosis is essential to distinguish costochondritis from cardiac conditions.

Osteoporosis and Chest Bone Integrity

Osteoporosis is a disease characterized by weakened bones, increasing the risk of fractures in the chest wall. Fragile ribs and sternum may not adequately protect the heart, especially in older adults. Preventative measures such as calcium intake and regular exercise are crucial for maintaining bone strength.

Surgical Procedures Involving Heart Bones

Certain cardiac surgeries, such as open-heart surgery, require splitting the sternum to access the heart. Post-surgical care focuses on ensuring proper healing of the sternum to prevent complications and maintain chest stability.

Heart Bones in Cultural and Symbolic Contexts

Beyond the anatomical and medical perspective, heart bones hold significant meaning in various cultures, literature, and artistic expressions. The phrase “heart bones” often symbolizes resilience, emotional strength, or the core of human existence.

Symbolism of Heart Bones in Literature

In poetry and storytelling, references to heart bones evoke images of inner strength and vulnerability. Writers use the concept to explore themes of love, loss, and endurance. The heart bones are often portrayed as a metaphorical shield against emotional pain.

Heart Bones in Art and Music

- Visual art: Artists depict heart bones as part of symbolic anatomical illustrations.
- Music: Lyrics and song titles sometimes incorporate heart bones to represent emotional fortitude.
- Popular culture: The phrase appears in movies and television as a metaphor for toughness or sensitivity.

Cultural Interpretations and Beliefs

Different cultures attribute various meanings to heart bones, linking them to spiritual beliefs, healing practices, and folklore. In some traditions, the bones near the heart are thought to protect the soul or serve as the seat of courage.

Common Myths and Misconceptions about Heart Bones

Despite widespread use of the term, several myths and misconceptions surround heart bones. Understanding the facts helps dispel confusion and promotes accurate knowledge.

Myth: The Heart Has Bones Inside It

The human heart does not contain bones. It is composed of muscle tissue, valves, and connective tissue. The surrounding bones serve only as protective structures, not as integral components of the heart itself.

Myth: Chest Pain Always Indicates Heart Problems

Chest pain can originate from various sources, including the bones, cartilage, muscles, or organs in the chest. Conditions such as costochondritis, muscle strain, or rib fractures may cause pain that mimics heart-related symptoms.

Misconception: “Heart Bones” Is a Clinical Diagnosis

“Heart bones” is not an official medical diagnosis. Professionals refer to conditions of the sternum, ribs, or thoracic cavity using specific terminology. The phrase is more common in literature, culture, and everyday language.

Separating Fact from Fiction

- The heart is protected by bones, but does not contain any bones itself.
- Chest pain should be evaluated by a healthcare professional to determine its origin.
- Symbolic references to heart bones enrich language, but should not be confused with medical reality.

Frequently Asked Questions about Heart Bones

The topic of heart bones generates many questions from those interested in health, anatomy, and culture. Here are answers to some of the most common inquiries.

Q: Are there actual bones inside the human heart?

A: No, the human heart is a muscular organ and does not contain any bones. The bones that protect the heart are the sternum and ribs, which form part of the thoracic cage.

Q: Which bones protect the heart?

A: The sternum (breastbone) and the rib cage are the primary bones that shield the heart from physical injury.

Q: Can chest pain be caused by problems with heart bones?

A: Yes, chest pain can result from conditions affecting the sternum, ribs, or costal cartilage, such as fractures or costochondritis. However, chest pain should always be medically evaluated to rule out cardiac causes.

Q: What is the function of the sternum in heart

protection?

A: The sternum acts as a shield for the heart and major blood vessels, providing a rigid barrier against external trauma and serving as an anchor for ribs and muscles.

Q: Is “heart bones” a medical term?

A: No, “heart bones” is not a formal medical term. It is used informally and symbolically to refer to the bones surrounding the heart.

Q: Can bone diseases affect the heart?

A: Yes, diseases such as osteoporosis can weaken the ribs and sternum, potentially compromising the protection they offer to the heart.

Q: Why do songs and books mention “heart bones”?

A: In literature and music, “heart bones” is often used metaphorically to represent strength, vulnerability, or emotional core.

Q: What happens if the sternum is fractured?

A: A fractured sternum can be serious, especially if bone fragments damage the heart or lungs. Immediate medical attention is required for proper diagnosis and treatment.

Q: Does bone marrow in chest bones contribute to heart health?

A: Yes, bone marrow in the sternum and ribs produces blood cells vital for cardiovascular health and overall body function.

Q: How can I keep my chest bones healthy?

A: Maintaining chest bone health involves a balanced diet rich in calcium and vitamin D, regular exercise, and avoiding trauma or injury to the chest area.

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Heart Bones: Unraveling the Mystery of the Cardiac Skeleton

Have you ever considered that your heart, the tireless engine of your body, possesses its own internal skeleton? It's not the kind of skeleton you might picture in a Halloween costume, but a crucial framework of fibrous tissue that's essential for proper heart function. This post delves into the fascinating world of "heart bones," exploring their structure, function, and significance in maintaining cardiovascular health. We'll unravel the complexities of this often-overlooked aspect of cardiac anatomy, providing a comprehensive overview for both medical professionals and anyone interested in the wonders of the human body.

What are Heart Bones? (The Cardiac Skeleton Explained)

The term "heart bones" might be a slight misnomer. The cardiac skeleton isn't made of actual bone, but rather of dense, fibrous connective tissue. This tough, yet flexible, framework is composed primarily of collagen and elastin fibers, arranged in a complex network. Think of it as a strong, supportive scaffold within the heart. It's located at the junction between the atria (upper chambers) and ventricles (lower chambers), forming a crucial structural and electrical barrier.

Key Functions of the Cardiac Skeleton

The heart bones perform several vital functions:

1. Structural Support:

The most prominent role of the cardiac skeleton is providing structural support to the heart. It acts as a point of attachment for the heart valves, preventing their displacement during the forceful contractions of the heart muscle. Imagine it as a sturdy frame holding everything in its place.

2. Electrical Insulation:

The cardiac skeleton also plays a critical role in regulating the heart's electrical conduction system. It acts as an insulator, separating the atria's electrical activity from the ventricles'. This ensures that the atria contract before the ventricles, allowing for efficient blood flow. This precise coordination is essential for maintaining a regular heartbeat.

3. Attachment Point for Heart Muscle:

The heart bones provide anchoring points for the cardiac muscle fibers. This arrangement contributes to the coordinated contraction of the heart chambers, optimizing the pumping efficiency

of the heart.

Clinical Significance: Heart Bones and Cardiac Disease

While often overlooked in discussions of cardiovascular health, the integrity of the heart bones is essential for normal heart function. Damage or abnormalities to the cardiac skeleton can contribute to several cardiac conditions:

Heart valve disease: Damage to the fibrous rings where the heart valves attach can lead to valve dysfunction, requiring surgical intervention.

Arrhythmias: Disruptions in the electrical insulation provided by the cardiac skeleton can result in irregular heartbeats or arrhythmias.

Congenital heart defects: Abnormal development of the cardiac skeleton during fetal development can contribute to various congenital heart defects.

Exploring the Microscopic Structure of Heart Bones

Delving deeper, the microscopic structure of the heart bones reveals a tightly packed arrangement of collagen fibers, interspersed with elastin fibers. This composition contributes to the tissue's strength and flexibility, allowing it to withstand the constant pressure and stress exerted on the heart during each heartbeat. The intricate organization of these fibers is crucial for optimal function.

The Future of Research on Heart Bones

Research continues to unravel the complexities of the cardiac skeleton and its role in various cardiac conditions. Advances in imaging techniques and molecular biology are providing deeper insights into its structure and function, potentially leading to new diagnostic and therapeutic approaches for cardiovascular diseases.

Conclusion

The heart bones, despite not being actual bones, are a crucial component of the heart's structure and function. Their role in providing structural support, electrical insulation, and anchoring points for cardiac muscle fibers is vital for maintaining a healthy cardiovascular system. Understanding the complexities of this often-overlooked aspect of cardiac anatomy is essential for comprehending the intricacies of the heart and its susceptibility to disease.

FAQs

1. Can heart bones be damaged? Yes, the cardiac skeleton can be damaged by various factors, including aging, heart disease, and trauma. Damage can lead to heart valve dysfunction or arrhythmias.
2. Are heart bones visible on a standard X-ray? No, the cardiac skeleton is composed of fibrous tissue and is not visible on a standard X-ray. Specialized imaging techniques, such as echocardiography or MRI, are necessary for detailed visualization.
3. How does aging affect heart bones? Aging can lead to a gradual stiffening and degeneration of the cardiac skeleton, potentially contributing to age-related heart valve problems and arrhythmias.
4. What treatments are available for heart bone-related problems? Treatment options for heart bone-related problems depend on the specific condition. They can range from medication to surgical interventions, such as heart valve repair or replacement.
5. Is there a genetic component to heart bone health? While not fully understood, genetic factors likely play a role in the development and integrity of the cardiac skeleton. Research is ongoing to identify specific genes that influence heart bone health.

heart bones: Heart Bones Colleen Hoover, 2022-10-10 Moving, passionate, and unforgettable, this novel from #1 New York Times bestselling author Colleen Hoover follows two young adults from completely different backgrounds embarking on a tentative romance, unaware of what the future holds. After a childhood filled with poverty and neglect, Beyah Grim finally has her hard-earned ticket out of Kentucky with a full ride to Penn State. But two months before she's finally free to change her life for the better, an unexpected death leaves her homeless and forced to spend the remainder of her summer in Texas with a father she barely knows. Devastated and anxious for the summer to go by quickly, Beyah has no time or patience for Samson, the wealthy, brooding guy next door. Yet, the connection between them is too intense to ignore. But with their upcoming futures sending them to opposite ends of the country, the two decide to maintain only a casual summer fling. Too bad neither has any idea that a rip current is about to drag both their hearts out to sea.

heart bones: Heart Bones Colleen Hoover, 2022-10-04 From the #1 New York Times bestselling author of *It Ends with Us* and *It Starts with Us*! Moving, passionate, and unforgettable, Colleen Hoover's novel follows two young adults from completely different backgrounds embarking on a tentative romance, unaware of what the future holds. After a childhood filled with poverty and neglect, Beyah Grim finally has her hard-earned ticket out of Kentucky with a full ride to Penn State. But two months before she's finally free to change her life for the better, an unexpected death leaves her homeless and forced to spend the remainder of her summer in Texas with a father she barely knows. Devastated and anxious for the summer to go by quickly, Beyah has no time or patience for Samson, the wealthy, brooding guy next door. Yet, the connection between them is too intense to ignore. But with their upcoming futures sending them to opposite ends of the country, the two decide to maintain only a casual summer fling. Too bad neither has any idea that a rip current is about to drag both their hearts out to sea.

heart bones: Heart Bones Colleen Hoover, 2023-01-31 Moving, passionate, and unforgettable, this novel from #1 New York Times bestselling author Colleen Hoover follows two young adults from completely different backgrounds embarking on a tentative romance, unaware of what the future holds--

heart bones: Early Departures Justin A. Reynolds, 2020-09-22 Like Adam Silvera's *They Both Die at the End* and Colleen Hoover's *It Ends with Us*, *Early Departures* by Justin A. Reynolds, author of *Opposite of Always*, is a powerful and deeply moving YA contemporary novel with a speculative twist about love, death, grief, and friendship. What if you could bring your best friend back to life—but only for a short time? Jamal's best friend, Q, doesn't know that he died, and that he's about to die . . . again. He doesn't know that Jamal tried to save him. And that the reason they haven't been friends for two years is because Jamal blames Q for the accident that killed his parents. But what if Jamal could have a second chance? A new technology allows Q to be reanimated for a few weeks before he dies . . . permanently. And Q's mom is not about to let anyone ruin this miracle by telling Q about his impending death. So how can Jamal fix everything if he can't tell Q the truth? *Early Departures* weaves together loss, grief, friendship, and love to form a wholly unique homage to the bonds that bring people together for life—and beyond.

heart bones: Hearts and Bones Niamh Mulvey, 2022-06-23 'Vivid, memorable and beautifully crafted' - Sarah Moss, author of *Summerwater* 'A brilliant collection, from a remarkable talent' - Joseph O'Connor, author of *Shadowplay* *Hearts and Bones* is a book about relationships. It explores what love does to us, and how we survive it. First-time lovers make mistakes; brothers and sisters try to forgive one another; and parents struggle and fail and struggle again. Teenage souls are swayed by euphoric faith in a higher power and then by devotion to desire, trapped between different notions of what might be true. Quiet revolutions happen in living rooms, on river banks, in packed pubs and empty churches, and years later we wonder why we ever did the things we did. Set between Ireland and London in the first two decades of this millennium, the stories in *Hearts and Bones*, Niamh Mulvey's debut collection, look at the changes that have torn through these times and ask who we are now that we've brought the old gods down. Witty, sharply observed and deeply moving, these ten stories announce an extraordinary new Irish literary talent. 'Highly accomplished, inventive' - Irish Times 'Stunning' - Sinéad Gleeson, author *Constellations* 'Poignant, unsparingly honest' - Sunday Independent

heart bones: Hearts and Bones Margaret Lawrence, 1997-10-01 Hannah Trevor, a midwife in a small Maine town, discovers the body of a young wife and mother, along with a note naming Hannah's secret past lover and the father of her illegitimate daughter as the woman's murderers

heart bones: Killer Chardonnay Kate Lansing, 2020-05-26 A young winery owner won't let one sour grape ruin the bunch in the first installment of this exciting cozy mystery series. Parker Valentine has always dreamed of opening her own winery in her hometown of Boulder, Colorado. But she gets more than she bargained for when a food and wine critic unexpectedly shows up at *Vino Valentine* on opening day. A negative review could be fatal for her business, and not only does he seem to hate her chardonnay, he also collapses and dies shortly after drinking it. Although Parker hoped that the attendees would put a cork in it, soon her winery is at the center of a social media firestorm. With #killerchardonnay trending online, Parker's business is in danger of closing, and she has no choice but to investigate the murder herself. To restore her reputation, catch a killer, and keep her struggling business open, Parker needs only one thing: some good proof.

heart bones: Black Heart, Ivory Bones Ellen Datlow, Terri Windling, 2014-09-30 20 fairy tales hauntingly reimagined by some of today's finest sci-fi and fantasy authors, including Joyce Carol Oates, Neil Gaiman, Tanith Lee, and more. Once upon a time, all our cherished dreams began with the words once upon a time. This is the phrase that opened our favorite tales of princes and spells and magical adventures. World Fantasy Award-winning editors Ellen Datlow and Terri Windling understand the power of beloved stories—and in *Black Heart, Ivory Bones*, their sixth anthology of reimagined fairy tales, they have gathered together stories and poetry from some of the most acclaimed writers of our time, including Neil Gaiman, Tanith Lee, Charles de Lint, and Joyce Carol Oates. But be forewarned: These fairy tales are not for children. A prideful Texas dancer is cursed by a pair of lustrous red boots . . . Goldilocks tells all about her brutal and wildly dysfunctional foster family, the Bears . . . An archaeologist in Victorian England is enchanted by a newly exhumed *Sleeping Beauty* . . . A prince of tabloid journalism is smitten by a trailer-park

Rapunzel . . . A clockwork amusement park troll becomes sentient and sets out to foment an automaton revolution. These are but a few examples of the marvels that await within these pages—tales that range from the humorous to the sensuous to the haunting and horrifying, each one a treasure with a distinctly adult edge.

heart bones: Find Me Their Bones Sara Wolf, 2019-11-05 No one can save her. In order to protect Prince Lucien d'Malvane's heart, Zera had to betray him. Now, he hates the sight of her. Trapped in Cavanos as a prisoner of the king, she awaits the inevitable moment her witch severs their magical connection and finally ends her life. But fate isn't ready to give her up just yet. With freedom coming from the most unlikely of sources, Zera is given a second chance at life as a Heartless. But it comes with a terrible price. As the king mobilizes his army to march against the witches, Zera must tame an elusive and deadly valkerax trapped in the tunnels underneath the city if she wants to regain her humanity. Winning over a bloodthirsty valkerax? Hard. Winning back her friends before war breaks out? A little harder. But a Heartless winning back Prince Lucien's heart? The hardest thing she's ever done. The Bring Me Their Hearts series is best enjoyed in order. Reading Order: Book #1 Bring Me Their Hearts Book #2 Find Me Their Bones Book #3 Send Me Their Souls

heart bones: *Brittle Bones, Stout Hearts and Minds: Adults with Osteogenesis Imperfecta* Joan Ablon, 2010-10-22 Brittle Bones, Stout Hearts and Minds is written for patients with Osteogenesis Imperfecta (OI), their families and those who treat them including physicians, nurses, social workers, genetics counselors, and other persons with interests in differing kinds of physical disabilities. The book chronicles life experiences, coping patterns, and strategies for daily living of adults with OI, through personal accounts of medical experiences, education, economics, physical intimacy, dating, marriage, and general lifestyle issues. There are no other comparable books that deal with psychosocial issues of adults with OI.

heart bones: Heart Bones, Large Print Edition Colleen Hoover, 2020-08-24 LARGE PRINT EDITIONThe #1 New York Times bestselling author of Verity and It Ends With Us delivers another breathtaking novel with a magnetic suspense that will keep you glued to the pages. Phenomenal. Outstanding. Unputdownable. - Stephanie's Book ReportOne of the most spellbinding, profound, beautifully told new adult romances I've ever read. It is the kind of story that stays with you, moves you. A breathlessly romantic tale of courage and growth, of patience and trust, of wild abandonment. I read the book cover to cover, in one sitting, I simply couldn't put it down. - KDRBCK Life and a dismal last name are the only two things Beyah Grim's parents ever gave her. After carving her path all on her own, Beyah is well on her way to bigger and better things, thanks to no one but herself. With only two short months separating her from the future she's built and the past she desperately wants to leave behind, an unexpected death leaves Beyah with no place to go during the interim. Forced to reach out to her last resort, Beyah has to spend the remainder of her summer on a peninsula in Texas with a father she barely knows. Beyah's plan is to keep her head down and let the summer slip by seamlessly, but her new neighbor Samson throws a wrench in that plan. Samson and Beyah have nothing in common on the surface. She comes from a life of poverty and neglect; he comes from a family of wealth and privilege. But one thing they do have in common is that they're both drawn to sad things. Which means they're drawn to each other. With an almost immediate connection too intense for them to continue denying, Beyah and Samson agree to stay in the shallow end of a summer fling. What Beyah doesn't realize is that a rip current is coming, and it's about to drag her heart out to sea. This book deserves a whole galaxy of stars, but alas, five is all I can give. -Shades of Rebecca

heart bones: *Of Blood and Bone* Nora Roberts, 2018-12-04 Nora Roberts, the #1 New York Times bestselling author of the epic Year One returns with *Of Blood and Bone*, a new tale of terror and magick in a brand new world. They look like an everyday family living an ordinary life. But beyond the edges of this peaceful farm, unimaginable forces of light and dark have been unleashed. Fallon Swift, approaching her thirteenth birthday, barely knows the world that existed before—the city where her parents lived, now in ruins and reclaimed by nature since the Doom sickened and

killed billions. Traveling anywhere is a danger, as vicious gangs of Raiders and fanatics called Purity Warriors search for their next victim. Those like Fallon, in possession of gifts, are hunted—and the time is coming when her true nature, her identity as The One, can no longer be hidden. In a mysterious shelter in the forest, her training is about to begin under the guidance of Mallick, whose skills have been honed over centuries. She will learn the old ways of healing; study and spar; encounter faeries and elves and shifters; and find powers within herself she never imagined. And when the time is right, she will take up the sword, and fight. For until she grows into the woman she was born to be, the world outside will never be whole again.

heart bones: Hearts & Other Body Parts Ira Bloom, 2017-03-28 A novel of love and monsters. Sisters Esme, Katy, and Ronnie are smart, talented, and gorgeous, and better yet . . . all three are witches. They have high school wired until the arrival of two new students. The first is Norman, who is almost eight feet tall and appears to be constructed of bolts and mismatched body parts. Despite his intimidating looks, Esme finds herself strangely -- almost romantically -- drawn to both his oversized brain and oversized heart. The second new arrival is Zack, an impossibly handsome late transfer from the UK who has the girls at school instantly mesmerized. Soon even sensible Esme has forgotten Norman, and all three sisters are in a flat-out hex war to win Zack. But while the magic is flying, only Norman seems to notice that students who wander off alone with Zack end up with crushed bones and memory loss. Or worse, missing entirely. HEARTS & OTHER BODY PARTS is a wickedly addictive novel about love, monsters, and loyalty. And oh yeah, a Japanese corpse-eating demon cat.

heart bones: Under Currents Nora Roberts, 2019-07-09 For both Zane and Darby, their small town roots hold a terrible secret. Now, decades later, they've come together to build a new life. But will the past set them free or pull them under? Zane Bigelow grew up in a beautiful, perfectly kept house in North Carolina's Blue Ridge Mountains. Strangers and even Zane's own aunt across the lake see his parents as a successful surgeon and his stylish wife, making appearances at their children's ballet recitals and baseball games. Only Zane and his sister know the truth, until one brutal night finally reveals cracks in the facade, and Zane escapes for college without a thought of looking back... Years later, Zane returns to his hometown determined to reconnect with the place and people that mean so much to him, despite the painful memories. As he resumes life in the colorful town, he meets a gifted landscape artist named Darby, who is on the run from ghosts of her own. Together they will have to teach each other what it means to face the past, and stand up for the ones they love.

heart bones: The Bones of Ruin Sarah Raughley, 2021-09-07 An African tightrope walker who can't die gets embroiled in a secret society's deadly gladiatorial tournament in this "bloodily spectacular" (Chloe Gong, New York Times bestselling author of *These Violent Delights*) historical fantasy set in an alternate 1880s London, perfect for fans of *The Last Magician* and *The Gilded Wolves*. As an African tightrope dancer in Victorian London, Iris is used to being strange. She is certainly an unusual sight for leering British audiences always eager for the spectacle of colonial curiosity. But Iris also has a secret that even "strange" doesn't capture... She cannot die. Haunted by her unnatural power and with no memories of her past, Iris is obsessed with discovering who she is. But that mission gets more complicated when she meets the dark and alluring Adam Temple, a member of a mysterious order called the Enlightenment Committee. Adam seems to know much more about her than he lets on, and he shares with her a terrifying revelation: the world is ending, and the Committee will decide who lives...and who doesn't. To help them choose a leader for the upcoming apocalypse, the Committee is holding the Tournament of Freaks, a macabre competition made up of vicious fighters with fantastical abilities. Adam wants Iris to be his champion, and in return he promises her the one thing she wants most: the truth about who she really is. If Iris wants to learn about her shadowy past, she has no choice but to fight. But the further she gets in the grisly tournament, the more she begins to remember—and the more she wonders if the truth is something best left forgotten.

heart bones: The Crown of Gilded Bones Jennifer L. Armentrout, 2021-04-20 Bow Before

Your Queen Or Bleed Before Her... From #1 New York Times bestselling author Jennifer L. Armentrout comes book three in her Blood and Ash series. She's been the victim and the survivor... Poppy never dreamed she would find the love she's found with Prince Casteel. She wants to revel in her happiness but first they must free his brother and find hers. It's a dangerous mission and one with far-reaching consequences neither dreamed of. Because Poppy is the Chosen, the Blessed. The true ruler of Atlantia. She carries the blood of the King of Gods within her. By right the crown and the kingdom are hers. The enemy and the warrior... Poppy has only ever wanted to control her own life, not the lives of others, but now she must choose to either forsake her birthright or seize the gilded crown and become the Queen of Flesh and Fire. But as the kingdoms' dark sins and blood-drenched secrets finally unravel, a long-forgotten power rises to pose a genuine threat. And they will stop at nothing to ensure that the crown never sits upon Poppy's head. A lover and heartmate... But the greatest threat to them and to Atlantia is what awaits in the far west, where the Queen of Blood and Ash has her own plans, ones she has waited hundreds of years to carry out. Poppy and Casteel must consider the impossible—travel to the Lands of the Gods and wake the King himself. And as shocking secrets and the harshest betrayals come to light, and enemies emerge to threaten everything Poppy and Casteel have fought for, they will discover just how far they are willing to go for their people—and each other. And now she will become Queen...

heart bones: Bones & All Camille DeAngelis, 2015-03-10 Now a major motion picture from Luca Guadagnino starring Taylor Russell, Timothée Chalamet and Mark Rylance, screenplay by David Kajganich! Maren Yearly is a young woman who wants the same things we all do. She wants to be someone people admire and respect. She wants to be loved. But her secret, shameful needs have forced her into exile. She hates herself for the bad thing she does, for what it's done to her family and her sense of identity, for how it dictates her place in the world and how people see her—how they judge her. She didn't choose to be this way. Because Maren Yearly doesn't just break hearts, she devours them. Ever since her mother found Penny Wilson's eardrum in her mouth when Maren was just two years old, she knew life would never be normal for either of them. Love may come in many shapes and sizes, but for Maren, it always ends the same—with her hiding the evidence and her mother packing up the car. But when her mother abandons her the day after her sixteenth birthday, Maren goes looking for the father she has never known, and finds much more than she bargained for along the way. Faced with a world of fellow eaters, potential enemies, and the prospect of love, Maren realizes she isn't only looking for her father, she's looking for herself.

heart bones: Bone and Bread Saleema Nawaz, 2013-03-15 Winner of the Quebec Writers' Federation Paragraphe Hugh MacLennan Prize for Fiction Beena and Sadhana are sisters who share a bond that could only have been shaped by the most unusual of childhoods — and by shared tragedy. Orphaned as teenagers, they have grown up under the exasperated watch of their Sikh uncle, who runs a bagel shop in Montreal's Hasidic community of Mile End. Together, they try to make sense of the rich, confusing brew of values, rituals, and beliefs that form their inheritance. Yet as they grow towards adulthood, their paths begin to diverge. Beena catches the attention of one of the bagel boys and finds herself pregnant at sixteen, while Sadhana drives herself to perfectionism and anorexia. When we first meet the adult Beena, she is grappling with a fresh grief: Sadhana has died suddenly and strangely, her body lying undiscovered for a week before anyone realizes what has happened. Beena is left with a burden of guilt and an unsettled feeling about the circumstances of her sister's death, which she sets about to uncover. Her search stirs memories and opens wounds, threatening to undo the safe, orderly existence she has painstakingly created for herself and her son. Saleema Nawaz's characters compel us, intrigue us, and delight us with their raw, complicated humanity, and her sentences sing in the gorgeous cadences of a writer who chooses every word with the utmost care. Heralded across Canada for the power and promise of her debut collection, *Mother Superior*, Nawaz proves with *Bone and Bread* that she is one of our most talented and unique storytellers.

heart bones: The History of Bones John Lurie, 2023-10-24 The quintessential depiction of 1980s New York and the downtown scene from the artist, actor, musician, and composer John Lurie "A

picaresque roller coaster of a story, with staggering amounts of sex and drugs and the perpetual quest to retain some kind of artistic integrity.”—The New York Times In the tornado that was downtown New York in the 1980s, John Lurie stood at the vortex. After founding the band The Lounge Lizards with his brother, Evan, in 1979, Lurie quickly became a centrifugal figure in the world of outsider artists, cutting-edge filmmakers, and cultural rebels. Now Lurie vibrantly brings to life the whole wash of 1980s New York as he developed his artistic soul over the course of the decade and came into orbit with all the prominent artists of that time and place, including Andy Warhol, Debbie Harry, Boris Policeband, and, especially, Jean-Michel Basquiat, the enigmatic prodigy who spent a year sleeping on the floor of Lurie’s East Third Street apartment. It may feel like Disney World now, but in *The History of Bones*, the East Village, through Lurie’s clear-eyed reminiscence, comes to teeming, gritty life. The book is full of grime and frank humor—Lurie holds nothing back in this journey to one of the most significant moments in our cultural history, one whose reverberations are still strongly felt today. History may repeat itself, but the way downtown New York happened in the 1980s will never happen again. Luckily, through this beautiful memoir, we all have a front-row seat.

heart bones: Fire Shut Up in My Bones Charles M. Blow, 2014 A respected journalist describes the abuse he suffered at the hands of a close family relative, the effect this had on his formative years and how he overcame the anger and self-doubt it left behind.

heart bones: City of Bones Martha Wells, 2023-09-05 Before Martha Wells captured the hearts of MILLIONS with her Murderbot series, there was Khat, Sagai, and Elen, and a city risen out of death and decay... The city of Charisat, a tiered monolith of the Ancients’ design, sits on the edge of the vast desert known as the Waste. Khat, a member of a humanoid race created by the Ancients to survive in the Waste, and Sagai, his human partner, are relic dealers working in the bottom tiers of society, trying to stay one step ahead of the Trade Inspectors. When Khat is hired by the all-powerful Warders to find relics believed to be part of one of the Ancients' arcane engines, he, and his party, begin unravelling the mysteries of an age-old technology. This they expected. They soon find themselves as the last line of defense between the suffering masses of Charisat and a fanatical cult, bent on unleashing an evil upon the city with an undying thirst for bone. That, they did not expect. This updated and revised edition is the author’s preferred text. At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

heart bones: Heart Bones Colleen Hoover, 2020-08-24 The #1 New York Times bestselling author of *Verity* and *It Ends With Us* delivers another breathtaking novel with a magnetic suspense that will keep you glued to the pages. Phenomenal. Outstanding. Unputdownable. - Stephanie's Book Report One of the most spellbinding, profound, beautifully told new adult romances I've ever read. It is the kind of story that stays with you, moves you. A breathlessly romantic tale of courage and growth, of patience and trust, of wild abandonment. I read the book cover to cover, in one sitting, I simply couldn't put it down. - KDRBCK Life and a dismal last name are the only two things Beyah Grim's parents ever gave her. After carving her path all on her own, Beyah is well on her way to bigger and better things, thanks to no one but herself. With only two short months separating her from the future she's built and the past she desperately wants to leave behind, an unexpected death leaves Beyah with no place to go during the interim. Forced to reach out to her last resort, Beyah has to spend the remainder of her summer on a peninsula in Texas with a father she barely knows. Beyah's plan is to keep her head down and let the summer slip by seamlessly, but her new neighbor Samson throws a wrench in that plan. Samson and Beyah have nothing in common on the surface. She comes from a life of poverty and neglect; he comes from a family of wealth and privilege. But one thing they do have in common is that they're both drawn to sad things. Which means they're drawn to each other. With an almost immediate connection too intense for them to continue denying, Beyah and Samson agree to stay in the shallow end of a summer fling. What Beyah doesn't realize is that a rip current is coming, and it's about to drag her heart out to sea. This book deserves a whole galaxy of stars, but alas, five is all I can give. -Shades of Rebecca

heart bones: Babyface Jeanne McDermott, 2001-12-31 The riveting true story of a child, a

family, and life on the outskirts of normal. When Jeanne McDermott's second child, Nathaniel, was born with Apert syndrome—a condition that results in a towering skull, a sunken face, and fingers webbed so tightly that hands look like mittens—she was completely unprepared for it. In this extraordinary memoir, McDermott calls on her dual roles as science journalist and mother to share her family's traumatic yet enriching experience. Though McDermott and her family had to endure Nathaniel's harrowing surgeries and the stares and comments of strangers and well-meaning friends, they were also transformed by the boy's amazing strength and exuberant personality. With grace, courage, and humor, McDermott shows readers how a child with a rare syndrome can illuminate "a whole new way of seeing, not simply him and others, but ourselves." "Babyface is not so much about a child with special needs as it is about a normal family and what happens when life takes an unexpected turn."—The Boston Globe "As richly peopled as a novel . . . Jeanne McDermott has taken her education in grief and its transcendence and given it, with tenderness and even wit, to her readers."—Rosellen Brown "Jeanne McDermott's dual identity as a cerebral science writer and fiercely loving mother gives her book an unusual breadth and depth, one it could never attain were she a narrower writer or a narrower human being."—Anne Fadiman, author of *The Spirit Catches You and You Fall Down*

heart bones: Heart of Darkness ,

heart bones: *Bones* Jonathan Kellerman, 2009-02-24 When it comes to writing deftly layered, tightly coiled novels of suspense, #1 New York Times bestselling author Jonathan Kellerman reigns supreme as "master of the psychological thriller" (People). Kellerman has worked his magic again in this chilling masterpiece. The anonymous caller has an ominous tone and an unnerving message about something "real dead . . . buried in your marsh." The eco-volunteer on the other end of the phone thinks it's a prank, but when a young woman's body turns up in L.A.'s Bird Marsh preserve no one's laughing. And when the bones of more victims surface, homicide detective Milo Sturgis realizes the city's under siege to an insidious killer. Milo's first move: calling in psychologist Alex Delaware. The murdered women are prostitutes—except the most recent victim; a brilliant young musician from the East Coast, employed by a wealthy family to tutor a musical prodigy, Selena Bass seems out of place in the marsh's grim tableau. Conveniently—perhaps ominously—Selena's blueblood employers are nowhere to be found, and their estate's jittery caretaker raises hackles. But Milo's instincts and Alex's insight are too well-honed to settle for easy answers, even given the dark secrets in this troubled man's past. Their investigation unearths disturbing layers—about victims, potential victims, and suspects alike—plunging even deeper into the murky marsh's enigmatic depths. Bizarre details of the crimes suggest a devilish serial killer prowling L.A.'s gritty streets. But when a new murder deviates from the pattern, derailing a possible profile, Alex and Milo must look beyond the suspicion of madness and consider an even more sinister mind at work. Answers don't come easy, but the darkest of drives and desires may fuel the most devious of foes. *Bones* is classic Kellerman—relentlessly peeling back the skin and psyches of its characters and revealing the shadows and sins of the souls beneath. With jolt after jolt of galvanizing suspense, it drives the reader through its twists and turns toward a climax as satisfying as it is shattering.

heart bones: Speaking in Bones Kathy Reichs, 2015-08-18 In this latest blockbuster novel from bestselling author Kathy Reichs, forensic anthropologist Temperance Brennan investigates what looks to be a typical missing person case, only to find herself digging up bones possibly left by a serial killer, a cult, or perhaps something not entirely of this world. For every case that Temperance Brennan has solved, there remain numerous bodies that remain unidentified in her lab. Information on some of these cold cases is available online, where amateur detectives sometimes take a stab at solving cases. When Tempe gets a call from Hazel "Lucky" Strike, a web sleuth who believes she's successfully connected a body in Tempe's lab to a missing eighteen-year-old girl, Tempe writes it off as another false alarm. Still reeling from her mother's diagnosis and the shock of Andrew Ryan's potentially life-change proposal, Tempe has little patience for chasing false leads. But when the bones in the lab match the missing girl's medical records, Tempe re-opens the case, returning to the spot where her remains were originally found. What seems at first to be an isolated

tragedy takes on a more sinister cast as Tempe uncovers two more sets of bones nearby. Even more troubling is that the area is known as a viewing point for a famous unexplained light phenomenon, and that a local cult nearby has significant interest in the site. Tempe's suspicions turn to murder by ritual sacrifice—a theory that gains even more urgency when Hazel herself turns up dead. Struggling to follow the tracks of a killer who will do anything not to be discovered, Tempe races to solve the murders and unravel the mysteries surrounding the site before the body count climbs higher. A suspenseful, modern addition to Temperance Brennan's ongoing story, *Speaking in Bones* proves that Kathy's pulse-pounding *Bones* series shows no signs of slowing down.

heart bones: *The Bone Witch* Rin Chupeco, 2017-03-07 A high-fantasy *Memoirs of a Geisha*, Chupeco's latest excels in originality —Kirkus Reviews A story of scorned witches, sinister curses, and resurrection, *The Bone Witch* is the start of a dark fantasy trilogy, perfect for fans of *Serpent & Dove* and *The Cruel Prince*. Tea can raise the dead, but resurrection comes at a price... When Tea accidentally resurrects her brother, Fox, from the dead, she learns she is different from the other witches in her family. Her gift for necromancy means that she's a bone witch, a title that makes her feared and ostracized by her community. But Tea finds solace and guidance with an older, wiser bone witch, who takes Tea and her brother to another land for training. In her new home, Tea puts all her energy into becoming an asha—one who can wield elemental magic. But dark forces are approaching quickly, and in the face of danger, Tea will have to overcome her obstacles...and make a powerful choice. Riveting and atmospheric, *The Bone Witch* is perfect for readers looking for witch novels for adults and teens stories with diverse representation and multicultural influences dark fantasy YA books and series original worldbuilding and captivating writing Praise for *The Bone Witch*: A fantasy lover's fantasy —Foreword Reviews Mesmerizing. Chupeco (*The Suffering*) does a magnificent job of balancing an intimate narrative perspective with sweeping worldbuilding, crafting her tale within a multicultural melting pot of influences as she presses toward a powerful cliffhanger.—Publishers Weekly, STARRED Review Chupeco delights us with a fascinating world and a rich atmosphere for a story that is exceptionally written from beginning to end.—Buzzfeed Readers who enjoy immersing themselves in detail will revel in Chupeco's finely wrought tale. Game of Thrones fans may see shades of Daenerys Targaryen in Tea, as she gathers a daeva army to unleash upon the world. Whether she is in the right remains a question unanswered, but the ending makes it clear her story is only beginning. —Booklist *The Bone Witch* Trilogy: *The Bone Witch* (Book 1) *The Heart Forger* (Book 2) *The Shadowglass* (Book 3)

heart bones: *Never Never* Colleen Hoover, Tarryn Fisher, 2023-02-28 AN INSTANT #1 NEW YORK TIMES BESTSELLER! Never stop...Never forget...Just remember. Colleen Hoover, the #1 New York Times bestselling author of *It Starts with Us* joins forces with Tarryn Fisher, the New York Times bestselling author of *The Wives*. Together, they have created a gripping, twisty, romantic mystery unlike any other. Charlie Wynwood and Silas Nash have been best friends since they could walk. They've been in love since the age of fourteen. But as of this morning...they are complete strangers. Their first kiss, their first fight, the moment they fell in love...every memory has vanished. Now Charlie and Silas must work together to uncover the truth about what happened to them and why. But the more they learn about the couple they used to be...the more they question why they were ever together to begin with. Forgetting is terrifying, but remembering may be worse. Heart-stopping and utterly captivating, the complete *Never Never* series, now available in one volume, will leave readers breathless and believing in the power of love. Looking for more suspenseful reads? Find out how far one twin will go to uncover where her "good half" has gone in Tarryn Fisher's upcoming novel, *Good Half Gone*! Can't wait until March--you can read these books now: *The Wives* *The Wrong Family* *An Honest Lie*

heart bones: *Beastly Bones* William Ritter, 2015-09-22 In the second installment of the New York Times bestselling series, detective of the supernatural R.F. Jackaby and his assistant Abigail Rook follow a case to a paleontological dig site in nearby Gad's Valley on the trail of a thief, a monster, and a murderer. In 1892, New Fiddleham, New England, things are never quite what they seem, especially when Abigail Rook and her eccentric employer, R. F. Jackaby, are called upon to

investigate the supernatural. First vicious shape-shifters disguise themselves as a litter of kittens, and a day later, their owner is found murdered. Then in nearby Gad's Valley, bones from a recent dig mysteriously go missing, and an unidentifiable beast starts attacking animals and people, leaving mangled bodies behind. Charlie calls on Abigail for help, and soon Abigail and Jackaby are on the hunt—for a thief, a monster, and a murderer.

heart bones: *Salvage the Bones* Jesmyn Ward, 2012-04-12 A hurricane is building over the Gulf of Mexico, threatening the coastal town of Bois Sauvage, Mississippi, and Esch's father is growing concerned. He's a hard drinker, largely absent, and it isn't often he worries about the family. Esch and her three brothers are stocking up on food, but there isn't much to save. Lately, Esch can't keep down what food she gets; at fifteen, she has just realized that she's pregnant. Her brother Skeetah is sneaking scraps for his prized pit bull's new litter, dying one by one. Meanwhile, brothers Randall and Junior try to stake their claim in a family long on child's play and short on parenting. As the twelve days that make up the novel's framework yield to a dramatic conclusion, this unforgettable family - motherless children sacrificing for one another as they can, protecting and nurturing where love is scarce - pulls itself up to face another day.

heart bones: *Once Upon a Broken Heart* Stephanie Garber, 2021-09-28 #1 NEW YORK TIMES BESTSELLER! ONCE UPON A BROKEN HEART marks the launch of a new series from Stephanie Garber about love, curses, and the lengths that people will go to for happily ever after. For as long as she can remember, Evangeline Fox has believed in true love and happy endings . . . until she learns that the love of her life will marry another. Desperate to stop the wedding and to heal her wounded heart, Evangeline strikes a deal with the charismatic, but wicked, Prince of Hearts. In exchange for his help, he asks for three kisses, to be given at the time and place of his choosing. But after Evangeline's first promised kiss, she learns that bargaining with an immortal is a dangerous game — and that the Prince of Hearts wants far more from her than she'd pledged. He has plans for Evangeline, plans that will either end in the greatest happily ever after, or the most exquisite tragedy.

heart bones: *Ugly Love* Colleen Hoover, 2014-08-05 From Colleen Hoover, the #1 New York Times bestselling author of *It Starts with Us* and *It Ends with Us*, a heart-wrenching love story that proves attraction at first sight can be messy. When Tate Collins meets airline pilot Miles Archer, she doesn't think it's love at first sight. They wouldn't even go so far as to consider themselves friends. The only thing Tate and Miles have in common is an undeniable mutual attraction. Once their desires are out in the open, they realize they have the perfect set-up. He doesn't want love, she doesn't have time for love, so that just leaves the sex. Their arrangement could be surprisingly seamless, as long as Tate can stick to the only two rules Miles has for her. Never ask about the past. Don't expect a future. They think they can handle it, but realize almost immediately they can't handle it at all. Hearts get infiltrated. Promises get broken. Rules get shattered. Love gets ugly.

heart bones: *The Bones She Buried* Lisa Regan, 2019-03-27 Josie works until her arms ache, until the paramedics arrive and pull her gently away from the woman's cold, fragile body. Noah's voice cracks beside her as he calls the time of death for his own, beloved mother. Arriving with her partner Noah for dinner at his family's immaculate countryside home, Detective Josie Quinn is devastated to find Noah's mother, Colette, lying lifeless in the back garden, her mouth clogged with soil. Searching the house for answers, Josie's team don't know what to make of the rosary beads buried in the dirt near the body, or the hidden file labelled "Drew Pratt", the small town of Denton's most famous missing person. As she delves deeper into Pratt's case, Josie quickly discovers he had a brother whose body mysteriously washed up on the banks of a river. There's also a diary entry suggesting that Colette may have met him on the last day he was seen alive. Can Josie believe the unthinkable, that a kind old soul like Colette might have been involved in their murders? And, will Josie's new relationship with Noah survive the accusation? Josie's only hope lies in tracking down Pratt's daughter. But when she arrives at her home to find she's been murdered just minutes before, Josie knows the real killer is one step ahead and won't stop until Colette's secret is buried forever. With many more innocent lives on the line, how deep is Josie prepared to dig to reach the truth? An

absolutely unputdownable crime thriller that will have you up all night! If you love Angela Marsons, Robert Dugoni or Rachel Caine you're guaranteed to be hooked from page one. Read what everyone is saying about *The Bones She Buried*: 'Loved it!!!... I could not put it down... amazing characters... twists and turns in the plot that keeps the reader turning pages to get to the end... DON'T MISS OUT ON THIS SERIES!' Goodreads reviewer, 5 stars 'I was tapping my kindle like a demented wood pecker, so many suspects and tension you could cut with a knife and as for the ending it BLEW ME AWAY!!!!... Another addictive and gripping series that just keeps getting better. I LOVED IT!!!!' Goodreads reviewer, 5 stars 'A highly entertaining, top-notch and impossible to put down read, couple that with an intelligent, feisty female protagonist and you've got an unmissable five-star page-turner' Reader's Retreat, 5 stars 'Wow this book grabbed me from the very first page... twists and turns that kept me reading page after page. Just when I thought I was on the right track, I realize I wasn't.' Goodreads reviewer, 5 stars 'I tell myself I am only going to read a few chapters of before bed. Next thing I know it's 2am and I am only a few pages away from being done!!' Goodreads reviewer, 5 stars 'Phenomenal... Addictive with an intense and complex... I was certain I had it all figured out on several occasions, but turns out I didn't. It kept me on the edge of my seat until the final twists... It's definitely action-packed... Prepare yourselves for another wild ride...' Book Obsessed Introverts, 5 stars 'Oh my it's a goodie!!!... The suspense just keeps mounting ending with a stunning conclusion. A brilliant, compulsive and skilful police procedural.' Goodreads reviewer, 5 stars 'One heck of an entertaining and intense ride... Fast, entertaining, suspenseful and action-packed... you will find yourself flying through and it will be hard to let go before you reach the final page...Another scorcher!' It's All About Books, 5 stars

heart bones: Verity Colleen Hoover, 2021-10-05 Whose truth is the lie? Stay up all night reading the sensational psychological thriller that has readers obsessed, from the #1 New York Times bestselling author of *Too Late* and *It Ends With Us*. #1 New York Times Bestseller · USA Today Bestseller · Globe and Mail Bestseller · Publishers Weekly Bestseller Lowen Ashleigh is a struggling writer on the brink of financial ruin when she accepts the job offer of a lifetime. Jeremy Crawford, husband of bestselling author Verity Crawford, has hired Lowen to complete the remaining books in a successful series his injured wife is unable to finish. Lowen arrives at the Crawford home, ready to sort through years of Verity's notes and outlines, hoping to find enough material to get her started. What Lowen doesn't expect to uncover in the chaotic office is an unfinished autobiography Verity never intended for anyone to read. Page after page of bone-chilling admissions, including Verity's recollection of the night her family was forever altered. Lowen decides to keep the manuscript hidden from Jeremy, knowing its contents could devastate the already grieving father. But as Lowen's feelings for Jeremy begin to intensify, she recognizes all the ways she could benefit if he were to read his wife's words. After all, no matter how devoted Jeremy is to his injured wife, a truth this horrifying would make it impossible for him to continue loving her.

heart bones: A Question Mark Is Half a Heart Sofia Lundberg, 2021 From the author of *The Red Address Book* Sofia Lundberg comes a captivating story about overcoming shame and guilt, about finding oneself and the truth-and in doing so, learning how to love--

heart bones: Tunnel of Bones (City of Ghosts #2) Victoria Schwab, V. E. Schwab, 2019-09-03 The thrilling sequel to Victoria Schwab's New York Times bestselling *City of Ghosts*! Trouble is haunting Cassidy Blake . . . even more than usual. She (plus her ghost best friend, Jacob, of course) are in Paris, where Cass's parents are filming their TV show about the world's most haunted cities. Sure, it's fun eating croissants and seeing the Eiffel Tower, but there's true ghostly danger lurking beneath Paris, in the creepy underground Catacombs. When Cass accidentally awakens a frighteningly strong spirit, she must rely on her still-growing skills as a ghosthunter -- and turn to friends both old and new to help her unravel a mystery. But time is running out, and the spirit is only growing stronger. And if Cass fails, the force she's unleashed could haunt the city forever. #1 New York Times bestselling author Victoria Schwab returns to the spooky and heart-pounding world of *City of Ghosts*, delivering thrilling new adventures and an unforgettable spin on friendship. (Because sometimes, even psychic ghost best friends have secrets. . .)

heart bones: It Starts with Us Colleen Hoover, 2022-10-18 PREVIOUS BOOK IN SERIES: IT ENDS WITH US, ISBN 9781501110368. Before 'It Ends with Us', it started with Atlas. Colleen Hoover tells fan favourite Atlas side of the story and shares what comes next in this long-anticipated sequel to the glorious and touching (USA TODAY) 'It Ends With Us'.

heart bones: Not Even Bones Rebecca Schaeffer, 2018-09-04 Twisty, grisly, genre-bending and immersive, Not Even Bones will grab you by the throat and drag you along as it gleefully tramples all of your expectations. —Sara Holland, New York Times best-selling author of Everless Dexter meets This Savage Song in this dark fantasy about a girl who sells magical body parts on the black market—until she's betrayed. Nita doesn't murder supernatural beings and sell their body parts on the internet—her mother does that. Nita just dissects the bodies after they've been "acquired." Until her mom brings home a live specimen and Nita decides she wants out; dissecting a scared teenage boy is a step too far. But when she decides to save her mother's victim, she ends up sold in his place—because Nita herself isn't exactly "human." She has the ability to alter her biology, a talent that is priceless on the black market. Now on the other side of the bars, if she wants to escape, Nita must ask herself if she's willing to become the worst kind of monster. Now available as a Webtoon!

heart bones: Bones Tyler Pennock, 2020-04 Poems about a young two-spirit Indigenous man moving through shadow and trauma toward strength and awareness. Bones, Tyler Pennock's wise and arresting debut, is about the ways we process the traumas of our past, and about how often these experiences eliminate moments of softness and gentleness. Here, the poems journey inward, guided by the world of dreams, seeking memories of a loving sister lost beneath layers of tragedy and abuse. With bravery, the poems stand up to the demons lurking in the many shadows of their lines, seeking glimpses of a good that is always just out of reach. At moments heartrending and gut-punching, at others still and sweet, Bones is a collection of deep and painstaking work that examines the human spirit in all of us. This is a hero's journey and a stark look at the many conditions of the soul. This is a book for survivors, for fighters, for dreamers, and for believers. Here is a spare and urgent voice that speaks of 'wounds and beauty,' that gestures to a story of trauma and abuse while offering us a potent journey of self-reckoning and reclamation. Bones entwines brutality with the deepest tenderness and in its clear-eyed way asks us, as poetry must, to re-see the world. --Catherine Bush, author of Accusation and The Rules of Engagement Tyler Pennock's poetry unfurls like breath: measured, light, caught, whispering, and vital. It charts memory with a steady hand and unerring allegiance to locating the 'beauty/in terrible things.' Bones addresses the effects of intergenerational, state-sponsored trauma with an enviable grace, inscribing and affirming life on the other side of overwhelming pain, abuse, and grief. It carries on, resilient, defiant, gazing at the stars, one breath at a time. --Laurie D. Graham, author of Settler Education Tyler Pennock's Bones is a soft meandering through the memories of the narrator's hearthome: a place in which trauma, kinship, abuse, and nostalgia cradle one another in a circle. Here, poetics are deployed to inspect the most minute of objects with such wild abandon that the narrator transplants us into a world rife with sharpness so as to make the image complete, focussed, lifelike, photographic even as he continually 'wish[es he] were like water'. Here we find memory and dream animated in equal measure: two spirits sitting in a basement, a headless mother, a white bear, wihtiko, and a sister slowly vanishing. Lyrical, witty, heart-wrenching, and empowering, Pennock's debut book of poetry is a contemplative epic asking us to ponder the ethics of remembrance in all of its lacings of razing and revitalization. --Joshua Whitehead, author of Full-Metal Indigiqueer and Jonny Appleseed

heart bones: City of Bones Cassandra Clare, 2015-09 Suddenly able to see demons and the Darkhunters who are dedicated to returning them to their own dimension, fifteen-year-old Clary Fray is drawn into this bizarre world when her mother disappears and Clary herself is almost killed by a monster.

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