

# Armrestling How To Become A Champion

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## **Gatekeeper** - Gary Goodridge 2012-02-01

The biography of a pioneer in the mixed martial arts (MMA) scene, this work takes readers through Gary Big Daddy Goodridge's entire career - from his rollercoaster formative years and his emergence as a world champion athlete to his role as a loving father struggling to find work. With humble beginnings as an immigrant in a small city in Canada, Goodridge endured bullying as a child and honed his natural strength, athleticism, work ethic, and charisma while fighting on the streets and as a bouncer in clubs. Eventually learning to channel his rage into more productive outlets, Goodridge soon became a world-champion arm wrestler, a boxing champion, a lethal Ultimate Fighting Championship contender, and a renowned MMA warrior. Early in his career, Goodridge used his incredible strength to become the National Amateur Heavyweight Boxing Champ of Canada after only ten months of training. In 1996, he entered the Ultimate Fighting Championships; after knocking out his opponent in under a

## *Through the Eyes of a Champion* - Jeff Kinley 2001

Burlsworth excelled in high school football, made All-Conference and All-State, and walked on to the University of Arkansas to become the first All-American from that program in a decade. Selected in the third round of the 1999 NFL draft by the Indianapolis Colts, he went to mini-camp but was killed a few days later in an auto accident. His motivation and drive to be the best stemmed from his character of integrity and the stand that he took as a Christian.

## *Norman Mailer: A Double Life* - J. Michael Lennon 2014-10-28

Drawing on extensive interviews and unpublished letters, as well as his own encounters with Mailer, this authoritative biography of the eminent novelist, journalist and controversial public figure chronicles his entire career and his self-conscious effort to create a distinctive identity for himself.

## **Spare Parts** - Joshua Davis 2014-12-30

The true story of four underdogs from the mean streets of Phoenix and how they took on the best from MIT in the National Underwater Robotics Championship The story that inspired the major motion picture produced by George Lopez, directed by Sean McNamara, and starring Marissa Tomei, Jamie Lee Curtis, Steven Michael Quezada, and George Lopez, La Vida Robot is an underdog story about four undocumented Mexican-American teenagers from Phoenix who form a robotics team. With \$800, used car parts, and a dream, they build an underwater robot that wins the national robotics competition, taking down reigning champion MIT.

## *The Professor in the Cage* - Jonathan Gottschall 2016-03-15

"When a mixed martial arts (MMA) gym moves in across the street from his office, Jonathan Gottschall sees a challenge, and an opportunity. Pushing forty, out of shape, and disenchanted with his job as an adjunct English professor, part of him yearns to cross the street and join up. The other part is terrified. Gottschall eventually works up his nerve, and starts training for a real cage fight. He's fighting not only as a personal test but also to answer questions that have intrigued him for years: Why do men fight? And why do so many seemingly decent people like to watch?"--Amazon.com.

## **The Risk of Reading** - Robert P. Waxler 2014-09-25

The Risk of Reading is a defense of the idea that deep and close readings of literature can help us to understand ourselves and the world around us. It explores some of the meaning and implications of modern life through the deep reading of significant books. Waxler argues that we need "fiction" to give our so-called "real life" meaning and that reading narrative fiction remains crucial to the making of a humane and democratic society. Beginning by exploring the implications of thinking about the importance of story in terms of "real life", The Risk of Reading focuses on the importance of human language, especially language shaped into narrative, and how that language is central to the human

quest for identity. Waxler argues that we are "linguistic beings," and that reading literary narrative is a significant way to enrich and preserve the traditional sense of human identity and knowledge. This is especially true in the midst of a culture which too often celebrates visual images, spectacle, electronic devices, and celebrity. Reading narrative, in other words, should be considered a counter-cultural activity crucial on the quest to "know thyself." Reading literature is one of the best opportunities we have today to maintain a coherent human identity and remain self-reflective individuals in a world that seems particularly chaotic and confusing. Each chapter takes up a well-known work of nineteenth- or twentieth-century literature in order to discuss more fully these issues, exploring, in particular, the notion of life as a journey or quest and the crucial relationship between language and our contingent everyday existence. Of particular interest along the way is the question of what literary narrative can teach us about our mortality and how stories offer opportunities to reflect on the ambivalent and profound meaning of mortal knowledge.

## *Everything Harder Than Everyone Else* - Jenny Valentish 2021-11-23

A no-holds-barred, gonzo dive into the world of extreme behavior; from abstinence to ego, punishment to curiosity, obsession to reinvention, acclaimed journalist Jenny Valentish uncovers what drives those who push the limits of endurance. What do extreme eaters, MMA fighters, ultra-marathon runners, and BDSM practitioners have in common? What drives some people to push their bodies and minds to the brink, putting everything on the line to test the bounds of their capacity? When Jenny Valentish worked through her own addictions, she became fascinated by extremes in their myriad and unexpected manifestations. In the darkly funny, brash, and irresistible *Everything Harder Than Everyone Else*, Valentish immerses herself in the lives of sex workers, body builders, and dedicated fighters and finds that many of the people she encounters have overcome addictions and trauma to find release and community where the stakes are at their highest. Harnessing a journalistic approach that's equal parts brazenly curious and remarkably compassionate, Valentish finds herself neck-deep in her own investigation, embroiling herself in the world of competitive Muay Thai fighting and in the dark chambers of a BDSM dungeon. At every turn she stares unflinchingly into the darker corners of culture that polite society ignores and repudiates, asking readers and herself, how far are you willing to go?

## **Sports Culture** - Ellis Cashmore 2002

Sports Culture examines individual issues people, artefacts, events and organizations in their historical, social and cultural contexts. Coverage is wide-ranging with more than 170 entries.

## **Third World Impact** - Arif Ali 1988

## *Indigo* - Padgett Powell 2021-11-09

The first collection of nonfiction by "one of the few truly important American writers of our time" (Sam Lipsyte). Gathering pieces written during the past three decades, *Indigo* ranges widely in subject matter and tone, opening with "Cleve Dean," which takes Padgett Powell to Sweden for the World Armrestling Federation Championships, through to its closing title piece, which charts Powell's lifelong fascination with the endangered indigo snake, "a thinking snake," and his obsession with seeing one in the wild. "Some things in between" include an autobiographical piece about growing up in the segregated and newly integrated South and tributes to writers Powell has known, among them Donald Barthelme, who "changed the aesthetic of short fiction in America for the second half of the twentieth century," and Peter Taylor, who briefly lived in Gainesville, Florida, where Powell taught for thirty-five years. There are also homages to other admired writers: Flannery O'Connor, "the goddesshead"; Denis Johnson, with his "hard honest comedy"; and William Trevor, whose *Collected Stories* provides "the

most literary bang for the buck in the English world." A throughline in many of the pieces is the American South—the college teacher who introduced Powell to Faulkner; the city of New Orleans, which “can render the improbable possible”; and the seductions of gumbo, sometimes cooked with squirrel meat. Also here is an elegy for Spode, Powell’s beloved pit bull: “I had a dog not afraid, it gave me great cheer and blustery vicarious happiness.” In addressing the craft of fiction, Powell ventures that “writing is controlled whimsy.” His idiosyncratic playfulness brings this collection to vivid life, while his boundless curiosity and respect for the truth keep it on course. As Pete Dexter writes in his foreword to *Indigo*, “He is still the best, even if not the best-known, writer of his generation.”

**Subject Catalog** - Library of Congress 1979

*Library Journal* - 1978

Includes, beginning Sept. 15, 1954 (and on the 15th of each month, Sept.-May) a special section: School library journal, ISSN 0000-0035, (called Junior libraries, 1954-May 1961). Also issued separately.

[A Man of His Word](#) - Dave Duncan 2017-07-11

A young couple battles forces determined to keep them apart in this high fantasy series by “one of the leading masters of epic fantasy” (Publishers Weekly). These four fantasy novels of love and adventure follow the exploits of childhood friends Inos and Rap as their feelings are tested by the direst of circumstances. But while abduction, magic, and imprisonment conspire to separate them, the two remain steadfast in their determination to be together. *Magic Casement*: Inos enjoys an idyllic childhood with her friend Rap, but friendship between a princess and a stable boy can never be simple. Soon, they are thrust into adulthood and a magical world full of infinite surprises. *Faery Lands Forlorn*: When Inos is abducted through the magic casement and Rap tries to follow her, they arrive in two very strange new lands. With Rap in Faerie and Inos in Zark, they are at opposite ends of the world, but that doesn’t stop the young stable boy from heading to Zark to rescue his princess. And Inos is equally determined to head home to Krasnegar to claim her kingdom. *Perilous Seas*: Hunted by the fearsome warlock wardens who rule the world, Inos is convinced that Rap has died. Little does she know, he is alive and, with the aid of his magic wand, trying to bring happiness to his beloved queen. But when the evil Nordland raider, Kalkor, arrives in port, Rap’s plans begin to fall apart. *Emperor and Clown*: With Inos married to the wrong man and Rap dying in a dungeon, their cause seems hopeless. Only Aunt Kade refuses to admit defeat. Taking events into her own hands, she knows exactly the five men she can coerce into helping her . . .

[THE CHAMPION](#) - Scott Sigler 2014-09-30

Galactic Football League (GFL) Series: Book I: THE ROOKIE Book II: THE STARTER Book III: THE ALL-PRO Book IV: THE MVP Book V: THE CHAMPION GFL Novellas: THE REPORTER THE DETECTIVE TITLE FIGHT THE RIDER (Spring 2015) THE GANGSTER (Spring 2015) THE CHAMPION - BOOK Five: After his most successful season yet on the field, Quentin sister - his only family - is lost in the Portath Cloud, an area considered to be the "Bermuda Triangle" of the galaxy. To save her, Quentin and his teammates must first escape team owner Gredok the Splithead, and acquire a ship capable of surviving the unknown dangers that await. Quentin's leadership and intelligence are put to the test as Becca, the Tweedy Brothers, Denver and more risk their lives to save his sister. Set against the backdrop of a professional American football franchise seven centuries in the future, the Galactic Football League puts huge humans on the field with five alien races to create a game that is faster, stronger and deadlier than anything we know today. Quarterback Quentin Barnes has grown from a racist, small-town standout into a proven leader, a uniter of peoples, and the Galaxy's most-famous athlete. Willing to do anything for his team, his Ionath Krakens have bound together through shared sacrifice, tragedy, devastating losses and thrilling victories. The GFL series combines science fiction, crime and blistering sports action to create a non-stop, pulse-pounding adventure that you can't put down until the last second ticks off the clock. Fans of the following authors are known to enjoy the Galactic Football League Science Fiction Space Opera Series: Mike Lupica Tim Green Buzz Bissinger Joe Haldeman Orson Scott Card David Webber Richard K Morgan George Lucas Robert A. Heinlein Daniel Arenson Nathan Lowell Scott Westerfeld Fans of the following books and series are known to enjoy the Galactic Football League Sci Fi Saga: Star Wars Guardians of the Galaxy Starship Troopers Altered Carbon Mech Warrior Jurassic Park Star Trek Hitchhikers Guide Aliens Friday Night Lights Any Given Sunday Draft Day Keywords related to the Galactic Football League

Young Adult Science Fiction Series: Alien Contact, Supernatural, Humorous Science Fiction, Box Set, Bundle, Series, Omnibus, Epic, Saga, Monsters, Dinosaurs, Sports, Football, Mech, Robots, Battlebots, AI, Future, Futuristic, Space Travel, Krakens, Xenomorph, Galaxy, Galaxies, Star, Stars

[Cataloging Bulletin](#) - Hennepin County Library. Cataloging Section 1978

[Book Publishers Directory](#) - 1984

**HCL Cataloging Bulletin** - Hennepin County Library 1978

*Weekly World News* - 1985-01-01

Rooted in the creative success of over 30 years of supermarket tabloid publishing, the *Weekly World News* has been the world's only reliable news source since 1979. The online hub [www.weeklyworldnews.com](http://www.weeklyworldnews.com) is a leading entertainment news site.

*Ric Flair* - Ric Flair 2004

An insider's look at the world of professional wrestling offers a hard-hitting account of his career, from his debut in 1972, the plane crash that nearly ended his success, his thirty years in the ring, and his colleagues, including Andre the Giant, Hulk Hogan, and Dusty Rhodes. 100,000 first printing.

[The Rise & Fall of ECW](#) - Thom Loverro 2007-05-22

Independent wrestling promotions were once the norm all across the country. However, with the rise of World Wrestling Entertainment and the creation of World Championship Wrestling -- out of three Southern promotions -- the possibility of an independent succeeding grew fainter and fainter. As the nineties began, independents were looking for creative ways to survive. In the East, several banded together to share cost and talent; they were known as Eastern Championship Wrestling. Based out of a warehouse in Philadelphia that stored parade floats and hosted bingo, this promotion seemed doomed to be just one more ninety-day wonder. When they hired a brash New Yorker, Paul Heyman, he warned Eastern Championship Wrestling that the job was just temporary. He would come in, shake up a lot of the wrestlers, and then leave. But what Heyman did redefined professional wrestling in the nineties. What he created was a company that dared to push the boundaries of sports entertainment. What he created became Extreme Championship Wrestling. As the person responsible for booking -- who was going to wrestle and who was going to win -- Heyman dared to break with tradition. Rather than relying on local talent and down-and-out veterans to draw in crowds, he created new characters and story lines that would appeal to the core wrestling fans: eighteen- to twenty-four- year-old men. Paul also realized that to persuade them to come, you had to get their interest and keep it. You had to offer the fans more than just the match. ECW became known for the interview, the shoot. Heyman got to know each wrestler's style, and in their interviews he would encourage them to speak from their hearts. When it came to the matches, ECW broke even farther from the mainstream. Tables, ladders, chairs, barbed wire, and even frying pans were used with abandon. Wrestlers not wanting to be topped put their bodies on the line, taking ever greater risks, daring to jump, leap, and fall from places never tried before. ECW matches became the stuff of legend. Word spread as savvy wrestling fans began talking about the promotion and exchanging tapes. To keep the buzz building, wrestlers used the age-old trick of taunting the fans, and ECW fans responded in kind. By including the fans in the shows, ECW attracted a rabid, cult-like following that is still going strong today. For nearly a decade, ECW redefined professional wrestling with a reckless, brutal, death-defying, and often bloody style that became synonymous with "hardcore." Through extensive interviews with former ECW talent and management -- Paul Heyman, Mick Foley, Tazz, Tommy Dreamer, Rob Van Dam, and many more -- *The Rise & Fall of ECW* reveals what made this upstart company from Philadelphia great -- and what ultimately led to its demise.

[Waking Up from the Cancer Trance](#) - Judith Lee Dew 2019-02-01

The author studied the works of early doctors, scientists and genius laypeople who spent years studying different theories about the nature of cancer. Many of them had high success rates with patients who'd been sent home to die after being exposed to conventional therapies. Then, she found doctors who have studied the work of these early (and later) cancer pioneers who have high success rates in their cancer practices now. When cancer is not a mystery, it does not have to be a death sentence.

**National Union Catalog** - 1979

Includes entries for maps and atlases.

**The Cumulative Book Index** - 1978

A world list of books in the English language.

**Books in Print** - 1986**Full Gospel Business Men's Voice** - 1983

*La Vida Robot* - Joshua Davis 2014-09-01

The true story of four underdogs from the mean streets of Phoenix and how they took on the best from MIT in the National Underwater Robotics Championship. The story that inspired the major motion picture produced by George Lopez, directed by Sean McNamara and starring Marissa Tomei, Jamie Lee Curtis, Steven Michael Quezada and George Lopez, *La Vida Robot* is an underdog story about four undocumented Mexican-American teenagers from Phoenix who form a robotics team. With \$800, used car parts and a dream, they build an underwater robot that wins the national robotics competition, taking down reigning champion MIT.

**Armrestling** - Ernie Jeffrey 1978-06-01

**The Island of Temptations** - Mara Brewer 2013-09-17

Andy Fernandes, a policeman from Denver, sick and tired of the routine work at the police station, participates in the casting for a new TV show and as a member of the selected group heads for the island to be tested. Before leaving he receives the task from his chief - to watch over one of the show participants who is the daughter of a recently murdered FBI agent. While preparing for shooting Andy studies his competitors and comes to the conclusion that the people chosen are not the best candidates but, rather, a handful of losers. Later on he finds out that they have been selected to search for the treasures hidden according to the medieval legend of pirates. The island meets the show participants with the dangerous adventures, love and intrigues, mystic events and the awareness of the need of self-improvement. Why exactly these people have been chosen, what trials the characters of this story will have to live through and what every participant of the show will find for himself, read in the book «The Island Of Temptations: The Unreal Show» published by DistribBooks!

**Sleeping Beauties** - Stephen King 2017-09-26

In this father-son collaboration, the authors tell the story of what might happen if women disappeared from the world of men. Set in a small Appalachian town whose primary employer is a women's prison, in a future so real and near it might be now, something happens when women go to sleep. They become shrouded in a cocoon-like gauze. If they are awakened, if the gauze wrapping their bodies is disturbed or violated, the women become feral and spectacularly violent. While they sleep they go to another place. The men of our world are abandoned, left to their increasingly primal devices. One woman, however, the mysterious Evie, is immune to the blessing or curse of the sleeping disease. Is Evie a medical anomaly to be studied, or is she a demon who must be slain?

**Publishers Directory** - 1990

**American Book Publishing Record** - 1979

**Bobby Dazzler** - Bobby George 2008-09-18

The autobiography of one of the most charismatic figures in darts history, who has so much more to tell... When Bobby George first appeared on the darts scene, he immediately caught the eye: well built (he was the only darts player ever to be approached to take part in TV's Superstars), good looking and with plenty of bling, he was a natural showman. He could play a bit too, as he showed by reaching the final of the world championship in both 1980 and 1994. But that is only the beginning of the story. Before the darts came his time as a doorman at various East End pubs and bars just after the era of the Krays and Richardsons, when baseball bats and knuckle dusters would often come in handy. He also helped build the Victoria line. Since he retired from full-time darts, he has appeared in gangster films such as *Dog*, on TV programmes such as *Celebrity Fit Club*, and in videos with *The Streets*. Now best known as a commentator on the BBC, George relives the excitement of the last thirty years of the world of darts, with plenty of insider gossip and stories about all the most famous players in the TV era of the sport.

*Work and Other Sins* - Charlie LeDuff 2005-01-25

From the New York Times bestselling author of *Detroit: An American Autopsy* "Except for a few drinks, nothing is free in Charlie LeDuff's blunt and touching *Work and Other Sins*. The laughter and wisdom are hard won, the lessons are often painful... the sad tales and wit from the

bar rail are endless and timeless." --The New York Times Book Review Charlie LeDuff is that rare breed of news reporter—one who can cover hard-to-get-at stories in a unique and deeply personal style. In *Work and Other Sins*, he gives his incomparable take on New York City and its denizens—the bars, the workingmen, the gamblers, the eccentrics, the lonesome, and the wise. Whether writing about a racetrack gambler, a firefighter with a broken heart, or a pair of bickering brothers and their Coney Island bar, LeDuff takes the reader into the lives of his subjects to explore their fears, faults, and fantasies as well as their own small niches of the globe. The result is an at turns riotous, dirt-under-the-nails, contemplative, salty, joyous, whiskey-tinged, and utterly unique vision of life in the Big Apple.

Algorithms and Networking for Computer Games - Jouni Smed 2017-06-16

The essential guide to solving algorithmic and networking problems in commercial computer games, revised and extended *Algorithms and Networking for Computer Games, Second Edition* is written from the perspective of the computer scientist. Combining algorithmic knowledge and game-related problems, it explores the most common problems encountered in game programming. The first part of the book presents practical algorithms for solving “classical” topics, such as random numbers, procedural generation, tournaments, group formations and game trees. The authors also focus on how to find a path in, create the terrain of, and make decisions in the game world. The second part introduces networking related problems in computer games, focusing on four key questions: how to hide the inherent communication delay, how to best exploit limited network resources, how to cope with cheating and how to measure the on-line game data. Thoroughly revised, updated, and expanded to reflect the many constituent changes occurring in the commercial gaming industry since the original, this Second Edition, like the first, is a timely, comprehensive resource offering deeper algorithmic insight and more extensive coverage of game-specific networking problems than ordinarily encountered in game development books. *Algorithms and Networking for Computer Games, Second Edition*: Provides algorithmic solutions in pseudo-code format, which emphasises the idea behind the solution, and can easily be written into a programming language of choice Features a section on the Synthetic player, covering decision-making, influence maps, finite-state machines, flocking, fuzzy sets, and probabilistic reasoning and noise generation Contains in-depth treatment of network communication, including dead-reckoning, local perception filters, cheating prevention and on-line metrics Now includes 73 ready-to-use algorithms and 247 illustrative exercises *Algorithms and Networking for Computer Games, Second Edition* is a must-have resource for advanced undergraduate and graduate students taking computer game related courses, postgraduate researchers in game-related topics, and developers interested in deepening their knowledge of the theoretical underpinnings of computer games and in learning new approaches to game design and programming.

**Armed for Battle and Destined for Glory!** - Victor S. Torres 2013-03-29

*Armed for Battle and Destined for Glory* is a powerful story about a young man who is tormented by bullies, beatings, bias, betrayal by a teacher and principal, poverty, parental abuse, the death of a parent and low self-esteem. Despite insurmountable odds, he dreams of a better life beyond the rejection, hurt and pent-up rage that he battles bravely as a child. Learn about how he conquers his inner demons and uses failure as a steppingstone to an amazing and promising future. Read about how his unyielding determination, relentless passion to succeed, and indomitable faith in his Creator inspires him to become an accomplished overachiever, a distinguished scholar, and a man of great faith. From victim to victor, this powerful story will inspire you to apply principles of virtue, courage and success that will help you to maximize your potential--to be all that you were destined to become. Learn how to develop the heart of a champion as you read about a proven, decorated champion who refuses to be labeled a loser, develops a winner's mindset, and becomes a nationally acclaimed counselor, internationally renowned author, a dynamic, inspirational speaker and a 26-time World Arm Wrestling Champion. Learn how you, too, can become *Armed For Battle and Destined For Glory!*

**The United States Patents Quarterly** - 1987

*The Purple Storm* - Nicholas Tu 2003-07

**Off-Road with Clarkson, Hammond and May** - Phillipa Sage

2021-05-13

'Amazing adventures. Apparently I was there.' Richard Hammond For over 12 years Phillipa Sage worked alongside Jeremy Clarkson, Richard Hammond and James May as their PA, gofer, and fixer where she saw the boys at their best and, hilariously, at their worst. A closet petrol head, Phillipa started working in the motor industry on live events over 20 years ago and first worked with Jeremy Clarkson in 1997. She proved to be a loyal, trusted friend and colleague to all the presenters—from back in the beginning with Tiff Needell, Vicki Butler-Henderson and Quentin Wilson—to the now infamous trio of Clarkson, Hammond and May, and was a key member of what became known as 'The Bubble', the exclusive, dysfunctional working family that toured the world. With an enormous budget, they travelled like rock stars—with super cars, yachts, private jets, helicopters, and five-star wining and dining—taking their unique brand of motoring madness to 18 countries, 31 cities and to over 2 million fans in arenas and at festivals from New Zealand to Norway. Supported by a large crew and their personal entourage, Clarkson, Hammond and May, when not performing in their extraordinary, high octane, live action, motoring theatre, indulged in extravagant holidays. They and their 'Bubble' family relaxed in luxury resorts or private houses entertaining themselves with pool parties, drinking, heli-sightseeing, drinking, private motorboat cruises, drinking, jet skiing, sailing, drinking and eating, and drinking. In *Off-Road* with Clarkson, Hammond & May,

Phillipa shares the tour highs, lows and laughter of three clever, funny, and very stupid motoring journalists.

**My Main Mother** - Barry Beckham 2005-03-14

"An American Classic is back in print . . . an occasion for scholars, critics, and readers everywhere to rejoice!"--Sidney Offit, president, Authors Guild Foundation. "A novel of penetrating personal insight."--"ALA Booklist." "A writer to watch."--"Publishers Weekly."

*Formerly Shark Girl* - Kelly Bingham 2013-05-14

Jane Arrowood, otherwise known as Shark Girl, has been living with just one arm for over a year. Now she's searching for a new normal. It's been a year since the shark attack that took Jane's arm, and with it, everything she used to take for granted. Her dream of becoming an artist is on the line, and everything now seems out of reach, including her gorgeous, kind tutor, Max Shannon. While a perfectly nice guy from her science class is clearly interested in Jane — removing her fear that no one ever would want a one-armed girl — Jane can't stop thinking about Max. But is his interest romantic? Or does he just feel sorry for her? Formerly Shark Girl picks up where Kelly Bingham's artful, honest debut novel left off, following Jane as she deals with a career choice (should she "give back" by trying to become a nurse, or is art an equally valid calling?) along with family changes and her first real romance — all while remembering who she was before she was Shark Girl and figuring out who she is now.