

## Redirect: Changing The Stories We Live By

Jake is a mountain man in 1838 Colorado who finds he is dying from Cancer. He isn't given much time to live, and doc says it is going to be painful. He sends him off with some medicine to help cope with the pain. Instead of going home to die, Jake decides to set out on a last adventure to find the perfect secluded valley for his final resting place. His best friend, Joe Barnes, won't let him go alone, and he brings along a deaf mute girl named Beth. Along the way they save some children from hostile Indians, guide a wagon train to safety, spend time with old friends, and settle an old score with a past friend.

Our inner voice is a powerful compass that helps us navigate the world. At its worst it can seem like a demoralising critic, hellbent on sabotaging our potential; but if it is positively harnessed, it will become an inspiring coach and lifelong guide. In this book, psychology professor Ethan Kross brings more than 20 years of research to demystify the voice inside our head. Weaving cutting-edge science with compelling true stories, he shares powerful but simple tools to make your brain’s musings work for you.

A brilliantly brain-warping thriller and a love story that leaps back and forth in time – All Our Yesterdays is an amazing first novel, perfect for fans of The Hunger Games. Em is locked in a bare, cold cell with no comforts. Finn is in the cell next door. The Doctor is keeping them there until they tell him what he wants to know. Trouble is, what he wants to know hasn't happened yet. Em and Finn have a shared past, but no future unless they can find a way out. The present is torture – being kept apart, overhearing each other's anguish as the Doctor relentlessly seeks answers. There's no way back from here, to what they used to be, the world they used to know. Then Em finds a note in her cell which changes everything. It's from her future self and contains some simple but very clear instructions. Em must travel back in time to avert a tragedy that's about to unfold. Worse, she has to pursue and kill the boy she loves to change the future. . .

What kind of life would you live if you didn't allow your fears to hold you back? The Courage Habit offers a powerful program to help you conquer your inner critic, work toward your highest aspirations, and build a courageous community. Are your fears preventing you from living the life you truly want? Do you ever wish that you had a better job, lived in a different city, or had more authentic and nurturing relationships? Many people believe that they would do more, accomplish more, and feel more fulfilled if only they could rid themselves of that fearful inner voice that constantly whispers, “you can’t do it.” In The Courage Habit, certified life coach Kate Swoboda offers a unique program based in cognitive behavioral therapy (CBT) and acceptance and commitment therapy (ACT) to help you act courageously in spite of fear. By identifying your fear triggers, releasing yourself from your past experiences, and acting on what you truly value, you can make courage a daily habit. Using a practical four-part program, you’ll learn to understand the emotions that arise when fears are triggered, and to pause and evaluate your emotional state before you act. You’ll discover how to listen without attachment to the self-defeating messages of your inner critic, understand the critic’s function, and implement respectful boundaries so that your inner voice no longer controls your behavior. You’ll reframe self-limiting life narratives that can—without conscious awareness—dictate your day-to-day decisions. And finally, you’ll nurture more authentic connections with family, friends, and community in order to find support and reinforce the life changes you’re making. If you feel like something is holding you back from landing your dream job, moving to a new city, having a satisfying love relationship, or simply taking advantage of all life has to offer—and if you have a sneaking suspicion that that something is you—then this one-of-a-kind guide will show you how to finally break free from self-doubt and start living your best life.

How To Transform Your Limitations Into Advantages, and Why It's Everyone's Business

A Novella and Stories

The Moment

No One Belongs Here More Than You

Rule Makers, Rule Breakers

Tools for Smart Thinking

How Good People Fight Bias

*From the child taunted by her playmates to the office worker who feels stifled in his daily routine, people frequently take out their pain and anger on others, even those who had nothing to do with the original stress. The bullied child may kick her puppy, the stifled worker yells at his children: Payback can be directed anywhere, sometimes at inanimate things, animals, or other people. In Payback, the husband-and wife team of evolutionary biologist David Barash and psychiatrist Judith Lipton offer an illuminating look at this phenomenon, showing how it has evolved, why it occurs, and what we can do about it. Retaliation and revenge are well known to most people. We all know what it is like to want to get even, get justice, or take revenge. What is new in this book is an extended discussion of redirected aggression, which occurs not only in people but other species as well. The authors reveal that it's not just a matter of yelling at your spouse "because" your boss yells at you. Indeed, the phenomenon of redirected aggression--so-called to differentiate it from retaliation and revenge, the other main forms of payback--haunts our criminal courts, our streets, our battlefields, our homes, and our hearts. It lurks behind some of the nastiest and seemingly inexplicable things that otherwise decent people do, from road rage to yelling at a crying baby. And it exists across boundaries of every kind--culture, time, geography, and even species. Indeed, it's not just a human phenomenon. Passing pain to others can be seen in birds and horses, fish and primates--in virtually all vertebrates. It turns out that there is robust neurobiological hardware and software promoting redirected aggression, as well as evolutionary underpinnings. Payback may be natural, the authors conclude, but we are capable of rising above it, without sacrificing self-esteem and social status. They show how the various human responses to pain and suffering can be managed--mindfully, carefully, and humanely.*

*Change Your Story, Change Your Life is a practical self-help guide to personal transformation using traditional shamanic techniques combined with journaling and Carl Greer's method for dialoguing that draws upon Jungian active imagination. The exercises inspire readers to work with insights and energies derived during the use of modalities that tap into the unconscious so that they may consciously choose the changes they would like to make in their lives and begin implementing them.*

*#2 Bestseller in "Study Skills" - Amazon.com: April 2014 #1 Kindle Bestseller in "Study Skills" - Amazon.com: April, May 2014 #1 Kindle Bestseller in "Study Guides" - Amazon.com: April, May, July - Oct. 2014 Learn More in Less Time! Let's face it, we live in a fast-paced world. In order to succeed, you must have the ability to absorb information rapidly, and to think logically and creatively - all at the same time. Students must discover how to conquer the high-pressure challenges of an intensely competitive society.*

*With technology on the rise, knowing how to learn efficiently will be the most important skill you ever possess. Unfortunately, most of us were never taught the actual art of learning. Many students struggle, not because they aren't smart, but because they simply were never taught the rare techniques presented in this book. Well, that's all about to change! It doesn't matter if you're a top student, or barely passing, you can finally learn more in less time. Accelerated Learning Techniques for Students will show you proven steps to maximize your potential. Some life-changing secrets you'll discover inside include: recommended ways to manage your physical and mental energy why negative emotions such as stress and anxiety literally destroy your ability to learn how to double your learning capabilities in 10 minutes or less how to develop a personal "learning toolkit" to master any subject time-management tips for the busy student - extremely valuable 11 practical memory techniques so you retain more of what you learn 5 ninja note-taking techniques (that will impress even your teachers) 20 unique tips for students wanting to achieve massive success And, much more... You'll soon know how to learn anything and everything more easily. Enhance your thinking skills today! Don't waste another moment of your time and energy using inefficient learning strategies. The material presented within these pages will help you unlock your brain's amazing power. You change, the competition changes, and the world changes. What can not change is your determination to continue investing in yourself. Release your inner genius and become the student you were always meant to be!*

*"Finally: an engaging, evidence-based book about how to battle biases, champion diversity and inclusion, and advocate for those who lack power and privilege. Dolly Chugh makes a convincing case that being an ally isn't about being a good person—it's about constantly striving to be a better person."—Adam Grant, New York Times bestselling author of Give and Take, Originals, and Option B with Sheryl Sandberg Foreword by Laszlo Bock, the bestselling author of Work Rules! and former Senior Vice President of People Operations at Google An inspiring guide from Dolly Chugh, an award-winning social psychologist at the New York University Stern School of Business, on how to confront difficult issues including sexism, racism, inequality, and injustice so that you can make the world (and yourself) better. Many of us believe in equality, diversity, and inclusion. But how do we stand up for those values in our turbulent world? The Person You Mean to Be is the smart, "semi-bold" person's guide to fighting for what you believe in. Dolly reveals the surprising causes of inequality, grounded in the "psychology of good people". Using her research findings in unconscious bias as well as work across psychology, sociology, economics, political science, and other disciplines, she offers practical tools to respectfully and effectively talk politics with family, to be a better colleague to people who don't look like you, and to avoid being a well-intentioned barrier to equality. Being the person we mean to be starts with a look at ourselves. She argues that the only way to be on the right side of history is to be a good-ish— rather than good—person. Good-ish people are always growing. Second, she helps you find your "ordinary privilege"—the part of your everyday identity you take for granted, such as race for a white person, sexual orientation for a straight person, gender for a man, or education for a college graduate. This part of your identity may bring blind spots, but it is your best tool for influencing change. Third, Dolly introduces the psychological reasons that make it hard for us to see the bias in and around us. She leads you from willful ignorance to willful awareness. Finally, she guides you on how, when, and whom, to engage (and not engage) in your workplaces, homes, and communities. Her science-based approach is a method any of us can put to use in all parts of our life. Whether you are a long-time activist or new to the fight, you can start from where you are. Through the compelling stories Dolly shares and the surprising science she reports, Dolly guides each of us closer to being the person we mean to be.*

*Why We Retaliate, Redirect Aggression, and Take Revenge*

*The Person You Mean to Be*

*Put Some Shoes on*

*The Voice in Our Head and How to Harness It*

*Stories by the Book*

*If You Find Me*

*Believers*

**A problem shared is a problem halved? Not necessarily... Talking about our problems isn't always a good idea. World-renowned psychologist Timothy Wilson reveals how this, and many other conventional therapies and interventions, can often do us more harm than good. Presenting the very latest research, Wilson argues that the key to transforming our lives lies simply in learning to redirect the stories we tell ourselves. His revolutionary approach reveals how reshaping our internal narratives can increase our personal well-being and transform our understanding of human behaviour - our narratives can change surprisingly quickly if tweaked in the right way. How can we best recover from trauma? Why might some sex education result in more teen pregnancies? Why now most self-help books leave you worse off? Redirect proposes a radical new view of the world. It also offers a range of practical advice - that has, crucially, been tested scientifically and found to have real results - that can show us the way to social progress. **NOW INCLUDING A BRAND-NEW EPILOGUE!** There are some things you can't leave behind... In *If You Find Me* by Emily Murdoch, a broken-down camper hidden deep in a national forest is the only home fifteen year-old Carey can remember. The trees keep guard over her threadbare existence; the one bright spot is Carey's younger sister, Jenessa, who depends on Carey for her very survival. All they have is each other, as their mentally ill mother comes and goes with greater frequency. Until that one fateful day their mother disappears for good, and two strangers arrive. Suddenly, the girls are taken from the woods and thrust into a bright and perplexing new world of high school, clothes and boys. Now, Carey must face the truth of why her mother abducted her ten years ago, while haunted by a past that won't let her go... a dark past that hides many a secret, including the reason Jenessa hasn't spoken a word in over a year. Carey knows she must keep her sister close, and her secrets even closer, or risk watching her new life come crashing down.**

**"Mystery, adventure, and romance are spiced with Bollywood glamour in this heart-stopping novel" from the USA Today bestselling author(Kirkus Reviews, starred review). Kirkus Reviews Best Fiction of the Year NPR Great Reads RUSA Reading List Longlist Selection RT Book Reviews Reviewers Choice Award Winner Dr. Nikhil "Nic" Joshi had it all--marriage, career, purpose. Until, while working for Doctors Without Borders in a Mumbai slum, his wife, Jen, discovered a black-market organ transplant ring. Before she could expose the truth, Jen was killed. Two years after the tragedy, Nic is a cruise ship doctor who spends his days treating seasickness and sunburn and his nights in a boozy haze. On one of those blurry evenings on deck, Nic meets a woman who makes a startling claim: she received Jen's heart in a transplant and has a message for him. Nic wants to discount Jess Koirala's story as absurd, but there's something about her reckless desperation that resonates despite his doubts. Jess has spent years working her way out of a nightmarish life in Calcutta and into a respectable Bollywood dance troupe. Now she faces losing the one thing that matters—her young son. She needs to uncover the secrets Jen risked everything for; but the unforeseen bond that results between her and Nic is both a lifeline and a perilous complication. Delving beyond the surface of modern Indian-American life, acclaimed author Sonali Dev's page-turning novel is both riveting and emotionally rewarding—an extraordinary story of human connection, bravery, and hope. "[A] seductive and complex story of love lost and then found."—Publishers Weekly (starred review) "Stunning." —Booklist (starred review)**

**"This book is a message from autistic people to their parents, friends, teachers, coworkers and doctors showing what life is like on the spectrum. It's also my love letter to autistic people. For too long, we have been forced to navigate a world where all the road signs are written in another language." With a reporter's eye and an insider's perspective, Eric Garcia shows what it's like to be autistic across America. Garcia began writing about autism because he was frustrated by the media's coverage of it; the myths that the disorder is caused by vaccines, the narrow portrayals of autistic people as white men working in Silicon Valley. His own life as an autistic person didn't look anything like that. He is Latino, a graduate of the University of North Carolina, and works as a journalist covering politics in Washington D.C. Garcia realized he needed to put into writing what so many autistic people have been saying for years; autism is a part of their identity, they don't need to be fixed. In *We're Not Broken*, Garcia uses his own life as a springboard to discuss the social and policy gaps that exist in supporting those on the spectrum. From education to healthcare, he explores how autistic people wrestle with systems that were not built with them in mind. At the same time, he shares the experiences of all types of autistic people, from those with higher support needs, to autistic people of color, to those in the LGBTQ community. In doing so, Garcia gives his community a platform to articulate their own needs, rather than having others speak for them, which has been the standard for far too long.**

**Why We Do What We Do in Life and Business**

**Memorial**

**Redirect**

**Personal Myths and the Making of the Self**

**True Stories of Life, Love, and Lit**

**Change Your Story, Change Your Life**

**We're Not Broken**

*A NEW YORK TIMES NOTABLE BOOK OF THE YEAR A GOOD MORNING AMERICA BOOK CLUB PICK Named a Best Book of the Year by The New York Times, The Washington Post, TIME, NPR, Entertainment Weekly, Vanity Fair, O, the Oprah Magazine, Esquire, Marie Claire, Harper's Bazaar, Good Housekeeping, Refinery29, Real Simple, Kirkus Reviews, Electric Literature, and Lit Hub “A masterpiece.” –NPR “No other novel this year captures so gracefully the full palette of America.” –The Washington Post “Wryly funny, gently devastating.” –Entertainment Weekly A funny and profound story about family in all its strange forms, joyful and hard-won vulnerability, becoming who you're supposed to be, and the limits of love. Benson and Mike are two young guys who live together in Houston. Mike is a Japanese American chef at a Mexican restaurant and Benson's a Black day care teacher, and they've been together for a few years--good years--but now they're not sure why they're still a couple. There's the sex, sure, and the meals Mike cooks for Benson, and, well, they love each other. But when Mike finds out his estranged father is dying in Osaka just as his acerbic Japanese mother, Mitsuko, arrives in Texas for a visit, Mike picks up and flies across the world to say goodbye. In Japan he undergoes an extraordinary transformation, discovering the truth about his family and his past. Back home, Mitsuko and Benson are stuck living together as unconventional roommates, an absurd domestic situation that ends up meaning more to each of them than they ever could have predicted. Without Mike's immediate pull, Benson begins to push outwards, realizing he might just know what he wants out of life and have the goods to get it. Both men will change in ways that will either make them stronger together, or fracture everything they've ever known. And just maybe they'll all be okay in the end.*

*Every day we make choices. Coke or Pepsi? Save or spend? Stay or go? Whether mundane or life-altering, these choices define us and shape our lives. Sheena Iyengar asks the difficult questions about how and why we choose: Is the desire for choice innate or bound by culture? Why do we sometimes choose against our best interests? How much control do we really have over what we choose? Sheena Iyengar's award-winning research reveals that the answers are surprising and profound. In our world of shifting political and cultural forces, technological revolution, and interconnected commerce, our decisions have far-reaching consequences. Use The Art of Choosing as your companion and guide for the many challenges ahead.*

*After Amara's cheating boyfriend breaks her heart, she has an unforgettable one-night stand-which leaves her pregnant. But she doesn't even know the father's full name and doesn't bother looking for him. Instead, she moves in with her friend and raises her child on her own for three years. That's when the restaurant she works for closes down. Amara manages to get a new job as a personal chef, only to find out she will be working for her son's father, a billionaire.At first, Zavier doesn't recognize her, but one night, he finally remembers who she is...*

*Ten short stories in which the lives of young people in different circumstances are changed by their encounters with books.*

*Learn More in Less Time*

*The Office of Historical Corrections*

*Jake Hardy*

*Change the Story, Change the Future*

*Strangers to Ourselves*

*We All Looked Up*

*What We Talk About When We Talk About Love*

A celebrated social psychologist offers a radical new perspective on cultural differences that reveals why some countries, cultures, and individuals take rules more seriously and how following the rules influences the way we think and act. In *Rule Makers, Rule Breakers*, Michele Gelfand, “an engaging writer with intellectual range” (The New York Times Book Review), takes us on an epic journey through human cultures, offering a startling new view of the world and ourselves. With a mix of brilliantly conceived studies and surprising on-the-ground discoveries, she shows that much of the diversity in the way we think and act derives from a key difference—how tightly or loosely we adhere to social norms. Just as DNA affects everything from eye color to height, our tight-loose social coding influences much of what we do. Why are clocks in Germany so accurate while those in Brazil are frequently wrong? Why do New Zealand's women have the highest number of sexual partners? Why are red and blue states really so divided? Why was the Daimler-Chrysler merger ill-fated from the start? Why is the driver of a Jaguar more likely to run a red light than the driver of a plumber's van? Why does one spouse prize running a tight ship while the other refuses to sweat the small stuff? In search of a common answer, Gelfand spent two decades conducting research in more than fifty countries. Across all age groups, family variations, social classes, businesses, states, and nationalities, she has identified a primal pattern that can trigger cooperation or conflict. Her fascinating conclusion: behavior is highly influenced by the perception of threat. “A useful and engaging take on human behavior” (Kirkus Reviews) with an approach that is consistently riveting, *Rule Makers, Ruler Breakers* thrusts many of the puzzling attitudes and actions we observe into sudden and surprising clarity.

“The most influential thinker, in my life, has been the psychologist Richard Nisbett. He basically gave me my view of the world.” -Malcolm Gladwell, New York Times Book Review Scientific and philosophical concepts can change the way we solve problems by helping us to think more effectively about our behavior and our world. Surprisingly, despite their utility, many of these tools remain unknown to most of us. In *Mindware*, the world-renowned psychologist Richard E. Nisbett presents these ideas in clear and accessible detail. Nisbett has made a distinguished career of studying and teaching such powerful problem-solving concepts as the law of large numbers, statistical regression, cost-benefit analysis, sunk costs and opportunity costs, and causation and correlation, probing the best methods for teaching others how to use them effectively in their daily lives. In this groundbreaking book, Nisbett shows us how to frame common problems in such a way that these scientific and statistical principles can be applied to them. The result is an enlightening and practical guide to the most essential tools of reasoning ever developed-tools that can easily be used to make better professional, business, and personal decisions.

An inspiring yet practical guide for transforming limitations into opportunities *A Beautiful Constraint: How to Transform Your Limitations Into Advantages* And *Why It's Everyone's Business* Now is a book about everyday, practical inventiveness, designed for the constrained times in which we live. It describes how to take the kinds of issues that all of us face today—lack of time, money, resources, attention, know-how—and see in them the opportunity for transformation of oneself and one's organization's fortunes. The ideas in the book are based on the authors' extensive work as business consultants, and are brought to life in 35 personal interviews from such varied sources as Nike, IKEA, Unilever, the U.S. Navy, Formula One racecar engineers, public school teachers in California, and barley farmers in South Africa. Underpinned by scientific research into the psychology of breakthrough, the book is a practical handbook full of tools and tips for how to make more from less. Beautifully designed and accessible, *A Beautiful Constraint* will appeal beyond its core business audience to anyone who needs to find the opportunity in constraint. The book takes the reader on a journey through the mindset, method and motivation required to move from the initial "victim" stage into the transformation stage. It challenges us to: Examine how we've become path dependent—stuck with routines that blind us from seeing opportunity along new paths Ask Propelling Questions to help us break free of those paths and put the most pressing

and valuable constraints at the heart of our process Adopt a Can If mentality to answer these questions—focused on “how,” not “if” Access the abundance to be found all around us to help transform constraints Activate the high-octane mix of emotions necessary to fuel the tenacity required for success We live in a world of seemingly ever-increasing constraints, driven as much by an overabundance of choices and connections as by a scarcity of time and resources. How we respond to these constraints is one of the most important issues of our time and will be a large determinant of our progress as people, businesses and planet, in the future. A Beautiful Constraint calls for a more widespread capability for constraint-driven problem solving and provides the framework to achieve that.

Presents a collection of short works featuring sympathetic protagonists whose inherent sensitivities render them particularly vulnerable to unexpected events.

Fiction

Changing the Autism Conversation

All Our Yesterdays

How to Lose Your Mind and Create a New One

Stories and Other Stories

Olive Kitteridge

Shelf Life

**NEW YORK TIMES BESTSELLER • This instant classic explores how we can change our lives by changing our habits. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Wall Street Journal • Financial Times In The Power of Habit, award-winning business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist and how they can be changed. Distilling vast amounts of information into engrossing narratives that take us from the boardrooms of Procter & Gamble to the sidelines of the NFL to the front lines of the civil rights movement, Duhigg presents a whole new understanding of human nature and its potential. At its core, The Power of Habit contains an exhilarating argument: The key to exercising regularly, losing weight, being more productive, and achieving success is understanding how habits work. As Duhigg shows, by harnessing this new science, we can transform our businesses, our communities, and our lives. With a new Afterword by the author “ Sharp, provocative, and useful. ” —Jim Collins “ Few [books] become essential manuals for business and living. The Power of Habit is an exception. Charles Duhigg not only explains how habits are formed but how to kick bad ones and hang on to the good. ” —Financial Times “ A flat-out great read. ” —David Allen, bestselling author of Getting Things Done: The Art of Stress-Free Productivity “ You ’ ll never look at yourself, your organization, or your world quite the same way. ” —Daniel H. Pink, bestselling author of Drive and A Whole New Mind “ Entertaining . . . enjoyable . . . fascinating . . . a serious look at the science of habit formation and change. ” —The New York Times Book Review**

From the creators of *Six-Word Memoirs* comes *The Moment*, a collection of personal stories from writers both famous and obscure revealing how a single instant changed their lives forever. An innocuous decision, an unforeseen accident, a chance conversation, a tag sale, a terrorist strike, a tweet . . . sometimes all it takes is a single moment to redirect the course of an entire life. In the tradition of *Smith magazine ’ s Not Quite What I Was Planning* and the sensational *Six-Word Memoirs on Love & Heartbreak*—and in the spirit of *StoryCorps*, *the Moth*, and *This American Life*—*The Moment* unveils everyday people ’ s inner lives in narratives of all shapes and sizes, with stories from six to 1,000 words, photographs, comics, illustrations, handwritten letters, and more. It ’ s enough to change your life forever.

Transparency is vital to the building and strengthening of every relationship and every ministry. It allows people to see you as approachable and to feel safer when talking to you. Transparency is a gateway to trust, and trustworthiness is an important quality which people seek in a good, ministerial leader. They want to know:Is this person trustworthy?Is this person honest?How do I know I can talk to this person without fear of condemnation?It is with this in mind that Rohini Townsend approaches writing, friendships, ministry, and life itself. Her desire to see people healed and whole has led to a candor and openness that is sure to tug at the heartstrings of the despondent.Put Some Shoes On, is an emotional and gripping story of one little girl's journey through heartache, rejection, abuse, and turmoil.

Chronicling her path from scared child to broken, rebellious teen to powerful, anointed woman of God, the author shares the most intimate moments of her life with refreshing transparency and soul stirring honesty. It is not only a story of past hurts, it is a story of learning, growing and seeking a deeper relationship with God – the steps and sacrifices that are required for that level of depth and connection to the Father.Raw, poignant, and insightful, Put Some Shoes On was written to heal. It was written with your salvation in mind. This is a story of overcoming and, while on that walk, discovering who you are, and more importantly, WHOSE you are. Every step you take was conceived in the mind of the Father to guide you towards recognizing the spiritual gifts He has placed in you. Be not weary in well doing. Do not allow your circumstances to define you. Do not be consumed by trials and heartache. Take your experiences and let God use them to mold you into a powerful Kingdom citizen. Put some shoes on and walk boldly in your Godly identity.

This book should be value for all those who are interested in enhancing their self-understanding. It should also serve as useful classroom text for undergraduates and advanced students in personality and social psychology, counselling and psychotherapy.

Using Shamanic and Jungian Tools to Achieve Personal Transformation

How to Accept Your Fears, Release the Past, and Live Your Courageous Life

The Billionaire's Baby

Nine Stories

One More Thing

Tight and Loose Cultures and the Secret Signals That Direct Our Lives

The Stories We Live by

**This beautiful full-color treasury of stories about gift book-giving celebrates the enduring power of literature: stories of significant books people have received and what those books mean to them. THE GIFT OF A BOOK BECOMES PART OF THE STORY OF YOUR LIFE. Perhaps it came with a note as simple as “This made me think of you,” but it takes up residence in your heart and your home. The Books They Gave Me is a mixtape of stories behind books given and received. Some of the stories are poignant, some snarky, some romantic, some disastrous—but all are illuminating. Jen Adams collected nearly two hundred of the most provocative stories submitted to the tumblr blog TheBooksTheyGaveMe.com to capture the many ways books can change our lives and loves, revealing volumes about the relationships that inspired the gifts. These stories are, by turns, romantic, cynical, funny, dark, and hopeful. There’s the poorly thought out gift of Lolita from a thirty-year-old man to a teenage girl. There’s the couple who tried to read *Ulysses* together over the course of their long-distance relationship and never finished it. There’s the girl whose school library wouldn’t allow her to check out *Fahrenheit 451*, but who received it at Christmas with the note, “Little Sister: Read everything you can. Subvert Authority! Love always, your big brother.” These are stories of people falling in love, regretting mistakes, and finding hope. Together they constitute a love letter to the book as physical object and inspiration. Illustrated in full color with the jackets of beloved editions, *The Books They Gave Me* is, above all, an uplifting testament to the power of literature.**

RedirectChanging The Stories We Live ByBack Bay Books

If he had been with me everything would have been different... I wasn't with Finn on that August night. But I should've been. It was raining, of course. And he and Sylvie were arguing as he drove down the slick road. No one ever says what they were arguing about.

Other people think it's not important. They do not know there is another story. The story that lurks between the facts. What they do not know—the cause of the argument—is crucial. So let me tell you...

The "original, first-rate, serious, and beautiful" short fiction (New York Times Book Review) that introduced J. D. Salinger to American readers in the years after World War II, including "A Perfect Day for Bananafish" and the first appearance of Salinger's fictional Glass family. Nine exceptional stories from one of the great literary voices of the twentieth century. Witty, urbane, and frequently affecting, *Nine Stories* sits alongside Salinger's very best work--a treasure that will pass down for many generations to come.

The stories: A Perfect Day for Bananafish Uncle Wiggily in Connecticut Just Before the War with the Eskimos The Laughing Man Down at the Dinghy For Esmé—with Love and Squalor Pretty Mouth and Green My Eyes De Daumier-Smith's Blue Period Teddy

The Courage Habit

Stories

The Power of Habit

Breaking The Habit of Being Yourself

If He Had Been with Me

Chatter

Accelerated Learning Techniques for Students

In his second collection, including the iconic and much-referenced title story featured in the Academy Award-winning film *Birdman*, Carver establishes his reputation as one of the most celebrated short-story writers in American literature—a haunting meditation on love, loss, and companionship, and finding one's way through the dark.

The lives of four high school seniors intersect weeks before a meteor is set to pass through Earth's orbit, with a 66.6% chance of striking and destroying all life on the planet. Simultaneous eBook.

What if there were a magic pill that could make you happier, turn you into a better parent, solve a number of your teenager's behavior problems, reduce racial prejudice, and close the achievement gap in education? There is no such pill, but story editing -- the scientifically based approach described in *Redirect --* can accomplish all of this. The world-renowned psychologist Timothy Wilson shows us how to redirect the stories we tell about ourselves and the world around us, with subtle prompts, in ways that lead to lasting change. Fascinating, groundbreaking, and practical, *Redirect* demonstrates the remarkable power small changes can have on the ways we see ourselves and our environment, and how we can use this in our everyday lives. "There are few academics who write with as much grace and wisdom as Timothy Wilson. *Redirect* is a masterpiece." -- Malcolm Gladwell

**WINNER OF THE PULITZER PRIZE | THE EMMY AWARD|WINNING HBO MINISERIES STARRING FRANCES MCDORMAND, RICHARD JENKINS, AND BILL MURRAY** In a voice more powerful and compassionate than ever before, New York Times bestselling author Elizabeth Strout binds together thirteen rich, luminous narratives into a book with the heft of a novel, through the presence of one larger-than-life, unforgettable character: Olive Kitteridge. At the edge of the continent, Crosby, Maine, may seem like nowhere, but seen through this brilliant writer's eyes, it's in essence the whole world, and the lives that are lived there are filled with all of the grand human drama—desire, despair, jealousy, hope, and love. At times stern, at other times patient, at times perceptive, at other times in sad denial, Olive Kitteridge, a retired schoolteacher, deploras the changes in her little town and in the world at large, but she doesn't always recognize the changes in those around her: a lounge musician haunted by a past romance: a former student who has lost the will to live: Olive's own adult child, who feels tyrannized by her irrational sensitivities; and Henry, who finds his loyalty to his marriage both a blessing and a curse. As the townspeople grapple with their problems, mild and dire, Olive is brought to a deeper understanding of herself and her life:sometimes painfully, but always with ruthless honesty. Olive Kitteridge offers profound insights into the human condition:its conflicts, its tragedies and joys, and the endurance it requires. **NAMED ONE OF THE BEST BOOK OF THE YEAR BY People | USA Today | The Atlantic | The Washington Post Book World | Seattle Post-Intelligencer | Entertainment Weekly | The Christian Science Monitor | San Francisco Chronicle | Salon | San Antonio Express-News | Chicago Tribune | The Wall Street Journal |**Perceptive, deeply empathetic . . . Olive is the axis around which these thirteen complex, relentlessly human narratives spin themselves into Elizabeth Strout's unforgettable novel in stories.📖O: The Oprah Magazine |Fiction lovers, remember this name: Olive Kitteridge. . . . You'll never forget her. . . . [Elizabeth Strout] constructs her stories with rich irony and moments of genuine surprise and intense emotion. . . . Glorious, powerful stuff.📖USA Today **BONUS:** This edition includes an excerpt from Elizabeth Strout's *The Burgess Boys*.

A Living Economy for a Living Earth

The Art of Choosing

Mindware

The Books They Gave Me

The Surprising New Science of Psychological Change

A Novel

**"There are few academics who write with as much grace and wisdom as Timothy Wilson. REDIRECT is a masterpiece." -Malcolm Gladwell** What if there were a magic pill that could make you happier, turn you into a better parent, solve a number of your teenager's behavior problems, reduce racial prejudice, and close the achievement gap in education? There is no such pill, but story editing - the scientifically based approach described in *REDIRECT -* can accomplish all of this. The world-renowned psychologist Timothy Wilson shows us how to redirect the stories we tell about ourselves and the world around us, with subtle prompts, in ways that lead to lasting change. Fascinating, groundbreaking, and practical, *REDIRECT* demonstrates the remarkable power small changes can have on the ways we see ourselves and our environment, and how we can use this in our everyday lives.

**"An essential document of our time." —Charles D'Ambrosio, author of Loitering In** search of answers and action, the award-winning poet and essayist Lisa Wells brings us *Believers*, introducing trailblazers and outliers from across the globe who have found radically new ways to live and reconnect to the Earth in the face of climate change We find ourselves at the end of the world. How, then, shall we live? Like most of us, Lisa Wells has spent years overwhelmed by increasingly urgent news of climate change on an apocalyptic scale. She did not need to be convinced of the stakes, but she could not find practical answers. She embarked on a pilgrimage, seeking wisdom and paths to action from outliers and visionaries, pragmatists and iconoclasts. *Believers* tracks through the lives of these people who are dedicated to repairing the earth and seemingly undaunted by the task ahead. Wells meets an itinerant gardener and misanthrope leading a group of nomadic activists in rewilding the American desert. She finds a group of environmentalist Christians practicing “watershed discipleship” in New Mexico and another group in Philadelphia turning the tools of violence into tools of farming—guns into ploughshares. She watches the world's greatest tracker teach others how to read a trail, and visits botanists who are restoring land overrun by invasive species and destructive humans. She talks with survivors of catastrophic wildfires in California as they try to rebuild in ways that acknowledge the fires will come again. Through empathic, critical portraits, Wells shows that these trailblazers are not so far beyond the rest of us. They have had the same realization, have accepted that we are living through a global catastrophe, but are trying to answer the next question: How do you make a life at the end of the world? Through this miraculous comingling of acceptance and activism, this focus on seeing clearly and moving forward, Wells is able to take the devastating news facing us all, every day, and inject a possibility of real hope. *Believers* demands transformation. It will change how you think about your own actions, about how you can still make an impact, and about how we might yet reckon with our inheritance.

"Know thyself," a precept as old as Socrates, is still good advice. But is introspection the best path to self-knowledge? Wilson makes the case for better ways of discovering our unconscious selves. If you want to know who you are or what you feel or what you're like, Wilson advises, pay attention to what you actually do and what other people think about you.

Showing us an unconscious more powerful than Freud's, and even more pervasive in our daily life, *Strangers to Ourselves* marks a revolution in how we know ourselves.

**New York Times Bestseller** A startlingly original debut from the actor, writer, director, and executive producer hailed as “a gifted observer of the human condition and a very funny writer capable of winning that rare thing: unselfconscious, insuppressible laughter” (*The Washington Post*). A boy wins a \$100,000 prize in a box of Frosted Flakes—only to discover that claiming the winnings might unravel his family. A woman sets out to seduce motivational speaker Tony Robbins—turning for help to the famed motivator himself. A new arrival in Heaven, overwhelmed with options, procrastinates over a long-ago promise to visit his grandmother. We meet Sophia, the first artificially intelligent being capable of love, who falls for a man who might not be ready for it himself; a vengeance-minded hare, obsessed with scoring a rematch against the tortoise who ruined his life; and post-college friends who try to figure out how to host an intervention in the era of Facebook. Along the way, we learn why wearing a red T-shirt every day is the key to finding love, how February got its name, and why the stock market is sometimes just . . . down. Finding inspiration in questions from the nature of perfection to the icing on carrot cake, *One More Thing* has at its heart the most human of phenomena: love, fear, hope, ambition, and the inner stirring for the one elusive element just that might make a person complete. Across a dazzling range of subjects, themes, tones, and narrative voices, the many pieces in this collection are like nothing else, but they have one thing in common: they share the playful humor, deep heart, sharp eye, inquisitive mind, and altogether electrifying spirit of a writer with a fierce devotion to the entertainment of the reader.

A Change of Heart

Wild, Poignant, Life-Changing Stories from 125 Writers and Artists Famous & Obscure

A Beautiful Constraint

Changing the Stories We Live By

Payback

Making a Life at the End of the World

We humans live by stories, says David Kortzen, and the stories that now govern our society set us on a path to certain self-destruction. In this profound new book, Kortzen shares the results of his search for a story that reflects the fullness of human knowledge and understanding and provides a guide to action adequate to the needs of our time. Kortzen calls our current story *Sacred Money and Markets*. Money, it tells us, is the measure of all worth and the source of all happiness. Earth is simply a source of raw materials. Inequality and environmental destruction are unfortunate but unavoidable. Although many recognize that this story promotes bad ethics, bad science, and bad economics, it will remain our guiding story until replaced by one that aligns with our deepest understanding of the universe and our relationship to it. To guide our path to a viable human future, Kortzen offers a *Sacred Life and Living Earth* story grounded in a cosmology that affirms we are living beings born of a living Earth itself born of a living universe. Our health and well-being depend on an economy that works in partnership with the processes by which Earth's community of life maintains the conditions of its own existence—and ours. Offering a hopeful vision, Kortzen lays out the transformative impact adopting this story will have on every aspect of human life and society.

You are not doomed by your genes and hardwired to be a certain way for the rest of your life. A new science is emerging that empowers all human beings to create the reality they choose. In *Breaking the Habit of Being Yourself*, renowned author, speaker, researcher, and chiropractor Dr. Joe Dispenza combines the fields of quantum physics, neuroscience, brain chemistry, biology, and genetics to show you what is truly possible. Not only will you be given the necessary knowledge to change any aspect of yourself, but you will be taught the step-by-step tools to apply what you learn in order to make measurable changes in any area of your life. Dr. Joe demystifies ancient understandings and bridges the gap between science and spirituality. Through his powerful workshops and lectures, thousands of people in 24 different countries have used these principles to change from the inside out. Once you break the habit of being yourself and truly change your mind, your life will never be the same!

**WINNER OF THE 2021 JOYCE CAROL OATES PRIZE NAMED A BEST BOOK OF 2020 BY O MAGAZINE, THE NEW YORKER, THE WASHINGTON POST, REAL SIMPLE, THE GUARDIAN, AND MORE FINALIST FOR: THE STORY PRIZE, THE L.A. TIMES BOOK PRIZE, THE ASPEN WORDS LITERARY PRIZE, THE CHAUTAUQUA PRIZE “ Sublime short stories of race, grief, and belonging . . . an extraordinary new collection . . . ” —The New Yorker “ Evans ’ s new stories present rich plots reflecting on race relations, grief, and love . . . ” —The New York Times Book Review, Editor ’ s Choice “ Danielle Evans demonstrates, once again, that she is the finest short story writer working today. ” —Roxane Gay, The New York Times –bestselling author of *Difficult Women* and *Bad Feminist* The award-winning author of *Before You Suffocate Your Own Fool* Self brings her signature voice and insight to the subjects of race, grief, apology, and American history. Danielle Evans is widely acclaimed for her blistering smart voice and X-ray insights into complex human relationships. With *The Office of Historical Corrections*, Evans zooms in on particular moments and relationships in her characters ’ lives in a way that allows them to speak to larger issues of race, culture, and history. She introduces us to Black and multiracial characters who are experiencing the universal confusions of lust and love, and getting walloped by grief—all while exploring how history haunts us, personally and collectively. Ultimately, she provokes us to think about the truths of American history—about who gets to tell them, and the cost of setting the record straight. In “ Boys Go to Jupiter,” a white college student tries to reinvent herself after a photo of her in a Confederate-flag bikini goes viral. In “ Richard of York Gave Battle in Vain,” a photojournalist is forced to confront her own losses while attending an old friend ’ s unexpectedly dramatic wedding. And in the eye-opening title novella, a black scholar from Washington, DC, is drawn into a complex historical mystery that spans generations and puts her job, her love life, and her oldest friendship at risk.**