

A Guide To The Good Life The Ancient Art Of Stoic Joy

A society darling A rake never far from scandal A deal that will change everything... 'Eva Leigh once again displays her literary prowess for creating marvelously memorable characters and crafting sensuality-forward love stories.' Booklist

Irvine looks at what modern science can tell about desire--what happens in the brain when one desires something and how animals evolved particular desires. He suggests that people who can convince themselves to want what they already have dramatically enhance their happiness.

Rachel Friedman has always been the consummate good girl who does well in school and plays it safe, so the college grad surprises no one more than herself when, on a whim (and in an effort to escape impending life decisions), she buys a ticket to Ireland, a place she has never visited. There she forms an unlikely bond with a free-spirited Australian girl, a born adventurer who spurs Rachel on to a yearlong odyssey that takes her to three continents, fills her life with newfound friends, and gives birth to a previously unrealized passion for adventure. As her journey takes her to Australia and South America, Rachel discovers and embraces her love of travel and unlocks more truths about herself than she ever realized she was seeking. Along the way, the erstwhile good girl finally learns to do something she's never done before: simply live for the moment.

For the great Roman orator and statesman Cicero, 'the good life' was at once a life of contentment and one of moral virtue - and the two were inescapably intertwined. This volume brings together a wide range of his reflections upon the importance of moral integrity in the search for happiness. In essays that are articulate, meditative and inspirational, Cicero presents his views upon the significance of friendship and duty to state and family, and outlines a clear system of practical ethics that is at once simple and universal. These works offer a timeless reflection upon the human condition, and a fascinating insight into the mind of one of the greatest thinkers of Ancient Rome.

The Good Guy's Guide to Great Sex

Why We Want what We Want

The Good Living Guide to Medicinal Tea

Money and Happiness

The philosophy of everyday life

Swell

A Girl's Guide to the Good Life

Transform your life in 30 days.We are all working hard, but are we working on the right things? We all want to live a good life, yet life itself sometimes seems to get in the way. Based on the author's two decades of experience in helping the leaders of large organizations effect change, this book presents a fresh and structured approach on to how to transform our own lives--to feel alive and to minimize regrets.You will read about how to apply the three disciplines of a good life: Directing Energy Unlocking Potential Enabling GrowthYou'll use these disciplines to not only change your life, but also sustain the benefits of that change through the inevitable highs and lows that come with being human. This is a last hurrah from a man who enjoys every minute of his life and his memoir is full of cheerful nuggets of wisdom on how you can do the same.

What does it mean to be awake? What exactly is therapeutic about retail therapy? And what are you really working on when you're at your desk, in the gym, or having dinner? From getting ready in the morning, through heading to work, going to a party, having sex and falling back to sleep, Breakfast with Socrates provides an hour-by-hour commentary on what history's greatest philosophers have said about the meaning behind everything we do. A fascinating exploration of our daily lives, Breakfast with Socrates also draws on literature, art, politics and psychology to offer an informal introduction to the history of ideas that will help anyone to think more healthily. Breakfast will never be the same again...

The Good Boy's Guide to Being Good is an entertaining collection of tips, tricks and wisdom to help raise a well-behaved puppy, written from the humorous point of view of Sprout the puppy.

A Guide to Living the Good Life

A Common-sense Guide to Alternative Homebuilding

How to Live a Good Life

The Mel Gibson Guide to the Good Life

Stoicism

The Good Girl's Guide To Being A D*ck

50 Ways to Brew the Cure for What Ails You

Regardless of age, the quality of life is what's important. Elson, a leading dermatologist, and Hartley, a plastic surgeon, offer a sensible approach to today's high-tech fountain of youth by taking a good look at what it really takes to look good. 30 photographs.

CONNECT WITH THE GOOD FOLK AND OPEN YOURSELF TO AMAZING POSSIBILITIES This impressive book is both a folkloric resource and guide to living and working with your magical neighbors. Featuring an expansive look at the world of Faery and the history, behavior, and appearance of the Good Folk, Faery provides detailed and practical advice based on local legends and real encounters. John T. Kruse dives deep into the rich cultural traditions of

the British Isles, revealing the symbiotic relationship between humans and faeries. Explore the magic, habits, and culture of the Good Folk. Discover the different types of faeries, how to find them, and what precautions you should take when working with them. Respectful and thorough, this book will enrich your life and teach you how to truly feel the presence of the Good Folk. Includes a foreword by faery expert Morgan Daimler.

Beth Frasier's junior year of high school is going great until she is turned into a vampire, so now she is trying to find a way to end her nightmare, and get revenge.

One of the great fears many of us face is that despite all our effort and striving, we will discover at the end that we have wasted our life. In A Guide to the Good Life, William B. Irvine plumbs the wisdom of Stoic philosophy, one of the most popular and successful schools of thought in ancient Rome, and shows how its insight and advice are still remarkably applicable to modern lives. In A Guide to the Good Life, Irvine offers a refreshing presentation of Stoicism, showing how this ancient philosophy can still direct us toward a better life. Using the psychological insights and the practical techniques of the Stoics, Irvine offers a roadmap for anyone seeking to avoid the feelings of chronic dissatisfaction that plague so many of us. Irvine looks at various Stoic techniques for attaining tranquility and shows how to put these techniques to work in our own life. As he does so, he describes his own experiences practicing Stoicism and offers valuable first-hand advice for anyone wishing to live better by following in the footsteps of these ancient philosophers. Readers learn how to minimize worry, how to let go of the past and focus our efforts on the things we can control, and how to deal with insults, grief, old age, and the distracting temptations of fame and fortune. We learn from Marcus Aurelius the importance of prizing only things of true value, and from Epictetus we learn how to be more content with what we have. Finally, A Guide to the Good Life shows readers how to become thoughtful observers of their own lives. If we watch ourselves as we go about our daily business and later reflect on what we saw, we can better identify the sources of distress and eventually avoid that pain in our life. By doing this, the Stoics thought, we can hope to attain a truly joyful life.

A Natural History

The Good Wife's Guide (Le Ménagier de Paris)

A Guide to the Good Life: The Ancient Art of Stoic Joy

Revelation as a Guide to Life

The Wicked Good Book

A User's Guide for Modern Humans

A Buddhist Guide to Life

A collection of essays by fifteen philosophers presenting a thoughtful, introductory guide to choosing a philosophy for living an examined and meaningful life. Socrates famously said "the unexamined life is not worth living," but what does it mean to truly live philosophically? This thought-provoking, wide-ranging collection brings together essays by fifteen leading philosophers reflecting on what it means to live according to a philosophy of life. From Eastern philosophies (Daoism, Confucianism, and Buddhism) and classical Western philosophies (such as Aristotelianism and Stoicism), to the four major religions, as well as contemporary philosophies (such as existentialism and effective altruism), each contributor offers a lively, personal account of how they find meaning in the practice of their chosen philosophical tradition. Together, the pieces in How to Live a Good Life provide not only a beginner's guide to choosing a life philosophy but also a timely portrait of what it means to live an examined life in the twenty-first century. A VINTAGE ORIGINAL

From Lark Books and Natural Home magazine--which has a circulation of 200,000--comes an illustrated, unique guide to building an earth-friendly home. To create a dwelling that's both ecologically sustainable and attractive, Natural Home magazine is the place to go. With this exquisitely illustrated guide, packed with 400 photos and illustrations, anyone can put environmentally friendly ideas into beautiful practice. Here's an intelligent look at how a home is supposed to function and a variety of different building approaches. What's important is finding the right solution to fit your individual needs, local climate, and natural resources. The broad range of topics covered include choosing a site; selecting materials; building with straw bale, cob, adobe, or rammed earth; and plugging into alternative home power systems. Interviews with six homeowners, and photos of the dream homes they built, provide invaluable insight.

More than just a warm and comforting drink, tea has medicinal properties that are widely underused in North America. Common herbs, spices, fruits, and barks have been scientifically proven to help relieve pain, menopause symptoms, high blood pressure, insomnia,

stress, and digestive angst. When taken preventatively, certain herbs in tea can help fight off cancer cells, heart disease, and even Alzheimer's disease and fibromyalgia. By learning about what these various natural ingredients are capable of and how they work, readers can begin to treat many ailments with what grows in their gardens—plants that have been used in eastern medicine for thousands of years. The Good Living Guide to Medicinal Tea invites readers into a world of medicinal plants, instructs on the specific healing properties of each, matches them to ten common North American health disorders, and provides simple tea recipes readers can make in their own homes. Late Japanese author Okakura Kakuzo has been famously quoted as saying, "Tea began as a medicine and grew into a beverage." The Good Living Guide to Medicinal Tea encourages readers to turn their favorite drink back into medicine—and outlines exactly how to accomplish this. With the help of beautiful photographs and an easy dialogue, Jennifer Browne clearly explains to readers how teatime can garner impressive health benefits. Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

In the closing years of the fourteenth century, an anonymous French writer compiled a book addressed to a fifteen-year-old bride, narrated in the voice of her husband, a wealthy, aging Parisian. The book was designed to teach this young wife the moral attributes, duties, and conduct befitting a woman of her station in society, in the almost certain event of her widowhood and subsequent remarriage. The work also provides a rich assembly of practical materials for the wife's use and for her household, including treatises on gardening and shopping, tips on choosing servants, directions on the medical care of horses and the training of hawks, plus menus for elaborate feasts, and more than 380 recipes. The Good Wife's Guide is the first complete modern English translation of this important medieval text also known as *Le Ménagier de Paris* (the Parisian household book), a work long recognized for its unique insights into the domestic life of the bourgeoisie during the later Middle Ages. The Good Wife's Guide, expertly rendered into modern English by Gina L. Greco and Christine M. Rose, is accompanied by an informative critical introduction setting the work in its proper medieval context as a conduct manual. This edition presents the book in its entirety, as it must have existed for its earliest readers. The Guide is now a treasure for the classroom, appealing to anyone studying medieval literature or history or considering the complex lives of medieval women. It illuminates the milieu and composition process of medieval authors and will in turn fascinate cooking or horticulture enthusiasts. The work illustrates how a (perhaps fictional) Parisian householder of the late fourteenth century might well have trained his wife so that her behavior could reflect honorably on him and enhance his reputation.

A Slap in the Face

The Ancient Art of Stoic Joy

The Good and the Good Book

Passionate Living for the Brave at Heart

The Good Girl's Guide To Rakes (Last Chance Scoundrels, Book 1)

Seeing Clearly

A lighthearted and unabashed manifest for creating and sustaining happiness in today's highly stressed, consumer-based world shares recommendations for readers from all backgrounds, providing action plans for specific changes while offering accompanying Microsoft tags for bonus video material. Original.

Intergalactic travelers had their Hitchhiker's Guide to the Galaxy. Evolutionists had Darwin's The Origin of Species. And now Mainers can have their very own manual for the good life in Maine. Styled around the Dangerous Book for Boys, The Wicked Good Book is a pithy, nostalgic, practical, and irreverent guide to getting the most out of living in the Pine Tree State. It includes helpful tips on everything from outsmarting blackfly attacks to living to tell about a moose attack. Also included are the necessary quotes that all lovers of Maine should know by heart; important historical moments; essential gear to wear in the woods, in the Old Port, and at bedtime. Plus, limericks to amuse; hunting tips on how to bag the bird

or deer; a guide to the Maine sky; the 7 Wonders of Maine; the correct way to chop a tree' how to prepare for a Maine winter like it might be your last; identification of native flora and fauna; and more. A blend of hearty survival skills with everyday common sense and a fair amount of humor provides for the Uber-Maine experience.

The consequence of adapting and practicing Stoicism is the experience of Joy in Life. Are you feeling frustrated, demoralized or stuck in a rut? Are you facing difficult challenges at home, school or at work? Are you going through a life-altering event? Are you facing way too many obstacles in life? Do you fear that after all your effort and strive, you'll discover at the end that you have wasted your life? If you wonder why so many are embracing the wisdom of the ancient Stoics, it's because the most valuable wisdom is Timeless. Many of the ancient civilizations dealt with the same problems and insecurities we face Today; like vanity, anxiety, materialism, death, envy, corruption and anger. They wrestled with these issues on a daily basis, and the Stoic philosophy allowed them to successfully master them; to live a life of meaning. Here, you'll learn how this ancient philosophy can still direct us toward a better life Today. If you apply the Stoic principles within this read, carefully and mindfully, then no matter what happens (good, bad, or indifferent), you'll be equipped to deal with the highs, lows and plateaus of life with equal calmness. On this first volume, Mr. Bennett lays out the most accessible and inviting introduction of modern Stoicism available. There is an Art to Living, and this book will help you live a more meaningful life. Go brag your copy now and start living a life worth living, a good life.

Epictetus was born into slavery about 55 ce in the eastern outreaches of the Roman Empire. Once freed, he established an influential school of Stoic philosophy, stressing that human beings cannot control life, only their responses to it. By putting into practice the ninety-three witty, wise, and razor-sharp instructions that make up The Art of Living, readers learn to meet the challenges of everyday life successfully and to face life's inevitable losses and disappointments with grace.

The Good House Book

The Finale to A Good Girl's Guide to Murder

Brown's Guide to the Good Life Without Tears, Fears Or Boredom

Le ménagier de Paris : a medieval household book

Why Insults Hurt--And Why They Shouldn't

Introduction to the Good Life

A Guide to the Good Life

Preposterous, challenging, stimulating. "A note of caution: this is not an easy read. Nor is it for the detached, uninvolved person. The author invites readers to accompany him on a journey of self-discovery and provides a road map to boot, rarely presented in such a clear and comprehensive way. The breadth and depth of Arthur Jackson's knowledge and experience become obvious early on as he presents a plethora of views from well-known and lesser-known philosophers, psychiatrists, psychologists, mathematicians, and others who influenced modern Western ideologies . . . This is a compendium of knowledge and insight nonpareil—truly a masterwork!" —Adrienne Juliano, member, Foundation for Mind-Being Research Arthur Jackson's book is the product of his lifelong struggle to find a naturalistic alternative to traditional folk religions (like Christianity, Judaism, Hinduism) capable of providing comparable emotional support. This effort led to what is now recognized as a science of religion and ethics—a religion of wisdom providing guidance to any person interested in making moral and ethical choices. I believe that until a concrete science of religion and ethics exists and organizes to apply its findings, humanity will continue to struggle to create these things. How to Live the Good Life: A User's Guide for Modern Humans is a fascinating and eye-opening guide aimed at helping people experience more joy and achieving their full, positive potential.

*What is the purpose of your life? Is it to be rich in things or experiences? At the end of the day it is the amount of balance you have between the 4 pillars of the good life: Health, Wealth, Love, and Happiness that can give you the fulfilling life that you need. Written by YouTuber Mike Vestil, catch a glimpse of his origin story and how he became the person he is today and how you too can get the body you want, the income you want, the relationships you want, and ultimately, the happiness that eludes us all***WARNING: This book is an emotional roller coaster filled with obscene language.. read at your own risk**

Praise for Money & Happiness "Laura Rowley makes us all understand the money-happiness connection in our own lives so that we spend our time and our efforts wisely. She gets to the heart of why money can bring feelings of stress, joy, and freedom, and Rowley offers insight that every reader can use to make smarter decisions that will lead to living a rich life in every possible definition of the term." --Lucy Danziger, Editor in Chief, Self magazine "This is a wry and companionable guide to getting your finances in better sync with your values, and who wouldn't be enriched by that?" --Melinda Henneberger, Contributing Editor, Newsweek "Money and Happiness takes cold, hard, financial information and warms it up through the voice of your best friend. You'll find out how to achieve your life dreams, and avoid money nightmares. The cost of this book may be the best investment you'll ever make." --Kevin McKinley, CFP, author of Make Your Kid a Millionaire and host of public radio's On Your Money "Let Laura Rowley guide you to a rational and rewarding life by helping you re-order your approach to your financial well-being. This book covers all the dimensions you need to know about how to plan properly for your reality. She teaches that you need not be loaded to be happy. And she shows you how to set, then achieve, your goals. For your sanity, Rowley is a welcome antidote to the wave of materialism washing over our culture." --Allan Dodds Frank, Bloomberg Television

A Guide to the Good Life The Ancient Art of Stoic Joy Oxford University Press

The Classical Manual on Virtue, Happiness, and Effectiveness

How to Live the Good Life:

A Professional's Guide to Happiness, Balance and Meaning

Virtues for Men

The Good Doctor's Guide to Colds and Flu

On the Good Life

A Guide to the Lore, Magic & World of the Good Folk

Aims to help women combine style and spirit with panache, offering tips on topics ranging from creating a signature look to getting the best table in a bistro

Lockwood weaves Scripture, Church teaching and everyday stories from Babe Ruth's funeral to the authors' doomed efforts to make the varsity basketball team, revealing the virtues for what they really are: a call to action and our tie to the living God. The virtuous life isn't just the good life; it's the best life, the life you were made for.

A practical, refreshingly optimistic guide that uses centuries-old wisdom to help us better cope with the stresses of modern living. Some people bounce back in response to setbacks; others break. We often think that these responses are hardwired, but fortunately this is not the case. Stoicism offers us an alternative approach. Plumbing the wisdom of one of the most popular and successful schools of thought from ancient Rome, philosopher William B. Irvine teaches us to turn any challenge on its head. The Stoic Challenge, then, is the ultimate guide to improving your quality of life through tactics developed by ancient Stoics, from Marcus Aurelius and Seneca to Epictetus. This book uniquely combines ancient Stoic insights with techniques discovered by contemporary psychological research, such as anchoring and framing. The result is a surprisingly simple strategy for dealing with life's unpleasant and unexpected challenges—from minor setbacks like being caught in a traffic jam or having a flight cancelled to major setbacks like those experienced by physicist Stephen Hawking, who slowly lost the ability to move, and writer Jean-Dominique Bauby, who suffered from locked-in syndrome. The Stoics discovered that thinking of challenges as tests of character can dramatically alter our emotional response to them. Irvine's updated "Stoic test strategy" teaches us how to transform life's stumbling blocks into opportunities for becoming calmer, tougher, and more resilient. Not only can we overcome everyday obstacles—we can benefit from them, too.

THE NEW YORK TIMES BESTSELLING SERIES WITH OVER ONE MILLION COPIES SOLD • The highly anticipated finale to the A Good Girl's Guide to Murder series, the instant bestsellers that read like your favorite true crime podcast or show. By the end of this mystery series, you'll never think of good girls the same way again... Pip is about to head to college, but she is still haunted by the way her last investigation ended. She's used to online death threats in the wake of her viral true-crime podcast, but she can't help noticing an anonymous person who keeps asking her: Who will look for you when you're the one who disappears? Soon the threats escalate and Pip realizes that someone is following her in real life. When she starts to find connections between her stalker and a local serial killer caught six years ago, she wonders if maybe the wrong man is behind bars. Police refuse to act, so Pip has only one choice: find the suspect herself—or be the next victim. As the deadly game plays out, Pip discovers that everything in her small town is coming full circle . . .and if she doesn't find the answers, this time she will be the one who disappears. . .

A Good Girl's Guide to Murder

The Southerner's Handbook

The art of saying what you want, asking for what you need and getting the life you deserve

The Lazy Man's Guide to Living the Good Life

A Spiritual Renegade's Guide to the Good Life

This Is a Good Guide - for a Sustainable Lifestyle

You

"Originally published in paperback by Egmont UK Ltd., London, in 2019."--Title page verso.

*THE INTERNATIONAL BESTSELLER THAT WILL TRANSFORM YOUR LIFE Stop worrying about being nicer, calmer or more patient. Be a d*ck. It all began for Alexandra Reinwarth when she said 'F*ck you!' to a friend. Realising this person was making her life a misery, she ditched her. This one small act of rebellion sparked a huge change in the way Alexandra forever dealt with social guilt about everything. The Good Girl's Guide To Being A D*ck will teach you how to embrace your inner d*ck, guiding you through who and what to get rid from your life, to stop worrying about what others think, and how the seemingly small things in life can have a huge impact on the quality of your every day living. Alexandra shows you how to embrace your own needs and desires to live the life you've always wanted. Learn to say what you want, ask for what you need and get the life you fully deserve. Go on, be a d*ck.*

The latest and most effective information on preventing and treating colds and flu Under the weather? Eminent lung specialist Neil Schachter, M.D., arms you with the knowledge you need to boost immunity and avoid illness. And when colds, flu, and other respiratory infections do strike, you'll know exactly how to relieve uncomfortable symptoms like congestion and fever. In this book you'll find: Treatment plans for the most common respiratory infections, including colds, flu, bronchitis, pneumonia, sinusitis, and strep throat The right way to use vitamin C and zinc to combat a cold The important difference between a head cold and chest cold The five best ways to quiet a cough Three signs that indicate if it's a cold or flu Three symptoms that signal it's time to call a doctor Why humming five seconds a day can reduce risk of sinus problems The surprising reason why women catch more colds And much more With Dr. Schachter's guidance, you'll stay one step ahead of colds and flu.

Whether you live below the Mason Dixon Line or just wish you did, The Southerner's Handbook is your guide to living the good life. Curated by the editors of the award-winning Garden & Gun magazine, this compilation of more than 100 instructional and narrative essays offers a comprehensive tutorial to modern-day life in the South. From Food and Drink to Sporting & Adventure; Home & Garden to Style, Arts & Culture, you'll discover essential skills and unique insight from some of the South's finest writers, chefs, and craftsmen—including the secret to perfect biscuits, how to wear seersucker, and to the right way to fall off of a horse. You'll also find: Roy Blount Jr. on telling a great story; Julia Reed on the secrets of throwing a great party; Jonathan Miles on drinking like a Southerner; Jack Hitt on the beauty of cooking a whole hog; John T Edge on why Southern food matters; and much more. As flavorful, authentic, and irresistible as the land and the people who inspire it, The Southerner's Handbook is the ultimate guide to being a Southerner (no matter where you live).

Revised Edition

The Good Ghouls' Guide to Getting Even

The Good Girl's Guide to Getting Lost

The Art of Living

The Best Things in Life

A Guy's Guide to the Good Life

As Good as Dead

What are you? Obviously, you are a person with human ancestors that can be plotted on a family tree, but you have other identities as well. According to evolutionary biologists, you are a member of the species *Homo sapiens* and as such have ancestral species that can be plotted on the tree of life. According to microbiologists, you are a collection of cells, each of which has a cellular ancestry that goes back billions of years. A geneticist, though, will think of you primarily as a gene-replication machine and might produce a tree that reveals the history of any given gene. And finally, a physicist will give a rather different answer to the identity question: you can best be understood as a collection of atoms, each of which has a very long history. Some have been around since the Big Bang, and others are the result of nuclear fusion that took place within a star. Not only that, but most of your atoms belonged to other living things before joining you. From your atoms' point of view, then, you are just a way station on a multibillion-year-long journey. You: A Natural History offers a multidisciplinary investigation of your hyperextended family tree, going all the way back to the Big Bang. And while your family tree may contain surprises, your hyperextended history contains some truly amazing stories. As the result of learning more about who and what you are, and about how you came to be here, you will likely see the world around you with fresh eyes. You will also become aware of all the one-off events that had to take place for your existence to be possible: stars had to explode, the earth had to be hit 4.5 billion years ago by a planetesimal and 65 million years ago by an asteroid, microbes had to engulf microbes, the African savanna had to undergo climate change, and of course, any number of your direct ancestors had to meet and mate. It is difficult, on becoming aware of just how contingent your own existence is, not to feel very lucky to be part of our universe.

This is the definitive and comprehensive guide for what you can do about climate change and to contribute to a better world. It contains lists of go-to shops, beautiful brands, inspiring insights, surprising facts and useful solutions. Through in-depth interviews with leading pioneers, such as Livia Firth, Green Kitchen Stories and Andrew Morgan, you will find exactly what you need to live a more sustainable life. After all, doing good and feeling good at the same time: does it not get any better than that? This revised edition is the newly updated version of the international bestseller This is a Good Guide - for a Sustainable Lifestyle (30.000 copies sold worldwide). All stores, brands, addresses and initiatives are up-to-date with new shops and labels. The book has new interviews, revised facts and figures, and an additional eight pages of tips and tricks.

'It is written ...,' says the believer in a sacred text, and proceeds to justify all manner of terrifying things. Or so runs a popular caricature of religious faith today. Religions that center around a revelation—around a 'good book,' like the Torah or Gospels or Quran, which is seen as God's word—are widely regarded as irrational and dangerous: as based on outdated science and conducive to illiberal, inhumane moral attitudes. The Good and the Good Book defends revealed religion and shows how it can be reconciled with science and liberal morality. Samuel Fleischacker invites us to see revealed texts as aiming to teach neither scientific nor moral doctrines but a vision of what life is about overall. Purely naturalistic ways of thinking, he argues, cannot make much sense of our overall or ultimate good; revealed texts, by contrast, do precisely that. But these texts also need to be interpreted so as to accord with our independent understanding of morality. A delicate balance is required for this process of interpretation—between respecting the uncanny obscurity of our sacred texts and rendering them morally familiar. The book concludes with an account of how believers in one religion can respect believers in other religions, and secular people.

If you ever wonder, Is this all there is to sex? or I wish I knew how to help my wife enjoy this more, you'll appreciate this straightforward, helpful, and faith-based advice on how to have a better sex life. Based on groundbreaking surveys of more than twenty-five thousand people, this highly practical, research-based book shows guys how to rock their wife's world. The Good Guy's Guide to Great Sex from popular marriage blogger and speaker Sheila Wray Gregoire and her husband, Dr. Keith Gregoire, will help you: Discover what your wife wants most from you in the bedroom Realize what can derail a couple's sex life and how to get it back on track Find healing from past trauma, previous relationships, and porn addiction Understand your own sex drive and how to keep it revved Learn the secrets to giving your wife the most fulfilling sex she's ever had This can-we-start-tonight? book about making sex wonderful explores how emotional, spiritual, and physical intimacy all work together. It will appeal to: Newly engaged couples who want to start their marriage off right Married couples who wonder if sex will ever become what they hoped it would be Readers of The Good Girl's Guide to Great Sex Pastors and counselors seeking a resource for helping engaged and married couples The Good Guy's Guide to Great Sex also features Couple Projects at the end of each chapter and very specific "Good Guy Dares" to help you woo your wife in and out of the bedroom as you find your way to a delightful, God-given passion.

The Good Look Book

A Guide to Choosing Your Personal Philosophy

A Guide to Maine Living

Faery

Master Your Humans and Live Your Best Puppin' Life

The Good Boy's Guide to Being Good

A Guide to What Really Matters

HE'S A HOLLYWOOD SUPERSTAR . . . A CONTROVERSIAL FILM DIRECTOR . . . ONE OF THE SEXIEST MEN ALIVE (AT LEAST ACCORDING TO PEOPLE MAGAZINE) . . . AND NOW MEL GIBSON WANTS TO HELP YOU BE ALL YOU CAN BE! When Mel Gibson wakes up in jail after being arrested for DUI, he doesn't quite remember what happened the night before, but he's not worried. After all, he's Mel Gibson! Whatever he might have said or done, he's confident it will all blow over. Because if there's one thing Mel knows for sure, it's how to live the charmed life he so richly deserves! And since Mel has a couple of hours to kill before his lawyers show up, he's decided to share his secrets of happiness with you mere mortals. Here you'll find Mel's exclusive tips for career success, romance, keeping fit, facing your fears, money matters, and even surviving a nuclear apocalypse! With a foreword by Jesus Christ Himself and an appendix of Mel's favorite cocktails (like the Tequila Sunrise: Take one bottle of tequila, drink 'til sunrise), this is the definitive guide to living the good life, Mel Gibson-style. (This book is not in any way affiliated with or authorized by the real Mel Gibson. Or Jesus Christ, for that matter.)

Many of us, even on our happiest days, struggle to quiet the constant buzz of anxiety in the background of our minds. All kinds of worries--worries about losing people and things, worries about how we seem to others--keep us from peace of mind. Distracted or misled by our preoccupations, misconceptions, and, most of all, our obsession with ourselves, we don't see the world clearly--we don't see the world as it really is. In our search for happiness and the good life, this is the main problem. But luckily there is a solution, and on the path to understanding it, we can make use of the rich and varied teachings that have developed over centuries of Buddhist thought. With clarity and compassion, Nicolas Bommarito explores the central elements of centuries of Buddhist philosophy and practice, explaining how they can improve your life and teach you to live without fear. Mining important texts and lessons for practical guidance, he provides a friendly guide to the very practical goals that underpin Buddhist philosophy. After laying out the basic ideas, Bommarito walks readers through a wide range of techniques and practices we can adopt to mend ingrained habits. Rare for its exploration of both the philosophy that motivates Buddhism and its practical applications, this is a compassionate guide to leading a good life that anyone can follow.

Insults are part of the fabric of daily life. But why do we insult each other? Why do insults cause us such pain? Can we do anything to prevent or lessen this pain? Most importantly, how can we overcome our inclination to insult others? In *A Slap in the Face*, William Irvine undertakes a wide-ranging investigation of insults, their history, the role they play in social relationships, and the science behind them. He examines not just memorable zingers, such as Elizabeth Bowen's description of Aldous Huxley as "The stupid person's idea of a clever person," but subtle insults as well, such as when someone insults us by reporting the insulting things others have said about us: "I never read bad reviews about myself," wrote entertainer Oscar Levant, "because my best friends invariably tell me about them." Irvine also considers the role insults play in our society: they can be used to cement relations, as when a woman playfully teases her husband, or to enforce a social hierarchy, as when a boss publicly berates an employee. He goes on to investigate the many ways society has tried to deal with insults--by adopting codes of politeness, for example, and outlawing hate speech--but concludes that the best way to deal with insults is to immunize ourselves against them: We need to transform ourselves in the manner recommended by Stoic philosophers. We should, more precisely, become insult pacifists, trying hard not to insult others and laughing off their attempts to insult us. A rousing follow-up to *A Guide to the Good Life*, *A Slap in the Face* will interest anyone who's ever delivered an insult or felt the sting of one--in other words, everyone.

For centuries, philosophers, theologians, moralists, and ordinary people have asked: How should we live? What makes for a good life? In *The Best Things in Life*, distinguished philosopher Thomas Hurka takes a fresh look at these perennial questions as they arise for us now in the 21st century. Should we value family over career? How do we balance self-interest and serving others? What activities bring us the most joy? While religion, literature, popular psychology, and everyday wisdom all grapple with these questions, philosophy more than anything else uses the tools of reason to make important distinctions, cut away irrelevancies, and distill these issues down to their essentials. Hurka argues that if we are to live a good life, one thing we need to know is which activities and experiences will most likely lead us to happiness and which will keep us from it, while also reminding us that happiness isn't the only thing that makes life good. Hurka explores many topics: four types of good feeling (and the limits of good feeling); how we can improve our baseline level of happiness (making more money, it turns out, isn't the answer); which kinds of knowledge are most worth having; the importance of achieving worthwhile goals; the value of love and friendship; and much more. Unlike many philosophers, he stresses that there isn't just one good in life but many: pleasure, as Epicurus argued, is indeed one, but knowledge, as Socrates contended, is another, as is achievement. And while the great philosophers can help us understand what matters most in life, Hurka shows that we must ultimately decide for ourselves. This delightfully accessible book offers timely guidance on answering the most important question any of us will ever ask: How do we live a good life?

A Memoir of Three Continents, Two Friends, and One Unexpected Adventure

The Stoic Challenge: A Philosopher's Guide to Becoming Tougher, Calmer, and More Resilient

On Desire

Breakfast With Socrates

Because Good Guys Make the Best Lovers

The Good Life Book

A Comprehensive Guide to Staying Young, Keeping Fit, Looking and Feeling Young