

### A Happier Hour

This Naked Mind has ignited a movement across the country, helping thousands of people forever change their relationship with alcohol. Many people question whether drinking has become too big a part of their lives, and worry that it may even be affecting their health. But, they resist change because they fear losing the pleasure and stress-relief associated with alcohol, and assume giving it up will involve deprivation and misery. This Naked Mind offers a new, positive solution. Here, Annie Grace clearly presents the psychological and neurological components of alcohol use based on the latest science, and reveals the cultural, social, and industry factors that support alcohol dependence in all of us. Packed with surprising insight into the reasons we drink, this book will open your eyes to the startling role of alcohol in our culture, and how the stigma of alcoholism and recovery keeps people from getting the help they need. With Annie ’ s own extraordinary and candid personal story at its heart, this book is a must-read for anyone who drinks. This Naked Mind will give you freedom from alcohol. It removes the psychological dependence so that you will not crave alcohol, allowing you to easily drink less (or stop drinking). With clarity, humor, and a unique blend of science and storytelling, This Naked Mind will open the door to the life you have been waiting for. “You have given me my live back.” –Katy F., Albuquerque, New Mexico “This is an inspiring and groundbreaking must-read. I am forever inspired and changed.” –Kate S., Los Angeles, California “The most selfless and amazing book that I have ever read.” –Bernie M., Dublin, Ireland

NEW YORK TIMES BESTSELLER • The author of The Happiness Project and “a force for real change” (Bren é Brown) examines how changing our habits can change our lives. “If anyone can help us stop procrastinating, start exercising, or get organized, it ’ s Gretchen Rubin. The happiness guru takes a sledgehammer to old-fashioned notions about change.” –Parade Most of us have a habit we ’ d like to change, and there ’ s no shortage of expert advice. But as we all know from tough experience, no magic, one-size-fits-all solution exists. It takes work to make a habit, but once that habit is set, we can harness the energy of habits to build happier, stronger, more productive lives. In Better Than Before, acclaimed writer Gretchen Rubin identifies every approach that actually works. She presents a practical, concrete framework to allow readers to understand their habits—and to change them for good. Infused with Rubin ’ s compelling voice, rigorous research, and easy humor, and packed with vivid stories of lives transformed, Better Than Before explains the (sometimes counterintuitive) core principles of habit formation and answers the most perplexing questions about habits: • Why do we find it tough to create a habit for something we love to do? • How can we keep our healthy habits when we ’ re surrounded by temptations? • How can we help someone else change a habit? Rubin reveals the true secret to habit change: first, we must know ourselves. When we shape our habits to suit ourselves, we can find success—even if we ’ ve failed before. Whether you want to eat more healthfully, stop checking devices, or finish a project, the invaluable ideas in Better Than Before will start you working on your own habits—even before you ’ ve finished the book.

Contrary to accepted belief, YOU CAN INCREASE YOUR INTELLIGENCE AT ANY AGE! Smarter Next Year presents the latest scientific evidence for improving your mind and staying healthy at all stages of life. This inspirational book provides simple but eye-opening steps to lead you to a healthier and happier life. This quick 1-hour read written by Dr. David Bardsley will change the way you think about your brain. The insightful brain hacks provided in this book give you a foundation of change for improving your health and mind. The bottom line? GENES DON'T CONTROL YOUR INTELLIGENCE. YOU DO. Your brain – and every brain – is constantly evolving and changing. In fact, there are multiple scientifically proven paths to increasing your memory and IQ – at any age – through simple life changes. Do you ever struggle to recall something you had just been thinking about moments ago? Or have an idea that was fresh in your mind become clouded before you can take action? Eliminate such issues for good using Dr. David Bardsley’s simple 8-step program! No matter your age or cognitive abilities, by applying these scientifically proven tips, you can take steps to become smarter, sharper, and healthier – NOW!

With the countless distractions that come from every corner of a modern life, it's amazing that were ever able to accomplish anything. The Power of Less demonstrates how to streamline your life by identifying the essential and eliminating the unnecessary freeing you from everyday clutter and allowing you to focus on accomplishing the goals that can change your life for the better. The Power of Less will show you how to: Break any goal down into manageable tasks Focus on only a few tasks at a time Create new and productive habits Hone your focus Increase your efficiency By setting limits for yourself and making the most of the resources you already have, youll finally be able work less, work smarter, and focus on living the life that you deserve.

Can You Learn to Be Happy? YES . . . according to the teacher of Harvard University ’ s most popular and life-changing course. One out of every five Harvard students has lined up to hear Tal Ben-Shahar ’ s insightful and inspiring lectures on that ever-elusive state: HAPPINESS. HOW? Grounded in the revolutionary “positive psychology” movement, Ben-Shahar ingeniously combines scientific studies, scholarly research, self-help advice, and spiritual enlightenment. He weaves them together into a set of principles that you can apply to your daily life. Once you open your heart and mind to Happier ’ s thoughts, you will feel more fulfilled, more connected . . . and, yes, HAPPIER. “Dr. Ben-Shahar, one of the most popular teachers in Harvard ’ s recent history, has written a personal, informed, and highly enjoyable primer on how to become happier. It would be wise to take his advice.” --Ellen J. Langer, author of Mindfulness and On Becoming an Artist “This fine book shimmers with a rare brand of good sense that is imbedded in scientific knowledge about how to increase happiness. It is easy to see how this is the backbone of the most popular course at Harvard today.” --Martin E. P. Seligman, author of Authentic Happiness

The Book of Happy

How to Focus on What Matters Every Day

The Miraculous Power of Reading Aloud in the Age of Distraction

Invest One Day, Conquer Your Mind, and Unlock Your Best Life

Confessions of a Former People-Pleaser

How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works--A True Story

In Five Years

Happier Hour with Einstein

In her surprising, entertaining and persuasive new book, award-winning author and psychologist Susan Pinker shows how face-to-face contact is crucial for learning, happiness, resilience and longevity. From birth to death, human beings are hard-wired to connect to other human beings. Face-to-face contact matters: tight bonds of friends extend our lives and make us happy. Looser in-person bonds matter, too, combining with our close relationships to form a personal "village" around us, one that exerts unique effects. And not just any social networks will do: we need the real, face-to-face, in-the-flesh encounters that tie human families, groups of friends and communities to a field of social neuroscience together with gripping human stories, Susan Pinker explores the impact of face-to-face contact from cradle to grave, from city to Sardinian mountain village, from classroom to workplace, from love to marriage to divorce. Her results are enlightening and enlivening, and they challenge our assumptions. Most of us don't want to give up our new technologies to go back there. But, as Pinker writes so compellingly, we need close social bonds and uninterrupted face-time with our friends and families in order to thrive--even to survive. Creating our own "village effect" can make us happier. It can also save our lives.

It's no secret that we are living in the Digital Age. Technology companies make up seven of the world's ten largest firms by market capitalization. And the key to their success is the key to all modern organizations. Jonathan Smart, business agility practitioner, thought leader, and coach, reveals the patterns and antipatterns that will help o better value sooner, safer, and happier through high levels of engagement, inclusion, and empowerment. Through his decades of experience in the technology world, Smart provides business leaders with a blueprint for creating a world-class organization of the future. Through Agile and Lean ways of working, business leaders can empower together, and create better services for their customers. These better ways of working have overflowed from the IT department to every corner of successful organizations, taking root in every industry from aerospace to accounting, insurance to shipping. This book is not about software development. It is not a book about the computer across the entire organization. It's a book that will put you at the front of change and ahead of the competition.

Offers techniques and strategies for increasing income while cutting work time in half, and includes advice for leading a more fulfilling life.

Discover how the happiest people on earth survive—and thrive—through tough times using inner strength and courage. Sisu is a powerful mindset that makes Finland one of the happiest countries in the world, despite long winters, social isolation, and a history of challenging times. In Everyday Sisu, journalist Katja Pantzar explores the simple, sustainable, and healthy for body and mind, even when life doesn't go as planned. You'll discover ways to boost your mental and physical resilience to face life's challenges head-on, including:
• connecting with nature
• strengthening community
• using what you have
• reframing what you can't control
• adopting a solutions mindset
• finding insights from Finnish experts in mental health, wellness, sustainability, social justice, and more, this practical and empowering guide presents a road map for overcoming what you thought you couldn't—and finding hope and tools to create a brighter way forward.

An edition expanded with more than 100 pages of new content offers a blueprint for a better life, whether one's dream is escaping the rat race, experiencing high-end world travel, earning a monthly five-figure income with zero management or just living more and working less.

Smarter Next Year

Tapping into Finnish Fortitude for a Happier, More Resilient Life

Happier at Home

The Power of Less

The How of Happiness

Better Than Before

The Village Effect

Happier

*There are 168 hours in a week. This book is about where the time really goes, and how we can all use it better. It's an unquestioned truth of modern life: we are starved for time. With the rise of two-income families, extreme jobs, and 24/7 connectivity, life is so frenzied we can barely find time to breathe. We tell ourselves we'd like to read more, get to the gym regularly, try new hobbies, and accomplish all kinds of goals. But then we give up because there just aren't enough hours to do it all. Or else, if we don't make excuses, we make sacrifices. To get ahead at work we spend less time with our spouses. To carve out more family time, we put off getting in shape. To train for a marathon, we cut back on sleep. There has to be a better way-and Laura Vanderkam has found one. After interviewing dozens of successful, happy people, she realized that they allocate their time differently than most of us. Instead of letting the daily grind crowd out the important stuff, they start by making sure there's time for the important stuff. They focus on what they do best and what only they can do. When plans go wrong and they run out of time, only their lesser priorities suffer. It's not always easy, but the payoff is enormous. Vanderkam shows that it really is possible to sleep eight hours a night, exercise five days a week, take piano lessons, and write a novel without giving up quality time for work, family, and other things that really matter. The key is to start with a blank slate and to fill up your 168 hours only with things that deserve your time. Of course, you probably won't read to your children at 2:00 am, or skip a Wednesday morning meeting to go hiking, but you can cut back on how much you watch TV, do laundry, or spend time on other less fulfilling activities. Vanderkam shares creative ways to rearrange your schedule to make room for the things that matter most. 168 Hours is a fun, inspiring, practical guide that will help men and women of any age, lifestyle, or career get the most out of their time and their lives.*

*“Fuller brings Africa to life, both its natural splendor and the harsher realities of day-to-day existence, and sheds light on her parents in all their humanness—not a glaring sort of light, but the soft equatorial kind she so beautifully describes in this memoir.” –Bookpage*
*A story of survival and war, love and madness, loyalty and forgiveness, Cocktail Hour Under the Tree of Forgetfulness is an intimate exploration of Fuller's parents, whom readers first met in Don't Let's Go to the Dogs Tonight, and of the price of being possessed by Africa's uncompromising, fertile, death-dealing land. We follow Tim and Nicola Fuller hopscotching the continent, restlessly trying to establish a home. War, hardship, and tragedy follow the family even as Nicola fights to hold on to her children, her land, her sanity. But just when it seems that Nicola has been broken by the continent she loves, it is the African earth that revives and nurtures her. Cocktail Hour Under the Tree of Forgetfulness is Fuller at her very best. Alexandra Fuller is the author of several memoirs: Travel Light, Move Fast, Leaving Before the Rains Come and Don't Let's Go to the Dogs Tonight.*

*For fans of J. Courtney Sullivan, Meg Wolitzer, Claire Messud, and Emma Straub, a gorgeous and absorbing novel of a trio of confused souls struggling to find themselves and the way forward in their lives, set against the spectacular backdrop of contemporary New York City. Set in the most magical parts of Manhattan—the Upper West Side, Central Park, Greenwich Village—The Ramblers explores the lives of three lost souls, bound together by friendship and family. During the course of one fateful Thanksgiving week, a time when emotions run high and being with family can be a mixed blessing, Rowley’s sharply defined characters explore the moments when decisions are deliberately made, choices accepted, and pasts reconciled. Clio Marsh, whose bird-watching walks through Central Park are mentioned in New York Magazine, is taking her first tentative steps towards a relationship while also looking back to the secrets of her broken childhood. Her best friend, Smith Anderson, the seemingly-perfect daughter of one of New York’s wealthiest families, organizes the lives of others as her own has fallen apart. And Tate Pennington has returned to the city, heartbroken but determined to move ahead with his artistic dreams. Rambling through the emotional chaos of their lives, this trio learns to let go of the past, to make room for the future and the uncertainty and promise that it holds. The Ramblers is a love letter to New York City—an accomplished, sumptuous novel about fate, loss, hope, birds, friendship, love, the wonders of the natural world and the mysteries of the human spirit.*

*Instant New York Times bestseller • Empowering advice for overcoming setbacks from the authors of the popular blog Marc & Angel Hack Life Marc and Angel Chernoff have become go-to voices in the area of personal development, reaching tens of thousands of fans each day with their fresh and relatable insights. Now they're writing the book they wish they'd had when they needed it most. Getting Back to Happy reveals their strategies for changing thought patterns and daily habits to bounce back from tough times. Sharing never-before-published stories and advice, the book shows us how to harness the power of daily rituals, mindfulness, self-care, and more to overcome whatever life throws our way--in order to become our best selves.*

*From the New York Times bestselling author of The Impossible First, a compelling blend of riveting adventure stories and hard-won wisdom that teaches us how to overcome our limiting beliefs and embark on a transformative one-day journey that will unlock our best lives. Millions of people dream of living a more fulfilling life, yet many settle for a life of comfortable complacency, allowing excuses and negative thoughts to invade their minds. I don't have enough time...I don't have enough money...I'm afraid to fail...I don't have what it takes—we allow these limiting beliefs to control us. Now comes The 12-Hour Walk, which provides the inspiration—and catalyst—for getting unstuck and realizing your full potential. Featuring life lessons from explorer, endurance athlete, and entrepreneur Colin O’Brady—whose adventures in such extreme places as Antarctica and the perilous Drake Passage and on the peaks of Mount Everest and K2 have seen him establish ten world records—this book’s vivid narrative and powerful insight will show you how you can embark on your own life-changing journey. With Colin as your guide, The 12-Hour Walk asks you to invest one day in yourself. The goal? Conquering your mind and becoming your best self. By walking alone, unplugging, listening to the voice within, and rewriting the limiting beliefs etched into your psyche, you can break free of the patterns holding you back and learn how to cultivate a “Possible Mindset”—an empowered way of thinking that unlocks a life of limitless possibilities. The reward: being the hero of your own destiny.*

*Inspirational Hors D'oeuvres and Intellectual Small Plates*

*The 4-Hour Work Week*

*ChameLeon*

*Happy Hour*

*The Green Hour*

*A Happier Hour*

*21 Ways to a Happier Depression*

*Michael Cunningham brings together his Pulitzer Prize-winning novel with the masterpiece that inspired it, Virginia Woolf’s Mrs. Dalloway. In The Hours, the acclaimed author Michael Cunningham draws inventively on the life and work of Virginia Woolf and the story of her novel, Mrs. Dalloway, to tell the story of a group of contemporary characters struggling with the conflicting claims of love and inheritance, hope and despair. In this edition, Cunningham brings his own Pulitzer Prize-winning novel together with Woolf’s masterpiece, which has long been hailed as a groundbreaking work of literary fiction and one of the finest novels written in English. The two novels, published side by side with a new introduction by Cunningham, display the extent of their affinity, and each illuminates new facets of the other in this joint volume. In his introduction, Cunningham re-creates the wonderment of his first encounter with Mrs. Dalloway at fifteen—as he writes, “I was lost. I was gone. I never recovered.” With this edition, Cunningham allows us to disappear into the world of Woolf and into his own brilliant mind.*

*With the verve and bite of Ottessa Moshfegh and the barbed charm of Nancy Mitford, Marlowe Granados’s stunning début brilliantly captures a summer of striving in New York City Refreshing and wry in equal measure, Happy Hour is an intoxicating novel of youth well spent. Isa Epley is all of twenty-one years old, and already wise enough to understand that the purpose of life is the pursuit of pleasure. She arrives in New York City for a summer of adventure with her best friend, one newly blond Gala Novak. They have little money, but that’s hardly going to stop them from having a good time. In her diary, Isa describes a sweltering*

summer in the glittering city. By day, the girls sell clothes in a market stall, pinching pennies for their Bed-Stuy sublet and bodega lunches. By night, they weave from Brooklyn to the Upper East Side to the Hamptons among a rotating cast of celebrities, artists, Internet entrepreneurs, stuffy intellectuals, and bad-mannered grifters. Resources run ever tighter and the strain tests their friendship as they try to convert their social capital into something more lasting than precarious gigs as au pairs, nightclub hostesses, paid audience members, and aspiring foot fetish models. Through it all, Isa’s bold, beguiling voice captures the precise thrill of cultivating a life of glamour and intrigue as she juggles paying her dues with skipping out on the bill. Happy Hour is a novel about getting by and having fun in a world that wants you to do neither.

Perfect for fans of Me Before You and One Day—a striking, powerful, and moving love story following an ambitious lawyer who experiences an astonishing vision that could change her life forever. Where do you see yourself in five years? When Type-A Manhattan lawyer Dannie Cohan is asked this question at the most important interview of her career, she has a meticulously crafted answer at the ready. Later, after nailing her interview and accepting her boyfriend’s marriage proposal, Dannie goes to sleep knowing she is right on track to achieve her five-year plan. But when she wakes up, she’s suddenly in a different apartment, with a different ring on her finger, and beside a very different man. The television news is on in the background, and she can just make out the scrolling date. It’s the same night—December 15—but 2025, five years in the future. After a very intense, shocking hour, Dannie wakes again, at the brink of midnight, back in 2020. She can’t shake what has happened. It certainly felt much more than merely a dream, but she isn’t the kind of person who believes in visions. That nonsense is only charming coming from free-spirited types, like her lifelong best friend, Bella. Determined to ignore the odd experience, she files it away in the back of her mind. That is, until four-and-a-half years later, when by chance Dannie meets the very same man from her long-ago vision. Brimming with joy and heartbreak, In Five Years is an unforgettable love story that reminds us of the power of loyalty, friendship, and the unpredictable nature of destiny.

200+ fun activities, joyful quotes, relaxation techniques, and more to feel happy right now! Find your happiness today! There is perhaps no goal more sought after than happiness: everyone wants to live their life in comfort and peace, and pursue the things that bring them joy. But that’s usually easier said than done! Even the most cheerful person can use a little pick-me-up sometimes. While finding contentment in today’s chaotic world can be a struggle, The Book of Happy gives you what you need to find bliss, no matter the situation. The book includes over 200 entries to help you to be happy right now, from daily rituals, inspirational quotes, relaxation techniques, happiness hacks and more. With fun suggestions as varied as creating a vision board, to prioritizing yourself, to eating chocolate, you’ll find something to make you smile in The Book of Happy, no matter what has you down!

When Rebecca Weller’s pounding, dehydrated head woke her at 3am, yet again, she stared at the ceiling, wondering why the hell she kept doing this to herself. At 39 years of age – and a Health Coach, no less – she knew better than to down several bottles of wine per week. Her increasingly dysfunctional relationship with alcohol had to stop, but after decades of social drinking, she was terrified of what that might mean. How could she live a joyful existence, without alcohol? How would she relax, socialise, or celebrate – without wine? In sheer frustration, on a morning filled with regret and tears, she embarks on a 3-month sobriety experiment that becomes a quest for self-discovery, and ultimately, transforms her entire world. A Happier Hour is a heartfelt, moving, and inspiring story for anyone who has ever had to give up something they loved in order to get what they truly wanted.

250 Ways to a Happier You

The 12-Hour Walk

What I Learned About Making and Breaking Habits--to Sleep More, Quit Sugar, Procrastinate Less, and Generally Build a Happier Life

A Daily Dose of Nature for Happier, Healthier, Smarter Kids

Outer Order, Inner Calm

Happy Hour with Einstein

The Anti-Romantic Child

You Have More Time Than You Think

Over the last few decades, advances in neuroscience have illuminated important discoveries about our capacity for learning, problem-solving, creativity, success, and happiness. Happy Hour with Einstein won't get you a degree in neuroscience, but it will enlighten readers with recent research about how the brain functions and those factors which impact cognition, creativity, and memory with practical strategies for a smarter, happier YOU! Part one explores the regions of the brain and explains how laughter, doodling, movement, surprise, and gratitude have been proven to change the way we think and learn. Part two enables you to put that information to work in the form of a gratitude journal. Think of it as happy hour with Einstein and a few other brainiacs sharing their discoveries in "plain speak" over a few cocktails. So belly up to the bar for a few inspirational hors d'oeuvres and intellectual small plates that will change the way you see yourself and the world.

“This book made me happy in the first five pages.” —AJ Jacobs, author of The Year of Living Biblically: One Man’s Humble Quest to Follow the Bible as Literally as Possible Award-winning author Gretchen Rubin is back with a bang, with The Happiness Project. The author of the bestselling 40 Ways to Look at Winston Churchill has produced a work that is “a cross between the Dalai Lama’s The Art of Happiness and Elizabeth Gilbert’s Eat, Pray, Love.” (Sonya Lyubomirsky, author of The How of Happiness: A Scientific Approach to Getting the Life You Want) In the vein of Julie and Julia, The Happiness Project describes one person’s year-long attempt to discover what leads to true contentment. Drawing at once on cutting-edge science, classical philosophy, and real-world applicability, Rubin has written an engaging, eminently relatable chronicle of transformation.

A Wall Street Journal writer’s conversation-changing look at how reading aloud makes adults and children smarter, happier, healthier, more successful and more closely attached, even as technology pulls in the other direction. A miraculous alchemy occurs when one person reads to another, transforming the simple stuff of a book, a voice, and a bit of time into complex and powerful fuel for the heart, brain, and imagination. Grounded in the latest neuroscience and behavioral research, and drawing widely from literature, The Enchanted Hour explains the dazzling cognitive and social-emotional benefits that await children, whatever their class, nationality or family background. But it’s not just about bedtime stories for little kids: Reading aloud consoles, uplifts and invigorates at every age, deepening the intellectual lives and emotional well-being of teenagers and adults, too. Meghan Cox Gurdon argues that this ancient practice is a fast-working antidote to the fractured attention spans, atomized families and unfulfilling ephemera of the tech era, helping to replenish what our devices are leaching away. For everyone, reading aloud engages the mind in complex narratives; for children, it’s an irreplaceable gift that builds vocabulary, fosters imagination, and kindles a lifelong appreciation of language, stories and pictures. Bringing together the latest scientific research, practical tips, and reading recommendations, The Enchanted Hour will both charm and galvanize, inspiring readers to share this invaluable, life-altering tradition with the people they love most.

The National Wildlife Federation’s GreenHour.org provides an activity-packed book for parents that will help them explore with their children the wonders of nature through science and play. Original.

Join the happiness revolution! The author of the New York Times bestseller The Little Book of Hygge offers more inspiration and suggestions for achieving greater happiness, by practicing Lykke (LOO-ka)—pursuing and finding the good that exists in the world around us every day. While the Danes are the happiest people on the planet, happiness isn’t exclusively Danish; cultures around the world have their own unique approaches to leading a contented, fulfilled life. For his work at the Happiness Research Institute in Copenhagen, Meik Wiking travels the globe from Dubai to Finland, Rio de Janeiro to Bhutan, South Korea to the United States, to discover the secrets of the very happiest people. In The Little Book of Lykke, Meik identifies the six factors that explain the majority of differences in happiness across the world—togetherness, money, health, freedom, trust, and kindness—and explores what actions we can take to become happier. As he reveals, we can deepen our blissfulness and contentment with little adjustments in our behavior, whether it’s eating like the French (sitting around a table and savoring our time) or dancing the tango like Argentinians in Buenos Aires. With his trademark warmth and wit, Meik explores the happiness gap for parents, how much money you really need to buy happiness, how we can be healthier without having to go to the gym, how we can learn to build trust and collaboration, how we can help ourselves by helping others, and why our expectations often outweigh our reality. Weaving together original research and personal anecdotes, The Little Book of Lykke is a global roadmap for joy that offers a new approach to achieving everyday happiness that not only improve our own lives, but help us build better communities and a better world.

The Hours / Mrs. Dalloway

Kiss More, Jump More, Abandon a Project, Read Samuel Johnson, and My Other Experiments in the Practice of Everyday Life

Change Your Thoughts, Change Your Reality, and Turn Your Trials into Triumphs

Cocktail Hour Under the Tree of Forgetfulness

168 Hours

Antipatterns and Patterns for Business Agility

This Naked Mind

Control Alcohol, Find Freedom, Discover Happiness & Change Your Life

One woman’s journey to finish what she started... In her bestselling memoir, A Happier Hour, Rebecca Weller shared her story of embracing an alcohol-free life with a steely determination to reach her true potential. But as she celebrates her second year of sobriety, she’s challenged to determine what that really means. Deep down, in a part of her that she thought she’d grown out of, Rebecca had always dreamt of becoming an Author someday. With hangovers no longer holding her back - with eyes wide open and nowhere to hide - can she find the courage to confront her secret lifelong dream? She’s about to discover that her hard-won sober status will only take her so far. What comes next is up to her. Up All Day is an uplifting story for anyone who has ever had to conquer themselves in order to conquer their dreams. Because it turns out the biggest battle we’ll ever face in reaching our creative potential, is the one that takes place inside of all of us.

Happier Hour with Einstein: Another Round is an expansion of the original book, Happy Hour with Einstein, designed to illuminate those factors which impede or enhance learning, creativity, communication and collaboration for greater understanding of how the brain works and how to make it work better. Happier Hour with Einstein is a fascinating collection of neuroscientific discoveries and studies that explain how the human brain manages our experiences, knowledge, emotions, decisions, achievements, and failures which shape the mental models we create for ourselves and the world around us.Why do we make irrational decisions or jump to illogical conclusions? Why do some people avoid challenges while others embrace them? Why does rejection hurt so much?Why does laughter feel so good?How does failure make us smarter?Why are optimists more successful than pessimists?Armed with advanced technology, scientists have discovered the answers to these questions and additional explanations about how we learn and think.

Euphoric is your 8-week plan for an alcohol-free lifestyle that can lead to more happiness, well-being, and self-love. It’s the modern woman’s guide to relax without alcohol, find freedom from cravings and fitting in, and create the life you want--along with the audacity to go after it. Imagine a program that makes the benefits of “Dry January” last all year. That’s Euphoric! Alcohol is everywhere in our society, and it’s hard to resist. The pressures to fit in and have “just one drink”--that turns into several--whether at a party or on a casual Friday night, can lead to an imbalanced life that’s plagued with unhealthy habits, low self-esteem, and decreased productivity. How can you change your relationship with alcohol without feeling deprived or like a social outcast? First, decide you want a change and then pick up Euphoric,from certified alcohol-free life coach Karolina Rzadkowska. Karolina has helped thousands of casual drinkers transform their relationship with alcohol, including herself. In Euphoric, she shares a proven strategy to make alcohol insignificant in your life. In just eight weeks, you can ditch alcohol and learn how to: Create a natural buzz that alcohol can only mimic Be fully present with your kids, partner, and friends Feel more energized, look better, and live healthier Enjoy the best sleep of your life Have fun in any social situation, without drinking Accomplish goals with your newfound drive Become confident to chase your biggest dreams Euphoric presents an 8-week, easy-to-customize plan for anyone who wants to transform their relationship with alcohol and experience the life-changing benefits that happen when you take a break from booze to focus the health of your mind, body, and soul. Here’s the plan! Week 1: Examine and Dismantle Limiting Beliefs Week 2: Let Go of Shame Week 3: Step into Your Best Health Week 4: Navigate Your Social Life Week 5: Get Mindful and Embody Self-Love Week 6: Find Pure and Utter Happiness Week 7: Create Your Dream Life Week 8: Step into Your Purpose Reclaim yourself and rejuvenate your life, as you make alcohol irrelevant and get motivated to claim a new lifestyle clearly focused on your goals, priority, and values.

#1 New York Times Bestseller REVISED WITH NEW MATERIAL Winner of the 2014 Living Now Book Award for Inspirational Memoir "An enormously smart, clear-eyed, brave-hearted, and quite personal look at the benefits of meditation." —Elizabeth Gilbert Nightline anchor Dan Harrisembarks on an unexpected, hilarious, and deeply skeptical odyssey through the strange worlds of spirituality and self-help, and discovers a way to get happier that is truly achievable. After having a nationally televised panic attack, Dan Harris knew he had to make some changes. A lifelong nonbeliever, he found himself on a bizarre adventure involving a disgraced pastor, a mysterious self-help guru, and a gaggle of brain scientists. Eventually, Harris realized that the source of his problems was the very thing he always thought was his greatest asset: the incessant, insatiable voice in his head, which had propelled him through the ranks of a hypercompetitive business, but had also led him to make the profoundly stupid decisions that provoked his on-air freak-out. Finally, Harris stumbled upon an effective way to rein in that voice, something he always assumed to be either impossible or useless: meditation, a tool that research suggests can do everything from lower your blood pressure to essentially rewire your brain. 10% Happier takes readers on a ride from the outer reaches of neuroscience to the inner sanctum of network news to the bizarre fringes of America’s spiritual scene, and leaves them with a takeaway that could actually change their lives.

The antidote to overscheduling and feeling like your days aren’t your own, Happier Hour reframes your time around life’s happiest moments to build days that aren’t just full—but fulfilling. Our most precious resource isn’t money. It’s time. We are allotted just twenty-four hours a day, and we live in a culture that keeps us feeling “time poor” —like we never have enough. Since we can’t add more hours to the day, how can we experience our lives as richer? Is it possible to spend our days so they aren’t just full, but are fulfilling? Based on her wildly popular MBA class at UCLA, Professor Cassie Holmes demonstrates how to immediately improve our lives by changing how we perceive and invest our time. Happier Hour provides empirically based insights and easy-to-implement tools that will allow you to: - Optimally spend your hours and feel confident in those choices - Sidestep distractions - Create and savor moments of joy - Design your schedule with purpose - Look back on your years without regrets Enlivened by Holmes’s upbeat narrative and groundbreaking research, Happier Hour teaches you how small changes can have an enormous impact, helping you feel less overwhelmed, more present, and more satisfied with your life overall. It all starts by transforming just one hour into a happier hour.

How to Beat Distraction, Expand Your Time, and Focus on What Matters Most

The Enchanted Hour

Another Round

The Awesome Human Project

Getting Back to Happy

A New Approach to Getting the Life You Want

Everyday Sisu

A Story of Unexpected Joy

Learn how to achieve the happiness you deserve "A guide to sustaining your newfound contentment." —Psychology Today "Lyubomirsky's central point is clear: a significant portion of what is called happiness . . . is up for grabs. Taking some pages out of the positive psychology playbook, she coaches readers on how to snag it." —The New York Review of Books You see here a different kind of happiness book. The How of Happiness is a comprehensive guide to understanding the elements of happiness based on years of groundbreaking scientific research. It is also a practical, empowering, and easy-to-follow workbook, incorporating happiness strategies, excercises in new ways of thinking, and quizzes for understanding our individuality, all in an effort to help us realize our innate potential for joy and ways to sustain it in our lives. Drawing upon years of pioneering research with thousands of men and women, The How of Happiness is both a powerful contribution to the field of positive psychology and a gift to people who have sought to take their happiness into their own hands.

“ The Anti-Romantic Child is remarkable. This haunting and lyrical memoir will be an invaluable and heartening guide to all who find themselves in similar situations and indeed anyone confronting an unforeseen challenge. ” —Marie Brenner, writer for Vanity Fair and author of Apples and Oranges With an emotionally resonant combination of memoir and literature, Wordsworth scholar Priscilla Gilman recounts the challenges of raising a son with hyperlexia, a developmental disorder neurologically counterpoint to dyslexia. Gilman explores the complexities of our hopes and expectations for our children and ourselves. With luminous prose and a searing, personal story evocative of A Year of Magical Thinking and A Year of Reading Proust, Gilman ’ s The Anti-Romantic Child is an unforgettable exploration of what happens when we lean to embrace the unexpected.

NEW YORK TIMES BESTSELLER • In this lovely, easy-to-use illustrated guide to decluttering, the beloved author of The Happiness Project shows us how to take control of our stuff—and, by extension, our lives. Gretchen Rubin knows firsthand that creating order can make our lives happier, healthier, more productive, and more creative. But for most of us, a rigid, one-size-fits-all solution doesn’t work. When we tailor our approach to suit our own particular challenges and habits, we can find inner calm. With a sense of fun, and a clear idea of what ’ s realistic for most people, Rubin suggests dozens of manageable tips and tricks for creating a more serene, orderly environment, including: • Never label anything “ miscellaneous. ” • Ask yourself, “ Do I need more than one? ” • Don ’ t aim for minimalism. • Remember: If you can ’ t retrieve it, you won ’ t use it. • Stay current with a child ’ s interests. • Beware the urge to “ procrastlear. ” By getting rid of things we don ’ t use, don ’ t need, or don ’ t love, we free our minds (and our shelves) for what we truly value.

Are you overwhelmed by work, relationships, and the incessant self-critic in your head--and feeling on the edge of burnout? Challenges in life are constant. But struggle is optional. Here, emotional fitness expert Nataly Kogan guides you through her proven program for getting out of your own way and having more energy, resilience, and purpose.

A Happier HourMod By Dom Pty Ltd

Secrets of the World’s Happiest People

Why We Sleep

Time Smart

A Creative Guide to Getting Unstuck from Anxiety, Setbacks, and Stress

The Ramblers

### The Happiness Project (Revised Edition)

### Declutter and Organize to Make More Room for Happiness

### Learn the Secrets to Daily Joy and Lasting Fulfillment

Say goodbye to dreary shades of black and white and start seeing the world for the prism of color it is with this refreshing and creative guide! In a unique combination of art, activities, and uplifting anecdotes, 21 Ways to a Happier Depression leads you on a hands-on journey to personal growth. Getting you out of one of "those moods" can be as simple as: ☐ Making the bed ☐ Nurturing a plant ☐ Painting shapes in loops and colors ☐ Breaking down your work into a to-do list ☐

Getting a fresh new look with some different décor, or even a haircut! Inspired by his own life experience, Clinical Psychologist Seth Swirsky gently encourages positive introspection through honest and practical advice. With this book, a happier depression is literally in your hands!

From the New York Times bestselling authors of Sprint comes a simple 4-step system for improving focus, finding greater joy in your work, and getting more out of every day. "A charming manifesto as well as an intrepid do-it-yourself guide to building smart habits that stick. If you want to achieve more (without going nuts), read this book."!Charles Duhigg, bestselling author of The Power of Habit and Smarter Faster Better Nobody ever looked at an empty calendar and said, "The best way to spend this time is by cramming it full of meetings!" or got to work in the morning and thought, "Today I'll spend hours on Facebook! Yet that's exactly what we do. Why? In a world where information refreshes endlessly and the workday feels like a race to react to other people's priorities faster, frazzled and distracted has become our default position. But what if the exhaustion of constant busyness wasn't mandatory? What if you could step off the hamster wheel and start taking control of your time and attention? That's what this book is about. As creators of Google Ventures' renowned "design sprint," Jake and John have helped hundreds of teams solve important problems by changing how they work. Building on the success of these sprints and their experience designing ubiquitous tech products from Gmail to YouTube, they spent years experimenting with their own habits and routines, looking for ways to help people optimize their energy, focus, and time. Now they've packaged the most effective tactics into a four-step daily framework that anyone can use to systematically design their days. Make Time is not a one-size-fits-all formula. Instead, it offers a customizable menu of bite-size tips and strategies that can be tailored to individual habits and lifestyles. Make Time isn't about productivity, or checking off more to-dos. Nor does it propose unrealistic solutions like throwing out your smartphone or swearing off social media. Making time isn't about radically overhauling your lifestyle; it's about making small shifts in your environment to liberate yourself from constant busyness and distraction. A must-read for anyone who has ever thought, "If only there were more hours in the day...." Make Time will help you stop passively reacting to the demands of the modern world and start intentionally making time for the things that matter.

There's an 80 percent chance you're poor. Time poor, that is. Four out of five adults report feeling that they have too much to do and not enough time to do it. These time-poor people experience less joy each day. They laugh less. They are less healthy, less productive, and more likely to divorce. In one study, time stress produced a stronger negative effect on happiness than unemployment. How can we escape the time traps that make us feel this way and keep us from living our best lives? Time Smart is your playbook for taking back the time you lose to mindless tasks and unfulfilling chores. Author and Harvard Business School professor Ashley Whillans will give you proven strategies for improving your "time affluence." The techniques Whillans provides will free up seconds, minutes, and hours that, over the long term, become weeks and months that you can reinvest in positive, healthy activities. Time Smart doesn't stop at telling you what to do. It also shows you how to do it, helping you achieve the mindset shift that will make these activities part of your everyday regimen through assessments, checklists, and activities you can use right away. The strategies Whillans presents will help you make the shift to time-smart living and, in the process, build a happier, more fulfilling life.

"Sleep is one of the most important but least understood aspects of our life, wellness, and longevity ... An explosion of scientific discoveries in the last twenty years has shed new light on this fundamental aspect of our lives. Now ... neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming"--Amazon.com.

Tolstoy wrote, "Happy families are all alike; every unhappy family is unhappy in its own way." This is the statement that inspired bestselling author Gretchen Rubin to wonder whether she could foster an even greater happiness in her home. During The Happiness Project, the same questions kept tugging at her. How can I raise happy children? How can I maintain a tender, romantic relationship with my spouse--after fifteen years of marriage? How do I keep my Blackberry from taking over my private life? How can I foster a well-ordered, light-hearted atmosphere in my house, when no one else will lift a finger to cooperate? This book is Gretchen's account of her second journey in pursuit of happiness. Prescriptive, easy-to-follow, and anecdotal, Happier at Home offers readers a way of thinking and being that is positive and life-affirming. With specific examples following the calendar year, an intimate voice, and drawing from science and pop culture, this book will resonate with anyone looking to strengthen the bonds of family.

The Revolutionary Science for a Smarter, Happier You

The 4-hour Workweek

Or, Why I Spent a Year Trying to Sing in the Morning, Clean My Closets, Fight Right, Read Aristotle, and Generally Have More Fun

Unlocking the Power of Sleep and Dreams

Escape 9-5, Live Anywhere, and Join the New Rich

Break Free from Daily Burnout, Struggle Less, and Thrive More in Work and Life

The Fine Art of Limiting Yourself to the Essential...in Business and in Life

Sooner Safer Happier

Hey, could you do me a favour? Actually, I have a bone to pick with you! We need to talk. Did any of those phrases just make your stomach drop a little? Perhaps you, too, struggle with the disease to please. Symptoms may include: being petrified of not being liked, of being a burden, of doing anything that might hurt somebody's feelings, and of the slightest confrontation. Former people-pleaser, and author of the bestselling sobriety memoir, A Happier Hour, Rebecca Weller knows your angst. The ultimate chameleon, she perfectly morphed herself to fit in with any crowd. Her people-pleasing patterns were so deeply ingrained in her subconscious that she had no idea they were still running the show (and her life) as an adult. They were evident in every corner of her overstuffed calendar, in her unrelenting anxiety that someone - anyone! - might be mad at her, and in her complete inability to get through tough conversations without having a heart attack. She was less interested in exploring who she was, and more interested in figuring out what others wanted her to be. Until all of that changed. Through giant stumbles and deep epiphanies, Rebecca learnt to take her power back. In this book, she explores the many awkward, humiliating - and ultimately liberating - lessons along the way, and how each of us can begin to embrace a deep and unshakeable confidence. Chameleon: Confessions of a Former People-Pleaser is a book about the danger of giving our power away to others, and the magic of finding our way back to ourselves.

Up All Day

A Novel

Ditch Alcohol and Gain a Happier, More Confident You

10% Happier

Make Time

Euphoric

How to Reclaim Your Time and Live a Happier Life

The Little Book of Lykke