Come As You Are The Story Of Nirvana

From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit "reply all" • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for Ask a Manager "A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work."—Booklist (starred review) "The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience."—Library Journal (starred review) "I am a huge fan of Alison Green's Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor."—Robert Sutton, Stanford professor and author of The No Asshole Rule and The Asshole Survival Guide "Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way."—Erin Lowry, author of Broke Millennial: Stop Scraping By and Get Your Financial Life Together

A NEW YORK TIMES BESTSELLER An essential exploration of women's sexuality that will radically transform your sex life into one filled with confidence and joy. After all the books that have been written about sex, all the blogs and TV shows and radio Q&As, how can it be that we all still have so many questions? The frustrating reality is that we've been lied to — not deliberately, it's no one's fault, but still. We were told the wrong story. Come as You Are reveals the true story behind female sexuality, uncovering the little-known science of what makes us tick and, more importantly, how and why. Sex educator Dr Emily Nagoski debunks the common sexual myths that are making women (and some men!) feel inadequate between the sheets. Underlying almost all of the questions we still have about sex is the common worry: 'Am I normal?' This book answers with a resounding Yes! We are all different, but we are all normal — and once we learn this, we can create for ourselves better sex and more profound pleasure than we ever thought possible. PRAISE FOR EMILY NAGOSKI 'As a literary work, Nagoski's book deserves plaudits for the rare achievement of merging pop science and the sexual self-help genre in prose that's not insufferably twee … "You are normal!" doesn't sound much like a battlecry, but in a world keen to sexually homogenise women from the gap of their thighs to the shape of their mons pubis, the sentiment lands like a bomb.' The Guardian 'Come As You Are screams female empowerment loud and proud.' The Independent

Come as You Arethe bestselling guide to the new science that will transform your sex lifeScribe Publications

NEW YORK TIMES BESTSELLER • "This book is a gift! I've been practicing their strategies, and it's a total game-changer."—Brené Brown, PhD, author of the #1 New York Times bestseller Dare to Lead This groundbreaking book explains why women experience burnout differently than men—and provides a simple, science-based plan to help women minimize stress, manage emotions, and live a more joyful life. Burnout. Many women in America have experienced it. What's expected of women and what it's really like to be a woman in today's world are two very different things—and women exhaust themselves trying to close the gap between them. How can you "love your body" when every magazine cover has ten diet tips for becoming "your best self"? How do you "lean in" at work when you're already operating at 110 percent and aren't recognized for it? How can you live happily and healthily in a sexist world that is constantly telling you you're too fat, too needy, too noisy, and too selfish? Sisters Emily Nagoski, PhD, and Amelia Nagoski, DMA, are here to help end the cycle of feeling overwhelmed and exhausted. Instead of asking us to ignore the very real obstacles and societal pressures that stand between women and well-being, they explain with compassion and optimism what we're up against—and show us how to fight back. In these pages you'll learn • what you can do to complete the biological stress cycle—and return your body to a state of relaxation • how to manage the "monitor" in your brain that regulates the emotion of frustration • how the Bikini Industrial Complex makes it difficult for women to love their bodies—and how to defend yourself against it • why rest, human connection, and befriending your inner critic are keys to recovering and preventing burnout With the help of eye-opening science, prescriptive advice, and helpful worksheets and exercises, all women will find something transformative in these pages—and will be empowered to create positive change. Emily and Amelia aren't here to preach the broad platitudes of expensive self-care or insist that we strive for the impossible goal of "having it all." Instead, they tell us that we are enough, just as we are—and that wellness, true wellness, is within our reach. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY BOOKRIOT "Burnout is the gold standard of self-help books, delivering cutting-edge science with energy, empathy, and wit. The authors know exactly what's going on inside your frazzled brain and body, and exactly what you can do to fix it. . . . Truly life-changing."—Sarah Knight, New York Times bestselling author of Calm the F*ck Down

Now in paperback! Can we alter our dreams and stories from the past to create a better future for our children? Zane and Skye are two misfit teens drawn together by their love of music and their loneliness, both part of Seattle's grunge scene in the early '90s. They dream of moving to LA together, Zane's music career following the trajectory of Kurt Cobain and Eddie Vedder, and Skye drawing Picasso-esque portraits on the Venice Beach boardwalk. When a tragedy violently catapults them from best friends to lovers, their bond is forever strengthened and their relationship destroyed. Ten years later, they must come together as parents, putting aside abandoned dreams and broken promises. The question is, can they face the truth of who they are and become the parents their daughter needs them to be?

the bestselling guide to the new science that will transform your sex life

The Truth about Desire, and How to Futureproof Your Sex Life

The Future of the Office

50th Anniversary Edition

The Airbnb Story

The Secret to Unlocking the Stress Cycle

A new, practical workbook from the New York Times bestselling author of Come As You Are that allows you to apply the book's groundbreaking research and understanding of why and how women's sexuality works to everyday life. In the twentieth century, women's sexuality was seen as "Men's Sexuality Lite": basically the same, but not quite as good. From genital response to
we just couldn't understand that complicated, inconsistent, crazy-making "lady business." That is, until Emily Nagoski changed the game with her New York Times bestseller, Come As You Are. Using groundbreaking science and research, she proved that the most important factor in creating and sustaining a sex life filled with confidence and joy is not what the parts are or how
you feel about them. Which means that things like stress, mood, trust, and body image are not peripheral factors in a woman's sexual wellbeing; they are central to it. And, that even if you don't yet feel that way, you are already sexually whole. Nagoski's book changed countless women's lives and approaches to sex, and now she offers the next step. The Come As You Are Wor
companion to this bestselling guide, filled with new activities, prompts, and thought-provoking examples to help you exercise and expand on the knowledge you've learned. This collection of worksheets, journaling prompts, illustrations, and diagrams is a practical and engaging companion for anyone who wants to further their understanding of their own bodies and sex lives.
First published in Portuguese in 1968, Pedagogy of the Oppressed was translated and published in English in 1970. Paulo Freire's work has helped to empower countless people throughout the world and has taken on special urgency in the United States and Western Europe, where the creation of a permanent underclass among the underprivileged and minorities in cities and
This 50th anniversary edition includes an updated introduction by Donaldo Macedo, a new afterword by Ira Shor and interviews with Marina Aparicio Barbern, Noam Chomsky, Ramn Flecha, Gustavo Fischman, Ronald David Glass, Valerie Kinloch, Peter Mayo, Peter McLaren and Margo Okazawa-Rey to inspire a new generation of educators, students, and general readers for
Do you want more free book summaries like this? Download our app for free at https://www.QuickRead.com/App and get access to hundreds of free book and audiobook summaries. Come as You Are blends wit, science, and psychology to help you discover the beauty of sex. Many people feel lost or let down by their sex lives, but sex educator Emily Nagoski wants you to know
confusing. Instead, she argues that sex in its true form is an art which can help you create a beautiful bond with your partner and learn more about yourself. By transcending social norms and relinquishing your inhibitions, Nagoski asserts that anyone can unlock new levels of pleasure.
"Alpha Girls is reporter Julian Guthrie's powerful account of five women pioneers in the field of venture capital who bucked the system and found ways to survive and thrive in the cutthroat, high-stakes, male-dominated world of Silicon Valley"--Provided by publisher.
'Human beans is not really believing in giants, is they? Human beans is not thinking we exist.' On a dark, silvery moonlit night, Sophie is snatched from her bed by a giant. Luckily it is the Big Friendly Giant, the BFG, who only eats snozzcumbers and glugs frobscottle. But there are other giants in Giant Country. Fifty foot brutes who gallop far and wide every night to find human b
and her friend the BFG stop them?

The Come as You Are Workbook

How Millennials Became the Burnout Generation

The Hidden Strengths of Learning and Succeeding at Your Own Pace

Harnessing the Power of the Present to Cultivate Desire

Meditation & Grief

Come As You Are, After Eve Kosofsky Sedgwick

On narrative and sexuality.

A fully revised and updated edition of the bible of the newspaper industry

An incendiary examination of burnout in millennials--the cultural shifts that got us here, the pressures that sustain it, and the need for drastic change

This simple role-playing kit will help couples experiment, improvise, and seduce in ways they never would have otherwise imagined. To use the set, one partner draws a Who, a What, and a Where card at random, puts them in an envelope, and then gives the envelope for their partner or leaves it for him or her. From there, it's up to them to enact the scenarios as they see fit. The instructions are printed on back cover of the slipcase and each deck comes with a few blank cards to customize.

A groundbreaking look at improving desire, arousal, and sexual satisfaction through mindfulness. Studies show that approximately half of all women experience some kind of sexual difficulty at one point in their lives, with lack of interest in sex being by far the most common--and the most distressing. And when sex suffers, so do all other areas of life. But it doesn't have to be that way. In Better Sex through Mindfulness, acclaimed psychologist and sex researcher Lori A. Brotto, offers a groundbreaking approach to improving desire, arousal, and satisfaction inside--and outside of--the bedroom. A pioneer in the use of mindfulness for treating sexual difficulties, Brotto has helped hundreds of women cultivate more exciting, fulfilling sexual experiences. In this accessible, relatable book, she explores the various reasons for sexual problems, such as stress and incessant multitasking, and tells the stories of many of the women she has treated over the years. She also provides easy, effective exercises that readers can do on their own to increase desire and sexual enjoyment, whether their goal is to overcome a sexual difficulty or simply givetheir love life a boost.

Alpha Girls

How to Overcome the Predictable Crises of Growth

The Story of Nirvana

I'm Glad My Mom Died

The BFG (Colour Edition)

Period

"Amazingly raw and candid . . . Come As You Are is as good as rock bios get" —Billboard Nirvana came out of nowhere in 1991 to sell nearly five million copies of their landmark album Nevermind, whose thunderous sound and indelible melodies embodied all the confusion, frustration, and passion of the emerging Generation X. Come As You Are is the close-up, intimate story of Nirvana—the only book with exclusive in-depth interviews with bandmembers Kurt Cobain, Krist Noveselic, and Dave Grohl, as well as friends, relatives, former bandmembers, and associates—now updated to include a final chapter detailing the last year of Kurt Cobain's life, before his tragic suicide in April 1994.

Imagine a graph with two lines. One indicates happiness, the other tracks how you feel about your body. If you're like millions of people, the lines do not intersect. But what if they did? This practical, inspirational, and visually lively book shows you how to create a healthier and happier life by treating yourself with compassion rather than shame. It shows the way to a sense of well-being attained by understanding how to love, connect, and care for yourself—and that includes your mind as well as your body. Body Kindness is based on four principles. WHAT YOU DO: the choices you make about food, exercise, sleep, and more HOW YOU FEEL: befriending your emotions and standing up to the unhelpful voice in your head WHO YOU ARE: goal-setting based on your personal values WHERE YOU BELONG: body-loving support from people and communities that help you create a meaningful life With mind and body exercises to keep your energy spiraling up and prompts to help you identify what YOU really want and care about, Body Kindness helps you let go of things you can't control and embrace the things you can by finding the workable, daily steps that fit you best. Think of it as the anti-diet book that leads to a more joyful and meaningful life!

'This book taught me so much about female desire. A must read!' Cherry Healey Did you know that there is an orgasm gap of around 30% between heterosexual couples when they have sex? In Mind The Gap, Dr Karen Gurney, a clinical psychologist and certified psychosexologist, explores not just this gap, but the gaps in our knowledge of so much of the most important new science around sex and desire. In this book, you will learn that nearly everything that you've been led to believe about female sexuality isn't actually true. And that, despite what you might think, it is possible to simultaneously feel little to no spontaneous desire and have a happy and mutually satisfying sex life long term. Exploring the mismatch between ideas about sex in our society and what the science tells us, Mind The Gap also explains how this disconnect lies at the root of many of our sexual problems. Combining science with case studies, practical exercises and tips, this is a book for anyone who wants to better understand the mechanics of desire and futureproof their sex life, for life.

Two decades ago, this book (and its companion volume, The New Bottoming Book) began teaching tens of thousands of people the joyous arts of BDSM topping and bottoming - not just "how-to," but "why-to"... the insider details of emotional support and ethical interaction during kinky play. Since then, the growing popularity of BDSM, and the blossoming of the Internet as a source of information and connection, have created a whole new universe of possibilities for players. Now, the completely updated revised New Topping Book gives even more insights and ideas, updated for a new millennium, about how to be a successful, popular player! "Easton and Hardy tackle the Top... and bring that elusive critter down neatly and with a certain flair. This is good stuff, important stuff... an excellent guide to topping, both for the rank novice and for the player who just wants words to put to all the thoughts and feelings that have resisted categorization." - Laura Antoniou, Sandmutopian Guardian

In a classic work of alternate history, the United States is divided up and ruled by the Axis powers after the defeat of the Allies during World War II. Reissue. Winner of the Hugo Award for Best Novel.

Can't Even

Mind the Gap

The Women Upstarts who Took on Silicon Valley's Male Culture and Made the Deals of a Lifetime

Ask a Manager

In the Shadow of 10,000 Hills

We've been thinking about sex all wrong. Mainstream media, movies, and porn have taught us that sex = penis + vagina, and everything else is just secondary. Standard penetration is how men most reliably achieve orgasm. The problem is, women don't orgasm this way. We've separated our most reliable route to orgasm—clitoral stimulation—from how we feel we should orgasm—penetration. As a result, we've created a pleasure gap between women and men: 50% of 18-35-year-old women say they have trouble reaching orgasm with a partner 64% of women vs 91% of men said they had an orgasm at their last sexual encounter 55% of men vs. 4% of women say they usually reach orgasm during first-time hookup sex In Becoming Cliterate, psychology professor and human sexuality expert Dr. Laurie Mintz exposes the broader cultural problem that's perpetuating this gap, and what we can do about it. Pulling together evidence from biology, sociology, linguistics, and sex therapy into one comprehensive, accessible, and prescriptive book, Becoming Cliterate features: Cultural & historical analysis of female orgasm (spoiler: the problem's been going on for ages) An anatomy section (it's all custom under the hood) Proven techniques for cliterate sex (it starts with training the sex organ between your ears) A comprehensive final chapter for men (because you don't have to have a clitoris to be cliterate) By dispelling the lies, misunderstandings, and myths that have been holding us back, Becoming Cliterate tackles both personal and political problems and replaces them with updated outlooks and practical skills needed to change our collective perspective on sex. It's time to finally inform women and men on how to have satisfying experiences in bed that benefit both parties. The revolution is cuming—and Becoming Cliterate offers a radical, simple solution to progress and pleasure for all.

**** Our summary is short, simple and pragmatic. It allows you to have the essential ideas of a big book in less than 30 minutes. As you read this summary, you will discover how you can grow more fully in your sex life as a woman. You will also discover : that your sexuality is influenced and limited by social injunctions; that every woman has a different experience of pleasure; that there are many ways to reach orgasm; that sexual arousal and desire do not always go hand in hand; that desire depends above all on the context in which you find yourself. Female sexuality is marred by a lot of preconceived ideas. It has long been studied, wrongly, in comparison with male sexuality. However, it is neither more complex nor more psychological than that of men, because each person is different without being abnormal. Therefore, you don't have to worry about your sex life, your lack of desire or pleasure, etc. It is by taming your own way of functioning that you will be able to transform your sexual life! *Buy now the summary of this book for the modest price of a cup of coffee!***

The final book of the Bible, Revelation prophesies the ultimate judgement of mankind in a series of allegorical visions, grisly images and numerological predictions. According to these, empires will fall, the "Beast" will be destroyed and Christ will rule a new Jerusalem. With an introduction by Will Self.

"Come as You Are: Art of the 1990s is the largest and most ambitious contemporary art exhibition ever to be mounted by the Montclair Art Museum. The exhibition and book spotlight a pivotal moment in the recent history of art. Chronicling the "long" 1990s between 1989 and 2001-from the fall of the Berlin Wall to 9/11-"Come As You Are" examines how the art of this period both reflected and helped shape the dramatic societal events of the era, when the combined forces of new technologies and globalization gave rise to the accelerated international art world that we know today"--

This book brings together two pieces of writing. In the first, "After Eve Kosofsky Sedgwick," Jonathan Goldberg assesses her legacy, prompted mainly by writing about Sedgwick's work that has appeared in the years since her death in April 2009. Writing by Lauren Berlant, Jane Gallop, Katy Hawkins, Scott Herring, Lana Lin, and Philomina Tsoukala are among those considered as he explores questions of queer temporality and the breaching of ontological divides. Main concerns include the relationship of Sedgwick's later work in Proust, fiber, and Buddhism to her fundamental contribution to queer theory, and the axes of identification across difference that motivated her work and attachment to it."Come As You Are," the other piece of writing, is a previously unpublished talk Sedgwick gave in 1999-2000. It represents a significant bridge between her earlier and later work, sharing with her book Tendencies the ambition to discover the "something" that makes queer inextinguishable. In this piece, Sedgwick does that by contemplating her own mortality alongside her creative engagement with Buddhist thought, especially the in-between states named bardos and her newfound energy for making things. These were represented in a show of her fabric art, "Floating Columns/In the Bardo," that accompanied her talk, a number of images of which are included in this book. They feature floating figures suspended in the realization of death. They are objects produced by Sedgwick, made of fabric; they come from her, yet are discontinuous with her, occupying a mode of existence that exceeds the span of human life and the confines of individual identity. They could be put beside the queer transitive identifications across difference that Goldberg's essay explores.Jonathan Goldberg is Arts and Sciences Distinguished Professor Emeritus at Emory University. His most recent publications include Sappho]fragments (punctum 2018), and Saint Marks: Words, Images, and What Persists (Fordham, 2019). He is the editor of The Weather in Proust, the posthumous publication of Eve Kosofsky Sedgwick, whose transformative books include Epistemology of the Closet, A Dialogue on Love, and Touching Feeling.

A Role-playing Game for Adventurous Couples

How Three Ordinary Guys Disrupted an Industry, Made Billions . . . and Created Plenty of Controversy

Come as You are

Transform Your Health from the Inside Out--and Never Say Diet Again

Becoming Cliterate

Art of the 1990s

Walsh walks readers through God's invitation to "come as you are," not just as you wish you were. Topics include: fear, loneliness, feeling overwhelmed and broken, and crisises.

A heartbreaking and hilarious memoir by iCarly and Sam & Cat star Jennette McCurdy about her struggles as a former child actor—including eating disorders, addiction, and a complicated relationship with her overbearing mother—and how she retook control of her life. Jennette McCurdy was six years old when she had her first acting audition. Her mother's dream was for her only daughter to become a star, and Jennette would do anything to make her mother happy. So she went along with what Mom called "calorie restriction," eating little and weighing herself five times a day. She endured extensive at-home makeovers while Mom chided, "Your eyelashes are invisible, okay? You think Dakota Fanning doesn't tint hers?" She was even showered by Mom until age sixteen while sharing her diaries, email, and all her income. In I'm Glad My Mom Died, Jennette recounts all this in unflinching detail—just as she chronicles what happens when the dream finally comes true. Cast in a new Nickelodeon series called iCarly, she is thrust into fame. Though Mom is ecstatic, emailing fan club moderators and getting on a first-name basis with the paparazzi ("Hi Gale!"), Jennette is riddled with anxiety, shame, and self-loathing, which manifest into eating disorders, addiction, and a series of unhealthy relationships. These issues only get worse when, soon after taking the lead in the iCarly spinoff Sam & Cat alongside Ariana Grande, her mother dies of cancer. Finally, after discovering therapy and quitting acting, Jennette embarks on recovery and decides for the first time in her life what she really wants. Told with refreshing candor and dark humor, I'm Glad My Mom Died is an inspiring story of resilience, independence, and the joy of shampooing your own hair.

"An engrossing story of audacious entrepreneurism and big-industry disruption, [this] is a tale for our times." —Charles Duhigg, author of Smarter Faster Better An investigative look into a beloved, disruptive, notorious start-up This is the remarkable behind-the-scenes story of the creation and growth of Airbnb, the online lodging platform that is now the largest provider of accommodations in the world. At first just the wacky idea of cofounders Brian Chesky, Joe Gebbia, and Nathan Blecharczyk, Airbnb has become indispensable to millions of hosts and travelers around the world. Fortune editor Leigh Gallagher presents the first nuanced, in-depth look at the Airbnb phenomenon—the successes and controversies alike—and takes us behind the scenes as the company's young CEO steers into increasingly uncharted waters. "A fast-paced, fun dive into one of the seminal firms of our time; through the tale of Airbnb, Leigh Gallagher shows us how the sharing economy can be a force for emotional connection—as well as for social and business disruption." —Rana Foroohar, Financial Times columnist and CNN global economic analyst

A groundbreaking exploration of what it means to be a late bloomer in a culture obsessed with SAT scores and early success, and how finding one's way later in life can be an advantage to long-term achievement and happiness. We live in a society where kids and parents are obsessed with early achievement, from getting perfect scores on SATs to getting into Ivy League colleges to landing an amazing job at Google or Facebook--or even better, creating a startup with the potential to be the next Google or Facebook or Uber. We see software coders becoming millionaires or even billionaires before age 30 and feel we are failing if we are not one of them. But there is good news. A lot of us--most of us--do not explode out of the gates in life. That was true for author Rich Karlgaard, who had a mediocre academic career at Stanford (which he got into by a fluke), and after graduating, worked as a dishwasher, nightwatchman, and typing temp before finally finding the inner motivation and drive that ultimately led him to start up a high-tech magazine in Silicon Valley, and eventually to become the publisher of Forbes magazine. There is a scientific explanation for why so many of us bloom later in life. The executive function of our brains doesn't mature until age 25--and later for some. In fact our brain's capabilities peak at different ages. We actually enjoy multiple periods of blooming in our lives. Based on several years of research, personal experience, and interviews with neuroscientists and psychologists, and countless people at different stages of their careers, Bloom reveals how and when we achieve full potential--and why an algorithmic acuity in math is such an anomaly in terms of career success.

"...more than a page-turning narrative; it's an embrace of the Kinyarwanda greeting amahoro--'peace.'"—Oprah.com An evocative page-turner and an eye-opening meditation on the ways we survive profoundly painful memories and negotiate the complexities of love."—Wally Lamb, author of I Know This Much is True Finalist – National Reading Group—Great Group Reads 2018 Finalist – Foreword Indies Book of the Year In 1968, a disillusioned and heartbroken Lillian Carlson left Atlanta after the assassination of Martin Luther King. She found meaning in the hearts of orphaned African children and cobbled together her own small orphanage in the Rift Valley alongside the lush forests of Rwanda. Three decades later, in New York City, Rachel Shepherd, lost and heartbroken herself, embarks on a journey to find the father who abandoned her as a young child, determined to solve the enigma of Henry Shepherd, a now-famous photographer. When an online search turns up a clue to his whereabouts, Rachel travels to Rwanda to connect with an unsuspecting and uncooperative Lillian. While Rachel tries to unravel the mystery of her father's disappearance, she finds unexpected allies in an ex-pat doctor running from his past and a young Tutsi woman who lived through a profound experience alongside her father. Set against the backdrop of a country grieving and trying to heal after a devastating civil war, follow the intertwining stories of three women who discover something unexpected: grace when there can be no forgiveness. "An intensely beautiful debut."—Library Journal

"Good choice for those seeking tales of hope . . . and it may prove popular with book clubs."—Booklist

SUMMARY - Come As You Are (The Surprising New Science That Will Transform Your Sex Life) By Emily Nagoski

Transforming Self-Sabotage Into Self-Mastery

Body Kindness

An Open Invitation from the Heart of God

The New Topping Book

Reflections on the Revelations of Everyday Life

Large Print

I couldn't have scripted a more perfect night. For one fantastic evening, at a masquerade party in the heart of Manhattan, I'm not the millionaire everyone wants a piece of. Fine—multimillionaire. But who's counting all those commas? Not me, and not the most intriguing woman I've ever met, who happens to like dancing, witty banter, and hot, passionate up-against-the-wall sex as much as I do. There's no need for names or business cards. And that's why I'm eager to get to know her more, since my mystery woman seems to like me for me, rather than for my huge…bank account. Everything's coming up aces. Until the next day when things get a little complicated. Newsflash — a lot complicated. She's writing an exposé on me.

A Washington Post Bestseller Three Principles for Managing—and Avoiding—the Problems of Growth Why is profitable growth so hard to achieve and sustain? Most executives manage their companies as if the solution to that problem lies in the external environment: find an attractive market, formulate the right strategy, win new customers. But when Bain & Company's Chris Zook and James Allen, authors of the bestselling Profit from the Core, researched this question, they found that when companies fail to achieve their growth targets, 90 percent of the time the root causes are internal, not external—increasing distance from the front lines, loss of accountability, proliferating processes and bureaucracy, to name only a few. What's more, companies experience a set of predictable internal crises, at predictable stages, as they grow. Even for healthy companies, these crises, if not managed properly, stifle the ability to grow further—and can actively lead to decline. The key insight from Zook and Allen's research is that managing these choke points requires a "founder's mentality"—behaviors typically embodied by a bold, ambitious founder—to restore speed, focus, and connection to customers: • An insurgent's clear mission and purpose • An unambiguous owner mindset • A relentless obsession with the front line Based on the authors' decade-long study of companies in more than forty countries, The Founder's Mentality demonstrates the strong relationship between these three traits in companies of all kinds—not just start-ups—and their ability to sustain performance. Through rich analysis and inspiring examples, this book shows how any leader—not only a founder—can instill and leverage a founder's mentality throughout their organization and find lasting, profitable growth.

The 1928 Book of Common Prayer is a treasured resource for traditional Anglicans and others who appreciate the majesty of King James-style language. This classic edition features a Presentation section containing certificates for the rites of Baptism, Confirmation, and Marriage. The elegant burgundy hardcover binding is embossed with a simple gold cross, making it an ideal choice for both personal study and gift-giving. The 1928 Book of Common Prayer combines Oxford's reputation for quality construction and scholarship with a modest price - a beautiful prayer book and an excellent value.

A Dutch-born Unitarian-Universalist minister discusses faith, hope, and love

Work from Home, Remote Work, and the Hard Choices We All Face

The 1928 Book of Common Prayer

A Novel

The Associated Press Stylebook 2015

The Founder's Mentality

Better Sex Through Mindfulness

A new way of thinking about data science and data ethics that is informed by the ideas of intersectional feminism. Today, data science is a form of power. It has been used to expose injustice, improve health outcomes, and topple governments. But it has also been used to discriminate, police, and surveil. This potential for good, on the one hand, and harm, on the other, makes it essential to ask: Data science by whom? Data science for whom? Data science with whose interests in mind? The narratives around big data and data science are overwhelmingly white, male, and techno-heroic. In Data Feminism, Catherine D'Ignazio and Lauren Klein present a new way of thinking about data science and data ethics—one that is informed by intersectional feminist thought. Illustrating data feminism in action, D'Ignazio and Klein show how challenges to the male/female binary can help challenge other hierarchical (and empirically wrong) classification systems. They explain how, for example, an understanding of emotion can expand our ideas about effective data visualization, and how the concept of invisible labor can expose the significant human efforts required by our automated systems. And they show why the data never, ever "speak for themselves." Data Feminism offers strategies for data scientists seeking to learn how feminism can help them work toward justice, and for feminists who want to focus their efforts on the growing field of data science. But Data Feminism is about much more than gender. It is about power, about who has it and who doesn't, and about how those differentials of power can be challenged and changed.

The COVID-19 pandemic forced an unprecedented experiment that reshaped white-collar work and turned remote work into a kind of "new normal." Now comes the hard part. Many employees want to continue that normal and keep working remotely, and most at least want the ability to work occasionally from home. But for employers, the benefits of employees working from home or hybrid approaches are not so obvious. What should both groups do? In a prescient new book, The Future of the Office: Work from Home, Remote Work, and the Hard Choices We All Face, Wharton professor Peter Cappelli lays out the facts in an effort to provide both employees and employers with a vision of their futures. Cappelli unveils the surprising tradeoffs both may have to accept to get what they want. Cappelli illustrates the challenges we face by in drawing lessons from the pandemic and deciding what to do moving forward. Do we allow some workers to be permanently remote? Do we let others choose when to work from home? Do we get rid of their offices? What else has to change, depending on the approach we choose? His research reveals there is no consensus among business leaders. Even the most high-profile and forward-thinking companies are taking divergent approaches: --Facebook, Twitter, and other tech companies say many employees can work remotely on a permanent basis. --Goldman Sachs, JP Morgan, and others say it is important for everyone to come back to the office. --Ford is redoing its office space so that most employees can work from home at least part of the time, and --GM is planning to let local managers work out arrangements on an ad-hoc basis. As Cappelli examines, earlier research on other types of remote work, including telecommuting offers some guidance as to what to expect when some people will be in the office and others work at home, and also what happened when employers tried to take back offices. Neither worked as expected. In a call to action for both employers and employees, Cappelli explores how we should think about the choices going forward as well as who wins and who loses. As he implores, we have to choose soon.

'I wish this book had been written before I stopped having them. I might have enjoyed them more! It's brilliant, informative and funny. Period.' Jennifer Saunders 'I want to hear what Emma Barnett says about everything, and this terrific and timely book proves to be no exception.' Elizabeth Day

THIS IS A BOOK ABOUT SELF-SABOTAGE. Why we do it, when we do it, and how to stop doing it-for good. Coexisting but conflicting needs create self-sabotaging behaviors. This is why we resist efforts to change, often until they feel completely futile. But by extracting crucial insight from our most damaging habits, building emotional intelligence by better understanding our brains and bodies, releasing past experiences at a cellular level, and learning to act as our highest potential future selves, we can step out of our own way and into our potential. For centuries, the mountain has been used as a metaphor for the big challenges we face, especially ones that seem impossible to overcome. To scale our mountains, we actually have to do the deep internal work of excavating trauma, building resilience, and adjusting how we show up for the climb. In the end, it is not the mountain we master, but ourselves.

A meaningful, personal relationship with Jesus often seems a distant and lofty goal for many Christians. Through his books and discussion, teacher and author Reuben Welch has always encouraged people to meet with Jesus and let Him reach for them and allow life to change. "Come As You Are" explores the way Reuben shared this invitation and what it means for people.

Sexuality and Narrative

An Invitation to Meet Jesus--Just Where You Are

Come as You Are by Emily Nagoski (Summary)

Why Orgasm Equality Matters--And How to Get It

Pedagogy of the Oppressed

Come As You Aren't

G. Scott Graham first started practicing vipassana meditation in 1996. In addition to his daily practice, Scott joined 10-day courses twice each year, whenever possible, alternating between sitting and serving. Scott joined a course on December 11, 2019. On the early hours of Sunday, December 22, 2019, the day Scott's course ended, his husband of 31 years, Brian Stephens, burned to death in a horrific automobile accident. Two months later, because of the COVID-19 pandemic, the world essentially shut down. In this book, Scott shares his successes, struggles, insights, and shifts from more than a year of grieving-in-isolation. A year where ?n?p?na-sati, vipassan?-bh?van?, and most importantly, mett?-bh?van? became his most important allies. Most of the people who initially provided support to Scott moved on, as they often do, from those who are grieving. More than an inspirational memoir, "Come As You Are" provides pragmatic guidance for those who are actively experiencing loss and grief. The reader will find techniques, strategies, and resources. Scott has also chosen to include a month from his personal diary, raw and unedited. An often emotional, heart-wrenching journal where he explored his grief, Scott's intention is to validate the experiences of others who are grieving and to empower them to integrate grief and carry it forward in their life. May all beings be happy. May all beings live with ease. May all beings be at peace.

Late Bloomers

How to Navigate Clueless Colleagues, Lunch-Stealing Bosses, and the Rest of Your Life at Work

A Practical Guide to the Science of Sex

Come as You Are

Revelation

The Man in the High Castle