



than just one game. In this book, McGonigal reveals a decade's worth of scientific research into the ways all games—including videogames, sports, and puzzles—change how we respond to stress, challenge, and pain. She explains how we can cultivate new powers of recovery and resilience in everyday life simply by adopting a more "gameful" mind-set. Being gameful means bringing the same psychological strengths we naturally display when we play games—such as optimism, creativity, courage, and determination—to real-world goals. Drawing on hundreds of studies, McGonigal shows that getting superbetter is as simple as tapping into the three core psychological strengths that games help you build: • Your ability to control your attention, and therefore your thoughts and feelings • Your power to turn anyone into a potential ally, and to strengthen your existing relationships • Your natural capacity to motivate yourself and super-charge your heroic qualities, like willpower, compassion, and determination SuperBetter contains nearly 100 playful challenges anyone can undertake in order to build these gameful strengths. It includes stories and data from people who have used the SuperBetter method to get stronger in the face of illness, injury, and other major setbacks, as well as to achieve goals like losing weight, running a marathon, and finding a new job. As inspiring as it is down to earth, and grounded in rigorous research, SuperBetter is a proven game plan for a better life. You'll never say that something is "just a game" again.

Make your own fresh, organic, and effective spa, skincare, hair-maintenance, and cosmetics recipes at home with these 50 beautiful, tried-and-tested tutorials, brought to you by the popular DIY beauty and wellness website helloglow.com.

Midnight Sun

Parenthood in the Age of Fear

The Yes, No, Maybe Workbook: Special Edition

Create Your Best Experience

Sadomasochism, Risk, and Intimacy

A Novel

Exploring Erotic Humiliation Workbook

This collection contains three complete novellas from three of Blushing Books top authors. These are not some short samples - this is sixteen chapters, over 60,000 words - for 99cents. Why are we doing this? Because we want you to try our books and our authors at almost no risk to you!Blushing Books publishes romances... with a twist. If you love old-fashioned romances where the feisty heroine ends up not only in the hero's bed for hot loving, but occasionally bare-bottomed over his knee for some even hotter (and usually well-deserved) spanking, our novels and novellas are for you! Do you want to know if he can REALLY tame that brat? You're in the right place. "The Good Man" by Carolyn Faulkner: Life in "The County" hadn't changed much in decades, and Emily Robertson wanted much more out of her own life despite the fact that that meant leaving Daniel, the man her heart so desperately wanted. But when she ended up back in the same small town they'd grown up in, Daniel takes complete advantage of an enforced encounter to lure her back into his arms and he wasn't going to let her go again, for any reason! Does a throbbing bum makes settling down a lot easier for a wanna-be city mouse? Emily's about to find out."Cade" by Paige Tyler: The beautiful, but irritating Riley Barnett has been a thorn in the side of the U.S. Marshals Service ever since she entered the Witness Protection Program. And now that she once again believes her identity has been compromised, new U.S. Marshal Cade Cutler is the one sent to placate her. But the simple task of babysitting her is made more difficult when she refuses to obey his simplest instructions. Cade has never met a woman so infuriating, and soon realizes that the only way to get through to her is to put her over his knee for a good, sound spanking. Riley, though, will be damned if she's going to take orders from the gorgeous Marshal just because he spansk her, especially when he refuses to believe that she's actually in danger. She has been in the Witness Protection Program long enough to know when someone is after her, even if all of the other times had been false alarms. But when it turns out that she's right this time, Riley has to depend on Cade to protect her, even if that means putting up with his spankings every time she refuses to follow his silly rules!"Her Personal Trainer" by Starla Kaye: Elizabeth Wingate receives an invitation to a cruise that will be her high school reunion. She remembers all the rejection she'd felt from her classmates, how she'd been teased hurtfully too many times. Inwardly she still felt like that woman no one could seem to love. She absolutely should not go on this stupid cruise. But she wanted to, she needed to. She needed some help first, though. Someone to help her whip her slightly out-of-shape body into bikini shape. So when her business partner suggests a personal trainer, that seems the perfect answer -- except for all of that horrible exercise stuff.Chase Sawyer owes Elizabeth's mother a favor and agrees to escort her to a gala since he will be in Kansas City for a few weeks anyway. He's never gone on a blind date and detests the idea. Arriving in town early, he decides to go meet the young woman he's positive he won't be attracted to, only to discover how strongly he is drawn to her. When she mistakes him for a personal trainer, he latches on to that opportunity to get to know her better. And as he does, he realizes the little spitfire, who isn't always cooperative about exercising and who needs an occasional bottom warming to get her back on track, might finally be the woman to make him settle down.

A grassroots look at the future of US politics as the next generation of progressive organizers—sparked by the unstoppable rise of Alexandria Ocasio-Cortez—leads us toward a new direction The AOC Generation examines the resurgent young left—including groups like Justice Democrats, the Democratic Socialists of America and Brand New Congress—and documents how and why they got active and energized in political organizing, the success and limitations of their approaches—and through their stories, it tells the history and the future of a generation. In 2018, the country watched as Alexandria Ocasio-Cortez rose from unknown part-time bartender to the halls of Congress at the age of 29 and became a household name for her progressive, passionate politics. With firsthand accounts detailing the final days of her campaign, which he spent beside her as she fought for every last vote, Freedlander connects her ample political talents and ability to command the media and the public's attention to the newfound political awakening of millennial activists. Inspired in part by the Bernie Sanders campaign, and furthered by a series of critical issues including catastrophic climate change, a rigid political system, and widening income inequality, these young people organized into new groups that became a conduit for their energy, ideas, and passions. And all of their activity isn't just political. They've created their own media eco-system, with podcasts, streaming networks, and even dating sites that cater to their interests. With this new generation gaining traction, with little signs of backing down and securing crucial political seats as Ocasio-Cortez did in 2018, The AOC Generation presents a thoughtful analysis of how they came of age in an America they are determined to reshape.

For many years, Kall Williams approached the money she made from her career in sex work with an "easy come, easy go" attitude. There was always enough, and there was always more on the way. But as her money goals grew beyond impulsive daily desires and monthly rent, she realized she needed to shift her approach if she wanted to be able to plan a future of financial stability. So she set to work transforming her financial life, fixing her attitude toward money and undoing past financial mistakes. But the most empowering part of the journey? Adapting a generic budget workbook to track her money in a way that worked for her brain.Along the way, Williams learned two things: many of her colleagues in the sex industry had similar money hangups to hers, and like her, many of her colleagues responded well to analog tracking. Hearing this feedback from so many people over the years inspired her to create Making Bank: A Money Management Workbook for Erotic Entrepreneurs. This workbook is designed to help entrepreneurs in the sex industry step up their financial game by understanding what's really going on with their income and expenses, identifying money goals, and making plans to achieve them.

Combining monthly budget tracking layouts, space to write and reflect about financial goals, and information to help readers become more savvy about saving and spending, Making Bank is a one-stop-spot for erotic entrepreneurs to upgrade their incomes and their money management skills. Billie Livingston's fine second novel leads us to consider the nature of our hidden lives and desires — and to question whether the sky would really fall if we admitted our true needs and ceased to blush. As Cease to Blush opens, Vivian is late to her own mother's funeral. Wearing a tight red suit, Vivian stands out like a pornographer's dream amongst the West Coast intellectuals mourning the death of prominent feminist Josie Calliwood. But for all of her bravado, Vivian finds herself emotionally numb and spiraling downward. Vivian and her mother were in constant conflict, with Josie disapproving of her daughter's lifestyle; her inclination to use her body instead of her brain, and her so-called acting career, which has amounted to little more than playing prostitutes and the odd dead body. For her part Vivian has been invested in antagonizing her mother's feminist ideology. As the story opens Vivian's career, as well as her relationship with boyfriend Frank, is taking an unsavoury turn as she wades into the quick cash scheme of Internet porn with herself cast in the lead. But Josie has left a big surprise for her troubled daughter: a trunk full of mementoes from her own past, all of which point to a secret life more exotic than anything Vivian has been able to pull off. Puzzling together bits and pieces, Vivian learns that her mother was at one time a burlesque performer named Celia Dare who rubbed shoulders with the flashiest celebrities of the sixties. Vivian becomes determined to uncover the true story of her mother's life. Chasing rumours, Vivian sets off down the Pacific coast and soon finds out that truth is a slippery snake. With only a few of her mother's letters, some guarded anecdotes from Josie's former confidant and a slew of books about the sixties, Vivian begins to re-create her mother's life, placing her at the heart of some of the biggest events and scenes of the era. From the protests and beat coffeeshops of Haight-Ashbury to the frenzied nightlife of Rat Pack Vegas, from the political soirées of New York to mob meetings in glitzy Miami hotels, Celia Dare saw and did it all. Yet the glamour hid an ugly underbelly, and as Vivian peels away the layers of the past she begins to uncover her own emotional truths as well. Cease to Blush drives the bumpy road from the burlesque stages of Rat Pack Vegas to the bedroom Internet porn business, exploring just how far women have really come. In Vivian, Livingston has created the perfect character through which to explore what it means to be an independent woman today; with Celia/Josie, it's clear that things weren't so cut and dry in her day either. Though Celia's story is told vividly here, its accuracy is impossible to gauge and the ghosts are not talking. But maybe this is Celia's gift to Vivian: the ability of the past not only to illuminate the future, but to re-imagine it.

A Blush With Death

365 Days of Kink: a Journal of Sexy Self-Discovery

Enough to Make You Blush

Dust & Grooves

Authentic Kink

Playing Well With Others

Do Androids Dream of Electric Sheep?

The Enough to Make You Blush: Exploring Erotic Humiliation Workbook is a companion to the book with the same name, designed to help you dig deeper into your own desires. Writing can be a great way to understand yourself. By putting your thoughts down on paper, it's easier to self-reflect and examine insights more clearly. It can also be used as a communication tool if you share your answers with your partner(s).

Erotic humiliation is a deeply personal experience; this workbook will help you have sexier, safer, more informed adventures Inside you'll find: + More than 100 Stimulating Questions+ Extensive Erotic Humiliation Activity List+ Negotiation Worksheet+ Titles & Names Suggestions+ Verbal Humiliation Vocabulary+ Masturbation Schedule+ Orgasm Request Form+ Space to write out fantasies+ Scene Planning+ Kinky Wishlist+ plus more!

Winner of the Anisfield-Wolf Book Award for Fiction Winner of the Gotham Book Prize One of Barack Obama's "Favorite Books of the Year" Oprah's Book Club Pick Named one of the Top Ten Books of the Year by the New York Times, Entertainment Weekly and TIME Magazine A Washington Post Notable Novel From the author of the National Book Award-winning The Good Lord Bird and the bestselling modern classic The Color of Water, comes one of the most celebrated novels of the year. In September 1969, a fumbling, cranky old church deacon known as Sportcoat shuffles into the courtyard of the Cause Houses housing project in south Brooklyn, pulls a .38 from his pocket, and, in front of everybody, shoots the project's drug dealer at point-blank range. The reasons for this desperate burst of violence and the consequences that spring from it lie at the heart of Deacon King Kong, James McBride's funny, moving novel and his first since his National Book Award-winning The Good Lord Bird. In Deacon King Kong, McBride brings to vivid life the people affected by the shooting: the victim, the African-American and Latinx residents who witnessed it, the white neighbors, the local cops assigned to investigate, the members of the Five Ends Baptist Church where Sportcoat was deacon, the neighborhood's Italian mobsters, and Sportcoat himself. As the story deepens, it becomes clear that the lives of the characters—caught in the tumultuous swirl of 1960s New York—overlap in unexpected ways. When the truth does emerge, McBride shows us that not all secrets are meant to be hidden, that the best way to grow is to face change without fear, and that the seeds of love lie in hope and compassion. Bringing to these pages both his masterly storytelling skills and his abiding faith in humanity, James McBride has written a novel every bit as involving as The Good Lord Bird and as emotionally honest as The Color of Water. Told with insight and wit, Deacon King Kong demonstrates that love and faith live in all of us.

A photographic look into the world of vinyl record collectors—including QuestLove—in the most intimate of environments—their record rooms. Compelling photographic essays from photographer Eilon Paz are paired with in-depth and insightful interviews to illustrate what motivates these collectors to keep digging for more records. The reader gets an up close and personal look at a variety of well-known vinyl champions, including Gilles Peterson and King Britt, as well as a glimpse into the collections of known and unknown DJs, producers, record dealers, and everyday enthusiasts. Driven by his love for vinyl records, Paz takes us on a five-year journey unearthing the very soul of the vinyl community.

Blush

Your Body: The Missing Manual