

Joy Leary

African American spirituality throughout the centuries has had myriad expressions. Overtime, the African American community began to express its spirituality in new ways. As the suffering in the African American community became more intense, the spiritual life took on a more social and political form

NATIONAL BESTSELLER Two great spiritual masters share their own hard-won wisdom about living with joy even in the face of adversity. The occasion was a big birthday. And it inspired two close friends to get together for a talk about something very important to them. The friends were His Holiness the Dalai Lama and Archbishop Desmond Tutu. The subject was joy. Both winners of the Nobel Prize, both great spiritual masters and moral leaders of our time, they are also known for being among the most infectiously happy people on the planet, despite having experienced great personal and national suffering. From the beginning the book was envisioned as a three-layer birthday cake, the first being their personal stories and teachings about joy. Both the Dalai Lama and Tutu have been tested by extraordinary adversity, oppression, and conflict. The second layer consists of the exciting research into joy as well as the other qualities essential for any enduring happiness, like gratitude, humility, humour, compassion, generosity, and forgiveness. And the third encompasses practical exercises and guidance based on the Dalai Lama's and Tutu's own daily practices, which anchor their emotional and spiritual lives. Most of all, during that landmark week in Dharamsala, they demonstrated by their own exuberance, compassion, and even wise-cracking humour, how joy can be transformed from a fleeting emotion into an enduring way of being.

An Instant New York Times Bestseller and #1 Indie Bestseller! A William C. Morris YA Debut Award Finalist An Asian Pacific American Librarians Association Honor Book

Two friends. One fake dating scheme. What could possibly go wrong? Frank Li has two names. There's Frank Li, his American name. Then there's Sung-Min Li, his Korean name. No one uses his Korean name, not even his parents. Frank barely speaks any Korean. He was born and raised in Southern California. Even so, his parents still expect him to end up with a nice Korean girl--which is a problem, since Frank is finally dating the girl of his dreams: Brit Means. Brit, who is funny and nerdy just like him. Brit, who makes him laugh like no one else. Brit . . . who is white. As Frank falls in love for the very first time, he's forced to confront the fact that while his parents sacrificed everything to raise him in the land of opportunity, their traditional expectations don't leave a lot of room for him to be a regular American teen. Desperate to be with Brit without his parents finding out, Frank turns to family friend Joy Song, who is in a similar bind. Together, they come up with a plan to help each other and keep their parents off their backs. Frank thinks he's found the solution to all his problems, but when life throws him a curveball, he's left wondering whether he ever really knew anything about love—or himself—at all. In this moving debut novel—featuring striking blue stained edges and beautiful original endpaper art by the author—David Yoon takes on the question of who am I? with a result that is humorous, heartfelt, and ultimately unforgettable.

In the 16th century, the beginning of African enslavement in the Americas until the ratification of the Thirteenth Amendment and emancipation in 1865, Africans were hunted like animals, captured, sold, tortured, and raped. They experienced the worst kind of physical, emotional, psychological, and spiritual abuse. Given such history, isn't it likely that many of the enslaved were severely traumatized? And did the trauma and the effects of such horrific abuse end with the abolition of slavery? Emancipation was followed by one hundred more years of institutionalized subjugation through the enactment of Black Codes and Jim Crow laws, peonage, convict leasing, domestic terrorism and lynching. Today the violations continue, and when combined with the crimes of the past, they result in yet unmeasured injury. What do repeated traumas, endured generation after generation by a people produce? What impact have these ordeals had on African Americans today? Dr. Joy DeGruy, answers these questions and more. With over thirty years of practical experience as a professional in the mental health field, Dr. DeGruy encourages African Americans to view their attitudes, assumptions, and behaviors through the lens of history and so gain a greater understanding of how centuries of slavery and oppression have impacted people of African descent in America. Post Traumatic Slave Syndrome helps to lay the necessary foundation to ensure the well-being and sustained health of future generations and provides a rare glimpse into the evolution of society's beliefs, feelings, attitudes and behavior concerning race in America.

This Is Sadie

No. 1 Ladies' Detective Agency (22)

**A Book for Sad Days, Mad Days, Glad Days, and All the Feelings In-Between
America's Legacy of Enduring Injury and Healing : the Study Guide**

The Joyous Cosmology

A Book about Feeling All Your Feelings and Then Watching Them Go

Rediscover Your Childlike Wonder to Unleash Inspiration, Meaning, and Joy

An artist and activist committed to the empowerment of women and girls has created a gorgeous illustrated volume, blending watercolor and short biography to showcase the contributions of more than fifty influential female leaders whose words and actions are a passionate call to arms. Distraught by the results of the 2016 election and the realization that the nation was not ready for its first female president, Kimothy Joy found herself poring over the biographies of brave women throughout history—those who persisted in the face of daunting circumstances—to learn from their experiences. Turning to art, Joy channeled her feelings to the canvas, bringing these strong women to life in bold watercolor portraits surrounded by inspirational hand-lettered quotes. With each creation, Joy found catharsis and hope. She shared her watercolors with her online community and encouraged everyone to raise their own voices and recharge for the battles ahead. Now, in this beautiful gift book, Joy has gathered her stunning illustrations and quotes and paired them with surprising, illuminating

biographies of her subjects to inspire women of all ages, races, and backgrounds. That's What She Said honors a powerful and diverse group of over fifty women—from Maya Angelou, Gloria Steinem, and Virginia Woolf to Sojourner Truth, Malala Yousafzai, and Ruth Bader Ginsburg—role models whose words and insights remind us that we must never give up the fight for a more just and equitable society. Reclaiming the derogatory cultural barb "that's what she said," this stunning book celebrates strong female leadership throughout history and empowers current and future generations to find their voices and inspire change in their communities.

Post Traumatic Slave Syndrome America's Legacy of Enduring Injury and Healing Joy Degruy Publications Incorporated

Relates with humor and up-to-date accuracy hundreds of facts about famous people, animals, the earth, the arts, history, customs, and the human race

As long as there has been culture, there has been counterculture. At times it moves deep below the surface of things, a stealth mode of being all but invisible to the dominant paradigm; at other times it's in plain sight, challenging the status quo; and at still other times it erupts in a fiery burst of creative-or destructive-energy to change the world forever. But until now the countercultural phenomenon has been one of history's great blind spots. Individual countercultures have been explored, but never before has a book set out to demonstrate the recurring nature of counterculturalism across all times and societies, and to illustrate its dynamic role in the continuous evolution of human values and cultures. Countercultural pundit and cyberguru R. U. Sirius brilliantly sets the record straight in this colorful, anecdotal, and wide-ranging study based on ideas developed by the late Timothy Leary with Dan Joy. With a distinctive mix of scholarly erudition and gonzo passion, Sirius and Joy identify the distinguishing characteristics of countercultures, delving into history and myth to establish beyond doubt that, for all their surface differences, countercultures share important underlying principles: individualism, anti-authoritarianism, and a belief in the possibility of personal and social transformation. Ranging from the Socratic counterculture of ancient Athens and the outsider movements of Judaism, which left indelible marks on Western culture, to the Taoist, Sufi, and Zen Buddhist countercultures, which were equally influential in the East, to the famous countercultural moments of the last century—Paris in the twenties, Haight-Ashbury in the sixties, Tropicalismo, women's liberation, punk rock—to the cutting-edge countercultures of the twenty-first century, which combine

science, art, music, technology, politics, and religion in astonishing (and sometimes disturbing) new ways, *Counterculture Through the Ages* is an indispensable guidebook to where we've been . . . and where we're going.

That's What She Said

The Power Within

Lasting Happiness in a Changing World

The Restoration of Engravings, Drawings, Books, and Other Works on Paper

The Joy of Missing Out

Nature and Joy

Wise Words from Influential Women

A compassionate reference for terminally ill patients and their caregivers outlines accessible insights and practical tools for providing and receiving care and offers additional advice for the grieving process and supporting children. Original. 25,000 first printing.

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Kevin O'Leary shares invaluable secrets on entrepreneurship, business, money and life. Can you make millions just by "visualizing

yourself rich” as some business prophets suggest? Don’t buy it, says Kevin O’Leary. If you want to be a successful entrepreneur and amass wealth, you’re going to have to work for it. But the good news is: with the right guidance, focus and perseverance, you can turn entrepreneurial vision into lucrative reality and have the personal freedom that only wealth can buy. Kevin O’Leary would know. The much-feared and revered Dragon on the immensely popular show Dragons’ Den (and Shark Tank in the U.S.) started his company in his basement with a \$10,000 loan from his financially savvy mother. A few years later, Kevin sold that company for more than four billion dollars. In this compelling, candid and, above all else, brutally honest business memoir, Kevin provides engaging, practical advice and lessons that will give anyone a distinct competitive edge.

A GRIPPING, FEARLESS EXPLORATION OF MASCULINITY The effects of traditionally defined masculinity have become one of the most prevalent social issues of our time. In this engaging and provocative new book, beloved actor, director, and social activist Justin Baldoni reflects on his own struggles with masculinity. With insight and honesty, he explores a range of difficult, sometimes uncomfortable topics including strength and vulnerability, relationships and marriage, body image, sex and sexuality, racial justice, gender equality, and fatherhood. Writing from experience, Justin invites us to move beyond the scripts we’ve learned since childhood and the roles we are expected to play. He challenges men to be brave enough to be vulnerable, to be strong enough to be sensitive, to be confident enough to listen. Encouraging men to dig deep within themselves, Justin helps us reimagine what it means to be man enough and in the process what it means to be human.

You Got Anything Stronger?

Two For Joy

A Novel

The Book of Joy

Home in Harmony

Preparing for a Meaningful Death

A grandmother and granddaughter swap lives in *The Switch*, a charming, romantic novel by Beth O’Leary, who has been hailed as “the new Jojo Moyes” (*Cosmopolitan UK*)... When overachiever Leena Cotton is ordered to take a two-month sabbatical after blowing a big presentation at work, she escapes to her grandmother Eileen’s house for some long-overdue rest. Eileen is newly single and about to turn eighty. She’d like a second chance at love, but her tiny Yorkshire village doesn’t offer many eligible gentlemen. So they decide to try a two-month swap. Eileen will live in London and look for love. She’ll take Leena’s

flat, and learn all about casual dating, swiping right, and city neighbors. Meanwhile Leena will look after everything in rural Yorkshire: Eileen's sweet cottage and garden, her idyllic, quiet village, and her little neighborhood projects. But stepping into one another's shoes proves more difficult than either of them expected. Will swapping lives help Eileen and Leena find themselves...and maybe even find true love? In Beth O'Leary's *The Switch*, it's never too late to change everything...or to find yourself.

In this latest installment in the beloved No. 1 Ladies' Detective Agency series, Mma Ramotswe is tempted to put the brakes on a business venture before it even gets rolling. Mr. J.L.B. Matekoni attends a course hosted by the local chamber of commerce entitled "Where Is Your Business Going?" But rather than feeling energized, he comes back in low spirits, not sure if he should be satisfied with the already venerable and successful Tlokweng Road Speedy Motors. Then an old friend from school approaches him with an exciting new business venture. When it turns out he will need to mortgage the garage in order to pursue this endeavor, Mma Ramotswe and Mma Makutsi worry about the potential repercussions for his current business—as well as for their own. But even as she puzzles over mysteries on the domestic front, Mma Ramotswe's professional duties must take precedence. When a concerned son learns that his aging father's nurse now stands to inherit the family home, he begins to doubt her intentions and takes his case to Botswana's premier detective agency. Fortunately, Mma Ramotswe and Mma Makutsi, committed agents of justice, agree to investigate. Tricky as these matters may be, Mma Ramotswe, armed with her usual supply of tact, humor and good will, knows that the most creative solutions are often found with the support of friends and family and a cup of red bush tea. With these reliable assets, she is certain to ensure that all involved find the happiness that they deserve.

He's forbidden fruit and she's a rule follower, but their connection is something to believe in. Father Patrick Dooley joined the clergy to fulfill his mother's dying wish. While it once gave him purpose, he's not so sure it's his calling anymore. But it's all he's ever known and he's not sure what he wants to do with his life if he decides to leave the priesthood. How can he reconcile his faith with his growing desire to live a different life? Sasha Finerghy was content to admire Patrick from afar while she dated men who were perfect on paper and wrong in real life. But with Patrick's church in need of funding to keep a community program afloat, she's just the girl to solve their fundraising problem. Spending more time together only fuels Sasha's crush on him, who finds a kindred soul in her. The more Patrick gets to know Sasha, the easier it is for him to see a future unfolding for them. But it will take a leap of faith to turn their friendship into something more, and neither of them are quite ready to make the jump. Oliver Flynn's wedding is the social event of the year, and the creme de la creme of Kilonan are happy to boast of being invited. Noreen, his new wife, has finally outclassed her two sisters, who think they are better than her in every way. Not any more! But there is one

nagging doubt: does Oliver really love her? Would he have married her if she hadn't done the proposing herself? Cora Flynn, Oliver's bitter mother, has boycotted the wedding. She is determined that her detested new daughter-in-law will not become the number one woman in her son's life. Wedding guest Lorna Morgan can't wait to shake the dust of Kilronan off her shoes. She's destined for bright city lights, unlike her stick-in-the-mud cousin, Heather Williams, who was only invited to the 'afters' with her clodhopper boyfriend, Neil. But then, in Lorna's eyes, Heather's just an 'afters' sort of person and always will be. But worms turn, and what a difference a year makes. In Dublin, London and New York there is no respite for Noreen, Lorna or Heather. Only in Kilronan can the Pandora's box that was opened at Oliver Flynn's wedding finally be closed.

America's Legacy of Enduring Injury and Healing

Counterculture Through the Ages

Adventures in the Chemistry of Consciousness

Man Enough

Cold Hard Truth

The Hidden Wound

Home Again

"The study guide is an essential instrument to providing the practical application of principles enumerated in the book: Post Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing." The guide includes summaries of the book's chapters; reflection and discussion questions; a glossary; and tools for transforming negative behaviors in positive behaviors--From the cover.

David Rosenfelt's Dogtripping is moving and funny account of a cross-country move from California to Maine, and the beginnings of a dog rescue foundation When mystery writer David Rosenfelt and his family moved from Southern California to Maine, he thought he had prepared for everything. They had mapped the route, brought three GPSs for backup, as well as refrigerators full of food, and stoves and microwaves on which to cook them. But traveling with twenty-five dogs turned out to be a bigger ordeal than he anticipated, despite the RVs, the extra kibble, volunteers (including a few readers), and camping equipment. Rosenfelt recounts the adventure of moving his animal companions across the United States with humor and warmth, and tells the tale of how he and his wife became passionate foster parents for rescue dogs, culminating in the creation of the Tara Foundation and successfully placing several thousand dogs with loving families. An NPR Best Book of 2013

The inspirational story of John O'Leary's miraculous and triumphant fight to survive from burns on 98% of his body.

Shows how the Black Tax (which is the financial cost of conscious and unconscious anti-black discrimination), creates a massive financial burden on Black American households that dramatically reduces their ability to leave a substantial legacy for future generations. Mr. Rochester lays out an extraordinarily compelling case which documents the enormous financial cost of current and past anti-black discrimination on African American households. The Black Tax, provides the fact pattern, data and evidence to substantiate what African Americans have long experienced and tried to convey to an unbelieving American public.

Live More by Doing Less

The Bad Daughter

Overwhelming Odds

25 Rescues, 11 Volunteers, and 3 RVs on Our Canine Cross-Country Adventure

Dogtripping

On Fire

A Feel Good Guide to Staying Fat, Loud, Lazy and Stupid

Object of the game is to accumulate most money on your journey through life after all players have reached the retirement home or millionaires mansion. Ever since its original publication in Germany in 1938, Max Schweidler's Die Instandsetzung von Kupferstichen, Zeichnungen, Buchern usw. has been recognized as a seminal modern text on the conservation and restoration of works on paper. This volume, based on the authoritative revised German edition of 1950, makes Schweidler's work available in English for the first time, in a meticulously edited and annotated scholarly edition. An extensively illustrated appendix presents case studies of eleven Old Master prints that were treated using the techniques Schweidler discusses.

Fans around the world adore the bestselling No. 1 Ladies' Detective Agency series and its proprietor, Precious Ramotswe, Botswana's premier lady detective. In this charming series, Mma Ramotswe—with help from her loyal associate, Grace Makutsi—navigates her cases and her personal life with wisdom, good humor, and the occasional cup of tea. Life is good for Mma Ramotswe as she sets out with her usual resolve to solve people's problems, heal their misfortunes, and untangle the mysteries that make life interesting. And life is never dull on Tlokweng Road. A new and rather too brusque advice columnist is appearing in the local paper. Then, a cobra is found in the offices of the No. 1 Ladies' Detective Agency. Recently, the Mokolodi Game Preserve manager feels an infectious fear spreading among his workers, and a local doctor may be falsifying blood pressure readings. To further complicate matters, Grace Makutsi may have scared off her own fiancé. Mma Ramotswe, however, is always up to the challenge. And Blue Shoes and Happiness will not fail to entertain Alexander McCall Smith's oldest fans and newest converts with its great wit, charm, and great good will.

An impassioned, thoughtful, and fearless essay on the effects of racism on the American identity by one of our country's most humane literary voices.

Acclaimed as "one of the most humane, honest, liberating works of our time" (The Village Voice), The Hidden Wound is a book-length essay about racism and the damage it has done to the identity of our country. Through Berry's personal experience, he explains how remaining passive in the face of the struggle of racism further corrodes America's great potential. In a quiet and observant manner, Berry opens up about how his attempt to discuss racism is rooted in the hope that someday the historical wound will begin to heal.

Pulitzer prize-winning author Larry McMurtry calls this "a profound, passionate, crucial piece of writing . . . Few readers, and I think, no writers will be able to

read it without a small pulse of triumph at the temples: the strange, almost communal sense of triumph one feels when someone has written truly well . . . The statement it makes is intricate and beautiful, sad but strong.” “Mr. Berry is a sophisticated, philosophical poet in the line descending from Emerson and Thoreau.” —The Baltimore Sun “[Berry’s poems] shine with the gentle wisdom of a craftsman who has thought deeply about the paradoxical strangeness and wonder of life.” —The Christian Science Monitor “Wendell Berry is one of those rare individuals who speaks to us always of responsibility, of the individual cultivation of an active and aware participation in the arts of life.” —The Bloomsbury Review “[Berry’s] poems, novels and essays . . . are probably the most sustained contemporary articulation of America’s agrarian, Jeffersonian ideal.” —Publishers Weekly

The Black Tax

No One Has to Die Alone

Frankly in Love

The Flatshare

On Business, Money & Life

Design for Dying

Psychedelics and Religious Experiences

**Winner of the 2019 Moonbeam Children’s Mind, Body, Spirit
Bronze Medal and a 2020 Mom’s Choice Awards® Gold**

Recipient! An engaging and interactive story showing children ages 3-6 the power of breath when dealing with new and difficult emotions. Read aloud and breathe along with this sweet story teaching children how to navigate powerful emotions like anger, fear, sadness, confusion, anxiety, and loneliness. With rhythmic writing and engaging illustrations, Breathing Makes It Better guides children to breathe through their feelings and find calm with recurring cues to stop and take a breath. Simple guided practices, like imagining you are a tree blowing in the wind, follow each story to teach children how to apply mindfulness techniques when they need them the most.

Included in Time’s 100 Must Read Books of 2021 list * A New York Times Best Seller * One of Audible’s Best of The Year * AV Club’s Best Books to Buy “Funny, tender, and so good.” — Mindy Kaling, #1 New York Times bestselling author of Why Not Me? Remember when we hit it off so well that we decided We’re Going to Need More Wine? Well, this time you and I are going to turn to our friend the bartender and ask, You Got Anything Stronger? I promise to continue to make you laugh, but with this round, the stakes get higher as the conversation goes deeper. So. Where were we? Right, you and

I left off in October 2017, when my first book came out. The weeks before were filled with dreams of loss. Pets dying. My husband leaving me. Babies not being born. My therapist told me it was my soul preparing for my true self to emerge after letting go of my grief. I had finally spoken openly about my fertility journey. I was having second thoughts—in fact, so many thoughts they were organizing to go on strike. But I knew I had to be honest because I didn't want other women going through IVF to feel as alone as I did. I had suffered in isolation, having so many miscarriages that I could not give an exact number. Strangers shared their own journeys and heartbreak with me. I had led with the truth, and it opened the door to compassion. When I released *We're Going to Need More Wine*, the response was so great people asked when I would do a sequel. The New York Times even ran a headline reading "We're Going to Need More Gabrielle Union." Frankly, after being so open and honest in my writing, I wasn't sure there was more of me I was ready to share. But life happens with all its plot twists. And new stories demand to be told. This time, I need to be more vulnerable—not so much for me, but anyone who feels alone in what they're going through. A lot has changed in four years—I became a mom and I'm raising two amazing girls. My husband retired. My career has expanded so that I have the opportunity to lift up other voices that need to be heard. But the world has also shown us that we have a lot we still have to fight for—as women, as black women, as mothers, as aging women, as human beings, as friends. In *You Got Anything Stronger?*, I show you how this ever-changing life presents challenges, even as it gives me moments of pure joy. I take you on a girl's night at Chateau Marmont, and I also talk to Isis, my character from *Bring It On*. For the first time, I truly open up about my surrogacy journey and the birth of Kaavia James Union Wade. And I take on racist institutions and practices in the entertainment industry, asking for equality and real accountability. *You Got Anything Stronger?* is me at my most vulnerable. I have recently found true strength in that vulnerability, and I want to share that power with you here, through this book. In the bestselling tradition of Brene Brown's *Daring Greatly* and Nick Vujicic's *Life Without Limits* comes a rousing 7-step plan for living a life on fire, filled with

hope and possibility—from an inspirational speaker who survived a near-fatal fire at the age of nine and now runs a successful business inspiring people all around the world. When John O’Leary was nine years old, he was almost killed in a devastating house fire. With burns on one hundred percent of his body, O’Leary mustered an almost unimaginable amount of inner strength just to survive the ordeal. The insights he gained through this experience and the heroes who stepped into his life to help him through the journey—his family, the medical staff, and total strangers—changed his life. Now he is committed to living life to the fullest and inspiring others to do the same. An incredible and emotionally honest account of triumph over tragedy, *On Fire* contains O’Leary’s reflections on being that little boy, the life-giving choices made then, and the resulting lessons he learned. O’Leary very clearly shares that without the right people providing the right guidance, at the right time, he never would have made it through those five months in the hospital, let alone the years that followed as he struggled to regain mobility, embrace his story, and ignite clarity of his life’s purpose. *On Fire* encourages us to seize the power to choose our path and transform our lives from mundane to extraordinary. Once we stop thinking solely on the big moments in our lives, we can begin to focus on those smaller opportunities that tend to pass us by. These are the events—the inflection points in our lives—that can determine how we feel about life now, where we are headed in the future, and how many lives we can impact along the way. We can’t always choose the path we walk, but we can choose how we walk it. Empowering, inspiring, remarkably honest, and heartfelt, O’Leary’s strength and incredible spirit shine through on every page. An engaging story that helps children work with difficult emotions by imagining them as playful monsters in a parade (ages 3-7). Watch as the anger monster passes and the sadness monster disappears--it’s all part of the parade of feelings we experience every day. Instead of holding on to their emotions, kids can acknowledge them and let them go on their way. What’s happening in your parade today? Here’s the angry monster Headed this way It growls so loud But you know it won't stay
Wrapped Up in Christmas
Hot Under His Collar

Navy SEAL Romance
With the Lightnings
The Cost of Being Black in America
The 7 Choices to Ignite a Radically Inspired Life
The Moth Snowstorm

We all deserve a calm, well-ordered, pleasingly designed refuge where we can relax and enjoy our families. Having had four children in a little more than five years while running a thriving design business, Christa O'Leary has become the guardian at the gate of our sanctuaries—our homes. She teaches us to be aware of the toxins found in both our food and furnishings; the detrimental effects of our unhealthy habits; and society's frantic need to have the latest gadgets, to get ahead, and to be forever on the go. As a designer, therapist, and eco-friendly expert, she's often asked how she makes her hockey-mom life and peaceful, beautiful, healthy home look so effortless. Well, the hunt for her secret is over! Christa shows us that it's possible for all of us to feel inspired, energized, and in love with our lives and our homes. There are other books that address some of the components found in *Home in Harmony*, including design, color, feng shui, psychology, clean eating, detoxification, meditation, and finding our soul's purpose. However, this is the first book that puts it all together in a fun-to-read, easy-to-implement format. This is the formula for living an extraordinary life, and it's now available to everyone!

A young girl named Sadie spends her day playing, reading, making things, and using her vivid imagination.

Can he solve the mystery that has haunted him for years and set things right before it crumbles down around him and the woman who's become entangled in his mess? Since two days before Sebastian's eighteenth birthday, when he left home to join the Navy, he's been runny away from the pain, the confusion, the terror and the guilt. But the Navy had made a man out of him, and now it was time to finally come to terms with his past, so he was going back. When he finds a new woman in town, unknowingly caught up in the chaos of his past, Sebastian knows time is running out. Then he finds himself entangled with Gianna on a much more personal basis and he wants time to stand still. Can he unravel the past and grab onto the future before it's too late? This book is two things. It's an eye-opener to the fact that we don't have to do a million things to be productive (or successful). And it's a coach that helps us trim the fat, get real with our purpose, and start living more intentionally-Goop Dalton helps readers by teaching us to focus on the most important things and create our own operating systems that are exclusive to our lives as individuals. By doing this, we can simplify and make life even better- San Francisco Book Review Dalton's ground-up approach to productivity teaches readers to identify their real priorities and, in doing so, cut their massive to-do lists down to size by learning to say no to the tasks that pull them away from their North Star-Grateful Overwhelmed. Do you wake up in the morning already feeling behind? Does the pressure of keeping it all together make you feel anxious and irritable? Tanya Dalton, CEO and productivity expert, offers you a liberating shift in perspective: feeling overwhelmed isn't the result of having too much to do -- it's from not knowing where to start. Doing less might seem counterintuitive, but doing less is more productive, because you're concentrating on the work you actually want to be doing. Through this book, you can learn how to: Identify what is important to you and clarify your priorities. Develop ways to streamline your specific workflow. Discover your purpose. Named Top 10 Business Book of the Year by Fortune magazine, *The Joy of Missing Out* is chock-full of resources and printables. This is a legitimate action plan for change. Once you reject the pressure to do more, something amazing happens: you discover you can finally live a guilt-free,

abundant life.

The Joy of Trivia

Post Traumatic Slave Syndrome

The Joy and Light Bus Company

An uplifting small-town romance from Hallmark Publishing

The Game of Life

The Switch

Breathing Makes It Better

What if your roommate is your soul mate? A joyful, quirky romantic comedy, Betty O'Leary's *The Flatshare* is a feel-good novel about finding love in the most unexpected of ways. Tiffy and Leon share an apartment. Tiffy and Leon have never met. After a bad breakup, Tiffy Moore needs a place to live. Fast. And cheap. But the apartment on her budget have her wondering if astonishingly colored mold on the walls counts as art. Desperation makes her open minded, so she answers an ad for a flatshare. Leon, a night shift worker, will take the apartment during the day, and Tiffy can have it during the night and weekends. He'll only ever be there when she's at the office. In fact, they'll never even have to meet. Tiffy and Leon start writing each other notes – first about what day is garbage day, and politely establishing what leftovers are up for grabs, and the evergreen question of whether the toilet seat should stay up or down. Even though they are opposites, they soon become friends. And then maybe more. But falling in love with your roommate is probably a terrible idea...especially if you've never met.

Sacred Knowledge is the first well-documented, sophisticated account of the effects of psychedelics on biological processes, human consciousness, and revelatory religious experiences. Based on nearly three decades of legal research with volunteers, William A. Richards argues that, if used responsibly and legally, psychedelics have the potential to assuage suffering and constructively affect the quality of human life. Richards' analysis contributes to social and political debates over the responsible integration of psychedelic substances into modern society. His book serves as an invaluable resource for readers who, whether spontaneously or with the facilitation of psychedelics, have encountered meaningful, inspiring, or even disturbing states of consciousness and seek clarity about their experiences. Testing the limits of language and conceptual frameworks, Richards makes the most of experiential phenomena that stretch our understanding of reality, advancing new frontiers in the study of belief, spiritual awakening, psychiatric treatment, and social well-being. His findings enrich the humanities and scientific scholarship, expanding work in philosophy, anthropology, theology, and religious studies and bringing depth to research in mental health, psychotherapy, and psychopharmacology.

The New York Times bestseller *One of America's* most original and biting comic satirists, Denis Leary takes on all the poseurs, politicians, and pop culture icons who have sucked in public for far too long. Sparing no one, Leary zeroes in on the ridiculous wherever he finds it—his Irish Catholic upbringing, the folly of celebrity pressures of family life, and the great hypocrisy of politics—with the same bright, savage, and profane insight he brought to his critically acclaimed one-man show.

Cure for CancerLock 'n Load. Proudly Irish-American, defiantly working class, with a healthy reserve of compassion for the underdog and the overlooked, Leary delivers blistering diatribes that are both penetrating social commentary with no holds barred and out-loud funny. As always, Leary's impassioned comic perspective in *Why We Suck* is right on target. Leary is the star and co-creator of the Emmy-nominated television show *Rescue Me*.

A gripping, edge-of-your-seat thriller of family intrigue and dark secrets, from the author of *Someone Is Watching* and *See Jane Run*. There was no shortage of words she could use to describe her father, almost none of them complimentary. Serve me damn right, she thought. A voice mail from her estranged sister, Melanie, sends Robin's heart racing and her mind spiraling in a full-blown panic attack. Melanie's message is dire: Their father, his second wife, and his twelve-year-old stepdaughter have been shot—likely in a home invasion—and lie in the hospital in critical condition. It's been more than five years since Robin turned her back on her father when he married her best friend. Five years since she said goodbye to her hometown of Lighthouse Bluff, California, and became a therapist. More than two years since Robin and Melanie have spoken. Yet even with all that distance and time and acrimony, the father always with Robin. Now she must return to the family she left behind. As she attempts to mend fences while her father clings to life, Robin begins to wonder if there is more to the tragedy than a botched burglary attempt. It seems that everyone—Robin's mercurial sister, her less-than-communicative nephew, her absent brother, and even Tara, her father's wife—has something to hide. And someone may have put them in grave danger. *New York Times* bestselling author Joy Fielding has written a gripping edge-of-your-seat thriller of family intrigue and dark secrets. *The Bad Daughter* explores the deadly differences between the lies we want to believe and the truths we wish not to know. Praise for *The Bad Daughter* "So expert is [Joy] Fielding at setting clues that readers will never see the final plot twist coming. The acutely portrayed family dynamics lend pathos and a certain schadenfreudian frisson to the proceedings. An author who knows her way around suburban angst."—*Kirkus Reviews* "Fielding's sure hand at psychological suspense, amps up tension nicely here as the narrative reaches a high-energy conclusion."—*Booklist* "[Keeps] the reader turning the pages until the bombshell final shocker."—*Publishers Weekly*

The Monster Parade

The Essence of African American Spirituality

Sacred Knowledge

Blue Shoes and Happiness

Undefining My Masculinity

Stories

Why We Suck

NATIONAL BESTSELLER • The #1 bestselling author of *On Fire* shows us how to recapture and harness our childlike sense of wonder in order to become more engaged, successful, and fulfilled. "Engaging . . . O'Leary encourages us to see the world through a child's eyes." —Mitch Albom, author of *Tuesdays with Morrie* There once was a time when we

joyfully raised our hands to answer questions, connected easily with others, believed that anything was possible, and fearlessly jumped into new experiences. A time when we viewed each day not as something to endure, but as a marvelous gift to explore and savor—when we danced through our lives in awe of the ordinary moments and eager for the promise of tomorrow. Unfortunately, that 's far from our experience today. Instead, we feel disconnected and jaded. Social media reminds us that we don ' t measure up, and the mainstream media barrages us with constant negativity. Many of us find ourselves caught in a life of dogged responsibility and mind-numbing repetition. The daily struggle to earn a living has caused us to lose the sense of wonder with which we once greeted every day. In his new book, bestselling author John O ' Leary invites us to consider that it is possible to once again navigate the world as a child does. Identifying five senses children innately possess and that we ' ve lost touch with as we age, O ' Leary shares emotional, humorous, and inspirational stories intertwined with fascinating new research showing how each of us can reclaim our childlike joy, and why doing so will change how we interact with the world. *In Awe* reveals how we can regain that ability to see fresh insights, reach for new solutions, and live our best lives.

A USA TODAY Bestseller! A gift of warmth to heal two hearts... Sarah Smith in Pine Hill, Kentucky has had her heart broken in the past. She pours herself into her work at church and into special projects—like making a quilt for a wounded warrior. Bodie Lewis is lost. All he ' s ever wanted was his career as an Army Ranger, but he was injured in an explosion that killed his brothers in arms. In the hospital, he receives a handmade quilt. Later, he sets out on his final mission: to find and thank its maker. Bodie expected Sarah to be an elderly lady, not a lovely young woman. When she mistakes him for a handyman, he doesn ' t immediately set her straight. Instead, he sets about repairing the home she ' s turning into a bed and breakfast. Sarah ' s presence and the spirit of the small town bring Bodie something he thought he ' d left far behind on the battlefield: hope. This heartwarming sweet romance includes a free quilt pattern from the Quilts of Valor Foundation and a new original Hallmark recipe for Cinnamon Swirl Bread.

The moth snowstorm, a phenomenon Michael McCarthy remembers from his boyhood when moths “ would pack a car ' s headlight beams like snowflakes in a blizzard, ” is a distant memory. Wildlife is being lost, not only in the wholesale extinctions of species but also in the dwindling of those species that still exist. *The Moth Snowstorm* is unlike any other book about climate change today; combining the personal with the polemical, it is a manifesto rooted in experience, a poignant memoir of the author ' s first love: nature. McCarthy traces his adoration of the natural world to when he was seven, when the discovery of butterflies and birds brought sudden joy to a boy whose mother had just been hospitalized and whose family life was deteriorating. He goes on to record in painful detail the rapid dissolution of nature ' s abundance in the intervening decades, and he proposes a radical solution to our current problem: that we each recognize in ourselves the capacity to love the natural world. Arguing that neither sustainable development nor ecosystem services have provided adequate defense against pollution, habitat destruction, species degradation, and climate change, McCarthy asks us to consider nature as an intrinsic good and an emotional and spiritual resource, capable of inspiring joy, wonder, and even love. An award-winning environmental journalist, McCarthy presents a clear, well-documented picture of what he calls “ the great thinning ” around the world, while interweaving the story of his own early discovery of the wilderness and a childhood saved by nature. Drawing on the truths of poets, the studies of scientists, and the author ' s long experience in the field, *The Moth Snowstorm* is part elegy, part ode, and part argument, resulting in a passionate call to action. A disaffected lieutenant and a dissident's daughter team up to protect a neutral planet from invasion by a superpower's fleet

In Awe

From Abraham to Acid House