

## Party Of One The Loners Manifesto Anneli Rufus

Capturing the atmosphere of anxiety and loss that exists in Manhattan, this is a story of the city itself, and the interconnected lives of those attempting to navigate both Manhattan and their own mortality. Joseph Guitau is a working actor who moved to New York to escape a tragic family history in the Midwest. Wandering through a city transformed by the attacks of September 2001, he frequents gatherings of conspiracy groups, trying to make sense of world events and his own personal history. Looming over his life is a secret that threatens to undermine his new marriage to Del, a snake expert at a city park, whose work visa is the only thread keeping her from deportation back to her native Greece. The new marriage influences the lives of those around them: William, a dark and troubled actor whose family is fading as quickly as his career, leading him to perform increasingly desperate acts; Madi, a young entrepreneur who will have to face the moral complications of a business made successful by the outsourcing of American jobs to India; and her brother Raj, Del's former lover, a promising photographer whose work details the empty rooms of an increasingly alienated city. Many people are stuck, or think they are. They feel frozen. Marooned. Trapped on treadmills. They say they're stuck in the wrong relationships, the wrong careers, the wrong places at the wrong times. They're stuck in bad habits and can't quit. They're stuck the past and can't let go. They're stuck in the present and can't plan for the future. And in many cases, they're looking for someone or something to blame. How did we get here? Consumer culture certainly has a hand in it, training us from infancy onward to seek instant gratification via various forms of brand loyalty; doing the same things with the same products over and over again. But other factors play other key roles, notably fear of change. Stuck is a work of social commentary that delivers a long-awaited diagnosis for our day and age. For some, there's a light at the end of the tunnel; this book includes stories of people who managed to become unstuck and of others who, after much reflection, decided that they're already exactly where they're meant to be. Chapter 1 ? ONCE UPON A TIME: Stuck in the Past Chapter 2 ? SEMIAUTOMATIC: Stuck in the Present Chapter 3 ? OOPSI! I DID IT AGAIN: Stuck on Habits Chapter 4 ? THE HORROR, THE HORROR: Stuck on Trauma Chapter 5 ? PEOPLE WHO NEED PEOPLE: Stuck on Others Chapter 6 ? TAKE THIS JOB AND?: Stuck on Work

(FPowerful.)
©Nårren Corning, NPR's Fresh Air Named a best book of the year by NPR, Kirkus Reviews, and BookPage David Federman has never felt appreciated. An academically gifted yet painfully forgettable member of his New Jersey high school class, the withdrawn, mild-mannered freshman arrives at Harvard fully expecting to be embraced by a new tribe of high-achieving peers. Initially, however, his social prospects seem unlikely to change, sentencing him to a lifetime of anonymity. Then he meets Veronica Morgan Walls. Stuck by her beauty, wit, and sophisticated Manhattan upbringing, David becomes instantly infatuated. Determined to find her attention and an invite into her glamorous world, he begins compromising his moral standards for this one, great shot at happiness. But both Veronica and David, it turns out, are not exactly as they seem. Loner turns the traditional campus novel on its head as it explores ambition, class, and gender politics. It is a stunning and timely literary achievement from one of the rising stars of American fiction.

Rufus identifies a rather striking social trend: many people are stuck in the wrong relationship, career, or town, or just with bad habits they can't seem to quit. Many even say they want to change, but face a complex network of causes for immobilization.

It was just another ordinary day at McKinley High!until a massive explosion devastated the school. When Loner David Thorpe tried to help his English teacher to safety, the teacher convulsed and died right in front of him. And that was just the beginning. A year later, McKinley has descended into chaos. All the students are infected with a virus that makes them deadly to adults. The school is under military quarantine. The teachers are gone. Violent gangs have formed based on high school social cliques. Without a gang, you're as good as dead. And David has no gang. It's just him and his little brother, Will, against the whole school. In this frighteningly dark and captivating novel, Lex Thomas locks readers inside a school where kids don't fight to be popular, they fight to stay alive.

In Pursuit of a Singular Life in a Crowded World

Unworthy

Monument 14

The Loners

Solitude

The Secret Lives of Super Heroes

From the pages of Runaways! Once they were the teen heroes known as Darkhawk, Turbo, Ricochet, Green Goblin and Lightspeed. Now they're five young adults trying to stay out of spandex. But is walking away from the buzz of danger and intrigue easier said than done? And is a self-help group enough to keep these former crime-fighters out of action? Pull up a chair and join the circle as writer C.B. Cebulski (X-Men Fairy Tales), artist Karl Moline (Rogue, Route 666) and cover artist Jason Pearson (Bodybags) ask the question: How do you kick an addiction to masks and tights? Collects The Loners #1-6.

Originally published in 1988, Anthony Storr's bestselling meditation on the creative individual's need for solitude has become a classic. A pre-eminent work in self-help and popular psychology literature, Solitude was seminal in challenging the psychological paradigm that "interpersonal relationships of an intimate kind are the chief, if not the only, source of human happiness." Indeed, most self-help literature still places relationships at the center of human existence. Lucid and lyrical, Storr's book argues that solitude ranks alongside relationships in its impact on an individual's well-being and productivity, as well as on society's progress and health. Citing numerous examples of brilliant scholars and artists—from Beethoven and Kant to Anne Sexton and Beatrix Potter—he argues that solitary activity is essential not only for geniuses, but often for the average person as well. For nearly three decades, readers have found inspiration and renewal in Storr's erudite, compassionate vision of the human experience—and the benefits and joy of solitude.

A formal creed for loners, empathis, introverts, wallflowers, misfits-and those who seek to understand them. 'The Perilous Comfort of Being a Loner: An Empath's Guide to a Better Life in Solitude and the Internal Universe' is a detailed, careful anatomy of living as an empath and beyond: on Loners, introversion, the internal universe, sociopaths, and more.

A New Yorker and Fortune Best Book of the Year "A must-read for all Americans who want to remain the ones deciding what they can read, watch, and listen to." —Arianna Huffington Analyzing the strategic maneuvers of today's great information powers—Apple, Google, and an eerily resurgent AT&T—Tim Wu uncovers a time-honored pattern in which invention begets industry and industry begets empire. It is easy to forget that every development in the history of the American information industry—from the telephone to radio to film—once existed in an open and chaotic marketplace inhabited by entrepreneurs and utopians, just as the Internet does today. Each of these, however, grew to be dominated by a monopolist or cartel. In this pathbreaking book, Tim Wu asks: will the Internet follow the same fate? Could the Web—the entire flow of American information—come to be ruled by a corporate leviathan in possession of "the master switch"? Here, Tim Wu shows how a battle royale for the Internet's future is brewing, and this is one war we dare not tune out.

The first book of its kind: a fascinating and entertaining examination of hedge funds today Shortlisted for the Financial Times/Goldman Sachs Business Book of the Year Award The New York Times bestseller

A Little Life

The History of an Emotion

South Pole Station

How to Be Alone

How to Find Your Place in a World You Don't Fit In

*"For years (Andrew's) worked a thankless public health job, searching for the next of kin of those who die alone. Luckily, he goes home to a loving family every night. At least, that's what his coworkers believe . . . A misunderstanding has left Andrew trapped in his own white lie and his lonely apartment. When new employee Peggy breezes into the office like a breath of fresh air, she makes Andrew feel truly alive for the first time in decades!"—Dust jacket flap.*

*Destined to become the bible for a bold new subculture of eco-minded people who are creating a lifestyle out of recycling, reusing, and repurposing rather than buying new. An exciting new movement is afoot that brings together environmentalists, anticonsumerists, do-it-yourselfers, bargain-hunters, and treasure seekers of all stripes. You can see it in the enormous popularity of many websites: millions of Americans are breaking free from the want-get-discard cycle by which we are currently producing approximately 245 million tons of waste every day (that's 4.5 pounds per person, per day!) Plot to Save America's Manifesto: Anneli Rufus and Kristan Lawson invite readers to discover one of the most gratifying (and inexpensive) ways there is to go green. Whether it's refurbishing a discarded wooden door into a dining-room table; finding a bicycle on freecycle.org; or giving a neighbor who just had a baby that cute never-used teddy bear your child didn't bond with, in this book Rufus and Lawson chart the history of scavenging and the world-changing environmental and spiritual implications of "Scavenomics," and offer readers a framework for adopting scavenging as a philosophy and a way of life.*

*Learn more about the Loner Movement and Loner Culture! Are you feeling lonely or do you know someone who is? Are you sad about a romantic break-up or know someone who is? If so this book's for you! There could be over a billion adults worldwide who are alone. If you're one we hope you're enjoying it as much as we are. If not this book could show you why you may be a lot better off alone, at least temporarily, than you realize. We spend a lot of time alone. You're likely alone showering, writing, working around the home, napping, driving, maybe when sleeping at night, etc. Usually we enjoy being alone but trauma can break that tranquility. Humans are pack animals and the life of a hermit is not only difficult but not recommended. Most need to work in association with others to meet obligations and acquire income. You have friends, neighbors, family, associates, etc. Still you're likely better off alone than in life's many higher maintenance relationships. This book can show how many unaccompanied (alone) people might be better off. It can also help readers let go of bad relationships and social agendas that could harm them. If you know people who are feeling melancholy due to a break up, this could be a particularly good gift book to get them.*

*Tracing a Journey from the 1950s through the 1990s, N. Katherine Hayles uses theautobiographical persona of Kaye to explore how literature has transformed itself from inscriptionsrendered as the flat durable marks of print to the dynamic images of CRT screens, from verbal textsto the diverse sensory modalities of multimedia works. From books to technotexts,Weaving togetherKaye's pseudo-autobiographical narrative with a theorization of contemporary literature inmedia-specific terms, Hayles examines the ways in which literary texts in every genre and periodmutate as they are reconnected and rewritten for electronic formats. As electronic documents become more pervasive, print appears not as the sea in which we swim, transparent because we are soaccustomed to its conventions, but rather as a medium with its own assumptions, specificities, andinscription practices. Hayles explores works that focus on the very inscription technologies thatproduce them, examining three writing machines in depth: Talan Memmott's groundbreaking electronicwork Lexia to Perplexia, Mark Z. Danielewski's cult postprint novel House of Leaves, and TomPhillips's artist's book A Humument. Hayles concludes by speculating on how technotexts affect thedevelopment of contemporary subjectivity.Writing Machines is the second volume in the MediaworkFamphlets series.*

*Are you an introvert or loner who feels painfully different from others and unable to fit into society? Do you often feel misunderstood and alienated from those around you? Do you find yourself opposing conventional beliefs and society's values? Do you feel deeply frustrated and alien to this world, like you don't belong here? You are not alone. For most of my life I was convinced that I was deeply flawed because of my introverted nature and reclusive personality. Only years later would I realize the eye-opening truth that would allow me to accept my introversion and turn it into my greatest asset, guiding me onto the right path and toward inner peace. Trust me, no matter how alone and misunderstood you might feel, you too can find your own unique place in this loud, extroverted world. The path I propose is so much more rewarding than simply fitting in and conforming to social expectations. All it takes is to shift your focus in the right direction, and I'm here to show you how. This book won't turn you into a leader, a people person, the life of the party – it will teach you something much more important: how to be the authentic you and find your place in a world you don't fit in.*

The Power of Misfits

The Year of the Hare

An Ordinary Spy

Stuck

The Guest List

The Afterlife of the Party

Fifteen-year-old Ari Mendoza is an angry loner with a brother in prison, but when he meets Dante and they become friends, Ari starts to ask questions about himself, his parents and his family that he has never asked before.

When a group of kids trapped together in a chain superstore build a refuge for themselves inside, outside, a series of disasters from a monster hailstorm to a chemical weapons spill, seems to be tearing the world apart.

Based on interviews with some of his closest associates, a portrait of the thirty-fifth president discusses his privileged childhood, military service, struggles with a life-threatening disease, and career in politics.

A former CIA agent's thrilling novel about two compassionate CIA spies, who, at the risk of their respective careers, both try to keep their informants out of harms way.

Celebrated for its commitment to independence and fearless individualism, America in fact dismisses independent thinkers and nonconformists in favor of the team player, the company man, and the go-along-to-get-along mentality. This anti-intellectual mindset despises and discredits those who are solitary and reclusive. While we look up to literary loners like Poe and Melville and Dickinson, the man in the street is a compulsive joiner of clubs, and herds from university frats to the Order of the Pink Goat. To the contrary, this book is a paean vigorously endorsing America's lone wolves, cultural hermits, and all such independent thinkers, solitary and marginalized figures, who are the cultural bedrock of the nation that detests them.

Tales from America's Greatest Diarist

Tuesday Nights in 1980

How to Stop Hating Yourself

How the Loner Movement is Changing Our Lives

Aristotle and Dante Discover the Secrets of the Universe

The Scavengers' Manifesto

When sarcastic loner Haruka gets transported with his class to another world, he's not wild about adventuring, but he wouldn't mind having some cool powers. Unfortunately, he's last in line when the magic cheat skills get divvied up, so by the time it's Haruka's turn, there are no good choices left. Now Haruka will have to take on this fantasy world the hard way--on his own, with a hodgepodge of bizarre skills! When nothing and no one can help out among his classmates, can this loner come to the rescue?

"Self-loathing is a dark land studded with booty traps. Fumbling through its dark underbrush, we cannot see what our trouble actually is: that we are mistaken about ourselves. That we were told lies long ago that we, in love and loyalty and fear, believed. Will we believe ourselves to death?"—from Unworthy As someone who has struggled with low self-esteem her entire life, Anneli Rufus knows only too well how the world looks through the eyes of those who are not comfortable in their own skin. In Unworthy, Rufus boldly explores how a lack of faith in ourselves can turn us into our own worst enemies. Drawing on extensive research, enlightening interviews, and her own poignant experiences, Rufus considers the question: What personal, societal, biological, and historical factors coalesced to spark this secret epidemic, and what can be done to put a stop to it? She reveals the underlying sources of low self-esteem and leads us through strategies for positive change.

"In one sentence, Ms. Prentiss captures a sense of intoxication and possibility that six seasons of voice-overs from Sarah Jessica Parker never could. . . Ms. Prentiss concludes her novel on a note that's both ethereal and brutally realistic. She cauterizes wounds, but they're still visible and bare. But for her characters—for this promising author—it's enough." —The New York Times "An intoxicating Manhattan fairy tale. . . As affecting as it is absorbing. A thrilling debut." —Kirkus Reviews (starred review) "A vital, sensuous, edgy, and suspenseful tale of longing, rage, fear, compulsion, and love." —Booklist (starred review) An intoxicating and transcendent debut novel that follows a critic, an artist, and a desirous, determined young woman as they find their way—and ultimately collide—amid the ever-evolving New York City art scene of the 1980s. Welcome to SoHo at the onset of the eighties: a gritty, not-yet-gentrified playground for artists and writers looking to make it in the big city. Among them: James Bennett, a synesthetic art critic for The New York Times whose unlikely condition enables him to describe art in profound, magical ways, and Raul Engales, an exiled Argentinian painter running from his past and the Dirty War that has enveloped his country. As the two men ascend in the downtown arts scene, dual tragedies strike, and each is faced with a loss that acutely affects his relationship to life and to art. It is not until they are inadvertently brought together by Lucy Ollason—a small town beauty and Raul's muse—and a young orphan boy sent mysteriously from Buenos Aires, that James and Raul are able to rediscover some semblance of what they've lost. As inventive as Jennifer Egan's A Visit From The Goon Squad and as sweeping as Meg Wolitzer's The Interestsings, Tuesday Nights in 1980 boldly renders a complex moment when the meaning and nature of art is being all but upended, and New York City as a whole is reinventing itself. In risk-taking prose that is as powerful as it is playful, Ms. Prentiss deftly explores the need for beauty, community, creation, and love in an ever-changing urban landscape.

A REESE'S BOOK CLUB PICK THE NEW YORK TIMES BESTSELLER ONE OF THE NEW YORK TIMES BEST THRILLERS OF THE YEAR "I loved this book. It gave me the same waves of happiness I get from curling up with a classic Christie. . .The alternating points of view keep you guessing, and guessing wrong." — Alex Michaelides, #1 New York Times bestselling author of The Silent Patient James and Paula are able to rediscover some semblance of what they've lost. As inventive as Jennifer Egan's A Visit From The Goon Squad and as sweeping as Meg Wolitzer's The Interestsings, Tuesday Nights in 1980 boldly renders a complex moment when the meaning and nature of art is being all but upended, and New York City as a whole is reinventing itself. In risk-taking prose that is as powerful as it is playful, Ms. Prentiss deftly explores the need for beauty, community, creation, and love in an ever-changing urban landscape. "Evok[es] the great Agatha Christie classics. . . Play close attention to seemingly throwaway details about the characters' pasts. They are all clues. " — New York Times Book Review A wedding celebration turns dark and deadly in this deliciously wicked and atmospheric thriller reminiscent of Agatha Christie from the New York Times bestselling author of The Hunting Party. The bride — The plus one — The best man — the wedding planner — The bridesmaid — The body on an island off the coast of Ireland, guests gather to celebrate two people joining their lives together as one. The groom: handsome and charming, a rising television star. The bride: smart and ambitious, a magazine publisher. It's a wedding for a magazine, or for a celebrity: the designer dress, the remote location, the luxe party favors, the boutique whiskey. The cell phone service may be spotty and the waves may be rough, but every detail has been expertly planned and will be expertly executed. But perfection is for plans, and people are all too human. As the champagne is popped and the festivities begin, resentments and petty jealousies begin to mingle with the reminiscences and well wishes. The groomsmen begin the drinking game from their school days. The bridesmaid not-so-accidentally ruins her dress. The bride's oldest (male) friend gives an uncomfortably caring toast. And then someone turns up dead. Who didn't wish the happy couple well? And perhaps more important, why?

A sharp and unlikely coming-of-age debut novel from Australia's Sally Rooney

A Libertarian Walks Into a Bear

The Perilous Comfort of Being a Loner

Loner Life in Another World (Light Novel) Vol. 1

The Utopian Plot to Liberate an American Town (And Some Bears)

The Badass Psychology of People Who Like Being Alone

Lightning People

A harrowing and thorough account of the massacre that upended Norway, and the trial that helped put the country back together On July 22, 2011, Anders Behring Breivik detonated a bomb outside government buildings in central Oslo, killing eight people. He then proceeded to a youth camp on the island of Utøya, where he killed sixty-nine more, most of them teenage members of Norway's governing Labour Party. In One of Us, the journalist Aise Steierstad tells the story of this terrible day and what led up to it. What made Breivik, a gifted child from an affluent neighborhood in Oslo, become a terrorist? As in her bestseller The Bookseller of Kabul, Steierstad excels at the vivid portraiture of lives under stress. She dives deep into Breivik's troubled childhood, showing how a hip-hop and graffiti aficionado became a right-wing activist and Internet game addict, and then an entrepreneur, Freemason, and self-styled master warrior who sought to "save Norway" from the threat of Islam and multiculturalism. She writes with equal intimacy about Breivik's victims, tracing their political awakenings, aspirations to improve their country, and ill-fated journeys to the island. By the time Steierstad reaches Utøya, we know both the killer and those he will kill. We have also gotten to know an entire countryfamously peaceful and prosperous, and utterly incapable of protecting its youth.

IN THIS AGE OF CONSTANT CONNECTIVITY, LEARN HOW TO ENJOY SOLITUDE AND FIND HAPPINESS WITHOUT OTHERS. Our fast-paced society does not approve of solitude; being alone is antisocial and some even find it sinister. Why is this so when autonomy, personal freedom, and individualism are more highly prized than ever before? In How to Be Alone, Sara Maitland answers this question by exploring changing attitudes throughout history. Offering experiments and strategies for overturning our fear of solitude, she helps us practice it without anxiety and encourages us to see the benefits of spending time by ourselves. By indulging in the experience of being alone, we can be inspired to find our own rewards and ultimately lead more enriched, fuller lives.

NATIONAL BESTSELLER "A stunning portrait of the enduring grace of friendship" (NPR) about the families we are born into, and those that we make for ourselves. A masterful depiction of love in the twenty-first century. A NATIONAL BOOK AWARD FINALIST | A MAN BOOKER PRIZE FINALIST | WINNER OF THE KIRKUS PRIZE A Little Life follows four college classmates/broke, adult, and buoyed only by their friendship and ambitions, they move to New York in search of fame and fortune. While their relationships, which are tinged by addiction, success, and pride, deepen over the decades, the men are held together by their devotion to the brilliant, enigmatic Jude, a man scarred by their devotion to the brilliant, enigmatic Jude, a man scarred by an unspeakable childhood trauma. A hymn to brotherly bonds and a masterful depiction of love in the twenty-first century, Hanya Yanagihara's stunning novel is about the families we are born into, and those that we make for ourselves. Look for Hanya Yanagihara's new novel, To Paradise, coming in January 2022.

The provocative and mind-bending new novel from the bestselling author of Fight Club and Haunted. Rant takes the form of a (fictional) oral history of Buster ¶Rant Casey, in which an assortment of friends, enemies, admirers, detractors, and relations have their say on this evil character, who may or may not be the most efficient serial killer of our time. Buster Casey was every small kid born in a small town, searching for real thrills in a world of video games and action/adventure movies. The high school rebel who always wins ¶ and a childhood murderer? ¶ Rant Casey escapes from his hometown of Middleton into the big city and becomes the leader of an urban demolition derby called Party Crashing, where, on designated nights, the participants recognize each other by dresing their cars with tin-can tails. (Just Married) toothpaste graffiti. And other refuse, then look for special markings in order to stalk and crash into each other. It's in this violent, late-night hunting game that Casey makes three friends. And after his spectacular death, these friends gather the testimony needed to build an oral history of his short life. Their collected anecdotes explore the charges that his saliva infected hundreds and caused a silent, urban plague of rabies . . . Expect hilarity and horror, and blazing insight into the desperate and surreal contemporary human condition as only Chuck Palahniuk can deliver it. He's the postmillennial Jonathan Swift, the man to watch to learn what's ¶ uh-oh ¶ coming next. Excerpt from RANT: Wallace Boyer (Car Saleman): Like most people, I didn't meet and talk to Rant Casey until after he was dead. That's how it works for most celebrities, after they croak their circle of close friends just explodes. A dead celebrity can't walk down the street without meeting a million best buddies they never met in real life. Dying was the best career move Jeff Dahmer and John Wayne Gacy ever made. . . The way Rant Casey used to say it: Folks build a reputation by attacking you while you're alive/or praising you after you ain't!

I didn't even want to go to the party. I just wanted to stay home with my librarian-widow grandmother and her mystical book club. But my best friend Skyler begged me. So I went. Not only was it the worst party of my life, it was the last party of my life. I should have known there was something really strange about the band!Especially when the lead singer bit me afterwards and then took off with my best friend. Now I'm chasing down a band of dangerous vamps with my best guy friend, Vaughn. Who also happens to be the boy I've been secretly crushing on forever. And out on the road, anything can happen. All I ever wanted was for things to change with Vaughn. For him to finally see the real me. But this isn't exactly what I had in mind. So be it. Let the afterlife begin. The Afterlife series is best enjoyed in order. Reading Order: Book #1 The Afterlife of the Party

Book #2 In with the Banned Book #3 A Sucker for You

The Rise and Fall of Information Empires

Rack Kennedy

Rant

A Novel

Why We Can't (or Won't) Move on

The Master Switch

A tiny American town's plans for radical self-government overlooked one hairy detail: no one told the bears. Once upon a time, a group of libertarians got together and hatched the Free Town Project, a plan to take over an American town and completely eliminate its government. In 2004, they set their sights on Grafton, NH, a barely populated settlement with one paved road. When they descended on Grafton, public funding for pretty much everything shrank: the fire department, the library, the schoolhouse. State and federal laws became meek suggestions, scarcely heard in the town's thick wilderness. The anything-goes atmosphere soon caught the attention of Grafton's neighbors: the bears. Freedom-loving citizens ignored hunting laws and regulations on food disposal. They built a tent city in an effort to get off the grid. The bears smelled food and opportunity. A Libertarian Walks Into a Bear is the sometimes funny, sometimes terrifying tale of what happens when a government disappears into the woods. Complete with autopsy, adventure, and backstabbing politicians, this is the ultimate story of a quintessential American experiment -- to live free or die, perhaps from a bear.

Collection of more than 60 articles published in places such as Psychology Today, Psych Central, and the Washington Post.

With a foreword by Nicholas Carr, author of the Pulitzer Prize–finalist The Shallows. Today, society embraces sharing like never before. Fueled by our dependence on mobile devices and social media, we have created an ecosystem of obsessive connection. Many of us now lead lives of strangely crowded isolation: we are always linked, but only shallowly so. The capacity to be alone, properly alone, is one of life's subtlest skills. Real solitude is a powerful resource we can call upon—a crucial ingredient for a rich inner life. It inspires reflection, allows creativity to flourish, and improves our relationships with ourselves and, unexpectedly, with others. Idle hands can, in fact, produce the extraordinary. In living bigger and faster, we have forgotten the joys of silence, and undervalued how profoundly it can revolutionize our lives. This book is about discovering stillness inside the city, inside the crowd, inside our busy lives. With wit and energy, award-winning author Michael Harris weaves captivating true stories with reporting from the world's foremost brain researchers, psychologists, and tech entrepreneurs to guide us toward a state of measured connectivity that balances quiet and companionship. Solitude is a beautiful and convincing statement on the transformative power of being alone.

Just one month after his twenty-first birthday, Peter Rudiak-Gould moved to Ujae, a remote atoll in the Marshall Islands located 70 miles from the nearest telephone, car, store, or tourist and 2000 miles from the closest continent. He spent the next year there, living among its 450 inhabitants and teaching English to its schoolchildren. At first glance, Surviving Paradise is a thoughtful and laugh-out-loud hilarious documentation of Rudiak-Gould's efforts to cope with daily life on Ujae as his idealistic expectations of a tropical paradise confront harsh reality. But Rudiak-Gould goes beyond the personal, interweaving his own story with fascinating political, linguistic and ecological digressions about the Marshall Islands. Most poignant are his observations of the noticeable effect of global warming on these tiny, low-lying islands and the threat rising water levels pose to their already precarious existence.

Over the 21st-century fears of an 'epidemic' of loneliness, its history has been sorely neglected. A Biography of Loneliness offers a radically new interpretation of loneliness as an emotional language and experience. Using letters and diaries, philosophical tracts, political discussions, and medical literature from the eighteenth century to the present, historian of the emotions Fay Bound Alberti argues that loneliness is not an ahistorical, universal phenomenon. It is, in fact, a modern emotion: before 1800, its language did not exist. And where loneliness is identified, it is not always bad, but a complex emotional state that differs according to class, gender, ethnicity and experience. Looking at informative case studies such as Sylvia Plath, Queen Victoria, and Virginia Woolf, A Biography of Loneliness charts the emergence of loneliness as a modern and embodied emotional state.

A Biography of Loneliness

The Loners' Manifesto

The Story of Anders Breivik and the Massacre in Norway

America's Lone Wolves and Submissive Sheep, Or, the American Intellectual as Loner and Outcast

More Money Than God

An Oral Biography of Buster Casey

**Xavier Ireland** is the assumed name of a radio-show host with a devoted following of listeners riveted by the sleepless loners who call in throughout the night to seek his advice. Off the air, he leads a low-key life of avoiding his neighbors, playing Scrabble, and maintaining an awkward friendship with his cohort, Murray. But his life changes when he meets a cleaning lady named Pippa, who becomes a constant, surprisingly necessary presence in his life as he starts facing up to his past and discovering soul and redemption in the most unexpected places. British comedian Mark Watson's North American debut humorously and poignantly explores life and death, strangers and friends, heartache and comfort, and whether the choices we don't make affect us just as powerfully as the ones we do.

**A cross between the Gone series and Lord of the Flies, Quarantine #2: The Saints** continues this frenetically paced and scary young adult series that illustrates just how deadly high school can be. Nothing was worse than being locked in—until they opened the door. . . .McKinley High has been a battleground for eighteen months since a virus outbreak led to a military quarantine of the school. When the doors finally open, Will and Lucy think their nightmare is finished. But they are gravely mistaken. As a new group of teens enters the school and gains popularity, Will and Lucy join new gangs. An epic party on the quad full of real food and drinks, where kids hook up and actually interact with members of other gangs seemed to signal a new, easier existence. Soon after, though, the world inside McKinley takes a startling turn for the worse, and Will and Lucy will have to fight harder than ever to survive. **The Saints** brings readers back to the dark and deadly halls of McKinley High and the Quarantine series.

**Party of One**The Loners' ManifestoDa Capo Lifelong Books

An internationally bestselling comic novel in which a man—with the help of a bunny—suddenly realizes what's important in life "Escapism at its best . . . Just pure fun." —NPR.org "Which of us has not had that wonderfully seditious idea: to play hooky for a while from life as we know it?" With these words from his foreword, Pico Iyer puts his finger on the exhilaratingly anarchic appeal of *The Year of the Hare*, a novel in the bestselling tradition of *Waterson Down*, *Jonathan Livingston Seagull*, and *Life of Pi*. While out on assignment, a journalist hits a hare with his car. This small incident becomes life-changing; he decides to quit his job, leave his wife, sell his possessions, and spend a year wandering the wilds of Finland—with the bunny as his boon companion. What ensues is a series of comic misadventures, as everywhere they go—whether chased up a tree by dogs, or to a formal state dinner, or in pursuit of a bear across the Finnish border with Russia—they leave mayhem (and laughter!) in their wake.

An essential defense of the people the world loves to revile—the loners—yet without whom it would be lost **The Buddha, René Descartes, Emily Dickinson, Greta Garbo, Bobby Fischer, J. D. Salinger: Loners**, all—along with as many as 25 percent of the world's population. Loners keep to themselves, and like it that way. Yet in the press, in films, in folklore, and nearly everywhere one looks, loners are tagged as losers and psychopaths, pervers and pity cases, ogres and mad bombers, elitists and wicked witches. Too often, loners buy into those messages and strive to change, making themselves miserable in the process by hiding their true nature—and hiding from it. Loners as a group deserve to be reassessed—to claim their rightful place, rather than be perceived as damaged goods that need to be "fixed." In *Party of One* Anneli Rufus—a prize-winning, critically acclaimed writer with talent to burn—has crafted a morally urgent, historically compelling tour de force—a long-overdue argument in defense of the loner, then and now, marshaling a polymath's erudition to make her case, assembling evidence from every conceivable arena of culture as well as interviews with experts and loners worldwide and her own acutely calibrated analysis, Rufus rebuts the prevailing notion that aloneness is indistinguishable from loneliness, the fallacy that all of those who are alone don't want to be, and wouldn't be, if only they knew how.

Writing Machines

The Joy of Being Alone

Hedge Funds and the Making of the New Elite

Party of One

Evasive Hero

An Empath's Guide to a Better Life in Solitude and the Internal Universe

" Do you have digestion problems due to stress? Do you have problems with authority? How many alcoholic drinks do you consume a week? Would you rather be a florist or a truck driver? These are the questions that decide who has what it takes to live at South Pole Station, a place with an average temperature of -54°F and no sunlight for six months a year. Cooper Gosling is adrift at thirty, unmooored by a family tragedy and floundering in her career as a painter. So she applies to the National Science Foundation Artists & Writers Program and flies to Antarctica -- the bottom of the Earth -- where she encounters a group of misfits motivated by desires as ambiguous as her own. There's Pearl, the cook whose Carrot Mushroom loaf becomes means toward her Machiavellian ambitions; the oxymoronomic Sal (he is an attractive astrophysicist); and Tucker, the only gay black man on the continent who, as station manager, casts a watchful eye on all. The only thing they have in common is the conviction that they don't belong anywhere else. Enter Frank Pavano -- a climatologist with unorthodox beliefs. His presence will rattle the already unbalanced community, bringing Cooper and the Polies to the center of a global controversy and threatening the 800-million-year-old ice chip they call home. In the tradition of *And Then We Came to the End* and *Where'd You Go Bernadette?*, *South Pole Station* is a warmhearted comedy of errors set in the world's harshest place. --"

The Saints

Solitude a Return to the Self

Alone

Loner

How Not to Die Alone