

## Redirect Changing The Stories We Live By

After Amara's cheating boyfriend breaks her heart, she has an unforgettable one-night stand-which leaves her pregnant. But she doesn't even know the father's full name and doesn't bother looking for him. Instead, she moves in with her friend and raises her child on her own for three years. That's when the restaurant she works for closes down. Amara manages to get a new job as a personal chef, only to find out she will be working for her son's father, a billionaire. At first, Xavier doesn't recognize her, but one night, he finally remembers who she is...

Sometimes bad ideas succeed, and we can't stop them. Sometimes good ideas fail and we can't save them. But we can learn from those failures and improve our chances of success in the future. In the intervening years, I've realised that there is no such thing as a bad idea or a good idea. There is only the wrong story or the right story. The right story is one that is trusted. It is believed because it is told by the right person, for the right reasons, in the right way, at the right time, to the right people. The success or failure of our ideas depends on us telling the right story. We can only do that by being clear about the change we want to create, and why-and then bringing enough of the right people with us on the journey. It's up to us, the changemakers of today and tomorrow, to galvanise those people we hope to bring on the journey with us. That's what this book is about. It's not just about helping you to change someone's mind. It's about how you can get better at articulating the change you want to create and understanding the people you want to influence-so you can build upon what they already believe and ultimately shape the future you and they want to see.

Our inner voice is a powerful compass that helps us navigate the world. At its worst it can seem like a demoralising critic, hellbent on sabotaging our potential; but if it is positively harnessed, it will become an inspiring coach and lifelong guide. In this book, psychology professor Ethan Kross brings more than 20 years of research to demystify the voice inside our head. Weaving cutting-edge science with compelling true stories, he shares powerful but simple tools to make your brain's musings work for you.

"This is Claude. He's five years old, the youngest of five brothers. He also loves peanut butter sandwiches. He also loves wearing a dress, and dreams of being a princess. When he grows up, Claude says, he wants to be a girl. Rosie and Penn want Claude to be whoever Claude wants to be. They're just not sure they're ready to share that with the world. Soon the entire family is keeping Claude's secret. Until one day it explodes."--

**What We Should Know about the People We Don't Know**

**First & Then**

**The Person You Mean to Be**

**Stories and Other Stories**

**The Moment**

**The Voice in Our Head and How to Harness It**

The Stories We Leave Behind is a legacy-based approach to dealing with our stuff and preserving our stories. Rather than asking which items we can live without, The Stories We Leave Behind asks: 1. How do I want to be remembered? 2. What stories tell that legacy? 3. What stuff highlights those stories? In the process you'll highlight items that tell a legacy story, identify valuable stuff that may be overlooked, minimize challenging decisions for loved ones, and reclaim space, time, and energy for you. What stories will you leave behind?

An Post Irish Book Awards Nonfiction Book of the Year • A Guardian Best Book of 2020 • Shortlisted for the 2021 Rathbones Folio Prize • Longlisted for the 2021 Republic of Consciousness Prize • Shortlisted for the James Tait Black Biography Prize When we first met, I was a child, and she had been dead for centuries. On discovering her murdered husband's body, an eighteenth-century Irish noblewoman drinks handfuls of his blood and composes an extraordinary lament. Eibhlín Dubh Ní Chonaill's poem travels through the centuries, finding its way to a new mother who has narrowly avoided her own fatal tragedy. When she realizes that the literature dedicated to the poem reduces Eibhlín Dubh's life to flimsy sketches, she wants more: the details of the poet's girlhood and old age; her unique rages, joys, sorrows, and desires; the shape of her days and site of her final place of rest. What follows is an adventure in which Doireann Ní Ghríofa sets out to discover Eibhlín Dubh's erased life—and in doing so, discovers her own. Moving fluidly between past and present, quest and elegy, poetry and those who make it, A Ghost in the Throat is a shapeshifting book: a record of literary obsession; a narrative about the erasure of a people, of a language, of women; a meditation on motherhood and on translation; and an unforgettable story about finding your voice by freeing another's.

"This book is a message from autistic people to their parents, friends, teachers, coworkers and doctors showing what life is like on the spectrum. It's also my love letter to autistic people. For too long, we have been forced to navigate a world where all the road signs are written in another language." With a reporter's eye and an insider's perspective, Eric Garcia shows what it's like to be autistic across America. Garcia began writing about autism because he was frustrated by the media's coverage of it; the myths that the disorder is caused by vaccines, the narrow portrayals of autistic people as white men working in Silicon Valley. His own life as an autistic person didn't look anything like that. He is Latino, a graduate of the University of North Carolina, and works as a journalist covering politics in Washington D.C. Garcia realized he needed to put into writing what so many autistic people have been saying for years; autism is a part of their identity, they don't need to be fixed. In We're Not Broken, Garcia uses his own life as a springboard to discuss the social and policy gaps that exist in supporting those on the spectrum. From education to healthcare, he explores how autistic people wrestle with systems that were not built with them in mind. At the same time, he shares the experiences of all types of autistic people, from those with higher support needs, to autistic people of color, to those in the LGBTQ community. In doing so, Garcia gives his community a platform to articulate their own needs, rather than having others speak for them, which has been the standard for far too long.

#2 Bestseller in "Study Skills" - Amazon.com: April 2014 #1 Kindle Bestseller in "Study Skills" - Amazon.com: April, May 2014 #1 Kindle Bestseller in "Study Guides" - Amazon.com: April, May, July - Oct. 2014 Learn More in Less Time! Let's face it, we live in a fast-paced world. In order to succeed, you must have the ability to absorb information rapidly, and to think logically and creatively - all at the same time. Students must discover how to conquer the high-pressure challenges of an intensely competitive society. With technology on the rise, knowing how to learn efficiently will be the most important skill you ever possess. Unfortunately, most of us were never taught the actual art of learning. Many students struggle, not because they aren't smart, but because they simply were never taught the rare techniques presented in this book. Well, that's all about to change! It doesn't matter if you're a top student, or barely passing, you can finally learn more in less time. Accelerated Learning Techniques for Students will show you proven steps to maximize your potential. Some life-changing secrets you'll discover inside include: recommended ways to manage your physical and mental energy why negative emotions such as stress and anxiety literally destroy your ability to learn how to double your learning capabilities in 10 minutes or less how to develop a personal

"learning toolkit" to master any subject time-management tips for the busy student - extremely valuable 11 practical memory techniques so you retain more of what you learn 5 ninja note-taking techniques (that will impress even your teachers) 20 unique tips for students wanting to achieve massive success And, much more... You'll soon know how to learn anything and everything more easily. Enhance your thinking skills today! Don't waste another moment of your time and energy using inefficient learning strategies. The material presented within these pages will help you unlock your brain's amazing power. You change, the competition changes, and the world changes. What can not change is your determination to continue investing in yourself. Release your inner genius and become the student you were always meant to be!

Strangers to Ourselves

The Billionaire's Baby

The Stories We Leave Behind

Change Your Story, Change Your Life

Changing the Stories We Live By

How to Accept Your Fears, Release the Past, and Live Your Courageous Life

Devon is a high school senior, wondering if she really wants to go to college, what to do with her cousin Foster (a freshman) who has moved in with her family in Florida, and whether she likes Ezra, the stuck-up football star at her school, or cannot stand him.

A brilliantly brain-warping thriller and a love story that leaps back and forth in time – All Our Yesterdays is an amazing first novel, perfect for fans of The Hunger Games. Em is locked in a bare, cold cell with no comforts. Finn is in the cell next door. The Doctor is keeping them there until they tell him what he wants to know. Trouble is, what he wants to know hasn't happened yet. Em and Finn have a shared past, but no future unless they can find a way out. The present is torture – being kept apart, overhearing each other's anguish as the Doctor relentlessly seeks answers. There's no way back from here, to what they used to be, the world they used to know. Then Em finds a note in her cell which changes everything. It's from her future self and contains some simple but very clear instructions. Em must travel back in time to avert a tragedy that's about to unfold. Worse, she has to pursue and kill the boy she loves to change the future . . .

From the child taunted by her playmates to the office worker who feels stifled in his daily routine, people frequently take out their pain and anger on others, even those who had nothing to do with the original stress. The bullied child may kick her puppy, the stifled worker yells at his children: Payback can be directed anywhere, sometimes at inanimate things, animals, or other people. In Payback, the husband-and wife team of evolutionary biologist David Barash and psychiatrist Judith Lipton offer an illuminating look at this phenomenon, showing how it has evolved, why it occurs, and what we can do about it. Retaliation and revenge are well known to most people. We all know what it is like to want to get even, get justice, or take revenge. What is new in this book is an extended discussion of redirected aggression, which occurs not only in people but other species as well. The authors reveal that it's not just a matter of yelling at your spouse "because" your boss yells at you. Indeed, the phenomenon of redirected aggression--so-called to differentiate it from retaliation and revenge, the other main forms of payback--haunts our criminal courts, our streets, our battlefields, our homes, and our hearts. It lurks behind some of the nastiest and seemingly inexplicable things that otherwise decent people do, from road rage to yelling at a crying baby. And it exists across boundaries of every kind--culture, time, geography, and even species. Indeed, it's not just a human phenomenon. Passing pain to others can be seen in birds and horses, fish and primates--in virtually all vertebrates. It turns out that there is robust neurobiological hardware and software promoting redirected aggression, as well as evolutionary underpinnings. Payback may be natural, the authors conclude, but we are capable of rising above it, without sacrificing self-esteem and social status. They show how the various human responses to pain and suffering can be managed--mindfully, carefully, and humanely.

A lighthearted exploration of the unconscious forces that influence a life reveals the unrecognized power of context in everyday situations while sharing recommendations for using contextual insights to reshape how one sees the world and improve personal productivity and relationships. Reprint.

A Defense of the Arts

Broken Open

A Memoir of Love and Loss

Why We Retaliate, Redirect Aggression, and Take Revenge

Myths and Stories of the Wild Woman Archetype

Using Shamanic and Jungian Tools to Achieve Personal Transformation

Ten short stories in which the lives of young people in different circumstances are changed by their encounters with books.

Through journal entries, sixteen-year-old Miranda describes her family's struggle to survive after a meteor hits the moon, causing worldwide tsunamis, earthquakes, and volcanic eruptions. CHANGE CAN BE EASY. CHANGE CAN BE FAST. Do you want a new story? Most of us do. We are all looking to shift the stories in our lives. But the question remains: How? This book is the how. A result of thousands of hours of research from the best minds in the field of human potential, Live the Best Story of Your Life harnesses the power of your personal story and provides a guide to creating positive shifts in any area of your life. Bob Litwin, a leading performance coach on Wall Street and a World Champion tennis player, brings you 33 personalized coaching sessions that will help you reach new levels of success on every level of your life. Where therapy fails, his brand of storytelling is a faster, more effective way to lasting change. Live the Best Story of Your Life does not shift what we do, it shifts who we are. It will also show you how to:

- Get clear on your old stories and learn to leave them in the past.
- Discover the excitement and energy of your new story.
- Access the 33 strategies followed by people who always seem to win at life.

Are you on the cusp of a brand new story? If you can feel change brewing, if you want that change to be painless and almost instantaneous, Live the Best Story of Your Life is your hand to hold, your private coach, the map you 've been waiting for to live the best story of your life.

What kind of life would you live if you didn ' t allow your fears to hold you back? The Courage Habit offers a powerful program to help you conquer your inner critic, work toward your highest aspirations, and build a courageous community. Are your fears preventing you from living the life you truly want? Do you ever wish that you had a better job, lived in a different city,

or had more authentic and nurturing relationships? Many people believe that they would do more, accomplish more, and feel more fulfilled if only they could rid themselves of that fearful inner voice that constantly whispers, “ you can ’ t do it. ” In *The Courage Habit*, certified life coach Kate Swoboda offers a unique program based in cognitive behavioral therapy (CBT) and acceptance and commitment therapy (ACT) to help you act courageously in spite of fear. By identifying your fear triggers, releasing yourself from your past experiences, and acting on what you truly value, you can make courage a daily habit. Using a practical four-part program, you ’ ll learn to understand the emotions that arise when fears are triggered, and to pause and evaluate your emotional state before you act. You ’ ll discover how to listen without attachment to the self-defeating messages of your inner critic, understand the critic ’ s function, and implement respectful boundaries so that your inner voice no longer controls your behavior. You ’ ll reframe self-limiting life narratives that can—without conscious awareness—dictate your day-to-day decisions. And finally, you ’ ll nurture more authentic connections with family, friends, and community in order to find support and reinforce the life changes you ’ re making. If you feel like something is holding you back from landing your dream job, moving to a new city, having a satisfying love relationship, or simply taking advantage of all life has to offer—and if you have a sneaking suspicion that that something is you—then this one-of-a-kind guide will show you how to finally break free from self-doubt and start living your best life.

Payback

The Stories We Live by

Understanding How Context Transforms Your World

The Right Story

A Legacy-Based Approach to Dealing with Stuff

Changing the Autism Conversation

A problem shared is a problem halved? Not necessarily... Talking about our problems isn't always a good idea. World-renowned psychologist Timothy Wilson reveals how this, and many other conventional therapies and interventions, can often do us more harm than good. Presenting the very latest research, Wilson argues that the key to transforming our lives lies simply in learning to redirect the stories we tell ourselves. His revolutionary approach reveals how reshaping our internal narratives can increase our personal well-being and transform our understanding of human behaviour - our narratives can change surprisingly quickly if tweaked in the right way. How can we best recover from trauma? Why might some sex education result in more teen pregnancies? Why will most self-help books leave you worse off? *Redirect* proposes a radical new view of the world. It also offers a range of practical advice - that has, crucially, been tested scientifically and found to have real results - that can show us the way to social progress.

In his second collection, including the iconic and much-referenced title story featured in the Academy Award-winning film *Birdman*, Carver establishes his reputation as one of the most celebrated short-story writers in American literature—a haunting meditation on love, loss, and companionship, and finding one’s way through the dark.

**NEW YORK TIMES BESTSELLER** • One million copies sold! “A deeply spiritual book [that] honors what is tough, smart and untamed in women.”—The Washington Post Book World Book club pick for Emma Watson’s *Our Shared Shelf* Within every woman there lives a powerful force, filled with good instincts, passionate creativity, and ageless knowing. She is the Wild Woman, who represents the instinctual nature of women. But she is an endangered species. For though the gifts of wildish nature belong to us at birth, society’s attempt to “civilize” us into rigid roles has muffled the deep, life-giving messages of our own souls. In *Women Who Run with the Wolves*, Dr. Clarissa Pinkola Est é s unfolds rich intercultural myths, fairy tales, folk tales, and stories, many from her own traditions, in order to help women reconnect with the fierce, healthy, visionary attributes of this instinctual nature. Through the stories and commentaries in this remarkable book, we retrieve, examine, love, and understand the Wild Woman, and hold her against our deep psyches as one who is both magic and medicine. Dr. Est é s has created a new lexicon for describing the female psyche. Fertile and life-giving, it is a psychology of women in the truest sense, a knowing of the soul.

From the creators of *Six-Word Memoirs* comes *The Moment*, a collection of personal stories from writers both famous and obscure revealing how a single instant changed their lives forever. An innocuous decision, an unforeseen accident, a chance conversation, a tag sale, a terrorist strike, a tweet . . . sometimes all it takes is a single moment to redirect the course of an entire life. In the tradition of *Smith magazine’s Not Quite What I Was Planning* and the sensational *Six-Word Memoirs on Love & Heartbreak*—and in the spirit of *StoryCorps*, *the Moth*, and *This American Life*—*The Moment* unveils everyday people’s inner lives in narratives of all shapes and sizes, with stories from six to 1,000 words, photographs, comics, illustrations, handwritten letters, and more. It’s enough to change your life forever.

All Our Yesterdays

A World Champion's Guide to Lasting Change

A Thousand Pieces of You

Stories by the Book

What We Talk About When We Talk About Love

The Courage Habit

A group biography of seven enduring and beloved games, and the story of why—and how—we play them. Checkers, backgammon, chess, and Go. Poker, Scrabble, and bridge. These seven games, ancient and modern, fascinate millions of people worldwide. In *Seven Games*, Oliver Roeder charts their origins and historical importance, the delightful arcana of their rules, and the ways their design makes them pleasurable. Roeder introduces thrilling competitors, such as evangelical minister Marion Tinsley, who across forty years lost only three games of checkers; Shusai, the Master, the last Go champion of imperial Japan, defending tradition against “ modern rationalism ” ; and an IBM engineer who created a backgammon program so capable at self-learning that NASA used it on the space shuttle. He delves into the history and lore of each game: backgammon boards in ancient Egypt, the Indian origins of chess, how certain shells from a particular beach in Japan make the finest white Go stones. Beyond the cultural and personal stories, Roeder explores why games, seemingly trivial pastimes, speak so deeply to the human soul. He introduces an early philosopher of games, the aptly named Bernard Suits, and visits an Oxford cosmologist who has perfected a computer that can effectively play bridge, a game as complicated as human language itself. Throughout, Roeder tells the compelling story of how humans, pursuing scientific glory and competitive advantage, have

invented AI programs better than any human player, and what that means for the games—and for us. Funny, fascinating, and profound, *Seven Games* is a story of obsession, psychology, history, and how play makes us human.

From one of our most widely admired art critics comes a bold and timely manifesto reaffirming the independence of all the arts—musical, literary, and visual—and their unique and unparalleled power to excite, disturb, and inspire us. As people look to the arts to promote a particular ideology, whether radical, liberal, or conservative, Jed Perl argues that the arts have their own laws and logic, which transcend the controversies of any one moment. “Art’s relevance,” he writes, “has everything to do with what many regard as its irrelevance.” Authority and Freedom will find readers from college classrooms to foundation board meetings—wherever the arts are confronting social, political, and economic ferment and heated debates about political correctness and cancel culture. Perl embraces the work of creative spirits as varied as Mozart, Michelangelo, Jane Austen, Henry James, Picasso, and Aretha Franklin. He contends that the essence of the arts is their ability to free us from fixed definitions and categories. Art is inherently uncategorizable—that’s the key to its importance. Taking his stand with artists and thinkers ranging from W. H. Auden to Hannah Arendt, Perl defends works of art as adventuresome dialogues, simultaneously dispassionate and impassioned. He describes the fundamental sense of vocation—the engagement with the tools and traditions of a medium—that gives artists their purpose and focus. Whether we’re experiencing a poem, a painting, or an opera, it’s the interplay between authority and freedom—what Perl calls “the lifeblood of the arts”—that fuels the imaginative experience. This book will be essential reading for everybody who cares about the future of the arts in a democratic society.

New York Times Bestseller A startlingly original debut from the actor, writer, director, and executive producer hailed as “a gifted observer of the human condition and a very funny writer capable of winning that rare thing: unselfconscious, insuppressible laughter” (The Washington Post). A boy wins a \$100,000 prize in a box of Frosted Flakes—only to discover that claiming the winnings might unravel his family. A woman sets out to seduce motivational speaker Tony Robbins—turning for help to the famed motivator himself. A new arrival in Heaven, overwhelmed with options, procrastinates over a long-ago promise to visit his grandmother. We meet Sophia, the first artificially intelligent being capable of love, who falls for a man who might not be ready for it himself; a vengeance-minded hare, obsessed with scoring a rematch against the tortoise who ruined his life; and post-college friends who try to figure out how to host an intervention in the era of Facebook. Along the way, we learn why wearing a red T-shirt every day is the key to finding love, how February got its name, and why the stock market is sometimes just . . . down. Finding inspiration in questions from the nature of perfection to the icing on carrot cake, *One More Thing* has at its heart the most human of phenomena: love, fear, hope, ambition, and the inner stirring for the one elusive element just that might make a person complete. Across a dazzling range of subjects, themes, tones, and narrative voices, the many pieces in this collection are like nothing else, but they have one thing in common: they share the playful humor, deep heart, sharp eye, inquisitive mind, and altogether electrifying spirit of a writer with a fierce devotion to the entertainment of the reader.

NEW YORK TIMES BESTSELLER • This inspiring guide to healing and growth illuminates the richness and potential of every life, even in the face of loss and adversity—now updated with additional toolbox materials and a new preface by the author In the more than twenty-five years since she co-founded Omega Institute—now the world’s largest center for spiritual retreat and personal growth—Elizabeth Lesser has been an intimate witness to the ways in which people weather change and transition. In a beautifully crafted blend of moving stories, humorous insights, practical guidance, and personal memoir, she offers tools to help us make the choice we all face in times of challenge: Will we be broken down and defeated, or broken open and transformed? Lesser shares tales of ordinary people who have risen from the ashes of illness, divorce, loss of a job or a loved one—stronger, wiser, and more in touch with their purpose and passion. And she draws on the world’s great spiritual and psychological traditions to support us as we too learn to break open and blossom into who we were meant to be.

Women Who Run with the Wolves

One More Thing

A Ghost in the Throat

Shelf Life

We're Not Broken

Redirect

**8 starred reviews · Goodreads Choice Awards Best of the Best · William C. Morris Award Winner · National Book Award Longlist · Printz Honor Book · Coretta Scott King Honor Book · #1 New York Times Bestseller! "Absolutely riveting!" –Jason Reynolds**

**"Stunning." –John Green "This story is necessary. This story is important." –Kirkus (starred review) "Heartbreakingly topical."**

**–Publishers Weekly (starred review) "A marvel of verisimilitude." –Booklist (starred review) "A powerful, in-your-face novel."**

**–Horn Book (starred review) Sixteen-year-old Starr Carter moves between two worlds: the poor neighborhood where she lives and the fancy suburban prep school she attends. The uneasy balance between these worlds is shattered when Starr witnesses the fatal shooting of her childhood best friend Khalil at the hands of a police officer. Khalil was unarmed. Soon afterward, his death is a national headline. Some are calling him a thug, maybe even a drug dealer and a gangbanger. Protesters are taking to the streets in Khalil’s name. Some cops and the local drug lord try to intimidate Starr and her family. What everyone wants to know is: what really went down that night? And the only person alive who can answer that is Starr. But what Starr does—or does not—say could upend her community. It could also endanger her life. Want more of Garden Heights? Catch Maverick and Seven’s story in Concrete**

Rose, Angie Thomas's powerful prequel to *The Hate U Give*.

The instant New York Times bestseller | A Washington Post Notable Book | One of NPR's Best Books of the Year "Expert storytelling . . . [Pollan] masterfully elevates a series of big questions about drugs, plants and humans that are likely to leave readers thinking in new ways." -New York Times Book Review From #1 New York Times bestselling author Michael Pollan, a radical challenge to how we think about drugs, and an exploration into the powerful human attraction to psychoactive plants—and the equally powerful taboos. Of all the things humans rely on plants for—sustenance, beauty, medicine, fragrance, flavor, fiber—surely the most curious is our use of them to change consciousness: to stimulate or calm, fiddle with or completely alter, the qualities of our mental experience. Take coffee and tea: People around the world rely on caffeine to sharpen their minds. But we do not usually think of caffeine as a drug, or our daily use as an addiction, because it is legal and socially acceptable. So, then, what is a “drug”? And why, for example, is making tea from the leaves of a tea plant acceptable, but making tea from a seed head of an opium poppy a federal crime? In *This Is Your Mind on Plants*, Michael Pollan dives deep into three plant drugs—opium, caffeine, and mescaline—and throws the fundamental strangeness, and arbitrariness, of our thinking about them into sharp relief. Exploring and participating in the cultures that have grown up around these drugs while consuming (or, in the case of caffeine, trying not to consume) them, Pollan reckons with the powerful human attraction to psychoactive plants. Why do we go to such great lengths to seek these shifts in consciousness, and then why do we fence that universal desire with laws and customs and fraught feelings? In this unique blend of history, science, and memoir, as well as participatory journalism, Pollan examines and experiences these plants from several very different angles and contexts, and shines a fresh light on a subject that is all too often treated reductively—as a drug, whether licit or illicit. But that is one of the least interesting things you can say about these plants, Pollan shows, for when we take them into our bodies and let them change our minds, we are engaging with nature in one of the most profound ways we can. Based in part on an essay published almost twenty-five years ago, this groundbreaking and singular consideration of psychoactive plants, and our attraction to them through time, holds up a mirror to our fundamental human needs and aspirations, the operations of our minds, and our entanglement with the natural world.

They tell me that my memory will never be the same, that I'll start forgetting things. At first just a little, and then a lot. So I'm writing to remember. Sammie McCoy is a girl with a plan: graduate at the top of her class and get out of her small town as soon as possible. Nothing will stand in her way--not even the rare genetic disorder the doctors say will slowly steal her memories and then her health. So the memory book is born: a journal written to Sammie's future self, so she can remember everything from where she stashed her study guides to just how great it feels to have a best friend again. It's where she'll record every perfect detail of her first date with longtime-crush Stuart, a gifted young writer home for the summer. And where she'll admit how much she's missed her childhood friend Cooper, and the ridiculous lengths he will go to make her laugh. The memory book will ensure Sammie never forgets the most important parts of her life--the people who have broken her heart, those who have mended it--and most of all, that if she's going to die, she's going to die living. This moving and remarkable novel introduces an inspiring character you're sure to remember, long after the last page.

What if there were a magic pill that could make you happier, turn you into a better parent, solve a number of your teenager's behavior problems, reduce racial prejudice, and close the achievement gap in education? There is no such pill, but story editing -- the scientifically based approach described in *Redirect* -- can accomplish all of this. The world-renowned psychologist Timothy Wilson shows us how to redirect the stories we tell about ourselves and the world around us, with subtle prompts, in ways that lead to lasting change. Fascinating, groundbreaking, and practical, *Redirect* demonstrates the remarkable power small changes can have on the ways we see ourselves and our environment, and how we can use this in our everyday lives. "There are few academics who write with as much grace and wisdom as Timothy Wilson. *Redirect* is a masterpiece." -- Malcolm Gladwell

Talking to Strangers

The Surprising New Science of Psychological Change

Personal Myths and the Making of the Self

This Is How It Always Is

## **Life as We Knew it This Is Your Mind on Plants**

"Finally: an engaging, evidence-based book about how to battle biases, champion diversity and inclusion, and advocate for those who lack power and privilege. Dolly Chugh makes a convincing case that being an ally isn't about being a good person—it's about constantly striving to be a better person." —Adam Grant, New York Times bestselling author of Give and Take, Originals, and Option B with Sheryl Sandberg Foreword by Laszlo Bock, the bestselling author of Work Rules! and former Senior Vice President of People Operations at Google An inspiring guide from Dolly Chugh, an award-winning social psychologist at the New York University Stern School of Business, on how to confront difficult issues including sexism, racism, inequality, and injustice so that you can make the world (and yourself) better. Many of us believe in equality, diversity, and inclusion. But how do we stand up for those values in our turbulent world? The Person You Mean to Be is the smart, "semi-bold" person's guide to fighting for what you believe in. Dolly reveals the surprising causes of inequality, grounded in the "psychology of good people". Using her research findings in unconscious bias as well as work across psychology, sociology, economics, political science, and other disciplines, she offers practical tools to respectfully and effectively talk politics with family, to be a better colleague to people who don't look like you, and to avoid being a well-intentioned barrier to equality. Being the person we mean to be starts with a look at ourselves. She argues that the only way to be on the right side of history is to be a good-ish— rather than good—person. Good-ish people are always growing. Second, she helps you find your "ordinary privilege"—the part of your everyday identity you take for granted, such as race for a white person, sexual orientation for a straight person, gender for a man, or education for a college graduate. This part of your identity may bring blind spots, but it is your best tool for influencing change. Third, Dolly introduces the psychological reasons that make it hard for us to see the bias in and around us. She leads you from willful ignorance to willful awareness. Finally, she guides you on how, when, and whom, to engage (and not engage) in your workplaces, homes, and communities. Her science-based approach is a method any of us can put to use in all parts of our life. Whether you are a long-time activist or new to the fight, you can start from where you are. Through the compelling stories Dolly shares and the surprising science she reports, Dolly guides each of us closer to being the person we mean to be.

"There are few academics who write with as much grace and wisdom as Timothy Wilson. REDIRECT is a masterpiece." -Malcolm Gladwell What if there were a magic pill that could make you happier, turn you into a better parent, solve a number of your teenager's behavior problems, reduce racial prejudice, and close the achievement gap in education? There is no such pill, but story editing - the scientifically based approach described in REDIRECT - can accomplish all of this. The world-renowned psychologist Timothy Wilson shows us how to redirect the stories we tell about ourselves and the world around us, with subtle prompts, in ways that lead to lasting change. Fascinating, groundbreaking, and practical, REDIRECT demonstrates the remarkable power small changes can have on the ways we see ourselves and our environment, and how we can use this in our everyday lives.

NEW YORK TIMES BESTSELLER • A powerful memoir of a love that leads two people to find a courageous way to part—and a woman's struggle to go forward in the face of loss—that "enriches the reader's life with urgency and gratitude" (The Washington Post) "A pleasure to read . . . Rarely has a memoir about death been so full of life. . . . Bloom has a talent for mixing the prosaic and profound, the slapstick and the serious."—USA Today ONE OF THE MOST ANTICIPATED BOOKS OF 2022—Oprah Daily, BookPage Amy Bloom began to notice changes in her husband, Brian: He retired early from a new job he loved; he withdrew from close friendships; he talked mostly about the past. Suddenly, it seemed there was a glass wall between them, and their long walks and talks stopped. Their world was altered forever when an MRI confirmed what they could no longer ignore: Brian had Alzheimer's disease. Forced to confront the truth of the diagnosis and its impact on the future he had envisioned, Brian was determined to die on his feet, not live on his knees. Supporting each other in their last journey together, Brian and Amy made the unimaginably difficult and painful decision to go to Dignitas, an organization based in Switzerland that empowers a person to end their own life with dignity and peace. In this heartbreaking and surprising memoir, Bloom sheds light on a part of life we so often shy away from discussing—its ending. Written in Bloom's captivating, insightful voice and with her trademark wit and candor, In Love is an unforgettable portrait of a beautiful marriage, and a boundary-defying love.

Cloud Atlas meets Orphan Black in this epic dimension-bending trilogy by New York Times bestselling author Claudia Gray about a girl who must chase her father's killer through multiple dimensions. Marguerite Caine's physicist parents are known for their groundbreaking achievements. Their most astonishing invention, called the Firebird, allows users to jump into multiple universes—and promises to revolutionize science forever. But then Marguerite's father is murdered, and the killer—her parent's handsome, enigmatic assistant Paul— escapes into another dimension before the law can touch him. Marguerite refuses to let the man who destroyed her family go free. So she races after Paul through different universes, always leaping into another version of herself. But she also meets alternate versions of the people she knows—including Paul, whose life entangles with hers in increasingly familiar ways. Before long she begins to question Paul's guilt—as well as her own heart. And soon she discovers the truth behind her father's death is far more sinister than she expected. A Thousand Pieces of You explores an amazingly intricate multi-universe where fate is unavoidable, the truth elusive, and love the greatest mystery of all.

Authority and Freedom

In Love

Seven Games: A Human History

Wild, Poignant, Life-Changing Stories from 125 Writers and Artists Famous & Obscure

How Difficult Times Can Help Us Grow

Chatter

*Change Your Story, Change Your Life is a practical self-help guide to personal transformation using traditional shamanic techniques combined with journaling and Carl Greer's method for dialoguing that draws upon Jungian active imagination. The exercises inspire readers to work with insights and energies derived during the use of modalities that tap into the unconscious so that they may consciously choose the changes they would like to make in their lives and begin implementing them.*

*"Know thyself," a precept as old as Socrates, is still good advice. But is introspection the best path to self-knowledge? Wilson makes the case for better ways of discovering our unconscious selves. If you want to know who you are or what you feel or what you're like, Wilson advises, pay attention to what you actually do and what other people think about you. Showing us an unconscious more powerful than Freud's, and even more pervasive in our daily life, Strangers to Ourselves marks a revolution in how we know ourselves.*

*This book should be value for all those who are interested in enhancing their self-understanding. It should also serve as useful classroom text for undergraduates and advanced students in personality and social psychology, counselling and psychotherapy.*

*In the spirit of Gretchen Rubin's megaseller The Happiness Project and Eric Weiner's The Geography of Bliss, a journalist embarks on a project to discover what it takes to love where you live The average restless American will move 11.7 times in a lifetime. For Melody Warnick, it was move #6, from Austin, Texas, to Blacksburg, Virginia, that threatened to unhinge her. In the lonely aftermath of unpacking, she wondered: Aren't we supposed to put down roots at some point? How does the place we live become the place we want to stay? This time, she had an epiphany. Rather than hold her breath and hope this new town would be her family's perfect fit, she would figure out how to fall in love with it—no matter what. How we come to feel at home in our towns and cities is what Warnick sets out to discover in This Is Where You Belong. She dives into the body of research around place attachment—the deep sense of connection that binds some of us to our cities and increases our physical and emotional well-being—then travels to towns across America to see it in action. Inspired by a growing movement of placemaking, she examines what its practitioners are doing to create likeable locales. She also speaks with frequent movers and loyal stayers around the country to learn what draws highly mobile Americans to a new city, and what makes us stay. The best ideas she imports to her adopted hometown of Blacksburg for a series of Love Where You Live experiments designed to make her feel more locally connected. Dining with her neighbors. Shopping Small Business Saturday. Marching in the town Christmas parade. Can these efforts make a halfhearted resident happier? Will Blacksburg be the place she finally stays? What Warnick learns will inspire you to embrace your own community—and perhaps discover that the place where you live right now . . . is home.*

*Finding Home Wherever You Are*

*Accelerated Learning Techniques for Students*

*The Art and Science of Personality Development*

*The Memory Book*

*A Novel*

*Situations Matter*

***Malcolm Gladwell, host of the podcast Revisionist History and author of the #1 New York Times bestseller Outliers, offers a powerful examination of our interactions with strangers and why they often go wrong—now with a new afterword by the author. A Best Book of the Year: The Financial Times, Bloomberg, Chicago Tribune, and Detroit Free Press How did Fidel Castro fool the CIA for a generation? Why did Neville Chamberlain think he could trust Adolf Hitler? Why are campus sexual assaults on the rise? Do television sitcoms teach us something about the way we relate to one another that isn't true? Talking to Strangers is a classically Gladwellian intellectual adventure, a challenging and controversial excursion through history, psychology, and scandals taken straight from the news. He revisits the deceptions of Bernie Madoff, the trial of Amanda Knox, the suicide of Sylvia Plath, the Jerry Sandusky pedophilia scandal at Penn State University, and the death***

*of Sandra Bland—throwing our understanding of these and other stories into doubt. Something is very wrong, Gladwell argues, with the tools and strategies we use to make sense of people we don't know. And because we don't know how to talk to strangers, we are inviting conflict and misunderstanding in ways that have a profound effect on our lives and our world. In his first book since his #1 bestseller David and Goliath, Malcolm Gladwell has written a gripping guidebook for troubled times.*

*Drawing on state-of-the-art personality and developmental research, this book presents a new and broadly integrative theory of how people come to be who they are over the life course. Preeminent researcher Dan P. McAdams traces the development of three distinct layers of personality--the social actor who expresses emotional and behavioral traits, the motivated agent who pursues goals and values, and the autobiographical author who constructs a personal story. Highly readable and accessible to scholars and students at all levels, the book uses rich portraits of the lives of famous people to illustrate theoretical concepts and empirical findings.*

*Live the Best Story of Your Life*

*The Hate U Give*

*How Good People Fight Bias*

*This Is Where You Belong*

*Learn More in Less Time*