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**Everything I Never Told You** Oct 20 2021 The acclaimed debut novel by the author of *Little Fires Everywhere* and *Our Missing Hearts* "A taut tale of ever deepening and quickening suspense." —O, the Oprah Magazine "Explosive . . . Both a propulsive mystery and a profound examination of a mixed-race family."

—Entertainment Weekly "Lydia is dead. But they don't know this yet." So begins this exquisite novel about a Chinese American family living in 1970s small-town Ohio. Lydia is the favorite child of Marilyn and James Lee, and her parents are determined that she will fulfill the dreams they were unable to pursue. But when Lydia's body is found in the local lake, the delicate balancing act that has been keeping the Lee family together is destroyed, tumbling them into chaos. A profoundly moving story of family, secrets, and longing, *Everything I Never Told You* is both a gripping page-turner and a sensitive family portrait, uncovering the ways in which mothers and daughters, fathers and sons, and husbands and wives struggle, all their lives, to understand one another.

*Thinking, Fast and Slow... in 30 Minutes* Nov 08 2020 Decisions: You make hundreds every day, but do you really know how they are made?

When can you trust fast, intuitive judgment, and when is it biased? How can you transform your thinking to help avoid overconfidence and become a better decision maker? *Thinking, Fast and Slow ...in 30 Minutes* is the essential guide to quickly understanding the fundamental components of decision making outlined in Daniel Kahneman's bestselling book, *Thinking, Fast and Slow*. Understand the key ideas behind *Thinking, Fast and Slow* in a fraction of the time: Concise chapter-by-chapter synopses Essential insights and takeaways highlighted Illustrative case studies demonstrate Kahneman's groundbreaking research in behavioral economics In *Thinking, Fast and Slow*, Daniel Kahneman, best-selling author and recipient of the Nobel Prize in Economics, has compiled his

many years of groundbreaking research to offer practical knowledge and insights into how people's minds make decisions. Challenging the standard model of judgment, Kahneman aims to enhance the everyday language about thinking to more accurately discuss, diagnose, and reduce poor judgment. Thought, Kahneman explains, has two distinct systems: the fast and intuitive System 1, and the slow and effortful System 2. Intuitive decision making is often effective, but in *Thinking, Fast and Slow* Kahneman highlights situations in which it is unreliable-when decisions require predicting the future and assessing risks. Presenting a framework for how these two systems impact the mind, *Thinking, Fast and Slow* reveals the far-reaching impact of cognitive biases-from creating public policy to playing the stock market to increasing personal happiness-and provides tools for applying behavioral economics toward better decision making. A 30 Minute Expert Summary of *Thinking, Fast and Slow* Designed for those whose desire to learn exceeds the time they have available, the *Thinking, Fast and Slow* expert summary helps readers quickly and easily become experts ...in 30 minutes.

**Urban Outlaw** Dec 02 2022 **\*\*THE INTERNATIONAL BESTSELLER\*\*** Magnus Walker is one of life's originals. Serial entrepreneur, fashion designer, TV presenter, motivational speaker and one of the world's most prolific Porsche collectors, the dreadlocked, tattooed hoarder of individual creativity is a very modern incarnation of success. Raised in the urban decay of Thatcher's Britain, Sheffield-born Magnus Walker left school with just two O levels and drifted for several years before buying a one-way ticket to America. Now, 30 years and three successful businesses later, by following his instincts, rejecting convention and pursuing his passions Magnus has succeeded against all the odds. Here, for the first time, is the full story of his

journey from a Northern steel town to the bright lights of Hollywood, from a boy with little hope to an anti-establishment hero. Along the way we'll witness his potent combination of inspiration and graft, discover his motivations and his ambitions, and come to understand his philosophy and the keys to his success. Inspiring and exhilarating, **URBAN OUTLAW** is a compelling tale of succeeding through pure instinct and determination by a man who was brave enough to follow his own path.

**Never Slow Dance With a Zombie** Sep 30 2022 Romy and Michelle's High School Reunion meets Night of the Living Dead in this laugh-out-loud debut YA novel by Emmy Award-nominated TV writer E. Van Lowe Principal Taft's 3 Simple Rules for Surviving a Zombie Uprising: Rule #1: While in the halls, walk slowly and wear a vacant expression on your face. Zombies won't attack other zombies. Rule #2: Never travel alone. Move in packs. Follow the crowd. Zombies detest blatant displays of individuality. Rule #3: If a zombie should attack, do not run. Instead, throw raw steak at to him. Zombies love raw meat. This display of kindness will go a long way. On the night of her middle school graduation, Margot Jean Johnson wrote a high school manifesto detailing her goals for what she was sure would be a most excellent high school career. She and her best friend, Sybil, would be popular and, most important, have boyfriends. Three years later, they haven't accomplished a thing! Then Margot and Sybil arrive at school one day to find that most of the student body has been turned into flesh-eating zombies. When kooky Principal Taft asks the girls to coexist with the zombies until the end of the semester, they realize that this is the perfect opportunity to live out their high school dreams. All they have to do is stay alive.... "An unabashedly silly send-up of paranormal romance novels." - Strange Horizons At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

**Strip It Down** Nov 20 2021 (Piano Vocal). This sheet music features an arrangement for piano and voice with guitar chord frames, with the melody presented in the right hand of the piano part as well as in the vocal line.

**Can't Slow Down** Aug 30 2022 A Rolling Stone-Kirkus Best Music Book of 2020 The definitive

account of pop music in the mid-eighties, from Prince and Madonna to the underground hip-hop, indie rock, and club scenes Everybody knows the hits of 1984 - pop music's greatest year. From "Thriller" to "Purple Rain," "Hello" to "Against All Odds," "What's Love Got to Do with It" to "Wake Me Up Before You Go-Go," these iconic songs continue to dominate advertising, karaoke nights, and the soundtracks for film classics (Boogie Nights) and TV hits (Stranger Things). But the story of that thrilling, turbulent time, an era when Top 40 radio was both the leading edge of popular culture and a moral battleground, has never been told with the full detail it deserves - until now. Can't Slow Down is the definitive portrait of the exploding world of mid-eighties pop and the time it defined, from Cold War anxiety to the home-computer revolution. Big acts like Michael Jackson (Thriller), Prince (Purple Rain), Madonna (Like a Virgin), Bruce Springsteen (Born in the U.S.A.), and George Michael (Wham!'s Make It Big) rubbed shoulders with the stars of the fermenting scenes of hip-hop, indie rock, and club music. Rigorously researched, mapping the entire terrain of American pop, with crucial side trips to the UK and Jamaica, from the biz to the stars to the upstarts and beyond, Can't Slow Down is a vivid journey to the very moment when pop was remaking itself, and the culture at large - one hit at a time.

Apples Never Fall Apr 01 2020 #1 New York Times Bestseller From Liane Moriarty, the #1 New York Times bestselling author of Big Little Lies and Nine Perfect Strangers, comes Apples Never Fall, a novel that looks at marriage, siblings, and how the people we love the most can hurt us the deepest. The Delaney family love one another dearly—it's just that sometimes they want to murder each other . . . If your mother was missing, would you tell the police? Even if the most obvious suspect was your father? This is the dilemma facing the four grown Delaney siblings. The Delaneys are fixtures in their community. The parents, Stan and Joy, are the envy of all of their friends. They're killers on the tennis court, and off it their chemistry is palpable. But after fifty years of marriage, they've finally sold their famed tennis academy and are ready to start what should be the golden years of their lives. So why are Stan and Joy so

miserable? The four Delaney children—Amy, Logan, Troy, and Brooke—were tennis stars in their own right, yet as their father will tell you, none of them had what it took to go all the way. But that's okay, now that they're all successful grown-ups and there is the wonderful possibility of grandchildren on the horizon. One night a stranger named Savannah knocks on Stan and Joy's door, bleeding after a fight with her boyfriend. The Delaneys are more than happy to give her the small kindness she sorely needs. If only that was all she wanted. Later, when Joy goes missing, and Savannah is nowhere to be found, the police question the one person who remains: Stan. But for someone who claims to be innocent, he, like many spouses, seems to have a lot to hide. Two of the Delaney children think their father is innocent, two are not so sure—but as the two sides square off against each other in perhaps their biggest match ever, all of the Delaneys will start to reexamine their shared family history in a very new light.

**Never Let Me Go** Mar 13 2021 From the Booker Prize-winning author of *The Remains of the Day* and *When We Were Orphans*, comes an unforgettable edge-of-your-seat mystery that is at once heartbreakingly tender and morally courageous about what it means to be human. Hailsham seems like a pleasant English boarding school, far from the influences of the city. Its students are well tended and supported, trained in art and literature, and become just the sort of people the world wants them to be. But, curiously, they are taught nothing of the outside world and are allowed little contact with it. Within the grounds of Hailsham, Kathy grows from schoolgirl to young woman, but it's only when she and her friends Ruth and Tommy leave the safe grounds of the school (as they always knew they would) that they realize the full truth of what Hailsham is. *Never Let Me Go* breaks through the boundaries of the literary novel. It is a gripping mystery, a beautiful love story, and also a scathing critique of human arrogance and a moral examination of how we treat the vulnerable and different in our society. In exploring the themes of memory and the impact of the past, Ishiguro takes on the idea of a possible future to create his most moving and powerful book to date.

**Don't Hurry, be Happy!** Jul 29 2022 Offers

suggestions on how to slow down, relax, and enjoy the moments in life that are too valuable to miss

**The Ruthless Elimination of Hurry** Nov 28 2019 ECPA BESTSELLER • A compelling emotional and spiritual case against hurry and in favor of a slower, simpler way of life “As someone all too familiar with ‘hurry sickness,’ I desperately needed this book.”—Scott Harrison, *New York Times* best-selling author of *Thirst* “Who am I becoming?” That was the question nagging pastor and author John Mark Comer. Outwardly, he appeared successful. But inwardly, things weren't pretty. So he turned to a trusted mentor for guidance and heard these words: “Ruthlessly eliminate hurry from your life. Hurry is the great enemy of the spiritual life.” It wasn't the response he expected, but it was—and continues to be—the answer he needs. Too often we treat the symptoms of toxicity in our modern world instead of trying to pinpoint the cause. A growing number of voices are pointing at hurry, or busyness, as a root of much evil. Within the pages of this book, you'll find a fascinating roadmap to staying emotionally healthy and spiritually alive in the chaos of the modern world.

**It's Not the Big That Eat the Small...It's the Fast That Eat the Slow** Jan 29 2020 Conventional wisdom once told us big companies are unbeatable... and eat smaller competitors for breakfast. Not anymore. These days It's Not the Big that Eat the Small... It's the FAST that Eat the Slow! Jason Jennings and Laurence Haughton discovered what separates today's icons of speed from everybody else. They asked questions like: What is the difference between speed and haste? Where does business go to spot trends before the competition? How can leaders help people stop dreading high velocity and rediscover the thrill of deciding, acting and staying fast? And studied the world's fastest companies like: H&M Europe's fast fashion phenomenon now poised to threaten apparel stores in America. AOL who gulped down Netscape and Time Warner in record time. Charles Schwab the new dominant name in discount and on-line financial services. The results are in this sensational book... a national bestseller, translated all over the globe and universally praised. Would you like to make

speed a competitive tool in your business?

Here's your roadmap!

*Lifespan* Jul 05 2020 A NEW YORK TIMES BESTSELLER "Brilliant and enthralling." —The Wall Street Journal A paradigm-shifting book from an acclaimed Harvard Medical School scientist and one of Time's most influential people. It's a seemingly undeniable truth that aging is inevitable. But what if everything we've been taught to believe about aging is wrong? What if we could choose our lifespan? In this groundbreaking book, Dr. David Sinclair, leading world authority on genetics and longevity, reveals a bold new theory for why we age. As he writes: "Aging is a disease, and that disease is treatable." This eye-opening and provocative work takes us to the frontlines of research that is pushing the boundaries on our perceived scientific limitations, revealing incredible breakthroughs—many from Dr. David Sinclair's own lab at Harvard—that demonstrate how we can slow down, or even reverse, aging. The key is activating newly discovered vitality genes, the descendants of an ancient genetic survival circuit that is both the cause of aging and the key to reversing it. Recent experiments in genetic reprogramming suggest that in the near future we may not just be able to feel younger, but actually become younger. Through a page-turning narrative, Dr. Sinclair invites you into the process of scientific discovery and reveals the emerging technologies and simple lifestyle changes—such as intermittent fasting, cold exposure, exercising with the right intensity, and eating less meat—that have been shown to help us live younger and healthier for longer. At once a roadmap for taking charge of our own health destiny and a bold new vision for the future of humankind, *Lifespan* will forever change the way we think about why we age and what we can do about it.

**Don't Slow Me Down with the Calculator** Jan 11 2021

*Forest Bathing* Aug 06 2020 The definitive guide to the therapeutic Japanese practice of shinrin-yoku, or the art and science of how trees can promote health and happiness Notice how a tree sways in the wind. Run your hands over its bark. Take in its citrusy scent. As a society we suffer from nature deficit disorder, but studies have shown that spending mindful, intentional time

around trees--what the Japanese call shinrin-yoku, or forest bathing--can promote health and happiness. In this beautiful book--featuring more than 100 color photographs from forests around the world, including the forest therapy trails that criss-cross Japan--Dr. Qing Li, the world's foremost expert in forest medicine, shows how forest bathing can reduce your stress levels and blood pressure, strengthen your immune and cardiovascular systems, boost your energy, mood, creativity, and concentration, and even help you lose weight and live longer. Once you've discovered the healing power of trees, you can lose yourself in the beauty of your surroundings, leave everyday stress behind, and reach a place of greater calm and wellness.

*Slow* Jan 23 2022 Free yourself from the frantic and embrace the joy of slow... "After reading this book, you'll have an amazing list of ingredients that can help you create a meaningful life, too!"

—The Minimalists Joshua Fields Millburn and Ryan Nicodemus "Finally, a slow living guide for the imperfect folks . . . Brooke McAlary's exuberant, honest words are a refreshing contribution to the slow living community. If you're seeking a simpler path, start here." —Erin Loechner, Blogger at DesignforMankind.com and author of *Chasing Slow* Are you constantly striving to keep up with life's busy expectations? It's easy to feel consumed with the desire to "succeed" and "acquire", and miss the simple opportunities waiting for you to slow down: a walk in the forest, sharing laughter with family, a personal moment of gratitude... Once upon a time, it became clear to Brooke McAlary that the key to happiness was discovering a simpler, more fulfilling existence. She put the brakes on her stressful path, and reorganized her life to live outside the status-quo, emphasizing depth, connection and meaningful experiences.

Alongside Brooke's affirming personal stories of breaking down and rising up, *Slow* provides practical advice and fascinating insights into the benefits and challenges of the slow life, such as: —Decluttering to de-owning —Messiness to mindfulness —Asking why, to asking where to now? *Slow* is an inspirational guide on creating a life filled with the things that really matter, and is meant for anyone seeking peace, meaning, and joy in their otherwise rapid lives. Slowly—of course.

*Slow Gardening* Feb 21 2022 Presents advice on low-maintenance gardening, with tips for easy landscaping, short-cut composting, container gardening, and reliable plant combinations.

**The Purpose-driven Life** Sep 18 2021 A Groundbreaking Manifesto on the Meaning of Life This book will help you understand why you are alive and God's amazing plan for you-both here and now, and for eternity. Rick Warren will guide you through a personal 40-day spiritual journey that will transform your answer to life's most important question: What on earth am I here for? Knowing God's purpose for creating you will reduce your stress, focus your energy, simplify your decisions, give meaning to your life, and, most importantly, prepare you for eternity. The Purpose-Driven Life is a blueprint for Christian living in the 21st century-a lifestyle based on God's eternal purposes, not cultural values. Using over 1,200 Scriptural quotes and references, it challenges the conventional definitions of worship, fellowship, discipleship, ministry, and evangelism. In the tradition of Oswald Chambers, Rick Warren offers distilled wisdom on the essence of what life is all about. This is a book of hope and challenge that you will read and re-read, and it will be a classic treasured by generations to come.

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philosophy and the keys to his success. Inspiring and exhilarating, URBAN OUTLAW is a compelling tale of succeeding through pure instinct and determination by a man who was brave enough to follow his own path.

**Suzuki cello school, vol. 5** Jun 15 2021 Titles: Sonata in E Minor, Op. 14, No. 5 (Largo, Allegro, Largo, Allegro) (A. Vivaldi) \* Danse Rustique, Op. 20, No. 5 (W.H. Squire) \* Arioso from Cantata 156 (J.S. Bach) \* Rondo from Concerto No. 4, Op. 65 (G. Goltermann). This title is available in SmartMusic.

**The 48 Laws of Power** Feb 09 2021 Amoral, cunning, ruthless, and instructive, this multi-million-copy New York Times bestseller is the definitive manual for anyone interested in gaining, observing, or defending against ultimate control - from the author of *The Laws of Human Nature*. In the book that *People* magazine proclaimed "beguiling" and "fascinating," Robert Greene and Joost Elffers have distilled three thousand years of the history of power into 48 essential laws by drawing from the philosophies of Machiavelli, Sun Tzu, and Carl Von Clausewitz and also from the lives of figures ranging from Henry Kissinger to P.T. Barnum. Some laws teach the need for prudence ("Law 1: Never Outshine the Master"), others teach the value of confidence ("Law 28: Enter Action with Boldness"), and many recommend absolute self-preservation ("Law 15: Crush Your Enemy Totally"). Every law, though, has one thing in common: an interest in total domination. In a bold and arresting two-color package, *The 48 Laws of Power* is ideal whether your aim is conquest, self-defense, or simply to understand the rules of the game.

*Chasing Slow* Jul 17 2021 In *Chasing Slow*, viral sensation and HGTV.com star Erin turns away from fast and fame and frenzy. Follow along as she blazes the trail toward a new-fashioned lifestyle---one that will refresh your perspective, renew your priorities and shift your focus to the journey that matters most.

Drawdown Aug 25 2019 • New York Times bestseller • The 100 most substantive solutions to reverse global warming, based on meticulous research by leading scientists and policymakers around the world "At this point in time, the *Drawdown* book is exactly what is needed; a credible, conservative solution-by-solution

narrative that we can do it. Reading it is an effective inoculation against the widespread perception of doom that humanity cannot and will not solve the climate crisis. Reported by-effects include increased determination and a sense of grounded hope.” —Per Espen Stoknes, Author, *What We Think About When We Try Not To Think About Global Warming* “There’s been no real way for ordinary people to get an understanding of what they can do and what impact it can have. There remains no single, comprehensive, reliable compendium of carbon-reduction solutions across sectors. At least until now. . . . The public is hungry for this kind of practical wisdom.” —David Roberts, *Vox* “This is the ideal environmental sciences textbook—only it is too interesting and inspiring to be called a textbook.” —Peter Kareiva, Director of the Institute of the Environment and Sustainability, UCLA In the face of widespread fear and apathy, an international coalition of researchers, professionals, and scientists have come together to offer a set of realistic and bold solutions to climate change. One hundred techniques and practices are described here—some are well known; some you may have never heard of. They range from clean energy to educating girls in lower-income countries to land use practices that pull carbon out of the air. The solutions exist, are economically viable, and communities throughout the world are currently enacting them with skill and determination. If deployed collectively on a global scale over the next thirty years, they represent a credible path forward, not just to slow the earth’s warming but to reach drawdown, that point in time when greenhouse gases in the atmosphere peak and begin to decline. These measures promise cascading benefits to human health, security, prosperity, and well-being—giving us every reason to see this planetary crisis as an opportunity to create a just and livable world.

**The Psychology of Money** Dec 10 2020 Doing well with money isn’t necessarily about what you know. It’s about how you behave. And behavior is hard to teach, even to really smart people. Money—investing, personal finance, and business decisions—is typically taught as a math-based field, where data and formulas tell us exactly what to do. But in the real world people don’t make financial decisions on a

spreadsheet. They make them at the dinner table, or in a meeting room, where personal history, your own unique view of the world, ego, pride, marketing, and odd incentives are scrambled together. In *The Psychology of Money*, award-winning author Morgan Housel shares 19 short stories exploring the strange ways people think about money and teaches you how to make better sense of one of life’s most important topics.

*The Spanish Love Deception* Jun 03 2020 A wedding. A trip to Spain. The most infuriating man. And three days of pretending. Or in other words, a plan that will never work. Catalina Martín, finally, not single. Her family is happy to announce that she will bring her American boyfriend to her sister's wedding. Everyone is invited to come and witness the most magical event of the year. That would certainly be tomorrow's headline in the local newspaper of the small Spanish town I came from. Or the epitaph on my tombstone, seeing the turn my life had taken in the span of a phone call. Four weeks wasn't a lot of time to find someone willing to cross the Atlantic-from NYC and all the way to Spain-for a wedding. Let alone, someone eager to play along with my charade. But that didn't mean I was desperate enough to bring the 6'4 blue eyed pain in my ass standing before me, Aaron Blackford. The man whose main occupation was making my blood boil had just offered himself to be my date. Right after inserting his nose in my business, calling me delusional, and calling himself my best option. See? Outrageous. Aggravating. Blood boiling. And much to my total despair, also right. Which left me with a surly and extra large dilemma in my hands. Was it worth the suffering to bring my colleague and bane of my existence as my fake boyfriend to my sister's wedding? Or was I better off coming clean and facing the consequences of my panic induced lie? Like my abuela would say, que dios nos pille confesados. *The Spanish Love Deception* is an enemies-to-lovers, fake-dating.

*Thinking, Fast and Slow* Apr 25 2022 Major New York Times bestseller Winner of the National Academy of Sciences Best Book Award in 2012 Selected by the New York Times Book Review as one of the ten best books of 2011 A Globe and Mail Best Books of the Year 2011 Title One of

The Economist's 2011 Books of the Year One of The Wall Street Journal's Best Nonfiction Books of the Year 2011 2013 Presidential Medal of Freedom Recipient Kahneman's work with Amos Tversky is the subject of Michael Lewis's The Undoing Project: A Friendship That Changed Our Minds In the international bestseller, Thinking, Fast and Slow, Daniel Kahneman, the renowned psychologist and winner of the Nobel Prize in Economics, takes us on a groundbreaking tour of the mind and explains the two systems that drive the way we think. System 1 is fast, intuitive, and emotional; System 2 is slower, more deliberative, and more logical. The impact of overconfidence on corporate strategies, the difficulties of predicting what will make us happy in the future, the profound effect of cognitive biases on everything from playing the stock market to planning our next vacation—each of these can be understood only by knowing how the two systems shape our judgments and decisions. Engaging the reader in a lively conversation about how we think, Kahneman reveals where we can and cannot trust our intuitions and how we can tap into the benefits of slow thinking. He offers practical and enlightening insights into how choices are made in both our business and our personal lives—and how we can use different techniques to guard against the mental glitches that often get us into trouble. Winner of the National Academy of Sciences Best Book Award and the Los Angeles Times Book Prize and selected by The New York Times Book Review as one of the ten best books of 2011, Thinking, Fast and Slow is destined to be a classic.

Slow Down, Mama Apr 13 2021 Have you found yourself regularly saying there isn't enough time in the day? Is your life flying by while you are missing out on what matters most? If you feel overextended, or you long to make more of your life, Slow Down, Mama will offer you both hope and the practical tools you need. In Slow Down, Mama, Patty H. Scott shares her own story of discovering an unexpected truth. Slowing down held the key to all her deeper longings. Patty provides empowering insights to help you live with deep meaning and direction. You will learn what is at the root of your busyness, how to move past your personal pitfalls and identify your truest purposes, and how to develop and

solidify life-giving habits. Patty's writing style feels like you are sitting with a good friend over coffee. You will walk away from this book with a personalized plan for living a simpler and more fulfilling life and the encouragement you need to stick with your resolution.

Laziness Does Not Exist May 15 2021 A social psychologist uncovers the psychological basis of the "laziness lie," which originated with the Puritans and has ultimately created blurred boundaries between work and life with modern technologies and offers advice for not succumbing to societal pressure to "do more."

**The Road** Dec 30 2019 NATIONAL BESTSELLER • WINNER OF THE PULITZER PRIZE • A searing, post-apocalyptic novel about a father and son's fight to survive, this "tale of survival and the miracle of goodness only adds to McCarthy's stature as a living master. It's gripping, frightening and, ultimately, beautiful" (San Francisco Chronicle). A father and his son walk alone through burned America. Nothing moves in the ravaged landscape save the ash on the wind. It is cold enough to crack stones, and when the snow falls it is gray. The sky is dark. Their destination is the coast, although they don't know what, if anything, awaits them there. They have nothing; just a pistol to defend themselves against the lawless bands that stalk the road, the clothes they are wearing, a cart of scavenged food—and each other. The Road is the profoundly moving story of a journey. It boldly imagines a future in which no hope remains, but in which the father and his son, "each the other's world entire," are sustained by love. Awesome in the totality of its vision, it is an unflinching meditation on the worst and the best that we are capable of: ultimate destructiveness, desperate tenacity, and the tenderness that keeps two people alive in the face of total devastation. Look for Cormac McCarthy's new novel, The Passenger.

**Ask a Manager** Sep 26 2019 From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the

office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit “reply all” • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party

Praise for *Ask a Manager* “A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work.”—Booklist (starred review) “The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience.”—Library Journal (starred review) “I am a huge fan of Alison Green's *Ask a Manager* column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor.”—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* “*Ask a Manager* is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way.”—Erin Lowry, author of *Broke Millennial: Stop Scraping By* and *Get Your Financial Life Together*

**Daodejing** May 03 2020 'Of ways you may speak, but not the Perennial Way; By names you may name, but not the Perennial Name.' The best-loved of all the classical books of China and the most universally popular, the *Daodejing* or *Classic of the Way and Life-Force* is a work that defies definition. It encapsulates the main tenets of Daoism, and upholds a way of being as well as a philosophy and a religion. The dominant image is of the Way, the mysterious path through the whole cosmos modelled on the great Silver River

or Milky Way that traverses the heavens. A life-giving stream, the Way gives rise to all things and holds them in her motherly embrace. It enables the individual, and society as a whole, to harmonize the disparate demands of daily life and achieve a more profound level of understanding. This new translation draws on the latest archaeological finds and brings out the word play and poetry of the original. Simple commentary accompanies the text, and the introduction provides further historical and interpretative context. ABOUT THE SERIES: For over 100 years Oxford World's Classics has made available the widest range of literature from around the globe. Each affordable volume reflects Oxford's commitment to scholarship, providing the most accurate text plus a wealth of other valuable features, including expert introductions by leading authorities, helpful notes to clarify the text, up-to-date bibliographies for further study, and much more.

[Fast Kids Don't Train Slow](#) May 27 2022 In ultimate, people like to say, "You can't teach tall." Lots of players also believe you can't teach speed. This book is out to dispel that myth. Speed is a skill. You CAN learn to run faster. And to run faster means more scores, more Ds, and more glory on the field. Dunte Hector of ATX Speed has coached over 100 ultimate players around the world to run faster, jump higher, and minimize common injuries since 2015. His dozens of pages of data show: players have improved their top speed by MORE than 10% players have missed fewer practices because of his warmup & rehab protocols

Praise for *Fast Kids Don't Train Slow* "It's awesome to read a book that's useful and not just a long missive about how ultimate shaped some guy's life." - Simon "While the concepts can apply broadly, I appreciate knowing that what's in the book is written with the ultimate athlete in mind first and foremost." - Sarah If you want to experience ATX Speed's proven training methods -- if you want to run faster and be one of the all-star players on your team -- then buy *Fast Kids Don't Train Slow*. You can become one of the fast kids. You can have the glory of blowing off your defender and being wide open for easy catches. You can earn the respect due to players who come from behind to knock down discs. You can condition with precision to arrive



at your biggest tournaments in great shape AND healthy. You may have to give up traditional ideas about training for ultimate to reap the rewards. Is it really possible to become faster? How does lifting weights improve your game? Are track workouts helping you as a player? This is the first book for ultimate which answers all of those questions and more. *Fast Kids Don't Train Slow* gives you all the tools you need to make a statement next season. This book lays out exactly why the fastest players on your team rarely seem to work the hardest. It explains how running fast really happens inside the body. It exposes the most common mistakes ultimate players make in their training which result in burnout, poor performance, and -- at worst -- devastating injury. And every word is backed by data, research, and the experience of athletes who have trained with Coach Dunte. What ultimate players say about training at ATX SPEED "Beach Nationals was the best I've ever felt and played on sand. I had many compliments on how well I played and ... on my speed and cutting." - Chris "I'm faster and have way more endurance than I ever did before. I'm keeping up with and beating people that used to smoke me. People I've played for a while have been impressed with how much faster I am." - Kevin "I think the long warmups and recovery work during the season are doing a lot to keep me healthy. After a recent tournament, some teammates said, "I haven't seen you play like that before!" " - Kyle "Coach Dunte taught me proper sprinting form, helping me get open on my defenders and stay with my person on defense. He has also helped me understand that training for ultimate isn't about feeling terrible after workouts, but rather focusing on correct form, doing reps at 100%, and listening to my body." - Rebecca "During tryout season all the captains and people running tryouts said I looked way quicker and more explosive than last season." - Tom Do you want the same success? Do you want teammates to be surprised by your new speed and endurance next season? Buy *Fast Kids Don't Train Slow*. Follow the training programs. You'll be glad you did. Your matchups will wish they had beat you to it.

**No City for Slow Men** Sep 06 2020 Author and blogger Jason Y Ng has a knack for making the familiar both fascinating and funny. Three years

after his best-selling debut "*Hong Kong State of Mind*", the razor-sharp observer returns with a sequel that is bigger and every bit as poignant. This is a collection of 36 essays that examine some of the pressing social, cultural and existential issues facing Hong Kong. It takes us from the gravity-defying property market to the plunging depths of old age poverty, from the storied streets of Sheung Wan to the beckoning island of Cheung Chau, from the culture-shocked Western expatriate to the misunderstood Mainland Chinese and the disenfranchised foreign domestic worker. The result is a treatise on Hong Kong life that is thought-provoking, touching and immensely entertaining.

**To Bless the Space Between Us** Oct 08 2020

From the author of the bestselling *Anam Cara* comes a beautiful collection of blessings to help readers through both the everyday and the extraordinary events of their lives. John O'Donohue, Irish teacher and poet, has been widely praised for his gift of drawing on Celtic spiritual traditions to create words of inspiration and wisdom for today. In *To Bless the Space Between Us*, his compelling blend of elegant, poetic language and spiritual insight offers readers comfort and encouragement on their journeys through life. O'Donohue looks at life's thresholds—getting married, having children, starting a new job—and offers invaluable guidelines for making the transition from a known, familiar world into a new, unmapped territory. Most profoundly, however, O'Donohue explains "blessing" as a way of life, as a lens through which the whole world is transformed. O'Donohue awakens readers to timeless truths and shows the power they have to answer contemporary dilemmas and ease us through periods of change.

*In Praise of Slow* Jun 27 2022 In the tradition of such trailblazing books as *No Logo* and *The Tipping Point*, *In Praise of Slow* heralds a growing international movement of people dedicated to slowing down the pace of our contemporary times and enjoying a richer, fuller life as a result. These days, almost everyone complains about the hectic pace of their lives. We live in a world where speed rules and everyone is under pressure to go faster. But when speed is king, anyone or anything that gets in our way, that slows us down, becomes an

enemy. Thanks to speed, we are living in the age of rage. Carl Honore has discovered a movement that is quickly working its way into the mainstream. Groups of people are developing a recipe for living better in a fast-paced, modern environment by striving for a new balance between fast and slow. In an entertaining and hands-on investigation of this new movement, Honore takes us from a Tantric sex workshop in a trendy neighbourhood in London, England to Bra, Italy, the home of the Slow Food, Slow Cities and Slow Sex movements. He examines how we can continue to live productive lives by embracing the tenets of the slow movement. A challenging take on the cult of speed, as well as a corrective look at how we can approach our lives with new understanding, *In Praise of Slow* uncovers a movement whose time has come.

*Urban Outlaw* Nov 01 2022 \*\*\*THE TOP 10 BESTSELLER\*\*\* Magnus Walker is one of life's originals. Serial entrepreneur, fashion designer, TV presenter, motivational speaker and one of the world's most prolific Porsche collectors, the dreadlocked, tattooed hoarder of individual creativity is a very modern incarnation of idiosyncratic success. Raised in the grim, urban decay of Thatcher's Britain, Sheffield-born Magnus Walker left school with just two O levels and drifted for several years before buying a one-way ticket to America. Now, 30 years and three successful businesses later, by following his instincts, rejecting convention and pursuing his passions Magnus has succeeded against all the odds. Here, for the first time, is the full story of his journey from a Northern steel town to the bright lights of Hollywood, from a boy with little hope to an anti-establishment hero. Along the way we'll witness his potent combination of inspiration and graft, discover his motivations and his ambitions, and come to understand his philosophy and the keys to his success. Inspiring and exhilarating, *URBAN OUTLAW* is a compelling tale of succeeding through pure instinct and determination by a man who was brave enough to follow his own path.

*Slow Down* Mar 25 2022 The days are long, but the years are short. No matter if it's your child's first step, first day of school, or first night tucked away in a new dorm room away from home, there comes a moment when you realize just how quickly the years are flying by.

Christian music artist Nichole Nordeman's profound lyrics in her viral hit "Slow Down" struck a chord with moms everywhere, and now this beautiful four-color book will inspire you to celebrate the everyday moments of motherhood. Filled with thought-provoking writings from Nichole, as well as guest writings from friends including Shauna Niequist and Jen Hatmaker, practical tips, and journaling space for reflection, *Slow Down* will be a poignant gift for any mom, as well as a treasured keepsake. Take a few moments to reflect and celebrate the privilege of being a parent and getting to watch your little ones grow—and *Slow Down*. Nichole Nordeman has sold more than 1 million albums as a Christian music artist and has won 9 GMA Dove Awards, including two awards for Female Vocalist of the Year and Songwriter of the Year. Nichole released a lyric video for her song "Slow Down," and it struck a chord with parents everywhere, amassing 14 million views in its first five days. She lives in Oklahoma with her two children.

**The Slow Fix** Aug 18 2021 In the tradition of his internationally bestselling *In Praise of Slow*, and drawing on examples from the most progressive and successful leaders in business, politics, science and society, Carl Honoré brilliantly illuminates why the best way to face our problems might just be to take our time. If the high-flying fighter pilots of the RAF can own up to their mistakes, why can't the rest of us? Toyota was fantastically good at exposing its failings and correcting them, until it stopped, setting the company up for one of the most spectacular falls from grace in the history of the auto industry. BP couldn't bring itself to apologize for its catastrophic oil spill until the entire Gulf Coast of the United States was bearing the brunt of its technological shortcomings. Addicted as we might be to the quick fix--pills, crash diets or just diverting attention from things about to go wrong--the quick fix never really works. Trying to solve problems in a hurry, sticking on a plaster when surgery is needed, might deliver temporary relief, but only at the price of storing up worse trouble for later. For those looking for a fix that sticks, *The Slow Fix* will help us produce solutions in life and work that endure.

**Range** Oct 27 2019 The #1 New York Times

bestseller that has all America talking—with a new afterword on expanding your range—as seen on CNN's Fared Zakaria GPS, Morning Joe, CBS This Morning, and more. “The most important business—and parenting—book of the year.” —Forbes “Urgent and important. . . an essential read for bosses, parents, coaches, and anyone who cares about improving performance.” —Daniel H. Pink Shortlisted for the Financial Times/McKinsey Business Book of the Year Award Plenty of experts argue that anyone who wants to develop a skill, play an instrument, or lead their field should start early, focus intensely, and rack up as many hours of deliberate practice as possible. If you dabble or delay, you'll never catch up to the people who got a head start. But a closer look at research on the world's top performers, from professional athletes to Nobel laureates, shows that early specialization is the exception, not the rule. David Epstein examined the world's most successful athletes, artists, musicians, inventors, forecasters and scientists. He discovered that in most fields—especially those that are complex and unpredictable—generalists, not specialists, are primed to excel. Generalists often find their path late, and they juggle many interests rather than focusing on one. They're also more creative, more agile, and able to make connections their more specialized peers can't see. Provocative, rigorous, and engrossing, *Range* makes a compelling case for actively cultivating inefficiency. Failing a test is the best way to learn. Frequent quitters end up with the most fulfilling careers. The most impactful inventors cross domains rather than deepening their knowledge in a single area. As experts silo themselves further while computers master more of the skills once reserved for highly focused humans, people who think broadly and embrace diverse experiences and perspectives will increasingly thrive.

*Think Again* Dec 22 2021 #1 New York Times Bestseller “THIS. This is the right book for right now. Yes, learning requires focus. But, unlearning and relearning requires much more—it requires choosing courage over comfort. In *Think Again*, Adam Grant weaves together research and storytelling to help us build the intellectual and emotional muscle we need to stay curious enough about the world to

actually change it. I've never felt so hopeful about what I don't know.” —Brené Brown, Ph.D., #1 New York Times bestselling author of *Dare to Lead* The bestselling author of *Give and Take* and *Originals* examines the critical art of rethinking: learning to question your opinions and open other people's minds, which can position you for excellence at work and wisdom in life Intelligence is usually seen as the ability to think and learn, but in a rapidly changing world, there's another set of cognitive skills that might matter more: the ability to rethink and unlearn. In our daily lives, too many of us favor the comfort of conviction over the discomfort of doubt. We listen to opinions that make us feel good, instead of ideas that make us think hard. We see disagreement as a threat to our egos, rather than an opportunity to learn. We surround ourselves with people who agree with our conclusions, when we should be gravitating toward those who challenge our thought process. The result is that our beliefs get brittle long before our bones. We think too much like preachers defending our sacred beliefs, prosecutors proving the other side wrong, and politicians campaigning for approval--and too little like scientists searching for truth.

Intelligence is no cure, and it can even be a curse: being good at thinking can make us worse at rethinking. The brighter we are, the blinder to our own limitations we can become.

Organizational psychologist Adam Grant is an expert on opening other people's minds--and our own. As Wharton's top-rated professor and the bestselling author of *Originals* and *Give and Take*, he makes it one of his guiding principles to argue like he's right but listen like he's wrong. With bold ideas and rigorous evidence, he investigates how we can embrace the joy of being wrong, bring nuance to charged conversations, and build schools, workplaces, and communities of lifelong learners. You'll learn how an international debate champion wins arguments, a Black musician persuades white supremacists to abandon hate, a vaccine whisperer convinces concerned parents to immunize their children, and Adam has coaxed Yankees fans to root for the Red Sox. *Think Again* reveals that we don't have to believe everything we think or internalize everything we feel. It's an invitation to let go of views that are

no longer serving us well and prize mental flexibility over foolish consistency. If knowledge is power, knowing what we don't know is wisdom.

**Slow Medicine** Mar 01 2020 "Wonderful... Physicians would do well to learn this most important lesson about caring for patients."

—The New York Times Book Review Over the years that Victoria Sweet has been a physician, “healthcare” has replaced medicine, “providers” look at their laptops more than at their patients, and costs keep soaring, all in the ruthless pursuit of efficiency. Yet the remedy that economists and policy makers continue to miss is also miraculously simple. Good medicine takes more than amazing technology; it takes time—time to respond to bodies as well as data,

time to arrive at the right diagnosis and the right treatment. Sweet knows this because she has learned and lived it over the course of her remarkable career. Here she relates unforgettable stories of the teachers, doctors, nurses, and patients through whom she discovered the practice of Slow Medicine, in which she has been both pioneer and inspiration. Medicine, she helps us to see, is a craft and an art as well as a science. It is relational, personal, even spiritual. To do it well requires a hard-won wisdom that no algorithm can replace—that brings together “fast” and “slow” in a truly effective, efficient, sustainable, and humane way of healing.

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