

As Serious As Your Life Black Music And The Free

*A #1 New York Times Bestseller*An Amazon Best Book of 2014 in Crafts, Home & Garden*This #1 New York Times bestselling guide to decluttering your home from Japanese cleaning consultant Marie Kondo takes readers step-by-step through her revolutionary KonMari Method for simplifying, organizing, and storing.*

Discover the very special book that has captured the hearts of millions of readers all over the world. 'A wonderful work of art and a wonderful window into the human heart' Richard Curtis A book of hope for uncertain times. Enter the world of Charlie's four unlikely friends, discover their story and their important life lessons. The boy, the mole, the fox and the horse have been shared millions of times online – perhaps you've seen them? They've also been recreated by children in schools and hung on hospital walls. They sometimes even appear on lamp posts and on cafe and bookshop windows. Perhaps you saw the boy and mole on the Comic Relief T-shirt, Love Wins? Here, you will find them together in this book of Charlie's most-loved drawings, adventuring into the Wild and exploring the thoughts and feelings that unite us all.

In this classic account of the new black music of the 1960s and 70s, celebrated photographer and jazz historian Val Wilmer tells the story of how a generation of revolutionary musicians established black music as the true vanguard of American culture. Placing the achievements of African-American artists such as Albert Ayler, Ornette Coleman, John Coltrane and Sun Ra in their broader political and social context, Wilmer evokes an era of extraordinary innovation and experimentation that continues to inspire musicians today. As vital now as when it was first published in 1977, As Serious As Your Life is the essential story of one of the most dynamic musical movements of the twentieth century.

LeeSiegel, author of Falling Upwards, Not RemotelyControlled, and Against the Machine delivers a provocative critique ofmodern lightness and frivolity, and a timely guide to being serious in an unserious age. In the vein of The Culture of Narcissism, Shop Class as Soulcraft, and How Proust Can Change Your Life,Siegel offers a revelatory look at how a serious bearing is vital toaccomplishing any worthwhile goal in an era increasingly defined by a sardonicapproach to life.

The Joy of Small Things

On Not Being Someone Else

As Serious As Your Life

It Is a One Time Life

Serious Dreams

I Live a Life Like Yours

Attention Management

A Guide for the Journey to Your True Calling

Follow the Trail of Your Spirit is a fast-paced, easy-to-read, down-to-earth life-coaching guide to finding purpose, meaningful activity, and your perfect career.Wouldn't it be nice if you could find productive, satisfying, and fulfilling things to do, whether at work or simply hanging out at home, by just answering

10 questions?You can! Just by reading this book! No more feeling frustrated, disappointed in yourself, or suffering that nagging sense you are missing out on something big. You can start enjoying life with the first chapter!Margaret Nash has been a successful Life Coach, Business Trainer, and NLP Seminar Leader for over 20 years and is the author of 5 coaching books in her Hippie-at-Heart Self-Help Series - on Amazon. She will take you on her personal journey from Alabama to England to Mexico searching for meaning, purpose, and her professional identity. She will share with you her discoveries along the way as well as real life stories from her many clients.She found out "Why follow your passion" could be the worst advice ever "The only 10 life coaching questions you'll ever need to discover exactly what you're looking for"How your worst mistakes and failures are a goldmine you can transform into your greatest success"There's always room for you, and what you have to offer counts to someone. Find your place in the world. You count!Follow the Trail of Your Spirit is served up with a touch of mysticism, a dash of inspiration, and a taste of shamanism. You will never need another book on life purpose!

The alternate self is a persistent theme of modern culture. From Robert Frost to Sharon Olds, Virginia Woolf to Ian McEwan, poets and novelists--and readers--are fascinated by paths not taken. In an elegant and provocative rumination, Andrew H. Miller lingers with other selves, listening to what they have to say about our stories and our lives.

The Life-Course of Serious and Violent Youth Grown Up addresses significant gaps in the literature on youth involved in chronic, serious, and violent offending. Through longitudinal research and a long follow-up into adulthood, it challenges common perceptions about offending outcomes. Using theoretically grounded, methodologically sophisticated and empirically driven research, this book culminates 20 years of data emerging from the Incarcerated Serious and Violent Young Offender Study (ISVYOS). Initiated in 1999 to understand the origins of serious and violent youth offending, it follows 1,719 formerly incarcerated youth through adulthood and offers a contemporary perspective to questions about chronic offending in adolescence and social and offending outcomes in adulthood. The authors provide a theoretically framed examination of new findings from the ISVYOS regarding participants' justice system involvement, from onset to persistence to desistance. Most participants experienced continued involvement in the justice system in adulthood. However, contrary to past literature, ISVYOS findings challenge static descriptions of chronic offending and notions of the youth "super predator". ISVYOS findings also challenge assertions that experiences and risk factors in childhood and adolescence are not informative of adult justice system involvement. Together, the findings call for a more humanistic approach that recognizes that the complex lives of individuals formerly incarcerated in adolescence implies that desistance does not happen by default.

This book will be of great interest to scholars, researchers, and students of forensic psychology, developmental and life course criminology, youth justice, and violent crime.

#1 NATIONAL BESTSELLER #1 INTERNATIONAL BESTSELLER What does everyone in the modern world need to know? Renowned psychologist Jordan B. Peterson's answer to this most difficult of questions uniquely combines the hard-won truths of ancient tradition with the stunning revelations of cutting-edge scientific research.

Humorous, surprising and informative, Dr. Peterson tells us why skateboarding boys and girls must be left alone, what terrible fate awaits those who criticize too easily, and why you should always pet a cat when you meet one on the street. What does the nervous system of the lowly lobster have to tell us about standing up straight (with our shoulders back) and about success in life? Why did ancient Egyptians worship the capacity to pay careful attention as the highest of gods? What dreadful paths do people tread when they become resentful, arrogant and vengeful? Dr. Peterson journeys broadly, discussing discipline, freedom, adventure and responsibility, distilling the world's wisdom into 12 practical and profound rules for life. 12 Rules for Life shatters the modern commonplaces of science, faith and human nature, while transforming and ennobling the mind and spirit of its readers.

What Chinese Philosophers Can Teach Us About the Good Life

The Adventures of Playing a Stoner and Working for a President

What Purpose Did I Serve in Your Life

Change Your Life One Doodee at a Time

Are You So Serious about Your Life

Making Eye Health a Population Health Imperative

The Little Prince

The Path

First published in 1943, The Little Prince by Antoine de Saint-Exupéry has been translated into more than 250 languages, becoming a global phenomenon. The Sahara desert is the scenery of Little Prince's story. The narrator's plane has crashed there and he has scarcely some food and water to survive. Trying to comprehend what caused the crash, the Little Prince appears. The serious blonde little boy asks to draw him a sheep. The narrator consents to the strange fellow's request. They soon become friends and the Little Prince informs the pilot that he is from a small planet, the asteroid 325, talks to him about the meaning of his planet, his planet's volcanoes and the mysterious rose that grew on his planet. He also talks to him about the other planets. Often puzzled by the grown-ups' behavior, the little traveler becomes a total and eternal symbol of innocence and love, of responsibility and devotion. Through him we get to see how insightful children are and how grown-ups aren't. Children use their heart to feel what's really important, not the eyes. Heart-breaking, funny and thought-provoking, it is an enchanting and endlessly wise fable about the human condition and the power of imagination. A book about both childhood and adulthood, it can be read as a parable, a war story, a classic children's fairy-tale, and many more things besides: The Little Prince is a book for everyone, after all, all grown-ups were children once.

From bestselling writer David Graeber—"a master of opening up thought and stimulating debate" (Slate)—"a powerful argument against the rise of meaningless, unfulfilling jobs...and their consequences. Does your job make a meaningful contribution to the world?" In the spring of 2013, David Graeber asked this question in a playful, provocative essay titled "On the Phenomenon of Bullshit Jobs." It went viral. After one million online views in seventeen different languages, people all over the world are still debating the answer. There are hordes of people—HR consultants, communication coordinators, telemarketing researchers, corporate lawyers—whose jobs are useless, and, tragically, they know it. These people are caught in bullshit jobs. Graeber explores one of society's most vexing and deeply felt concerns, indicting among other villains a particular strain of finance capitalism that betrays ideals shared by thinkers ranging from Keynes to Lincoln. "Clever and charismatic" (The New Yorker), Bullshit Jobs gives individuals, corporations, and societies permission to undergo a shift in values, placing creative and caring work at the center of our culture. This book is for everyone who wants to turn their vocation back into an avocation and "a thought-provoking examination of our working lives" (Financial Times).

By the author of 'Adrien Brody,' the controversial Internet piece, Marie Calloway effaces the boundary between life and narrative.

Publisher Description

Are You Serious?

Serious Laughter

Living Fully with Serious and Life-Limiting Illness through Mindfulness, Compassion, and Connectedne

Strong Medicine for America's Health Care System

A Manifesto for a Happier, Calmer and Wiser Life

Vision for Tomorrow

A Guide Book to a Happier, Healthier, More Productive Life

A Theory

From actor and former White House staffer Kal Penn comes a humorous and inspiring memoir-in-essays about ambition, fame, and his unusual career path.

ARE YOU BEHAVING SERIOUSLY OVER THE THINGS IN YOUR LIFE . . . IT IS YOUR LAST CHANCE TO BREATH . . .

An inspiring guide to finding your life's purpose—what spiritual teachers call dharma—through mindfulness and self-exploration. Stephen Cope says that in order to have a fulfilling life you must discover the deep purpose hidden at the very core of your self. The secret to unlocking this mystery, he asserts, can be found in the pages of a two-thousand-year-old spiritual classic called the Bhagavad Gita—an ancient allegory about the path to dharma, told through a timeless dialogue between the fabled archer, Arjuna, and his divine mentor, Krishna. Cope takes readers on a step-by-step tour of this revered tale and highlights well-known Western lives that embody its central principles—including such luminaries as Jane Goodall, Walt Whitman, Susan B. Anthony, John Keats, and Harriet Tubman, along with stories of ordinary people as well. If you're feeling lost in your own life's journey, The Great Work of Your Life may help you to find and to embrace your true calling. Praise for The Great Work of Your Life "Keep a pen and paper handy as you read this remarkable book! It's like an owner's manual for the soul."—Dani Shapiro, author of Devotion "A masterpiece . . . You'll find inspiration in these pages. You'll gain a better appreciation of divine guidance and grace, and even how you might better hear it in your own life."—Yoga Journal "I am moved and inspired by this book, the clarity and beauty of the lives lived in it, and the timeless dharma it teaches."—Jack Kornfield, author of A Path with Heart "A rich source of contemplation and inspiration [that] encourages readers . . . to discover and fully pursue their inner self's calling."—Publishers Weekly "Fabulous . . . If you have ever wondered what your purpose is, this book is a great guide to help you on your path."—YogaHara

"Marie Kondo, but for your brain." —HelloGiggles "Compelling from front to back. Highly recommend." —Marc Andreessen Reading this book could change your life. The Courage to Be Disliked, already an enormous bestseller in Asia with more than 3.5 million copies sold, demonstrates how to unlock the power within yourself to be the person you truly want to be. Is happiness something you choose for yourself? The Courage to Be Disliked presents a simple and straightforward answer. Using the theories of Alfred Adler, one of the three giants of nineteenth-century psychology alongside Freud and Jung, this book follows an illuminating dialogue between a philosopher and a young man. Over the course of five conversations, the philosopher helps his student to understand how each of us is able to determine the direction of our own life, free from the shackles of past traumas and the expectations of others. Rich in wisdom, The Courage to Be Disliked will guide you through the concepts of self-forgiveness, self-care, and mind decluttering. It is a deeply liberating way of thinking, allowing you to develop the courage to change and ignore the limitations that you might be placing on yourself. This plainspoken and profoundly moving book unlocks the power within you to find lasting happiness and be the person you truly want to be. Millions have already benefited from its teachings, now you can too.

The Life You Can Save

Black Music and the Free Jazz Revolution, 1957-1977

The Boy, The Mole, The Fox and The Horse

How to Change Your Mind and Your Life

The Life-Course of Serious and Violent Youth Grown Up

How to Create Success and Gain Productivity – Every Day

Your Handwriting Can Change Your Life

Leaves Falling Gently

National Bestseller The father of the new science of positive psychology and author of Authentic Happiness draws on more than twenty years of clinical research to demonstrate how optimism enhances the quality of life, and how anyone can learn to practice it. Offering many simple techniques, Dr. Seligman explains how to break an “I–give-up” habit, develop a more constructive explanatory style for interpreting your behavior, and experience the benefits of a more positive interior dialogue. These skills can help break up depression, boost your immune system, better develop your potential, and make you happier. . . . With generous additional advice on how to encourage optimistic behavior at school, at work and in children, Learned Optimism is both profound and practical-and valuable for every phase of life.

"You'd be out of my funk. . . . So, follow moderate pessimists, go buy this book." —Marian Sandmaier, The New York Times Book Review

A life-limiting illness may have taken hold of your body, but you can still live more fully and openly than ever before. You can enrich your life by exploring ways to make peace with yourself and deepen connections with friends and family. This book will help you reap the benefits of mindfulness and acceptance, one day at a time. Leaves Falling Gently is a comforting guide to the mindfulness and compassion practices that will help you embrace the present moment, despite your illness. With each simple practice, you'll deepen your appreciation for the experiences that bring you joy and enhance your capacity for gratitude, generosity, and love. As you work through each personal reflection and guided meditation, you'll regain the strength to live fully, regardless of the changes and challenges that come.

"A quietly brilliant book that warms slowly in the hands." —Dwight Garner, The New York Times I am not talking about surviving. I am not talking about becoming human, but about how I came to realize that I had always already been human. I am writing about all that I wanted to have, and how I got it. I am writing about what it cost, and how I was able to afford it. Jan Grue was diagnosed with spinal muscular atrophy at the age of three. Shifting between specific periods of his life—his youth with his parents and sister in Norway; his years in Berkeley, St. Petersburg, and Amsterdam; and his current life as a professor, husband, and father—he intersperses these histories with elegant, astonishingly wise reflections on the world, social structures, disability, loss, relationships, and the body: in short, on what it means to be human. Along the way, Grue moves effortlessly between his own story and those of others, incorporating reflections on philosophy, film, art, and the work of writers from Joan Didion to Michael Foucault. He revises the cold, clinical language of his childhood, drawing from a stack of medical records that first forced the boy who thought of himself as "just Jan" to perceive that his body, and therefore his sense of self, had a history. He tells the details of his life: a girlfriend pushing Grue through the airport and forgetting him next to the baggage claim; schoolmates forming a chain behind his wheelchair on the ice one winter day; his parents writing desperate letters in search of proper treatment for their son; his own young son climbing into his lap as he sits in his wheelchair, only to leap down and run away too quickly to catch. It is a story about accepting one's own body and limitations, and learning to love life as it is while remaining open to hope and discovery.

An exhilarating collection of twelve hopeful, heartbreaking, and unexpectedly profound essays from one of our most acclaimed practitioners of narrative journalism, Jon Mooalem is a master storyteller whose boundless curiosity and powers of perception have established him as one of the most distinctive, empathic, and clear-sighted journalists of our era. From the collapse of a multi-million-dollar bird-breeding scam run by an aging farmer known as The Pigeon King to the intimate, philosophical pursuits of a triple-amputee doctor at a pioneering hospice in San Francisco, from the tragic life of the author's blighting doppelganger to a global society dedicated to the appreciation of clouds, Mooalem investigates hope, heartbreak, crime, punishment, idealism, and catharsis across the world and within himself. The Wall Street Journal has called his writing "as much art as it is journalism." Jia Tolentino has praised his "grace and command," while Rebecca Skloot has called his writing "funny, poignant, and surprising." In the twelve wide-ranging essays collected for the first time in Serious Face, Mooalem grapples with offbeat everyday dramas and the weight of history with the same deep longing for connection and illumination. These elegant, moving pieces form an idiosyncratic tapestry of human experience: our audacity and imperfections, our blundering and goodwill, and the ways our stories ricochet through a complicated world. In Serious Face, Mooalem showcases his remarkable ability to transport his readers, to bring to life the desperate hopes and urgent fears of the people he meets, and to tell their stories with clarity, insight, and kindness.

Learned Optimism

A Novel

Tales of Our Unlaid Lives

You Can't Be Serious

How to Be True and Get Real in the Age of Silly

The Japanese Phenomenon That Shows You How to Change Your Life and Achieve Real Happiness

John Coltrane and Beyond

Our Band Could Be Your Life

Discover the revolutionary antidote to overload and exhaustion Have you tried everything to become more productive—but you're still too busy and stressed? That's because the old approaches to productivity just don't work in today's fast-paced, tech-driven workplaces. What does work? Time management is outdated. Attention management is the solution you need. Attention management is the antidote to distraction. It's a collection of behaviors, including focus, mindfulness, control, presence, flow, and other skills, that will support your success. Productivity speaker, trainer, and author Maura Nevel Thomas shows you how to master attention management with practical strategies that make an immediate impact.

A guide to connecting living through the moon and her phases, incorporating wellness rituals, spellwork, and witchcraft for the modern seeker. We all know the moon. We all have a relationship with it. The earliest people obeyed her orbit, timed their months and holidays and celebrations and agriculture to the moon: the echoes of that system are still visible today, though the connection to the moon and goddess is less direct. Live a Life Like Yours is a love story. It is rich with loss, sorrow, and joy, and with the details of a girlfriend pushing Grue through the airport and forgetting him next to the baggage claim; schoolmates forming a chain behind his wheelchair on the ice one winter day; his parents writing desperate letters in search of proper treatment for their son; his own young son climbing into his lap as he sits in his wheelchair, only to leap down and run away too quickly to catch. It is a story about accepting one's own body and limitations, and learning to love life as it is while remaining open to hope and discovery.

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The Japanese Art of Decluttering and Organizing

The Great Work of Your Life

Acting Now to End World Poverty

As Serious as Your Life

The Life-changing Magic of Tidying Up

Big Ideas for the Rest of Your Life

My Life in the Jazz World

In the spring of 2010, Harvard Business School's graduating class asked HBS professor Clay Christensen to address them—but not on how to apply his principles and thinking to their post-HBS careers. The students wanted to know how to apply his wisdom to their personal lives. He shared with them a set of guidelines that have helped him find meaning in his own life, which led to this now-classic article. Although Christensen's thinking is rooted in his deep religious faith, these are strategies anyone can use. Since 1922, Harvard Business Review has been a leading source of breakthrough ideas in management practice. The Harvard Business Review Classics series now offers you the opportunity to make these seminal pieces a part of your permanent management library. Each highly readable volume contains a groundbreaking idea that continues to shape best practices and inspire countless managers around the world.

For the first time in history, eradicating world poverty is within our reach. Yet around the world, a billion people struggle to live each day on less than many of us pay for bottled water. In The Life You Can Save, Peter Singer uses ethical arguments, illuminating examples, and case studies of charitable giving to show that our current response to world poverty is not only insufficient but morally indefensible. The Life You Can Save teaches us to be a part of the solution, helping others as we help ourselves.

The definitive chronicle of underground music in the 1980s tells the stories of Black Flag, Sonic Youth, The Replacements, and other seminal bands whose DIY revolution changed American music forever. Our Band Could Be Your Life is the never-before-told story of the musical revolution that happened right under the nose of the Reagan Eighties — when a small but sprawling network of bands, labels, fanzines, radio stations, and other subversives re-energized American rock with punk's do-it-yourself credo and created music that was deeply personal, often brilliant, always challenging, and immensely influential. This sweeping chronicle of music, politics, drugs, fear, loathing, and faith is an indie rock classic in its own right. The bands profiled include: Sonic Youth Black Flag The Replacements Minutemen Husker Du Minor Threat Mission of Burma Butthole Surfers and Black Fuzgal Medicine Beat Happening Dinosaur Jr.

STOP READING THE NEWS is a vital toolkit for managing the upsetting coronavirus news cycle and finding equilibrium and calm at a time of chaos and uncertainty In 2013 Rob Dobell stood in front of a roomful of journalists and proclaimed that he did not read the news. It caused a riot. Now the host of the bestselling The Art of Thinking Clearly finally sets down his philosophy in detail. And he practises what he preaches: he hasn't read the news for a decade. Stop Reading the News is Dobell's manifesto about the dangers of the most toxic form of information - news. He shows the damage it does to our concentration and well-being, and how a misplaced sense of duty can misdirect our behaviour. Most importantly, he offers the reader the guidance on how to live without news, and the many potential gains to be had: less disruption, more time, less anxiety, more insights.

In a world of increasing disruption and division, Stop Reading the News is a welcome voice of calm and wisdom.

The Story of the New Jazz

150 Prompts from the Silly to the Serious

Lunar Magic to Change Your Life

The Moon Book

The Courage to Be Disliked

Your Money Or Your Life

An Antidote to Chaos

How Will You Measure Your Life? (Harvard Business Review Classics)

For the first time an award-winning Harvard professor shares the lessons from his wildly popular course on classical Chinese philosophy, showing you how these ancient ideas can guide you on the path to a good life today. The lessons taught by ancient Chinese philosophers surprisingly still apply, and they challenge our fundamental assumptions about how to lead a fulfilled, happy, and successful life. Self-discovery, it turns out, comes through looking outward, not inward. Power comes from holding back. Good relationships come from small gestures. Spontaneity comes from practice. And excellence comes from what you choose to do, not your "natural" abilities. Counterintuitive. Countercultural. Even revolutionary. These powerful ideas have made Professor Michael Puett's course the third most popular at Harvard University in recent years, with enrollment surging every year since it was first offered in 2006. It's clear students are drawn by a bold promise Professor Puett makes on the first day of class: "These ideas will change your life." Now he offers his course to the world. When you purposefully control our handwriting, we introduce attitudes that can improve our relationships, give us the impetus to achieve and take risks, and simply bring out the best in us. This is because our handwriting is a reflection of our innermost thoughts and feelings. When we fall in love, survive a serious illness, or change careers, our view of life is dramatically altered and, as a result, our handwriting patterns change. Conversely, desired transformations can result from intentionally changing the way specific letters are written: * Stick to that diet by changing the letter T. * Avoid being overlooked for that well-deserved promotion by changing the letter G. * Reduce stress and cease juggling too many things at once by changing the letter S. * Overcome shyness or stage fright by changing the letter A. Included is an enlightening assessment test that identifies those personality traits requiring attention. Your Handwriting Can Change Your Life profoundly reveals that the key to making dreams come true is as simple as putting pen to paper.

A fully illustrated, interactive art journal featuring 190 prompts that allows the artist to explore their inner-self through drawing.

The ability to see deeply affects how human beings perceive and interpret the world around them. For most people, eyesight is part of everyday communication, social activities, educational and professional pursuits, the care of others, and the maintenance of personal health, independence, and mobility. Functioning eyes and vision system can reduce an adult's risk of chronic health conditions, death, falls and injuries, social isolation, depression, and other psychological problems. In children, properly maintained eye and vision health contributes to a child's social development, academic achievement, and better health across the lifespan. The public generally recognizes its reliance on sight and fears its loss, but emphasis on eye and vision health, in general, has not been integrated into daily life to the same extent as other health promotion activities, such as teeth brushing; hand washing; physical and mental exercise; and various injury prevention behaviors. A larger population health approach is needed to engage a wide range of stakeholders in coordinated efforts that can sustain the scope of behavior change. The shaping of socioeconomic environments can eventually lead to new social norms that promote eye and vision health. Making Eye Health a Population Health Imperative: Vision for Tomorrow proposes a new population-centered framework to guide action and coordination among various, and sometimes competing, stakeholders in pursuit of improved eye and vision health and health equity in the United States. Building on the momentum of previous public health efforts, this report also introduces a model for action that highlights different levels of prevention activities across a range of stakeholders and provides specific examples of how population health strategies can be translated into cohesive areas for action at federal, state, and local levels.

The Progress Principle

A Twenty-Year Longitudinal Study

Mama Said There'd Be Days Like This

Follow the Trail of Your Spirit

The Search for Life Purpose

Serious Face

Essays

12 Rules for Life

What really sets the best managers above the rest? It's their power to build a cadre of employees who have great inner work lives—consistently positive emotions; strong motivation; and favorable perceptions of the organization, their work, and their colleagues. The worst managers undermine inner work life, often unwittingly. As Teresa Amabile and Steven Kramer explain in The Progress Principle, seemingly mundane workday events can make or break employees' inner work lives. But it's forward momentum in meaningful work—progress—that creates the best inner work lives. Through rigorous analysis of nearly 12,000 diary entries provided by 238 employees in 7 companies, the authors explain how progress can foster progress and enhance inner work life every day. The book shows how to remove obstacles to progress, including meaningless tasks and toxic relationships. It also explains how to activate two forces that enable progress: (1) catalysts—events that directly facilitate project work, such as clear goals and autonomy—and (2) nourishers—interpersonal events that uplift workers, including encouragement and demonstrations of respect and collegiality. Brimming with honest examples from the companies studied, The Progress Principle equips aspirants and seasoned leaders alike with the insights they need to maximize their people's performance.

From former BuzzFeed personality Ashly Perez comes a fun, honest, and unabashedly feminist book of inspiration and wisdom to help you plant some roots, live in the process, and accept you for you. Take a break from mindless phone scrolling and find meaning all around you every single day. Read This for Inspiration, filled with short bursts of encouragement and enlightenment, is your starting place. Look inward and also way beyond your arm's length—these entries are inspiring not only for the wisdom they impart but also for the way they lift you up. Virtual BuzzFeed start turned television writer Ashley Perez has compiled all of the inspirations that have enriched her own life—influenced by history, literature, music, and her mom—to help you discover what motivates you. We all have to start somewhere.

Commencement addresses offer college grads wise and inspiring advice. This collection of insightful speeches is full of bold and practical ideas that will help you live out your calling in God's story and pursue serious dreams.

Using Small Wins to Ignite Joy, Engagement, and Creativity at Work

A Memoir

Bullshit Jobs

Simple Sparks to Ignite Your Life

Read This for Inspiration

'A not-so-small joy in itself.' Nigella Lawson

A Little Life

Stop Reading the News