

## Advice Not Given A Guide To Getting Over Yourself

Before and After the Book Deal  
The Merchant of Venice  
How To Win Friends and Influence People  
Ask a Manager  
Meditation for Fidgety Skeptics  
The Hate U Give  
Baby and Child Care  
Fahrenheit 451  
The Outsiders  
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Ovid: Ars Amatoria  
An Astronaut's Guide to Life on Earth  
You Do You  
Humilitas  
The Life-Changing Magic of Not Giving a F\*ck  
The Life-Changing Magic of Not Giving a F\*ck Journal  
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Prepared  
How to Be an Antiracist  
Open to Desire  
The Four Agreements  
How to Write a Lot  
Advice Not Given  
The Trauma of Everyday Life  
How to Have Impossible Conversations  
The Giving Tree  
On Becoming Baby Wise  
Writing Your Journal Article in Twelve Weeks

### Before and After the Book Deal

Describes a method of negotiation that isolates problems, focuses on interests, creates new options, and uses objective criteria to help two parties reach an agreement

### The Merchant of Venice

Harris and Warren present a practical guide to meditation that debunks the myths, misconceptions, and self-deceptions that make many people reluctant to try it. They suggest a range of meditation practices that may lower your blood pressure, mitigate depression and anxiety, and literally rewire key parts of your brain.

### How To Win Friends and Influence People

"Diane Tavenner, founder of Summit Public Schools, offers a blueprint for a better way to educate our children, based on the revolutionary lessons, insights, and methodology she and her faculty developed over 15 years at their famously successful charter schools in California and Washington, which she is now introducing to public school systems across the country that Summit is partnering with to transform education and better prepare our children to lead fulfilled and successful lives. Diane Tavenner founded the first Summit charter school in 2003, developing and perfecting a personalized, project-based curriculum that puts students in charge of their own learning. The school developed a learning plan for every student. They engaged the students by appealing to them with interdisciplinary, real-world projects, rather than passively learning and memorizing in a classroom environment. They created mentorship groups, where students would talk through their goals and help each other solve problems, as well as meet one-on-one with their mentor, weekly. By internalizing a sense of purpose, self-direction, self-sufficiency, and collaboration, students learn the cognitive and life skills needed to navigate the next phases of their lives. Virtually 100% of Summit's original 400 students went on to attend four year colleges"--

### Ask a Manager

Humility, or holding power loosely for the sake of others, is sorely lacking in today's world. Without it, many people fail to develop their true leadership potential and miss out on genuine

fulfillment in their lives and their relationships. *Humilitas: A Lost Key to Life, Love, and Leadership* shows how the virtue of humility can turn your strengths into true greatness in all areas of life. Through the lessons of history, business, and the social sciences, author John Dickson shows that humility is not low self-esteem, groveling, or losing our distinct gifts. Instead, humility both recognizes our inherent worth and seeks to use whatever power we have at our disposal on behalf of others. Some of the world's most inspiring and influential players have been people of immense humility. The more we learn about humility, the more we understand how essential it is to a satisfying career and personal life. By embracing this virtue, we will transform for good the unique contributions we each make to the world.

### Meditation for Fidgety Skeptics

Colonel Chris Hadfield has spent decades training as an astronaut and has logged nearly 4000 hours in space. During this time he has broken into a Space Station with a Swiss army knife, disposed of a live snake while piloting a plane, and been temporarily blinded while clinging to the exterior of an orbiting spacecraft. The secret to Col. Hadfield's success-and survival-is an unconventional philosophy he learned at NASA: prepare for the worst-and enjoy every moment of it. In *An Astronaut's Guide to Life on Earth*, Col. Hadfield takes readers deep into his years of training and space exploration to show how to make the impossible possible. Through eye-opening, entertaining stories filled with the adrenaline of launch, the mesmerizing wonder of spacewalks, and the measured, calm responses mandated by crises, he explains how conventional wisdom can get in the way of achievement-and happiness. His own extraordinary education in space has taught him some counterintuitive lessons: don't visualize success, do care what others think, and always sweat the small stuff. You might never be able to build a robot, pilot a spacecraft, make a music video or perform basic surgery in zero gravity like Col. Hadfield. But his vivid and refreshing insights will teach you how to think like an astronaut, and will change, completely, the way you view life on Earth-especially your own.

### The Hate U Give

#1 New York Times Bestseller Over 1 million copies sold In this generation-defining self-help guide, a superstar blogger cuts through the crap to show us how to stop trying to be "positive" all the time so that we can truly become better, happier people. For decades, we've been told that positive thinking is the key to a happy, rich life. "F\*\*k positivity," Mark Manson says. "Let's be honest, shit is f\*\*ked and we have to live with it." In his wildly popular Internet blog, Manson doesn't sugarcoat or equivocate. He tells it like it is—a dose of raw, refreshing, honest truth that is sorely lacking today. *The Subtle Art of Not Giving a F\*\*k* is his antidote to the coddling, let's-all-feel-good mindset that has infected American society and spoiled a generation, rewarding them with gold medals just for showing up. Manson makes the argument, backed both by academic research and well-timed poop jokes, that improving our lives hinges not on our ability to turn lemons into lemonade, but on learning to stomach lemons better. Human beings are flawed and limited—"not everybody can be extraordinary, there are winners and losers in society, and some of it is not fair or your fault." Manson advises us to get to know our limitations and accept them. Once we embrace our fears, faults, and uncertainties, once we stop running and avoiding and start confronting painful truths, we can begin to find the courage, perseverance, honesty, responsibility, curiosity, and forgiveness we seek. There are only so many things we can give a f\*\*k about so we need to figure out which ones really matter, Manson makes clear. While money is nice, caring about what you do with your life is better, because true wealth is about experience. A much-needed grab-you-by-the-shoulders-and-look-you-in-the-eye moment of real-talk, filled with entertaining stories and profane,

ruthless humor, *The Subtle Art of Not Giving a F\*\*k* is a refreshing slap for a generation to help them lead contented, grounded lives.

### Baby and Child Care

The hauntingly prophetic classic novel set in a not-too-distant future where books are burned by a special task force of firemen.

### Fahrenheit 451

Our ego, and its accompanying sense of self-doubt, is one affliction we all share. And while our ego claims to have our best interests at heart, in its never-ending pursuit of attention and power, it sabotages the very goals it sets to achieve. In *Advice Not Given*, renowned psychiatrist and author Dr Mark Epstein reveals how Buddhism and Western psychotherapy both identify the ego as the limiting factor in our wellbeing and both come to the same conclusion: when we give the ego free rein, we suffer; but when it learns to let go, we are free. Our ego is at once our biggest obstacle and our greatest hope. We can be at its mercy or we can learn to mould it. Completely unique and practical, Epstein's advice can be used by all, and will provide wise counsel in a confusing world.

### The Outsiders

THE "GENIUS" (Cosmopolitan) NATIONAL BESTSELLER ON THE ART OF CARING LESS AND GETTING MORE--FROM THE AUTHOR OF GET YOUR SH\*T TOGETHER AND YOU DO YOU Are you stressed out, overbooked, and underwhelmed by life? Fed up with pleasing everyone else before you please yourself? It's time to stop giving a f\*ck. This brilliant, hilarious, and practical parody of Marie Kondo's bestseller *The Life-Changing Magic of Tidying Up* explains how to rid yourself of unwanted obligations, shame, and guilt--and give your f\*cks instead to people and things that make you happy. The easy-to-use, two-step NotSorry Method for mental decluttering will help you unleash the power of not giving a f\*ck about: Family drama Having a "bikini body" Iceland Co-workers' opinions, pets, and children And other bullsh\*t! And it will free you to spend your time, energy, and money on the things that really matter. So what are you waiting for? Stop giving a f\*ck and start living your best life today!

### Going to Pieces Without Falling Apart

Everything you've ever wanted to know about publishing but were too afraid to ask is right here in this funny, candid guide written by an acclaimed author. There are countless books on the market about how to write better but very few books on how to break into the marketplace with your first book. Cutting through the noise (and very mixed advice) online, while both dispelling rumors and remaining positive, Courtney Maum's *Before and After the Book Deal* is a one-of-a-kind resource that can help you get your book published. *Before and After the Book Deal: A Writer's Guide to Finishing, Publishing, Promoting, and Surviving Your First Book* has over 150 contributors from all walks of the industry, including international bestselling authors Anthony Doerr, Roxane Gay, Garth Greenwell, Lisa Ko, R. O. Kwon, Rebecca Makkai, and Ottessa Moshfegh, alongside cult favorites Sarah Gerard, Melissa Febos, Mitchell S. Jackson, and Mira Jacob. Agents, film scouts, film producers, translators, disability and minority activists, and power agents and editors also weigh in, offering advice and sharing intimate anecdotes about even the most taboo topics in the industry. Their wisdom will help aspiring

authors find a foothold in the publishing world and navigate the challenges of life before and after publication with sanity and grace. Are MFA programs worth the time and money? How do people actually sit down and finish a novel? Did you get a good advance? What do you do when you feel envious of other writers? And why the heck aren't your friends saying anything about your book? Covering questions ranging from the logistical to the existential (and everything in between), *Before and After the Book Deal* is the definitive guide for anyone who has ever wanted to know what it's really like to be an author.

### Ovid: *Ars Amatoria*

#1 NEW YORK TIMES BESTSELLER • From the National Book Award-winning author of *Stamped from the Beginning* comes a "groundbreaking" (Time) approach to understanding and uprooting racism and inequality in our society—and in ourselves. "The most courageous book to date on the problem of race in the Western mind."—The New York Times NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The New York Times Book Review • Time • NPR • The Washington Post • Shelf Awareness • Library Journal • Publishers Weekly • Kirkus Reviews *Antiracism* is a transformative concept that reorients and reenergizes the conversation about racism—and, even more fundamentally, points us toward liberating new ways of thinking about ourselves and each other. At its core, racism is a powerful system that creates false hierarchies of human value; its warped logic extends beyond race, from the way we regard people of different ethnicities or skin colors to the way we treat people of different sexes, gender identities, and body types. Racism intersects with class and culture and geography and even changes the way we see and value ourselves. In *How to Be an Antiracist*, Kendi takes readers through a widening circle of antiracist ideas—from the most basic concepts to visionary possibilities—that will help readers see all forms of racism clearly, understand their poisonous consequences, and work to oppose them in our systems and in ourselves. Kendi weaves an electrifying combination of ethics, history, law, and science with his own personal story of awakening to antiracism. This is an essential work for anyone who wants to go beyond the awareness of racism to the next step: contributing to the formation of a just and equitable society. Praise for *How to Be an Antiracist* • Ibram X. Kendi's new book, *How to Be an Antiracist*, couldn't come at a better time. . . . Kendi has gifted us with a book that is not only an essential instruction manual but also a memoir of the author's own path from anti-black racism to anti-white racism and, finally, to antiracism. . . . *How to Be an Antiracist* gives us a clear and compelling way to approach, as Kendi puts it in his introduction, "the basic struggle we're all in, the struggle to be fully human and to see that others are fully human." —NPR • Kendi dissects why in a society where so few people consider themselves to be racist the divisions and inequalities of racism remain so prevalent. *How to Be an Antiracist* punctures the myths of a post-racial America, examining what racism really is—and what we should do about it.—Time

### An Astronaut's Guide to Life on Earth

### You Do You

"Most people will never find a great psychiatrist or a great Buddhist teacher, but Mark Epstein is both, and the wisdom he imparts in *Advice Not Given* is an act of generosity and compassion. The book is a tonic for the ailments of our time."—Ann Patchett, New York Times bestselling author of *Commonwealth* Our ego, and its accompanying sense of nagging self-

doubt as we work to be bigger, better, smarter, and more in control, is one affliction we all share. But while our ego is at once our biggest obstacle, it can also be our greatest hope. We can be at its mercy or we can learn to work with it. With great insight, and in a deeply personal style, renowned psychiatrist and author Dr. Mark Epstein offers a how-to guide that refuses a quick fix. In *Advice Not Given*, he reveals how Buddhism and Western psychotherapy, two traditions that developed in entirely different times and places, both identify the ego as the limiting factor in our well-being, and both come to the same conclusion: When we give the ego free rein, we suffer; but when it learns to let go, we are free.

### Humilitas

*The Merchant of Venice* has been performed more often than any other comedy by Shakespeare. Molly Mahood pays special attention to the expectations of the play's first audience, and to our modern experience of seeing and hearing the play. In a substantial new addition to the Introduction, Charles Edelman focuses on the play's sexual politics and recent scholarship devoted to the position of Jews in Shakespeare's time. He surveys the international scope and diversity of theatrical interpretations of *The Merchant* in the 1980s and 1990s and their different ways of tackling the troubling figure of Shylock.

### The Life-Changing Magic of Not Giving a F\*ck

If a picture is worth a thousand words, then it's a good bet that at least half of those words relate to the picture's copyright status. Art historians, artists, and anyone who wants to use the images of others will find themselves awash in byzantine legal terms, constantly evolving copyright law, varying interpretations by museums and estates, and despair over the complexity of the whole situation. Here, on a white—not a high—horse, Susan Bielstein offers her decades of experience as an editor working with illustrated books. In doing so, she unsnarls the threads of permissions that have ensnared scholars, critics, and artists for years. Organized as a series of “takes” that range from short sidebars to extended discussions, *Permissions, A Survival Guide* explores intellectual property law as it pertains to visual imagery. How can you determine whether an artwork is copyrighted? How do you procure a high-quality reproduction of an image? What does “fair use” really mean? Is it ever legitimate to use the work of an artist without permission? Bielstein discusses the many uncertainties that plague writers who work with images in this highly visual age, and she does so based on her years navigating precisely these issues. As an editor who has hired a photographer to shoot an incredibly obscure work in the Italian mountains (a plan that backfired hilariously), who has tried to reason with artists' estates in languages she doesn't speak, and who has spent her time in the archival trenches, she offers a snappy and humane guide to this difficult terrain. Filled with anecdotes, asides, and real courage, *Permissions, A Survival Guide* is a unique handbook that anyone working in the visual arts will find invaluable, if not indispensable.

### The Life-Changing Magic of Not Giving a F\*ck Journal

As *The Giving Tree* turns fifty, this timeless classic is available for the first time ever in ebook format. This digital edition allows young readers and lifelong fans to continue the legacy and love of a household classic that will now reach an even wider audience. Never before have Shel Silverstein's children's books appeared in a format other than hardcover. Since it was first published fifty years ago, Shel Silverstein's poignant picture book for readers of all ages has offered a touching interpretation of the gift of giving and a serene acceptance of another's

capacity to love in return. Shel Silverstein's incomparable career as a bestselling children's book author and illustrator began with *Lafcadio, the Lion Who Shot Back*. He is also the creator of picture books including *A Giraffe and a Half, Who Wants a Cheap Rhinoceros?*, *The Missing Piece*, *The Missing Piece Meets the Big O*, and the perennial favorite *The Giving Tree*, and of classic poetry collections such as *Where the Sidewalk Ends*, *A Light in the Attic*, *Falling Up*, *Every Thing On It*, *Don't Bump the Glump!*, and *Runny Babbit*. And don't miss these other Shel Silverstein ebooks, *Where the Sidewalk Ends*, and *A Light in the Attic!*

### Going on Being

Identifies four self-limiting beliefs that impede one's experience of freedom, true happiness, and love.

### Advice Not Given

"Discover the positive prescription for curing sleepless nights and fussy babies. Recommended by doctors across the country." - Back cover.

### The Negro Motorist Green Book Compendium

"All academics need to write, and many struggle to finish their dissertations, articles, books, or grant proposals. Writing is hard work and can be difficult to wedge into a frenetic academic schedule. This revised and updated edition of Paul Silvia's popular guide provides practical, lighthearted advice to help academics overcome common barriers and become productive writers. Silvia's expert tips have been updated to apply to a wide variety of disciplines, and this edition has a new chapter devoted to grant and fellowship writing"--

### Permissions, A Survival Guide

From the New York Times bestselling author of *The Life-Changing Magic of Not Giving a F\*ck* and *Get Your Sh\*t Together* comes more straight talk about how to stand up for who you are and what you really want, need, and deserve -- showing when it's okay to be selfish, why it's pointless to be perfect, and how to be "difficult." Being yourself should be easy, yet too many of us struggle to live on other people's terms instead of our own. Rather than feeling large and in charge, we feel little and belittled. Sound familiar? Bestselling "anti-guru" Sarah Knight has three simple words for you: YOU DO YOU. It's time to start putting your happiness first -- and stop letting other people tell you what to do, how to do it, or why it can't be done. And don't panic! You can do it without losing friends and alienating people. Knight delivers her trademark no-bullsh\*t advice about: The Tyranny of "Just Because" The social contract and how to amend it Turning "flaws" into strengths -- aka "mental redecorating" Why it's not your job to be nice Letting your freak flag fly How to take risks, silence the doubters, and prove the haters wrong Praise for Sarah Knight: "Genius." -- *Cosmopolitan* "Self-help to swear by." -- *The Boston Globe* "Hilarious truly practical." -- *Booklist*

### Thoughts Without A Thinker

The line between psychology and spirituality has blurred, as clinicians, their patients, and religious seekers explore new perspectives on the self. A landmark contribution to the field of psychoanalysis, *Thoughts Without a Thinker* describes the unique psychological contributions

offered by the teachings of Buddhism. Drawing upon his own experiences as a psychotherapist and meditator, New York-based psychiatrist Mark Epstein lays out the path to meditation-inspired healing, and offers a revolutionary new understanding of what constitutes a healthy emotional life.

### How to Read a Book

"Most people will never find a great psychiatrist or a great Buddhist teacher, but Mark Epstein is both, and the wisdom he imparts in *Advice Not Given* is an act of generosity and compassion. The book is a tonic for the ailments of our time."--Ann Patchett, *New York Times* bestselling author of *Commonwealth* Our ego, and its accompanying sense of nagging self-doubt as we work to be bigger, better, smarter, and more in control, is one affliction we all share. But while our ego is at once our biggest obstacle, it can also be our greatest hope. We can be at its mercy or we can learn to work with it. With great insight, and in a deeply personal style, renowned psychiatrist and author Dr. Mark Epstein offers a how-to guide that refuses a quick fix. In *Advice Not Given*, he reveals how Buddhism and Western psychotherapy, two traditions that developed in entirely different times and places, both identify the ego as the limiting factor in our well-being, and both come to the same conclusion: When we give the ego free rein, we suffer; but when it learns to let go, we are free.

### The Subtle Art of Not Giving a F\*ck

'A comprehensive, well-written and beautifully organized book on publishing articles in the humanities and social sciences that will help its readers write forward with a first-rate guide as good company.' - Joan Bolker, author of *Writing Your Dissertation in Fifteen Minutes a Day*  
'Humorous, direct, authentic a seamless weave of experience, anecdote, and research.' - Kathleen McHugh, professor and director of the UCLA Center for the Study of Women Wendy Laura Belcher's *Writing Your Journal Article in Twelve Weeks: A Guide to Academic Publishing Success* is a revolutionary approach to enabling academic authors to overcome their anxieties and produce the publications that are essential to succeeding in their fields. Each week, readers learn a particular feature of strong articles and work on revising theirs accordingly. At the end of twelve weeks, they send their article to a journal. This invaluable resource is the only guide that focuses specifically on publishing humanities and social science journal articles.

### A Guide for the Advanced Soul

Reprint. Contains material originally published by Victor H. Green in 1938, 1947, 1954, and 1963.

### Why Buddhism is True

Frustrated with her job as a secretary, Susan Hayward ached for spiritual direction. Through synchronicity & a belief that fate was driven by inner intention, she experimented by meditating on a vision of herself, then randomly selecting a passage from inspirational writings in the hope of finding a spark that would direct her to the answer.

### Advice Not Given

Are you stressed out, overbooked, and underwhelmed by life? Fed up with pleasing everyone else before you please yourself? It's time to stop giving a f\*ck. This brilliant, hilarious, and practical journal explains how to rid yourself of unwanted obligations, shame, and guilt, and give your f\*cks instead to people and things that make you happy. The easy-to-use, two-step NotSorry method for mental decluttering will help you unleash the power of not giving a f\*ck about family drama, having a "bikini body," coworkers' annoying opinions, pets, and children, and tons of other bullsh\*t. This write-in journal has plenty of space to record the things you want to give a f\*ck about, guided exercises for freeing yourself of unwanted obligations, and lots of charts, graphs, and straight-talking advice to help you save your time, money, and energy for the things that really matter. The Life-Changing Magic of Not Giving a F\*ck Journal is your invitation to stop giving a f\*ck and start living your best life today!

### Getting to Yes

"This is a self-help book on how to argue effectively, conciliate, and gently persuade. The authors admit to getting it wrong in their own past conversations. One by one, I recognize the same mistakes in me. The world would be a better place if everyone read this book." -- Richard Dawkins, author of *Science in the Soul* and *Outgrowing God* In our current political climate, it seems impossible to have a reasonable conversation with anyone who has a different opinion. Whether you're online, in a classroom, an office, a town hall -- or just hoping to get through a family dinner with a stubborn relative -- dialogue shuts down when perspectives clash. Heated debates often lead to insults and shaming, blocking any possibility of productive discourse. Everyone seems to be on a hair trigger. In *How to Have Impossible Conversations*, Peter Boghossian and James Lindsay guide you through the straightforward, practical, conversational techniques necessary for every successful conversation -- whether the issue is climate change, religious faith, gender identity, race, poverty, immigration, or gun control. Boghossian and Lindsay teach the subtle art of instilling doubts and opening minds. They cover everything from learning the fundamentals for good conversations to achieving expert-level techniques to deal with hardliners and extremists. This book is the manual everyone needs to foster a climate of civility, connection, and empathy.

### Advice Not Given

Before Mark Epstein became a medical student at Harvard and began training as a psychiatrist, he immersed himself in Buddhism through experiences with such influential Buddhist teachers as Ram Dass, Joseph Goldstein, and Jack Kornfield. The positive outlook of Buddhism and the meditative principle of living in the moment came to influence his study and practice of psychotherapy profoundly. This is Mark Epstein's memoir of his early years as a student of Buddhism and of how the teachings and practice of Buddhism shaped his approach to therapy, as well as a practical guide to how a Buddhist understanding of psychological problems makes change for the better possible. *Going on Being* is an intimate chronicle of the evolution of spirit and psyche, and a highly inviting guide for anyone seeking a new path and a new outlook on life. "Mark Epstein gets better and better with each book; *Going on Being* is his most brilliant yet. He weaves a mindful cartography of the human heart, tying together insights from Buddhism and psychoanalytic thought into an elegant, captivating tapestry. Epstein shares the spiritual and emotional insights garnered from his own life journey in a fascinating account of what it can mean to us all to go on being." -Daniel Goleman, author of *Emotional Intelligence*

## Calm the F\*ck Down

The ideal graduation gift for anyone about to enter the workforce, a witty, practical guide to 200 difficult professional conversations—featuring all-new advice from the creator of the popular website Ask a Manager and New York’s work-advice columnist. 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

Advance 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) “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* “Clear and concise in its advice and expansive in its scope, Ask a Manager is the book I wish I’d had in my desk drawer when I was starting out (or even, let’s be honest, fifteen years in).” *Sarah Knight, New York Times bestselling author of The Life-Changing Magic of Not Giving a F\*ck*

## Prepared

Analyzes the art of reading and suggests ways to approach literary works

## How to Be an Antiracist

From one of America’s most brilliant writers, a New York Times bestselling journey through psychology, philosophy, and lots of meditation to show how Buddhism holds the key to moral clarity and enduring happiness. At the heart of Buddhism is a simple claim: The reason we suffer—and the reason we make other people suffer—is that we don’t see the world clearly. At the heart of Buddhist meditative practice is a radical promise: We can learn to see the world, including ourselves, more clearly and so gain a deep and morally valid happiness. In this “sublime” (*The New Yorker*), pathbreaking book, Robert Wright shows how taking this promise seriously can change your life—how it can loosen the grip of anxiety, regret, and hatred, and how it can deepen your appreciation of beauty and of other people. He also shows why this transformation works, drawing on the latest in neuroscience and psychology, and armed with an acute understanding of human evolution. This book is the culmination of a personal journey that began with Wright’s landmark book on evolutionary psychology, *The Moral Animal*, and deepened as he immersed himself in meditative practice and conversed with some of the world’s most skilled meditators. The result is a story that is “provocative, informative and deeply rewarding” (*The New York Times Book Review*), and as entertaining as it is illuminating. Written with the wit, clarity, and grace for which Wright is famous, *Why Buddhism Is True* lays the foundation for a spiritual life in a secular age and shows how, in a time of technological distraction and social division, we can save ourselves from ourselves, both as individuals and

as a species.

### Open to Desire

50 years of an iconic classic! This international bestseller and inspiration for a beloved movie is a heroic story of friendship and belonging. No one ever said life was easy. But Ponyboy is pretty sure that he's got things figured out. He knows that he can count on his brothers, Darry and Sodapop. And he knows that he can count on his friends—true friends who would do anything for him, like Johnny and Two-Bit. But not on much else besides trouble with the Socs, a vicious gang of rich kids whose idea of a good time is beating up on “greasers” like Ponyboy. At least he knows what to expect—until the night someone takes things too far. *The Outsiders* is a dramatic and enduring work of fiction that laid the groundwork for the YA genre. S. E. Hinton's classic story of a boy who finds himself on the outskirts of regular society remains as powerful today as it was the day it was first published. "The Outsiders transformed young-adult fiction from a genre mostly about prom queens, football players and high school crushes to one that portrayed a darker, truer world." —*The New York Times* "Taut with tension, filled with drama." —*The Chicago Tribune* "[A] classic coming-of-age book." —*Philadelphia Daily News* A New York Herald Tribune Best Teenage Book A Chicago Tribune Book World Spring Book Festival Honor Book An ALA Best Book for Young Adults Winner of the Massachusetts Children's Book Award

### The Four Agreements

“Most people will never find a great psychiatrist or a great Buddhist teacher, but Mark Epstein is both, and the wisdom he imparts in *Advice Not Given* is an act of generosity and compassion. The book is a tonic for the ailments of our time.”—Ann Patchett, *New York Times* bestselling author of *Commonwealth* Our ego, and its accompanying sense of nagging self-doubt as we work to be bigger, better, smarter, and more in control, is one affliction we all share. And while our ego claims to have our best interests at heart, in its never-ending pursuit of attention and power, it sabotages the very goals it sets to achieve. In *Advice Not Given*, renowned psychiatrist and author Dr. Mark Epstein reveals how Buddhism and Western psychotherapy, two traditions that developed in entirely different times and places and, until recently, had nothing to do with each other, both identify the ego as the limiting factor in our well-being, and both come to the same conclusion: When we give the ego free rein, we suffer; but when it learns to let go, we are free. With great insight, and in a deeply personal style, Epstein offers readers a how-to guide that refuses a quick fix, grounded in two traditions devoted to maximizing the human potential for living a better life. Using the Eightfold Path, eight areas of self-reflection that Buddhists believe necessary for enlightenment, as his scaffolding, Epstein looks back productively on his own experience and that of his patients. While the ideas of the Eightfold Path are as old as Buddhism itself, when informed by the sensibility of Western psychotherapy, they become something more: a road map for spiritual and psychological growth, a way of dealing with the intractable problem of the ego. Breaking down the wall between East and West, Epstein brings a Buddhist sensibility to therapy and a therapist's practicality to Buddhism. Speaking clearly and directly, he offers a rethinking of mindfulness that encourages people to be more watchful of their ego, an idea with a strong foothold in Buddhism but now for the first time applied in the context of psychotherapy. Our ego is at once our biggest obstacle and our greatest hope. We can be at its mercy or we can learn to mold it. Completely unique and practical, Epstein's advice can be used by all—each in his or her own way—and will provide wise counsel in a confusing world. After all, as he says, "Our egos can use all the help they can get."

## How to Write a Lot

An intimate guide to self-acceptance and discovery that offers a Buddhist perspective on wholeness within the framework of a Western understanding of self. For decades, Western psychology has promised fulfillment through building and strengthening the ego. We are taught that the ideal is a strong, individuated self, constructed and reinforced over a lifetime. But Buddhist psychiatrist Mark Epstein has found a different way. *Going to Pieces Without Falling Apart* shows us that happiness doesn't come from any kind of acquisitiveness, be it material or psychological. Happiness comes from letting go. Weaving together the accumulated wisdom of his two worlds--Buddhism and Western psychotherapy--Epstein shows how "the happiness that we seek depends on our ability to balance the ego's need to do with our inherent capacity to be." He encourages us to relax the ever-vigilant mind in order to experience the freedom that comes only from relinquishing control. Drawing on events in his own life and stories from his patients, *Going to Pieces Without Falling Apart* teaches us that only by letting go can we start on the path to a more peaceful and spiritually satisfying life.

## Advice Not Given

A full-scale commentary emphasising the poem's didactic elements and its treatment of women.

## The Trauma of Everyday Life

The psychiatrist author of *Thoughts Without a Thinker* reveals the transformational potential of trauma to reveal how it can be used for positive mental development, challenging mainstream beliefs about healing and moving past trauma to explain how pain can provide learning opportunities and fundamentally connect people to the world.

## How to Have Impossible Conversations

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. And don't miss *On the Come Up*, Angie Thomas's powerful follow-up to *The Hate U Give*.

## The Giving Tree

“A masterpiece. . . . It teaches us how not to fear and repress, but to rechannel and harness the most powerful energies of life toward freedom and bliss.” —ROBERT THURMAN It is common in both Buddhism and Freudian psychoanalysis to treat desire as if it is the root of all suffering and problems, but psychiatrist Mark Epstein believes this to be a grave misunderstanding. In his controversial defense of desire, he makes clear that it is the key to deepening intimacy with ourselves, each other, and our world. Proposing that spiritual attainment does not have to be detached from intimacy or eroticism, *Open to Desire* begins with an exploration of the state of dissatisfaction that causes us to cling to irrational habits. Dr. Epstein helps readers overcome their own fears of desire so that they can more readily bridge the gap between self and other, cope with feelings of incompleteness, and get past the perception of others as objects. Freed from clinging and shame, desire’s spiritual potential can then be opened up.

### On Becoming Baby Wise

You can go after the job you want—and get it! You can take the job you have—and improve it! You can take any situation—and make it work for you! Dale Carnegie’s rock-solid, time-tested advice has carried countless people up the ladder of success in their business and personal lives. One of the most groundbreaking and timeless bestsellers of all time, *How to Win Friends & Influence People* will teach you: -Six ways to make people like you -Twelve ways to win people to your way of thinking -Nine ways to change people without arousing resentment And much more! Achieve your maximum potential—a must-read for the twenty-first century with more than 15 million copies sold!

### Writing Your Journal Article in Twelve Weeks

The no-f\*cks-given guide to taming anxiety and taking back control of your life, from the bestselling author of *The Life-Changing Magic of Not Giving a F\*ck and Get Your Sh\*t Together*. Do you spend more time worrying about problems than solving them? Do you let unexpected difficulties ruin your day and do "what ifs" keep you up at night? Sounds like you need to *Calm the F\*ck Down*. Just because things are falling apart doesn't mean YOU can't pull it together. Whether you're stressed about sh\*t that hasn't happened yet or freaked out about sh\*t that already has, the NoWorries method from "anti-guru" Sarah Knight helps you curb the anxiety and overthinking that's making everything worse. *Calm the F\*ck Down* explains: The Four Faces of Freaking Out -- and their Flipsides How to accept what you can't control Productive Helpful Effective Worrying (PHEW) The Three Principles of Dealing With It And much more! Praise for Sarah Knight and the No F\*cks Given Guides: "Self-help to swear by." -- The Boston Globe "Genius." -- Vogue "Hilarious, irreverent, and no-nonsense." -- Bustle

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