

Hand To Mouth Living In Bootstrap America

Leading Lives That Matter
The American Way of Poverty
Squat
Health in Hard Times
Our Kids
Mad at the World: A Life of John Steinbeck
The Social Significance of the Modern Drama
Runner
Toward the End of Time
\$2.00 a Day
The Fountainhead
Life
First Person
Real Life
Drama
The Wonderbox
From Hand to Mouth
The Shame Game
The Road
Hand to Mouth to India
The Feminist Financial Handbook
A Woman of Valour
Hand to Mouth
The Giving Tree
Bruce Nauman: The True Artist
Hand to Mouth
Hand to Mouth
Oracle
Night
East Branch
Hand to Mouth
Losing Tim
Life and Death at the Mouth of the Musselshell
Self-Discipline & Cognitive Behavioral Therapy 2 books in 1
Living Hand to Mouth
Arm Around Shoulder/ Hand Over Mouth
The Calligrapher
Nickel and Dime
Shut Your Mouth
Beating Cancer with Faith, Optimism, and Humor
Thumbsucker
This Time Love

Leading Lives That Matter

This eighties-centric, Ritalin-fueled, pitch-perfect comic novel by a writer to watch brings energy and originality to the classic Midwestern coming-of-age story. Meet Justin Cobb, "the King Kong of oral obsessives" (as his dentist dubs him) and the most appealingly bright and screwed-up fictional adolescent since Holden Caulfield donned his hunter's cap. For years, no remedy--not orthodontia, not the escalating threats of his father, Mike, a washed-out linebacker turned sporting goods entrepreneur, not the noxious cayenne pepper-based Suk-No-Mor--can cure Justin's thumbsucking habit. Then a course of hypnosis seemingly does the trick, but true to the conservation of neurotic energy, the problem doesn't so much disappear as relocate. Sex, substance abuse, speech team, fly-fishing, honest work, even Mormonism--Justin throws himself into each pursuit with a hyperactive energy that even his daily Ritalin dose does little to blunt. Each time, however, he discovers that there is no escaping the unruly imperatives of his self and the confines of his deeply eccentric family. The only "cure" for the adolescent condition is time and distance. Always funny, sometimes hilariously so, occasionally poignant, and even disturbing, deeply wise on the vexed subject of fathers and sons, Walter Kirn's Thumbsucker is an utterly fresh and all-American take on the painful process of growing up.

The American Way of Poverty

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!

Squat

How has austerity impacted on health and wellbeing in the UK? *Health in hard times* explores its repercussions for social inequalities in health. The result of five years of research, the book draws on a case study of Stockton-on-Tees in the north-east of England, home to some of the starkest health divides. By placing individual and local experiences in the context of national budget cuts and welfare reforms, it provides a holistic perspective on countrywide inequalities. Available Open Access under CC-BY-NC licence and edited by a leading expert, this is an important book for anyone seeking to understand one of today's most significant determinants of health.

Health in Hard Times

A New York Times bestseller and “a passionate, urgent” (*The New Yorker*) examination of the growing inequality gap from the bestselling author of *Bowling Alone: why fewer Americans today have the opportunity for upward mobility*. Central to the very idea of America is the principle that we are a nation of opportunity. But over the last quarter century we have seen a disturbing “opportunity gap” emerge. We Americans have always believed that those who have talent and try hard will succeed, but this central tenet of the American Dream seems no longer true or at the least, much less true than it was. In *Our Kids*, Robert Putnam offers a personal and authoritative look at this new American crisis, beginning with the example of his high school class of 1959 in Port Clinton, Ohio. The vast majority of those students went on to lives better than those of their parents. But their children and grandchildren have faced diminishing prospects. Putnam tells the tale of lessening opportunity through poignant life stories of rich, middle class, and poor kids from cities and suburbs across the country, brilliantly blended with the latest social-science research. “A truly masterful volume” (*Financial Times*), *Our Kids* provides a disturbing account of the American dream that is “thoughtful and persuasive” (*The Economist*). *Our Kids* offers a rare combination of individual testimony and rigorous evidence: “No one can finish this book and feel complacent about equal opportunity” (*The New York Times Book Review*).

Our Kids

A resonant biography of America's most celebrated novelist of the Great Depression. The first full-length biography of the Nobel laureate to appear in a quarter century, *Mad at the World* illuminates what has made the work of John Steinbeck an enduring part of the literary canon: his capacity for empathy. Pulitzer Prize finalist William Souder explores Steinbeck's long apprenticeship as a writer struggling through the depths of the Great Depression, and his rise to greatness with masterpieces such as *The Red Pony*, *Of Mice and Men*, and *The Grapes of Wrath*. Angered by the plight of the Dust Bowl migrants who were starving even as they toiled to harvest California's limitless bounty, fascinated by the guileless decency of the downtrodden denizens of Cannery Row, and appalled by the country's refusal to recognize the humanity common to all of its citizens, Steinbeck took a stand against social injustice—paradoxically given his inherent misanthropy—setting him apart from the writers of the so-called “lost generation.” A man by turns quick-tempered, compassionate, and ultimately brilliant, Steinbeck could be a difficult person to like. Obsessed with privacy, he was mistrustful of people. Next to writing, his favorite things were drinking and womanizing and getting married, which he did three times. And while he claimed indifference about success, his mid-career books and movie deals made him a lot of money—which passed through his hands as quickly as it came in. And yet Steinbeck also took aim at the corrosiveness of power, the perils of income inequality, and the urgency of ecological collapse, all of which drive public debate to this day. Steinbeck remains our great social realist novelist, the writer who gave the

dispossessed and the disenfranchised a voice in American life and letters. Eloquent, nuanced, and deeply researched, *Mad at the World* captures the full measure of the man and his work.

Mad at the World: A Life of John Steinbeck

Charlie's father is dead, and although his mother insists he stay in school, Charlie has no patience for the classroom. All he wants is to make money, to give his mother and baby brother a better life. So when he catches the eye of Squizzy Taylor, a notorious mobster, and is offered a job as Squizzy's courier, it doesn't take Charlie long to accept—even if he has to go against his own mother's wishes. At first, the job's a thrill—running with messages, illegal liquor, whatever Squizzy orders. It fills Charlie with power. But then come the not-so-savory parts of the job. Collecting Squizzy's debts. Dodging Squizzy's enemies. The very real dangers of the streets. And at some point Charlie has to ask himself—how long before running for a better life means cutting his life short? From the Hardcover edition.

The Social Significance of the Modern Drama

This is the story of a young man's struggle to stay afloat. By turns poignant and comic, Paul Auster's memoir is essentially an autobiographical essay about money--and what it means not to have it. From one odd job to the next, from one failed scheme to another, Auster investigates his own stubborn compulsion to make art and describes his ingenious, often far-fetched attempts to survive on next to nothing. From the streets of New York City and Paris to the rural roads of upstate New York, the author treats us to a series of remarkable adventures and unforgettable encounters and, in several elaborate appixes, to previously unknown work from these years.

Runner

Joy Anderson was innocent, young, and trusting when she met Gabe Venture. An aspiring journalist with worlds to conquer, Gabe came to New Mexico to explore the natural wonders of Lost River Cave, with Joy acting as his guide. Surrounded by staggering beauty, they both surrendered to a passion too powerful to deny—and Joy gave herself freely to the most extraordinary man she had ever known. But Gabe was destined for great things, and so he left Joy with memories, a broken heart . . . and, months later, a cherished, if painful, reminder of their lost love: a daughter. Seven years have passed, and Joy—now a respected professor—has put what once was behind her, though the memory will always remain alive in the light that shines in the eyes of her beautiful child. Now Gabe has returned. Fresh and alive with rich, bold emotion, Elizabeth Lowell's classic love story shines anew, proving once and for all that an already accomplished novel of poignancy and power can be remade into something truly remarkable.

Toward the End of Time

One of the Best 5 Books of 2014 — Esquire "I've been waiting for this book for a long time. Well, not this book, because I never imagined that the book I was waiting for would be so devastatingly smart and funny, so consistently entertaining and unflinchingly on target. In fact, I would like to have written it myself – if, that is, I had lived Linda Tirado's life and extracted all the hard lessons she has learned. I am the author of *Nickel and Dimed*, which tells the story of my own brief attempt, as a semi-undercover journalist, to survive on low-wage retail and

service jobs. Tirado is the real thing." —from the foreword by Barbara Ehrenreich, New York Times bestselling author of *Nickel and Dimed* We in America have certain ideas of what it means to be poor. Linda Tirado, in her signature brutally honest yet personable voice, takes all of these preconceived notions and smashes them to bits. She articulates not only what it is to be working poor in America (yes, you can be poor and live in a house and have a job, even two), but what poverty is truly like—on all levels. Frankly and boldly, Tirado discusses openly how she went from lower-middle class, to sometimes middle class, to poor and everything in between, and in doing so reveals why “poor people don’t always behave the way middle-class America thinks they should.”

\$2.00 a Day

In this creative nonfiction narrative, Mitch Keller chronicles his move from New York City to live as a hand-to-mouth trout bum upstate and shares what it is really like to move to trout country to try to build a life around fly fishing—a dream of so many anglers. All the joys and rewards of the angling life are here in abundance, but so are the chronic financial hardship, the menial jobs, the interminable winters, the moments of doubt—everything that comes with that life and the decision to live it. This compelling story of life living along and fishing a classic trout stream of the Catskills is sure to not only interest those that fish the area but also captivate anyone who has dreamed of leaving the hustle of the city behind to live a more deliberate life.

The Fountainhead

The #1 New York Times bestselling autobiography of the guitarist, songwriter, singer, and founding member of the Rolling Stones. Ladies and gentlemen: Keith Richards. With The Rolling Stones, Keith Richards created the songs that roused the world, and he lived the original rock and roll life. Now, at last, the man himself tells his story of life in the crossfire hurricane. Listening obsessively to Chuck Berry and Muddy Waters records, learning guitar and forming a band with Mick Jagger and Brian Jones. The Rolling Stones's first fame and the notorious drug busts that led to his enduring image as an outlaw folk hero. Creating immortal riffs like the ones in "Jumping Jack Flash" and "Honky Tonk Women." His relationship with Anita Pallenberg and the death of Brian Jones. Tax exile in France, wildfire tours of the U.S., isolation and addiction. Falling in love with Patti Hansen. Estrangement from Jagger and subsequent reconciliation. Marriage, family, solo albums and expensive Winos, and the road that goes on forever. With his trademark disarming honesty, Keith Richards brings us the story of a life we have all longed to know more of, unfettered, fearless, and true.

Life

The revolutionary literary vision that sowed the seeds of Objectivism, Ayn Rand's groundbreaking philosophy, and brought her immediate worldwide acclaim. This modern classic is the story of intransigent young architect Howard Roark, whose integrity was as unyielding as granite of Dominique Francon, the exquisitely beautiful woman who loved Roark passionately, but married his worst enemy and of the fanatic denunciation unleashed by an enraged society against a great creator. As fresh today as it was then, Rand's provocative novel presents one of the most challenging ideas in all of fiction—that man's ego is the fountainhead of human progress “A writer of great power. She has a subtle and ingenious mind and the capacity of writing brilliantly, beautifully, bitterly This is the only novel of ideas written by an American woman that I can recall.”—The New York Times

First Person

Real Life Drama

" The first authorized monograph on the world-famous sculptor, photographer, and video artist. In Bruce Nauman: The True Artist, Peter Plagens – a renowned writer, critic, and author who has known Nauman for more than forty years – delivers a personal and authoritative account tracing Nauman's entire career, from his youth in Fort Wayne, Indiana, to his graduate work at the University of California, and through to the present day. Plagens first met Nauman in Pasadena, California, in 1970, where their studios were a block apart and they played basketball together every Sunday. Since then, Plagens has pursued a real understanding of his friend's art. The book chronicles Nauman's process, from the creation of works in his New Mexico studio to the organization, installation, and reception of his exhibitions. Throughout, Plagens is a savvy and engaging guide to the work, using his own attempts to puzzle out the meaning of the pieces, as well as the artist's conversations about them, to offer readers a vivid and enlightening take on one of the key figures in contemporary art. "

The Wonderbox

#1 New Release in Volunteer Work and Poverty — Your Guide to Wealth and Success Live your wealthiest life: Sometimes the best way to stick it to the man is by doing well for yourself. There's just one problem: it's hard to do well for yourself when systemic oppression has placed innumerable hurdles between you and your aspirations. The Feminist Financial Handbook provides real motivation and resources for real women who may be struggling—not only those who have already accumulated wealth. Overcome obstacles: The Feminist Financial Handbook provides actionable tips for women in business for overcoming these obstacles as they try to master money management and their lives. Because women's experiences don't exist in a vacuum relegated to their gender, the handbook explores financial issues with anecdotes and perspectives of women of different races, sexual orientations and abilities. Find the answers to your money questions: Learn more about general financial planning principles, like saving or earning a higher income, and delve into issues that disproportionately affect women, like the wage gap or the long road to economic recovery after experiencing domestic violence. The Feminist Financial Handbook has stories and advice from women who have been there, worked through the struggle, and achieved personal success. Learn from the frontrunner of the Femme Frugality blog: Written in the same passionate tone that has made Femme Frugality a two-time nominee for Best Women's Finance Blog, The Feminist Financial Handbook acknowledges the financial struggles and oppression modern women face while providing actionable steps to live your wealthiest life and achieve personal success. The Feminist Financial Handbook presents a feminist view on finances relevant to a post-recession economy. This book will walk you through how to: Decide what wealth and success means for you Earn more and negotiate effectively Master manageable money-saving methods

From Hand to Mouth

Fabiana Da Silva had been living and teaching in the United States for only few years when she met the prince she had been searching for her entire life. After they married on May 4, 2013, they shared beautiful moments for seven months until the day Fabiana received a

shocking diagnosis. She had leukemia. In a heartwarming retelling, Fabiana leads others chronologically through her life in the days before the diagnosis as she excitedly prepared for a trip to Brazil, through her symptoms that ultimately steered her to a diagnosis, her treatments and their impact on her marriage, and her positive outlook through it all. As she candidly brings each moment to life, Fabiana encourages others to keep their faith, hope, and humor during their own health challenges so that they, too, can live in the present and embrace every moment, good or bad.

The Shame Game

Tom was 20 years old, broke and wanted to go to India. So he packed up his clarinet, toothbrush and sleeping bag and hitchhiked there with no money at all. Braving hunger, deserts, amoebas and rape attempts by frustrated truck drivers, Tom followed in the footsteps of the original hippies and arrived in Goa with less than a dollar to his name. -I bet this guy never worked a day in his life.- Howard Marks

The Road

There are many ways to try to improve our lives - we can turn to the wisdom of philosophers, the teachings of religions or the latest experiments of psychologists. But we rarely look to history for inspiration - and when we do it can be surprisingly powerful. Showing the lessons that can be learned from the past, cultural historian Roman Krznaric explores twelve universal topics, from work and love to money and creativity, and reveals the wisdom that we've been missing. There is much to be learned from Ancient Greece on relationships, from the industrial revolution on job satisfaction, and from Ming-dynasty China on bringing up our children. Just as a Renaissance 'Wunderkammer' was a curiosity cabinet full of fascinating objects, each with a story behind it, The Wonderbox is full of stories and ideas from history, each of which sheds invaluable light on the decisions we make every day, whether we think about the different uses of the senses or changing attitudes to time. History is usually read for pleasure or for insight into current affairs, but The Wonderbox, stepping into the territory of Alain de Botton and Theodore Zeldin, is 'practical history' - using the past to think about our day to day lives.

Hand to Mouth to India

Kif Kehlmann, a young, penniless writer, thinks he's finally caught a break when he's offered \$10,000 to ghostwrite the memoir of Siegfried "Ziggy" Heidl, the notorious con man and corporate criminal. Ziggy is about to go to trial for defrauding banks for \$700 million; they have six weeks to write the book. But Ziggy swiftly proves almost impossible to work with: evasive, contradictory, and easily distracted by his still-running "business concerns"—which Kif worries may involve hiring hitmen from their shared office. Worse, Kif finds himself being pulled into an odd, hypnotic, and ever-closer orbit of all things Ziggy. As the deadline draws near, Kif becomes increasingly unsure if he is ghostwriting a memoir, or if Ziggy is rewriting him—his life, his future, and the very nature of the truth. By turns comic, compelling, and finally chilling, First Person is a haunting look at an age where fact is indistinguishable from fiction, and freedom is traded for a false idea of progress.

The Feminist Financial Handbook

Paul Gionfriddo's son Tim is one of the "6 percent"—an American with serious mental illness.

He is also one of the half million homeless people with serious mental illnesses in desperate need of help yet underserved or ignored by our health and social-service systems. In this moving, detailed, clear-eyed exposé, Gionfriddo describes how Tim and others like him come to live on the street. Gionfriddo takes stock of the numerous injustices that kept his son from realizing his potential from the time Tim first began to show symptoms of schizophrenia to the inadequate educational supports he received growing up, his isolation from family and friends, and his frequent encounters with the juvenile justice system and, later, the adult criminal-justice system and its substandard mental health care. Tim entered adulthood with limited formal education, few work skills, and a chronic, debilitating disease that took him from the streets to jails to hospitals and then back to the streets. Losing Tim shows that people with mental illness become homeless as a result not of bad choices but of bad policy. As a former state policy maker, Gionfriddo concludes with recommendations for reforming America's ailing approach to mental health.

A Woman of Valour

A Woman of Valour is the biography of Marie-Louise Bouchard Labelle, a French-Canadian woman who found love with a priest thirty-three years her senior. Against all social convention, they lived, produced three children, and built a life together after fleeing their village. However, after several years together, Bouchard's husband ultimately chose to return to the priesthood, abandoning his family as a result. Through interviews and documentation, Claire Trepanier tells Bouchard's story of survival while highlighting the history of women's stature in Canada, and raising a question about the celibacy of Catholic priests.

Hand to Mouth

What does it mean to be poor in Britain and America? For decades the primary narrative about poverty in both countries is that it has been caused by personal flaws or 'bad life decisions' rather than policy choices or economic inequality. This misleading account has become deeply embedded in the public consciousness with serious ramifications for how financially vulnerable people are seen, spoken about and treated. Drawing on a two-year multi-platform initiative, this book by award-winning journalist and author Mary O'Hara, asks how we can overturn this portrayal once and for all. Crucially, she turns to the real experts to try to find answers – the people who live it.

The Giving Tree

Real Life Drama is the classic history of the remarkable group that revitalized American theater in the 1930s by engaging urgent social and moral issues that still resonate today. Born in the turbulent decade of the Depression, the Group Theatre revolutionized American arts. Wendy Smith's dramatic narrative brings the influential troupe and its founders to life once again, capturing their joys and pains, their triumphs and defeats. Filled with fresh insights into the towering personalities of Harold Clurman, Lee Strasberg, Cheryl Crawford, Elia Kazan, Clifford Odets, Stella and Luther Adler, Karl Malden, and Lee J. Cobb, among many others, Real Life Drama chronicles a passionate community of idealists as they opened a new frontier in theater.

Bruce Nauman: The True Artist

"Open these pages and let your heart and your life be transformed by love!!! You will discover

fresh-flowing love for the very special people God has placed in your life. More than that, you will experience amazing insights on the secret for pouring His love into the lives of others. Open your heart to hear God's voice as you turn these anointed pages!" Glenna Salsbury Professional Speaker Author of The Art of The Fresh Start "Mimi is a gutsy gal whose relationship skills were forged in the crucible of a sometimes harsh life. But God sent her an angel, a mother-in-law with a heart of gold and an abundance of grace. Through this woman, Mimi let God transform her own life. Today she has opened to us all the rich store of advice and examples she gained in the process. Beautifully presented, this book is full of illustrations of the balance between loving those special in-laws God sends us and receiving grace with humility, then passing it on. Thank you, Mimi, for showing us that in-lawing can work to the glory of God." Ethel Herr, Christian Writer & Speaker Mimi Moseley's favorite saying is, "It's never too late to be who you were meant to be." A scared childhood could have produced a troubled adult had God not intervened. Mimi has served in various aspects of ministering to women for over 25 years. She and her husband, Marty, live in Northern California. They have two sons, Marty III and Matthew: two amazing daughters-in-law, Rebecca and Anna; and two adorable grandchildren, Marty IV and Malea. Mimi communicates her calling to encourage conference and retreat attendees, as well as one-on-one counseling, to cultivate practical changes, which enhances good relationships and give hope to those facing hopeless ones.

Hand to Mouth

Hand to Mouth

Abramsky shows how poverty - a massive political scandal - is dramatically changing in the wake of the Great Recession.

Oracle Night

The story of a kind of poverty in America so deep that we, as a country, don't even think exists from a leading national poverty expert who defies convention ("New York Times")

East Branch

Originally published in hardcover in 2014 by G.P. Putnam's Sons.

Hand to Mouth

Compiles a wide range of texts-from fiction, social science, philosophy, and ancient poetry-related to questions that arise for those who are trying to decide what to do with their lives

Losing Tim

A series of lectures given by the author in 1914 examines the vital social themes within early twentieth-century drama and relates them to Goldman's political philosophy

Life and Death at the Mouth of the Musselshell

A novel look at 24 hours in the life of a young homeless New York man who, by God's mercy,

finds the treasure of himself among the inner city ruins.

Self-Discipline & Cognitive Behavioral Therapy 2 books in 1

Living Hand to Mouth

A psychologist shows how gestures rather than sounds formed the basis of language fundamentals, using evidence from anthropology, animal behavior, neurology, molecular biology, and anatomy to make his case.

Arm Around Shoulder/ Hand Over Mouth

Our sharpest and most original social critic goes "undercover" as an unskilled worker to reveal the dark side of American prosperity. Millions of Americans work full time, year round, for poverty-level wages. In 1998, Barbara Ehrenreich decided to join them. She was inspired in part by the rhetoric surrounding welfare reform, which promised that a job -- any job -- can be the ticket to a better life. But how does anyone survive, let alone prosper, on \$6 an hour? To find out, Ehrenreich left her home, took the cheapest lodgings she could find, and accepted whatever jobs she was offered. Moving from Florida to Maine to Minnesota, she worked as a waitress, a hotel maid, a cleaning woman, a nursing-home aide, and a Wal-Mart sales clerk. She lived in trailer parks and crumbling residential motels. Very quickly, she discovered that no job is truly "unskilled," that even the lowliest occupations require exhausting mental and muscular effort. She also learned that one job is not enough; you need at least two if you int to live indoors. Nickel and Dimed reveals low-rent America in all its tenacity, anxiety, and surprising generosity -- a land of Big Boxes, fast food, and a thousand desperate stratagems for survival. Read it for the smoldering clarity of Ehrenreich's perspective and for a rare view of how "prosperity" looks from the bottom. You will never see anything -- from a motel bathroom to a restaurant meal -- in quite the same way again.

The Calligrapher

After meeting the enigmatic Madeleine, Jasper, a calligrapher and notorious seducer, finds himself falling in love and discovers in the poems of John Donne, which he has been transcribing, the meaning of love and life.

Nickel and Dimed

NATIONAL BESTSELLER WINNER OF THE PULITZER PRIZE The searing, post-apocalyptic novel about a father and son's fight to survive. 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. A New York Times Notable Book One of the Best Books of the Year The Boston Globe, The Christian Science Monitor, The Denver Post, The Kansas City Star, Los Angeles Times, New York, People, Rocky Mountain News, Time, The Village Voice, The Washington Post

Shut Your Mouth

Set in the near future of 2020, this disconcerting philosophical fantasy depicts an America devastated by a war with China that has left its populace decimated, its government a shambles, and its natural resources tainted. The hero is Ben Turnbull, a sixty-six-year-old retired investment counselor, who, like Thoreau, sticks close to home and traces the course of one Massachusetts year in his journal. Something of a science buff, he finds that his disrupted personal history has been warped by the disjunctions and vagaries of the “many-worlds” hypothesis derived from the indeterminacy of quantum theory. His identity branches into variants extending back through the past and forward into the evolution of the universe, as both it and his own mortal, nature-haunted existence move toward the end of time.

Beating Cancer with Faith, Optimism, and Humor

Several months into his recovery from a near-fatal illness, thirty-four-year-old novelist Sidney Orr enters a stationery shop in the Cobble Hill section of Brooklyn and buys a blue notebook. It is September 18, 1982, and for the next nine days Orr will live under the spell of this blank book, trapped inside a world of eerie premonitions and puzzling events that threaten to destroy his marriage and undermine his faith in reality. Why does his wife suddenly break down in tears in the backseat of a taxi just hours after Sidney begins writing in the notebook? Why does M. R. Chang, the owner of the stationery shop, precipitously close his business the next day? What are the connections between a 1938 Warsaw telephone directory and a lost novel in which the hero can predict the future? At what point does animosity explode into violence? To what degree is forgiveness the ultimate expression of love? Paul Auster's mesmerizing eleventh novel reads like an old-fashioned ghost story. But there are no ghosts in this book—only flesh-and-blood human beings, wandering through the haunted realms of everyday life. At once a meditation on the nature of time and a journey through the labyrinth of one man's imagination, Oracle Night is a narrative tour de force that confirms Auster's reputation as one of the boldest, most original writers at work in America today.

Thumbsucker

You're tired of living from hand to mouth? You can reverse the trend with self-discipline, if failure is not an option. Think of self-discipline as a form of sacrifice, denying self-life's pleasures for a moment to gain better future return on investment on your time. You use the alarm clock for the occasional sleep over. But you could do without it. It gets complicated to control thoughts. You have conditioned the body to wake up at day break. Knowing self-discipline is a good starting point. Better yet, understanding how self-discipline shapes the foundation of success. Self-discipline is the ability to control, and manage your feelings, actions and behaviors in order to channel them into productive use. The reason self-discipline is elusive is because it deals in abstracts. THIS BOOK SHOWS YOU: How Self-Image Influences Self Discipline. How Procrastination Holds You Back from Achieving Self Discipline. How Self-Discipline Shapes the Foundation of Success in Life. How to Set Achievable Self Discipline Goals. How to Hack into Self Discipline. How Self Discipline Determines Outcome. Behind the

scenes of Cognitive Behavioral Therapy - how it really works Going beyond the basics - how cognitive behavioral therapy can help you Reasons cognitive behavioral therapy solves the problem - for good Innovative CBT Techniques you can apply in your everyday life As well as realistic, simple and workable steps to examine your own problems - a case study to show how cognitive behavioral therapy actually works, definitions and types of therapy - identifying the vicious cycle, hypnotherapy and isolating emotional threats. Before you know it, you could be changing your thought patterns for the better and improving every aspect of your life as a result. So, what are you waiting for? Grab your copy today, take control of your mind and start your journey to achieve happiness!

This Time Love

A first book by a widely read, controversial essayist on poverty profiles the realities of the working poor in America and why poor people make decisions that are popularly criticized. 40,000 first printing. Tour.

[Read More About Hand To Mouth Living In Bootstrap America](#)

[Arts & Photography](#)

[Biographies & Memoirs](#)

[Business & Money](#)

[Children's Books](#)

[Christian Books & Bibles](#)

[Comics & Graphic Novels](#)

[Computers & Technology](#)

[Cookbooks, Food & Wine](#)

[Crafts, Hobbies & Home](#)

[Education & Teaching](#)

[Engineering & Transportation](#)

[Health, Fitness & Dieting](#)

[History](#)

[Humor & Entertainment](#)

[Law](#)

[LGBTQ+ Books](#)

[Literature & Fiction](#)

[Medical Books](#)

[Mystery, Thriller & Suspense](#)

[Parenting & Relationships](#)

[Politics & Social Sciences](#)

[Reference](#)

[Religion & Spirituality](#)

[Romance](#)

[Science & Math](#)

[Science Fiction & Fantasy](#)

[Self-Help](#)

[Sports & Outdoors](#)

[Teen & Young Adult](#)

[Test Preparation](#)

[Travel](#)