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Memoirs of a Polar Bear Being Jazz Hello World A Life Beyond Reason All Too Human Hell and Other Destinations Passing for Human No Longer Human Being Human: An Entheological Guide to God, Evolution and the Fractal Energetic Nature of Reality Quicksand The Smallest Lights in the Universe Against Memoir Life's That Way I Am Human Being a Rockefeller, Becoming Myself Picking Cotton Author in Chief May I Be Happy On Being Human Cross-Section of a Human Heart Educated Symptoms of Being Human Goat Man Everything Is Happening at Once How to Be a Good Creature To Love and Let Go This Brilliant Darkness: A Book of Strangers Yoga Girl The Girl from Human Street To Be Honest A Primate's Memoir Rootlines Strung Out Being Heumann Lab Girl Zandrael On Being Human Life 3.0 On Being Human How to Be Loved

Memoirs of a Polar Bear

In this luminous memoir, an MIT astrophysicist must reinvent herself in the wake of tragedy and discovers the power of connection on this planet, even as she searches our galaxy for another Earth. Sara Seager has always been in love with the stars: so many lights in the sky, so much possibility. Now a pioneering planetary scientist, she searches for exoplanets—especially that distant, elusive world that sustains life. But with the unexpected death of Seager ' s husband, the purpose of her own life becomes hard for her to see. Suddenly,

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at forty, she is a widow and the single mother of two young boys. For the first time, she feels alone in the universe. As she struggles to navigate her life after loss, Seager takes solace in the alien beauty of exoplanets and the technical challenges of exploration. At the same time, she discovers earthbound connections that feel every bit as wondrous, when strangers and loved ones alike reach out to her across the space of her grief. Among them are the Widows of Concord, a group of women offering advice on everything from home maintenance to dating, and her beloved sons, Max and Alex. Most unexpected of all, there is another kind of one-in-a-billion match, not in the stars but here at home. Probing and invigoratingly honest, *The Smallest Lights in the Universe* is its own kind of light in the dark.

Being Jazz

NEW YORK TIMES BESTSELLER By the yoga instructor who inspires more than one million followers on Instagram every day. Whether she 's practicing handstands on her stand-up paddleboard or teaching Downward-Facing Dog to the masses, Rachel Brathen—Instagram 's @Yoga_Girl—has made it her mission to share inspirational messages with people from all corners of the world. In *Yoga Girl*, Brathen takes readers beyond her Instagram feed and shares her journey like never before—from her self-destructive teenage years in her hometown in Sweden to her adventures in the jungles of Costa Rica, and finally to the beautiful and bohemian life she 's built through yoga and meditation in Aruba today. Featuring spectacular photos of Brathen practicing yoga with breathtaking tropical backdrops, along with step-by-step yoga sequences and simple recipes for a healthy, happy, and fearless lifestyle—*Yoga Girl* is like an armchair vacation to a Caribbean spa.

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Hello World

Jazz Jennings is one of the youngest and most prominent voices in the national discussion about gender identity. At the age of five, Jazz transitioned to life as a girl, with the support of her parents. A year later, her parents allowed her to share her incredible journey in her first Barbara Walters interview, aired at a time when the public was much less knowledgeable or accepting of the transgender community. This groundbreaking interview was followed over the years by other high-profile interviews, a documentary, the launch of her YouTube channel, a picture book, and her own reality TV series--I Am Jazz--making her one of the most recognizable activists for transgender teens, children, and adults. In her remarkable memoir, Jazz reflects on these very public experiences and how they have helped shape the mainstream attitude toward the transgender community. But it hasn't all been easy. Jazz has faced many challenges, bullying, discrimination, and rejection, yet she perseveres as she educates others about her life as a transgender teen. Through it all, her family has been beside her on this journey, standing together against those who don't understand the true meaning of tolerance and unconditional love. Now Jazz must learn to navigate the physical, social, and emotional upheavals of adolescence--particularly high school--complicated by the unique challenges of being a transgender teen. Making the journey from girl to woman is never easy--especially when you began your life in a boy's body.

A Life Beyond Reason

“ This vital memoir will change how we look at the opioid crisis and how the media talks about it. A deeply

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moving and emotional read, *STRUNG OUT* challenges our preconceived ideas of what addiction looks like. ” —Stephanie Land, New York Times bestselling author of *Maid* In this deeply personal and illuminating memoir about her fifteen-year struggle with heroin, Khar sheds profound light on the opioid crisis and gives a voice to the over two million people in America currently battling with this addiction. Growing up in LA, Erin Khar hid behind a picture-perfect childhood filled with excellent grades, a popular group of friends and horseback riding. After first experimenting with her grandmother ’ s expired painkillers, Khar started using heroin when she was thirteen. The drug allowed her to escape from pressures to be perfect and suppress all the heavy feelings she couldn ’ t understand. This fiercely honest memoir explores how heroin shaped every aspect of her life for the next fifteen years and details the various lies she told herself, and others, about her drug use. With enormous heart and wisdom, she shows how the shame and stigma surrounding addiction, which fuels denial and deceit, is so often what keeps addicts from getting help. There is no one path to recovery, and for Khar, it was in motherhood that she found the inner strength and self-forgiveness to quit heroin and fight for her life. *Strung Out* is a life-affirming story of resilience while also a gripping investigation into the psychology of addiction and why people turn to opioids in the first place.

All Too Human

A remarkable memoir that shows the capacity of the human heart to heal after the challenge of having to say goodbye. Even the hardest lessons contain great gifts. Jim Beaver and his wife Cecily Adams appeared to have it all—following years of fertility treatments, they were finally parents and they were building their dream home and successful Hollywood careers. Life was good. But then their daughter, Maddie, was diagnosed as autistic.

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Weeks later, Cecily, a non-smoker, was diagnosed with Stage IV lung cancer. Sadly, after 14 years of marriage, Jim became a widower and a single dad. Faced with overwhelming grief, Jim reached out to family and friends by writing a nightly email—a habit he established when Cecily was first diagnosed. Initially a cathartic exercise for Jim, the prose became an unforgettable journey for his readers. *Life's That Way* is a compilation of those profound, compelling emails.

Hell and Other Destinations

"Originally published in Sweden as *Kvicksand* by Leopard förlag, Stockholm, in 2014"--Title page verso.

Passing for Human

A Publishers Weekly Best Book of the Year for Nonfiction "an essential and engaging look at recent disability history."—Buzzfeed One of the most influential disability rights activists in US history tells her personal story of fighting for the right to receive an education, have a job, and just be human. A story of fighting to belong in a world that wasn't built for all of us and of one woman's activism—from the streets of Brooklyn and San Francisco to inside the halls of Washington—Being Heumann recounts Judy Heumann's lifelong battle to achieve respect, acceptance, and inclusion in society. Paralyzed from polio at eighteen months, Judy's struggle for equality began early in life. From fighting to attend grade school after being described as a "fire hazard" to later winning a lawsuit against the New York City school system for denying her a teacher's license because of her paralysis, Judy's actions set a precedent that fundamentally improved

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rights for disabled people. As a young woman, Judy rolled her wheelchair through the doors of the US Department of Health, Education, and Welfare in San Francisco as a leader of the Section 504 Sit-In, the longest takeover of a governmental building in US history. Working with a community of over 150 disabled activists and allies, Judy successfully pressured the Carter administration to implement protections for disabled peoples' rights, sparking a national movement and leading to the creation of the Americans with Disabilities Act. Candid, intimate, and irreverent, Judy Heumann's memoir about resistance to exclusion invites readers to imagine and make real a world in which we all belong.

No Longer Human

All Too Human is a new-generation political memoir, written from the refreshing perspective of one who got his hands on the levers of awesome power at an early age. At thirty, the author was at Bill Clinton's side during the presidential campaign of 1992, & for the next five years he was rarely more than a step away from the president & his other advisers at every important moment of the first term. What Liar's Poker did to Wall Street, this book will do to politics. It is an irreverent & intimate portrait of how the nation's weighty business is conducted by people whose egos & idiosyncrasies are no sturdier than anyone else's. Including sharp portraits of the Clintons, Al Gore, Dick Morris, Colin Powell, & scores of others, as well as candid & revelatory accounts of the famous debacles & triumphs of an administration that constantly went over the top, All Too Human is, like its author, a brilliant combination of pragmatic insight & idealism. It is destined to be the most important & enduring book to come out of the Clinton administration.

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Being Human: An Entheological Guide to God, Evolution and the Fractal Energetic Nature of Reality

A memoir about an unusual upbringing in a family fanatically devoted to honesty, and what came next If you 're like most people, you probably lied today. It may have been a small one, some insignificant falsehood meant to protect someone 's feelings or guard your true thoughts. Now imagine if your parents had raised you to never lie, if they 'd ingrained in you a compulsion to never, under any circumstances, withhold the truth or fail to speak your mind. It might be wonderfully freeing. Everyone else might not appreciate it so much. To Be Honest is Michael Leviton 's extraordinary account of being raised in a family he calls a " little honesty cult. " For young Michael, his parents ' core philosophy felt liberating. He loved " just being honest. " By the time he was twenty-nine years old, Michael had told only three " lies " (by most people 's understanding of the word) in his entire life. But this honesty had consequences—in friendships, on dates, and at job interviews. And when honesty slowly poisoned a great romance, Michael decided there had to be something to lying after all. He set himself the task of learning to be as casually dishonest as the rest of us. To Be Honest is a tender and darkly comic memoir about what it means and how it feels to tell more than the truth.

Quicksand

"The first thing I'm going to do with my winnings, ' he said, 'is pay for laser hair removal in your armpits.' He even gestured to my cleanly shaven pits, because if referencing a woman's body hair on a date doesn't

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awaken her inner vixen, pointing to its location is sure to do the trick."An introverted Midwesterner with big feelings and a shameful people-pleasing streak, Abi Wurdeman hoped her twenties would transform her into one of those fierce, take-charge broads quoted on sassy refrigerator magnets. But somewhere between facing her own demons at a soul-sucking casino job and making the occasional ill-timed confession of love, Abi learned you can't reinvent who you fundamentally are . . . and that the secret to adult tenacity lies not in changing yourself, but in knowing yourself. Ninety percent memoir and ten percent unsolicited advice, Cross-Section of a Human Heart is the story of a floundering journey from mousey young adult to proper grown-ass.

The Smallest Lights in the Universe

I am human I am a work in progress Striving to be the best version of ME From the picture book dream team behind I Am Yoga and I Am Peace comes the third book in their wellness series: I Am Human. A hopeful meditation on all the great (and challenging) parts of being human, I Am Human shows that it 's okay to make mistakes while also emphasizing the power of good choices by offering a kind word or smile or by saying " I ' m sorry. " At its heart, this picture book is a celebration of empathy and compassion that lifts up the flawed fullness of humanity and encourages children to see themselves as part of one big imperfect family—millions strong.

Against Memoir

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A New York Times bestseller! National Book Award finalist Sy Montgomery reflects on the personalities and quirks of 13 animals—her friends—who have profoundly affected her in this stunning, poetic, and life-affirming memoir featuring illustrations by Rebecca Green. Understanding someone who belongs to another species can be transformative. No one knows this better than author, naturalist, and adventurer Sy Montgomery. To research her books, Sy has traveled the world and encountered some of the planet ' s rarest and most beautiful animals. From tarantulas to tigers, Sy ' s life continually intersects with and is informed by the creatures she meets. This restorative memoir reflects on the personalities and quirks of thirteen animals—Sy ' s friends—and the truths revealed by their grace. It also explores vast themes: the otherness and sameness of people and animals; the various ways we learn to love and become empathetic; how we find our passion; how we create our families; coping with loss and despair; gratitude; forgiveness; and most of all, how to be a good creature in the world.

Life's That Way

“ Richly detailed. . . an intimate portrait of a diplomat. ” —New Yorker In this revealing, funny, and inspiring memoir, seven-time New York Times bestselling author and former Secretary of State Madeleine Albright—among the world ' s most admired and tireless public servants—reflects on the challenge of continuing one ' s career far beyond the normal age of retirement. In 2001, when Madeleine Albright was leaving office as America ' s first female secretary of state, interviewers asked her how she wished to be remembered. “ I don ' t want to be remembered, ” she answered. “ I am still here and have much more I intend to do. As difficult as it might seem, I want every stage of my life to be more exciting than the last. ” In that time of transition, the former Secretary considered the possibilities: she could write, teach, travel, give

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speeches, start a business, fight for democracy, help to empower women, campaign for favored political candidates, spend more time with her grandchildren. Instead of choosing one or two, she decided to do it all. For nearly twenty years, Albright has been in constant motion, navigating half a dozen professions, clashing with presidents and prime ministers, learning every day. Since leaving the State Department, she has blazed her own trail—and given voice to millions who yearn for respect, regardless of gender, background, or age. *Hell and Other Destinations* reveals this remarkable figure at her bluntest, funniest, most intimate, and most serious. It is the tale of our times anchored in lessons for all time, narrated by an extraordinary woman with a matchless zest for life.

I Am Human

Winner of the National Book Critics Circle Award for Autobiography A New York Times 2016 Notable Book National Best Seller Named one of TIME magazine 's "100 Most Influential People" An Amazon Top 20 Best Book of 2016 A Washington Post Best Memoir of 2016 A TIME and Entertainment Weekly Best Book of 2016 An illuminating debut memoir of a woman in science; a moving portrait of a longtime friendship; and a stunningly fresh look at plants that will forever change how you see the natural world Acclaimed scientist Hope Jahren has built three laboratories in which she 's studied trees, flowers, seeds, and soil. Her first book is a revelatory treatise on plant life—but it is also so much more. *Lab Girl* is a book about work, love, and the mountains that can be moved when those two things come together. It is told through Jahren 's remarkable stories: about her childhood in rural Minnesota with an uncompromising mother and a father who encouraged hours of play in his classroom 's labs; about how she found a sanctuary in science, and learned to perform lab work done “ with both the heart and the hands ” ; and about the inevitable

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disappointments, but also the triumphs and exhilarating discoveries, of scientific work. Yet at the core of this book is the story of a relationship Jahren forged with a brilliant, wounded man named Bill, who becomes her lab partner and best friend. Their sometimes rogue adventures in science take them from the Midwest across the United States and back again, over the Atlantic to the ever-light skies of the North Pole and to tropical Hawaii, where she and her lab currently make their home. Jahren ' s probing look at plants, her astonishing tenacity of spirit, and her acute insights on nature enliven every page of this extraordinary book. Lab Girl opens your eyes to the beautiful, sophisticated mechanisms within every leaf, blade of grass, and flower petal. Here is an eloquent demonstration of what can happen when you find the stamina, passion, and sense of sacrifice needed to make a life out of what you truly love, as you discover along the way the person you were meant to be.

Being a Rockefeller, Becoming Myself

In the tradition of Jane Goodall and Dian Fossey, Robert Sapolsky, a foremost science writer and recipient of a MacArthur Genius Grant, tells the mesmerizing story of his twenty-one years in remote Kenya with a troop of Savannah baboons. “ I had never planned to become a savanna baboon when I grew up; instead, I had always assumed I would become a mountain gorilla, ” writes Robert Sapolsky in this witty and riveting chronicle of a scientist ' s coming-of-age in remote Africa. An exhilarating account of Sapolsky ' s twenty-one-year study of a troop of rambunctious baboons in Kenya, *A Primate ' s Memoir* interweaves serious scientific observations with wry commentary about the challenges and pleasures of living in the wilds of the Serengeti—for man and beast alike. Over two decades, Sapolsky survives culinary atrocities, gunpoint encounters, and a surreal kidnapping, while witnessing the encroachment of the tourist mentality on the

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farthest vestiges of unspoiled Africa. As he conducts unprecedented physiological research on wild primates, he becomes evermore enamored of his subjects—unique and compelling characters in their own right—and he returns to them summer after summer, until tragedy finally prevents him. By turns hilarious and poignant, *A Primate's Memoir* is a magnum opus from one of our foremost science writers.

Picking Cotton

'One of the best books yet written on data and algorithms. . .deserves a place on the bestseller charts.' (The Times) You are accused of a crime. Who would you rather determined your fate - a human or an algorithm? An algorithm is more consistent and less prone to error of judgement. Yet a human can look you in the eye before passing sentence. Welcome to the age of the algorithm, the story of a not-too-distant future where machines rule supreme, making important decisions - in healthcare, transport, finance, security, what we watch, where we go even who we send to prison. So how much should we rely on them? What kind of future do we want? Hannah Fry takes us on a tour of the good, the bad and the downright ugly of the algorithms that surround us. In *Hello World* she lifts the lid on their inner workings, demonstrates their power, exposes their limitations, and examines whether they really are an improvement on the humans they are replacing. A BBC RADIO 4- BOOK OF THE WEEK SHORTLISTED FOR THE 2018 BAILLIE GIFFORD PRIZE AND 2018 ROYAL SOCIETY SCIENCE BOOK PRIZE

Author in Chief

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"A Memoir of Waking Up, Living Real, and Listening Hard"--

May I Be Happy

The dazzling success of *The Toaster Project*, including TV appearances and an international book tour, leaves Thomas Thwaites in a slump. His friends increasingly behave like adults, while Thwaites still lives at home, "stuck in a big, dark hole." Luckily, a research grant offers the perfect out: a chance to take a holiday from the complications of being human—by transforming himself into a goat. What ensues is a hilarious and surreal journey through engineering, design, and psychology, as Thwaites interviews neuroscientists, animal behaviorists, prosthetists, goat sanctuary workers, and goatherds. From this, he builds a goat exoskeleton—artificial legs, helmet, chest protector, raincoat from his mum, and a prosthetic goat stomach to digest grass (with help from a pressure cooker and campfire)—before setting off across the Alps on four legs with a herd of his fellow creatures. Will he make it? Do Thwaites and his readers discover what it truly means to be human? *GoatMan* tells all in Thwaites's inimitable style, which NPR extols as "a laugh-out-loud-funny but thoughtful guide through his own adventures."

On Being Human

Rikki and her sister, Linda, fell out with one another four months ago. They are not speaking when Linda emails that she has lethal abdominal tumors, that her only hope of survival is a total bone marrow replacement. Linda claims Rikki is too old to donate, and explains there 's only a slight chance she is a good

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match anyway—but Rikki refuses to accept that. Despite the wounding between them, Linda’s email ignites a wild aspiration in her sister: she will become the perfect donor, the perfect match, with the healthiest, most vigorous cells possible. She rises with intent to heal herself, her sister, and their rootlines, the patterns formed in their family of origin that have quietly shaped their lives. Rikki walks through the science while confronting dogma that limits how mind can transform body. She builds herself into a stem cell factory using Muay Thai kickboxing and vegetarian nutrition. Working through childhood wounds and mental limits with meditation and yoga, she finds her own power, as well as ways to show up for Linda and walk with her from the edge of death to a new life. Together, the two sisters beat the lymphoma—and, as they rediscover the intimacy and love of their innocent childhood, heal the intertwined roots of their family pain.

Cross-Section of a Human Heart

An inspirational memoir about how Jennifer Pastiloff's years of waitressing taught her to seek out unexpected beauty, how hearing loss taught her to listen fiercely, how being vulnerable allowed her to find love, and how imperfections can lead to a life full of wild happiness. Centered around the touchstone stories Jen tells in her popular workshops, *On Being Human* is the story of how a starved person grew into the exuberant woman she was meant to be all along by battling the demons within and winning. Jen did not intend to become a yoga teacher, but when she was given the opportunity to host her own retreats, she left her thirteen-year waitressing job and said “yes,” despite crippling fears of her inexperience and her own potential. After years of feeling depressed, anxious, and hopeless, in a life that seemed to have no escape, she healed her own heart by caring for others. She has learned to fiercely listen despite being nearly deaf, to banish shame attached to a body mass index, and to rebuild a family after the debilitating loss of her father when she was

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eight. Through her journey, Jen conveys the experience most of us are missing in our lives: being heard and being told, “ I got you. ” Exuberant, triumphantly messy, and brave, *On Being Human* is a celebration of happiness and self-realization over darkness and doubt. Her complicated yet imperfectly perfect life path is an inspiration to live outside the box and to reject the all-too-common belief of “ I am not enough. ” Jen will help readers find, accept, and embrace their own vulnerability, bravery, and humanness.

Educated

"Marcus ushers you inside a semi-secret New Age group called The Work, where he serves as right-hand man to the charismatic leader. Outrageous, kinetic, pan-sexual, and brilliant Jan Cox based his teachings on the mystic, G.I. Gurdjieff. Habit-busting, revelatory "Tasks" couple with both meditation and crazy bacchanalia to facilitate mind expansion and ultimately, enlightenment.. And the conflicted Cox spawns shock and consternation as well. Marcus' story vivifies the tribal bonds, intellectual rigor and spiritual yearning that unite talented, ambitious people living productive lives. Artfully woven into the narrative are Marcus' imagined conversations with his wise Jewish immigrant grandfather, which anchor the story with sober counterpoint to the wild and overarching experiences in the Atlanta-based group. This is an utterly fresh take on the endeavor conscious people pursue in many forms: the age-old desire to transform their lives, challenge the status quo, and the positive effects such personal growth ultimately confers on society"--Page 4 of cover.

Symptoms of Being Human

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The revered yoga instructor and author of *Yoga Body*, *Buddha Mind* reveals her own struggles with body image and the student-prompted journey of self-discovery that led her to visit other world regions including the drought-stricken Indian countryside and the center of the 2011 earthquake in Japan, where she practiced the Buddhist philosophy of loving-kindness and received counsel from wise women mentors.

GoatMan

A visionary work of radical empathy. Known for immersion journalism that is more immersed than most people are willing to go, and for a prose style that is somehow both fierce and soulful, Jeff Sharlet dives deep into the darkness around us and awaiting us. This work began when his father had a heart attack; two years later, Jeff, still in his forties, had a heart attack of his own. In the grip of writerly self-doubt, Jeff turned to images, taking snapshots and posting them on Instagram, writing short, true stories that bloomed into documentary. During those two years, he spent a lot of time on the road: meeting strangers working night shifts as he drove through the mountains to see his father; exploring the life and death of Charley Keunang, a once-aspiring actor shot by the police on LA 's Skid Row; documenting gay pride amidst the violent homophobia of Putin 's Russia; passing time with homeless teen addicts in Dublin; and accompanying a lonely woman drifting into dementia, whose only friend was a houseplant, on shopping trips. Early readers have called this book " incantatory, " the voice " prophetic, " in " James Agee ' s tradition of looking at the reality of American lives. " Defined by insomnia and late-night driving and the companionship of other darkness-dwellers—night bakers and last-call drinkers, frightened people and frightening people, the homeless and the lost (or merely disoriented), other people on the margins—This Brilliant Darkness erases the boundaries between author, subject, and reader to ask: how do people live with suffering?

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Everything Is Happening at Once

A sharply honest and moving debut perfect for fans of *The Perks of Being a Wallflower* and *Ask the Passengers*. Riley Cavanaugh is many things: Punk rock. Snarky. Rebellious. And gender fluid. Some days Riley identifies as a boy, and others as a girl. But Riley isn't exactly out yet. And between starting a new school and having a congressman father running for reelection in ü ber-conservative Orange County, the pressure—media and otherwise—is building up in Riley's life. On the advice of a therapist, Riley starts an anonymous blog to vent those pent-up feelings and tell the truth of what it's really like to be a gender fluid teenager. But just as Riley's starting to settle in at school—even developing feelings for a mysterious outcast—the blog goes viral, and an unnamed commenter discovers Riley's real identity, threatening exposure. And Riley must make a choice: walk away from what the blog has created—a lifeline, new friends, a cause to believe in—or stand up, come out, and risk everything. From debut author Jeff Garvin comes a powerful and uplifting portrait of a modern teen struggling with high school, relationships, and what it means to be a person.

How to Be a Good Creature

“ Rachel beautifully illustrates that loving fiercely and grieving deeply are often two halves of the same whole. Her story will break you down and lift you up. ” —Glennon Doyle, author of the #1 New York Times bestseller *Love Warrior* and founder of *Together Rising While* on her way to teach a yoga retreat in March 2014, Rachel Brathen collapses at an airport, brought to her knees by excruciating stomach pains. She is

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rushed to the hospital on the tiny island of Bonaire, and hours later forced to undergo surgery. When she wakes up from anesthesia, her boyfriend is weeping at her bedside. While Rachel was struck down with seemingly mysterious pain, her best friend, Andrea, sustained fatal injuries as a result of a car accident. Rachel and Andrea had a magical friendship. Though they looked nothing alike—one girl tall, blond, and Swedish, the other short, brunette, and Colombian—everyone called them gemelas: twins. Over the three years following Andrea's death, at what might appear from the outside to be the happiest time—with her engagement to the man she loves and a blossoming career that takes her all over the world—Rachel faces a series of trials that have the potential to define her life. Unresolved grief and trauma from her childhood make the weight of her sadness unbearable. At each turn, she is confronted again and again with a choice: Will she lose it all, succumb to grief, and grasp for control that's beyond her reach? Or can she move through the loss and let go? When Rachel and her husband conceive a child, pregnancy becomes a time to heal and an opportunity to be reborn herself. As she recounts this transformative period, Rachel shares her hard-won wisdom about life and death, love and fear, what it means to be a mother and a daughter, and how to become someone who walks through the fire of adversity with the never-ending practice of loving hard and letting go.

To Love and Let Go

A luminous memoir about how friendship saved one woman's life, for anyone who has loved a friend who was sick, grieving, or lost—and for anyone who has struggled to seek or accept help. Eva Hagberg Fisher spent her lonely youth looking everywhere for connection: drugs, alcohol, therapists, boyfriends, girlfriends. Sometimes she found it, but always temporarily. Then, at age thirty, an undiscovered mass in her brain ruptured. So did her life. A brain surgery marked only the beginning of a long journey, and when her illness

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hit a critical stage, it forced her to finally admit the long-suppressed truth: she was vulnerable, she needed help, and she longed to grow. She needed true friendship for the first time. *How to Be Loved* is the story of how an isolated person's life was ripped apart only to be gently stitched back together through friendship, and the recovery—of many stripes—that came along the way. It explores the isolation so many of us feel despite living in an age of constant connectivity; how our ambitions sometimes pull us apart more than bring us together; and how a simple doughnut, delivered by a caring soul, can become the essence of what makes a life valuable. With gorgeous prose shot through with empathy, pain, fear, and the secret truths inside all of us, Eva writes about the friends who taught her to grow up and open her heart—and how the relentlessness of suffering can give rise to the greatest joy.

This Brilliant Darkness: A Book of Strangers

The PEN Award-winning essay collection about queer lives: “Gorgeously punk-rock rebellious.” —*The A.V. Club* The razor-sharp but damaged Valerie Solanas; a doomed lesbian biker gang; recovering alcoholics; and teenagers barely surviving at an ice creamery: these are some of the larger-than-life, yet all-too-human figures populating America's fringes. Rife with never-ending fights and failures, theirs are the stories we too often try to forget. But in the process of excavating and documenting these queer lives, Michelle Tea also reveals herself in unexpected and heartbreaking ways. Delivered with her signature honesty and dark humor, this is the first-ever collection of journalistic writing by the author of *How to Grow Up and Valencia*. As she blurs the line between telling other people's stories and her own, she turns an investigative eye to the genre that's nurtured her entire career—memoir—and considers the price that art demands be paid from life. “Eclectic and wide-ranging...A palpable pain animates many of these essays, as well as a raucous joy

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and bright curiosity. ” —The New York Times “ Queer counterculture beats loud and proud in Tea ’ s stellar collection. ” —Publishers Weekly (starred) “ The best essay collection I've read in years. ” —The New Republic Winner of the PEN/Diamonstein-Spielvogel Award for the Art of the Essay

Yoga Girl

A visually arresting graphic memoir about a young artist struggling against what ’ s expected of her as a woman, and learning to accept her true self, from an acclaimed New Yorker cartoonist. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Guardian • New York • Refinery29 • Kirkus Reviews In this achingly beautiful graphic memoir, Liana Finck goes in search of that thing she has lost—her shadow, she calls it, but one might also think of it as the “ otherness ” or “ strangeness ” that has defined her since birth, that part of her that has always made her feel as though she is living in exile from the world. In *Passing for Human*, Finck is on a quest for self-understanding and self-acceptance, and along the way she seeks to answer some eternal questions: What makes us whole? What parts of ourselves do we hide or ignore or chase away—because they ’ re embarrassing, or inconvenient, or just plain weird—and at what cost? *Passing for Human* is what Finck calls “ a neurological coming-of-age story ” —one in which, through her childhood, human connection proved elusive and her most enduring relationships were with plants and rocks and imaginary friends; in which her mother was an artist whose creative life had been stifled by an unhappy first marriage and a deeply sexist society that seemed expressly designed to snuff out creativity in women; in which her father was a doctor who struggled in secret with the guilt of having passed his own form of otherness on to his daughter; and in which, as an adult, Finck finally finds her shadow again—and, with it, her true self. Melancholy and funny, personal and surreal, *Passing for Human* is a profound exploration of

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identity by one of the most talented young comic artists working today. Part magical odyssey, part feminist creation myth, this memoir is, most of all, an extraordinary, moving meditation on what it means to be an artist and a woman grappling with the desire to pass for human. Praise for *Passing for Human* “ In its ambition, framing, and multiple layers, [Passing for Human] raises the bar for graphic narrative. Even fans of [Liana Finck ’ s] work in the *New Yorker* will be blindsided by this outstanding book. ” —Kirkus Reviews (starred review) “ A sure hit for readers of graphic memoirs, this explores feeling different while recognizing sameness in others and making art while embracing being a work-in progress oneself. ” —Annie Bostrom, *Booklist* “ This story is as tender as it is wry. . . . Becoming human is a lifelong task—but Finck illustrates it with humor and panache. ” —Publishers Weekly

The Girl from Human Street

Being Human is the extraordinary new book that articulates a grand unified vision of reality through the Entheological Paradigm. Skillfully avoiding all speculation and metaphysics, Martin W. Ball, Ph.D., presents a concise explanation for the fundamental nature of reality as the fractal expression of a Unitary Energy Being (God). Ball explores how intentional work with entheogens, such as 5-MeO-DMT, gives individuals direct access to their immediate energetic natures. Through such practices, individuals can liberate themselves from the restrictive confines of their illusion-bound egos and embrace their personalities and bodies as direct expressions of God in physical and conscious form. Radical in its implications, stunning for its simplicity, *Being Human* is humanity's long-awaited guide to genuine fulfillment, transcendence, and global harmony and peace. If you feel ready to understand and experience the truth for yourself, then *Being Human* is the only book you will ever need.

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To Be Honest

A pioneering philanthropist and daughter of American royalty reveals what it was like to grow up in one of the world ' s most famous families. The great-granddaughter of John D. Rockefeller, Eileen Rockefeller learned in childhood that while wealth and fame could open any door, they could not buy a feeling of personal worth. The privileges of having servants and lavish summer homes were offset by her parents ' thoughtful yet firm lessons in social obligation, at times by her mother ' s dark depressions and mercurial moods, and the competition for attention among her siblings. In adulthood, Rockefeller has yearned to be seen not as an icon but as a woman and mother with a normal life, and like all of us, she had to learn to find her own way. Being a Rockefeller, Becoming Myself is an affirmation of how family shapes our identity and the ways we contribute to the larger family of life, regardless of our origins.

A Primate's Memoir

The New York Times best selling true story of an unlikely friendship forged between a woman and the man she incorrectly identified as her rapist and sent to prison for 11 years. Jennifer Thompson was raped at knifepoint by a man who broke into her apartment while she slept. She was able to escape, and eventually positively identified Ronald Cotton as her attacker. Ronald insisted that she was mistaken-- but Jennifer's positive identification was the compelling evidence that put him behind bars. After eleven years, Ronald was allowed to take a DNA test that proved his innocence. He was released, after serving more than a decade in prison for a crime he never committed. Two years later, Jennifer and Ronald met face to face-- and forged an

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unlikely friendship that changed both of their lives. With Picking Cotton, Jennifer and Ronald tell in their own words the harrowing details of their tragedy, and challenge our ideas of memory and judgment while demonstrating the profound nature of human grace and the healing power of forgiveness.

Rootlines

New York Times Best Seller How will Artificial Intelligence affect crime, war, justice, jobs, society and our very sense of being human? The rise of AI has the potential to transform our future more than any other technology—and there ' s nobody better qualified or situated to explore that future than Max Tegmark, an MIT professor who ' s helped mainstream research on how to keep AI beneficial. How can we grow our prosperity through automation without leaving people lacking income or purpose? What career advice should we give today ' s kids? How can we make future AI systems more robust, so that they do what we want without crashing, malfunctioning or getting hacked? Should we fear an arms race in lethal autonomous weapons? Will machines eventually outsmart us at all tasks, replacing humans on the job market and perhaps altogether? Will AI help life flourish like never before or give us more power than we can handle? What sort of future do you want? This book empowers you to join what may be the most important conversation of our time. It doesn ' t shy away from the full range of viewpoints or from the most controversial issues—from superintelligence to meaning, consciousness and the ultimate physical limits on life in the cosmos.

Strung Out

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With so much conflict and uncertainty in the world, it's time for Zandrael to step in. Andrea is quiet and does her best to stay under the radar. When she finds out who she really is, it's no longer an option. As she struggles with issues alive in our world today, she learns what it really means to be human. Then she has to decide, will she help save the humans, or save the earth from humankind? Zandrael: Being Human Is Overrated is an incredibly thought-provoking and exhilarating story, one that will make you question everything you thought you knew about being human. "Introverts and dreamers of all kinds will be able to relate to Andrea. She's bored, feels like a misfit, and would rather observe than perform. But she relishes the world of her dreams, teeming with life and colors more vivid than her waking eyes know. If you've ever longed to step over the threshold into that richer inner world, follow Andrea to the realm of ZANDRAEL. Discover how a misfit fits when her true identity and purpose is revealed." -Laurie Helgoe, PhD, author of *Introvert Power: Why Your Inner Life Is Your Hidden Strength*

Being Heumann

#1 NEW YORK TIMES, WALL STREET JOURNAL, AND BOSTON GLOBE BESTSELLER • One of the most acclaimed books of our time: an unforgettable memoir about a young woman who, kept out of school, leaves her survivalist family and goes on to earn a PhD from Cambridge University “ An amazing story, and truly inspiring. It ’ s even better than you ’ ve heard. ” —Bill Gates NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY THE NEW YORK TIMES BOOK REVIEW • ONE OF PRESIDENT BARACK OBAMA ’ S FAVORITE BOOKS OF THE YEAR • BILL GATES ’ S HOLIDAY READING LIST • FINALIST: National Book Critics Circle ’ s Award In Autobiography and John Leonard Prize For Best First Book • PEN/Jean Stein Book Award • Los Angeles Times Book Prize

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Born to survivalists in the mountains of Idaho, Tara Westover was seventeen the first time she set foot in a classroom. Her family was so isolated from mainstream society that there was no one to ensure the children received an education, and no one to intervene when one of Tara ' s older brothers became violent. When another brother got himself into college, Tara decided to try a new kind of life. Her quest for knowledge transformed her, taking her over oceans and across continents, to Harvard and to Cambridge University. Only then would she wonder if she ' d traveled too far, if there was still a way home. “ Beautiful and propulsive . . . Despite the singularity of [Westover ' s] childhood, the questions her book poses are universal: How much of ourselves should we give to those we love? And how much must we betray them to grow up? ” —Vogue NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Washington Post • O: The Oprah Magazine • Time • NPR • Good Morning America • San Francisco Chronicle • The Guardian • The Economist • Financial Times • Newsday • New York Post • theSkimm • Refinery29 • Bloomberg • Self • Real Simple • Town & Country • Bustle • Paste • Publishers Weekly • Library Journal • LibraryReads • BookRiot • Pamela Paul, KQED • New York Public Library

Lab Girl

The Memoirs of a Polar Bear stars three generations of talented writers and performers—who happen to be polar bears The Memoirs of a Polar Bear has in spades what Rivka Galchen hailed in the New Yorker as “ Yoko Tawada ' s magnificent strangeness ” —Tawada is an author like no other. Three generations (grandmother, mother, son) of polar bears are famous as both circus performers and writers in East Germany: they are polar bears who move in human society, stars of the ring and of the literary world. In chapter one, the grandmother matriarch in the Soviet Union accidentally writes a bestselling autobiography.

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In chapter two, Tosca, her daughter (born in Canada, where her mother had emigrated) moves to the DDR and takes a job in the circus. Her son—the last of their line—is Knut, born in chapter three in a Leipzig zoo but raised by a human keeper in relatively happy circumstances in the Berlin zoo, until his keeper, Matthias, is taken away Happy or sad, each bear writes a story, enjoying both celebrity and “ the intimacy of being alone with my pen. ”

Zandrael

A young man describes his torment as he struggles to reconcile the diverse influences of Western culture and the traditions of his own Japanese heritage

On Being Human

“ One of the best books on the American presidency to appear in recent years ” (The Wall Street Journal) and based on a decade of research and reporting—a delightful new window into the public and private lives America ’ s presidents as authors. Most Americans are familiar with Abraham Lincoln ’ s famous words in the Gettysburg Address and the Emancipation Proclamation. Yet few can name the work that helped him win the presidency: his published collection of speeches entitled Political Debates between Hon. Abraham Lincoln and Hon. Stephen A. Douglas. Lincoln labored in secret to get his book ready for the 1860 election, tracking down newspaper transcripts, editing them carefully for fairness, and hunting for a printer who would meet his specifications. Political Debates sold fifty thousand copies—the rough equivalent of half a million

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books in today ' s market—and it reveals something about Lincoln ' s presidential ambitions. But it also reveals something about his heart and mind. When voters asked about his beliefs, Lincoln liked to point them to his book. In Craig Fehrman ' s “ original, illuminating, and entertaining ” (Jon Meacham) work of history, the story of America ' s presidents and their books opens a rich new window into presidential biography. From volumes lost to history—Calvin Coolidge ' s Autobiography, which was one of the most widely discussed titles of 1929—to ones we know and love—Barack Obama ' s Dreams from My Father, which was very nearly never published—Fehrman unearths countless insights about the presidents through their literary works. Presidential books have made an enormous impact on American history, catapulting their authors to the national stage and even turning key elections. Beginning with Thomas Jefferson ' s Notes on the State of Virginia, the first presidential book to influence a campaign, and John Adams ' s Autobiography, the first score-settling presidential memoir, Author in Chief draws on newly uncovered information—including never-before-published letters from Andrew Jackson, John F. Kennedy, and Ronald Reagan—to cast fresh light on the private drives and self-doubts that fueled our nation ' s leaders. We see Teddy Roosevelt as a vulnerable first-time author, struggling to write the book that would become a classic of American history. We see Reagan painstakingly revising Where ' s the Rest of Me?, and Donald Trump negotiating the deal for The Art of the Deal, the volume that made him synonymous with business savvy. Alongside each of these authors, we also glimpse the everyday Americans who read them. “ If you ' re a history buff, a presidential trivia aficionado, or just a lover of American literary history, this book will transfix you, inform you, and surprise you ” (The Seattle Review of Books).

Life 3.0

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An intimate and profoundly moving Jewish family history—a story of displacement, prejudice, hope, despair, and love. In this luminous memoir, award-winning New York Times columnist Roger Cohen turns a compassionate yet discerning eye on the legacy of his own forebears. As he follows them across continents and decades, mapping individual lives that diverge and intertwine, vital patterns of struggle and resilience, valued heritage and evolving loyalties (religious, ethnic, national), converge into a resonant portrait of cultural identity in the modern age. Beginning in the nineteenth century and continuing through to the present day, Cohen tracks his family ’ s story of repeated upheaval, from Lithuania to South Africa, and then to England, the United States, and Israel. It is a tale of otherness marked by overt and latent anti-Semitism, but also otherness as a sense of inheritance. We see Cohen ’ s family members grow roots in each adopted homeland even as they struggle to overcome the loss of what is left behind and to adapt—to the racism his parents witness in apartheid-era South Africa, to the familiar ostracism an uncle from Johannesburg faces after fighting against Hitler across Europe, to the ambivalence an Israeli cousin experiences when tasked with policing the occupied West Bank. At the heart of *The Girl from Human Street* is the powerful and touching relationship between Cohen and his mother, that “ girl. ” Tortured by the upheavals in her life yet stoic in her struggle, she embodies her son ’ s complex inheritance. Graceful, honest, and sweeping, Cohen ’ s remarkable chronicle of the quest for belonging across generations contributes an important chapter to the ongoing narrative of Jewish life.

On Being Human

Centered around the touchstone stories Jen tells in her popular workshops, *On Being Human* is the story of how a starved person grew into the exuberant woman she was meant to be all along by battling the demons

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within and winning. Jen did not intend to become a yoga teacher, but when she was given the opportunity to host her own retreats, she left her thirteen-year waitressing job and said "yes," despite crippling fears of her inexperience and her own potential. After years of feeling depressed, anxious, and hopeless, in a life that seemed to have no escape, she healed her own heart by caring for others. She has learned to fiercely listen despite being nearly deaf, to banish shame attached to a body mass index, and to rebuild a family after the debilitating loss of her father when she was eight. Through her journey, Jen conveys the experience most of us are missing in our lives: being heard and being told, "I got you." Exuberant, triumphantly messy, and brave, *On Being Human* is a celebration of happiness and self-realization over darkness and doubt. Her complicated yet imperfectly perfect life path is an inspiration to live outside the box and to reject the all-too-common belief of "I am not enough." Jen will help readers find, accept, and embrace their own vulnerability, bravery, and humanness.

How to Be Loved

An unflinching and luminous memoir that explores a father's philosophical transformation when he must reconsider the questions what makes us human? and whose life is worth living? Before becoming a father, Chris Gabbard was a fast-track academic finishing his doctoral dissertation at Stanford. A disciple of Enlightenment thinkers, he was a devotee of reason, believed in the reliability of science, and lived by the dictum that an unexamined life is not worth living. That is, until his son August was born. Despite his faith that modern medicine would not fail him, August was born with a severe traumatic brain injury as a likely result of medical error and lived as a spastic quadriplegic who was cortically blind, profoundly cognitively impaired, and nonverbal. While Gabbard tried to uncover what went wrong during the birth and adjusted to

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his new role raising a child with multiple disabilities, he began to rethink his commitment to Enlightenment thinkers—who would have concluded that his son was doomed to a life of suffering. But August was a happy child who brought joy to just about everyone he met in his 14 years of life—and opened up Gabbard ' s capacity to love. Ultimately, he comes to understand that his son is undeniably a person deserving of life. A Life Beyond Reason will challenge readers to reexamine their beliefs about who is deserving of humanity.

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