

# The Year Of Less How I Stopped Shopping Gave Away My Belongings And Discovered Life Is Worth More Than Anything You Can Buy In A Store

Year of No ClutterThe Self-Care SolutionA Christmas CarolThe Long TailYear of YesThe Year of LessThe Year of LessA Year of Living KindlyThe No Spend YearThe Year of No NonsenseGreen MetropolisSense and SensibilityThe Year of LessFoeSoulful SimplicityGive It Up!The Happiness Project (Revised Edition)To Read Or Not to Read: A Question of National ConsequenceA Country YearJames and the Giant PeachThe Year of LessThe Year without a PurchaseStuffocationYear of No SugarA Year of Living SimplyThe Joy of LessFOOD52 Your Do-Anything KitchenConservative Investors Sleep WellA Star Is BoredThe Year of Living BiblicallyLessProject 333The Better Angels of Our NatureThe Front NineAsk a ManagerThe More of LessThe Year of YesA Carnival of LossesDestination SimpleAdventures in Opting Out

## Year of No Clutter

Opt out of expectations and live a more intentional life with this refreshing guide from the national bestselling author of *The Year of Less*. We all follow our own path in life. At least, that's what we're told. In reality, many of us either do what is expected of us, or follow the invisible but well-worn paths that lead to what is culturally acceptable. For some, those paths are fine -- even great. But they leave some of us feeling disconnected from ourselves and what we really want. When that discomfort finally outweighs the fear of trying something new, we're ready to opt out. After going through this process many times, Cait Flanders found there is an incredible parallel between taking a different path in life and the psychological work it takes to summit a mountain -- especially when you decide to go solo. In *Adventures in Opting Out*, she offers a trail map to help you with both. As you'll see, reaching the first viewpoint can be easy -- and it offers a glimpse of what you're walking toward. Climbing to the summit for the full view is worth it. But in the space between those two peaks you will enter a world completely unknown to you, and that is the most difficult part of the path to navigate. With Flanders's guidance and advice, drawn from her own journey and stories of others, you'll have all the encouragement and insight you'll need to take the path less traveled and create the life you want. Just step up to the trailhead and expect it to be an adventure.

## The Self-Care Solution

Eve has a problem with clutter. Too much stuff and too easily acquired, it confronts her in every corner and on every surface in her house. When she pledges to tackle the worst offender, her horror of a "Hell Room," she anticipates finally being able to throw away all of the unnecessary things she can't bring herself to part with: her fifth-grade report card, dried-up art supplies, an old vinyl raincoat. But what Eve discovers isn't just old CDs and outdated clothing, but a fierce desire within herself to hold on to her identity. Our things represent our memories, our history, a million tiny reference points in our lives. If we throw our stuff in the trash, where does that leave us? And if we don't throw do we know what's really important? Everyone has their own Hell Room, and Eve's battle with her clutter, along with her eventual self-clarity, encourages everyone to dig into their past to declutter their future. *Year of No Clutter* is a deeply inspiring—and frequently hilarious — examination of why we keep stuff in the first place, and how to let it all go.

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## **A Christmas Carol**

The Year without a Purchase is the story of one family's quest to stop shopping and start connecting. Scott Dannemiller and his wife, Gabby, are former missionaries who served in Guatemala. Ten years removed from their vow of simple living, they found themselves on a never-ending treadmill of consumption where each purchase created a desire for more and never led to true satisfaction. The difference between needs and wants had grown very fuzzy, and making that distinction clear again would require drastic action: no nonessential purchases for a whole year. No clothes, no books, no new toys for the kids. If they couldn't eat it or use it up within a year (toilet paper and shampoo, for example), they wouldn't buy it. Filled with humorous wit, curious statistics, and poignant conclusions, the book examines modern America's spending habits and chronicles the highs and lows of dropping out of our consumer culture. As the family bypasses the checkout line to wrestle with the challenges of gift giving, child rearing, and keeping up with the Joneses, they discover important truths about human nature and the secret to finding true joy. The Year without a Purchase offers valuable food for thought for anyone who has ever wanted to reduce stress by shopping less and living more.

## **The Long Tail**

Documents the author's quest to live one year in literal compliance with biblical rules, from being fruitful and multiplying to growing a beard and avoiding mixed-fiber clothing.

## **Year of Yes**

Personal finance journalist, Michelle McGagh, takes on a challenge to not spend money for a whole year in an engaging narrative that combines personal experience with accessible advice on money so you can learn to spend less and live more. Michelle McGagh has been writing about money for over a decade but she was spending with abandon and ignoring bank statements. Just because she wasn't in serious debt, apart from her massive London mortgage, she thought she was in control. She wasn't. Michelle's took a radical approach and set herself a challenge to not spend anything for an entire year. She paid her bills and she has a minimal budget for her weekly groceries but otherwise Michelle spent no money at all. She found creative ways to live have a social life and to travel for free. She has saved money but more importantly she is happier. Her relationship with money, with things, with time, with others has changed for the better. The No Spend Year is Michelle's honestly written and personal account of her challenge. But it is more than that, it is also a tool for life. There are top tips for your own finances including easy to understand advice on interest, mortgages, savings , pensions and spending less to help you live a more financially secure life.

## **The Year of Less**

"The only golf I play is putt-putt with my kids. But you know what? It doesn't matter. This book really resonated with me. It made me think about productivity in a productive way. Mike Vardy teaches us to say "Hell yeah!" to projects. So do I recommend this book? Hell yeah!" —A.J. Jacobs, Editor at Large at Esquire magazine and bestselling author of DROP DEAD and THE YEAR OF LIVING BIBLICALLY "Mike Vardy has been the go to person for productivity tips for me over the past few years both as editor of the famous Lifehack.org and via his new site at Productivityist.com. This book is full of his best insights from years of experience of working at the very top in the online industry. I can't recommending this book enough for anyone looking

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to take 2013 by storm and doubling down on efficiency on any tasks they are working on. Especially his descriptive elements of connecting learnings from golfing makes it all a lot easier to grasp." —Leo Widrich, co-founder of Buffer "While I'm not a golf fan, the use of golf in this book works perfectly. Plus, if you try something from the book and it doesn't work for you, simply call a mulligan and move forward." —C.C. Chapman, co-author of the bestseller CONTENT RULES What is THE FRONT NINE? THE FRONT NINE is a guide by one of the web's leading productivity experts, former Lifehack.org Editor-in-Chief, Mike Vardy, to help you get ready, get set, and go forward with your new year, anytime you want. Taking elements from the game of golf and applying them to productivity and goal-setting, THE FRONT NINE aims to put you in a position to make a fresh start on a project, a goal, or even a deeper desire, whenever you're ready. THE FRONT NINE is a resource that is specific in structure, yet fluid in content in that it is accessible to anyone who has an open mind. You don't need to be a "productivityist" to wrap your head around it -- and you certainly don't need to be a golfer. You don't need to be using a task manager – or task management system – to make it work for you (although it can help). All you need is the willingness to want to change and see things through to make THE FRONT NINE work for you.

### **The Year of Less**

Look out for David Owen's next book, *Where the Water Goes*. A challenging, controversial, and highly readable look at our lives, our world, and our future. Most Americans think of crowded cities as ecological nightmares, as wastelands of concrete and garbage and diesel fumes and traffic jams. Yet residents of compact urban centers, Owen shows, individually consume less oil, electricity, and water than other Americans. They live in smaller spaces, discard less trash, and, most important of all, spend far less time in automobiles. Residents of Manhattan—the most densely populated place in North America—rank first in public-transit use and last in percapita greenhouse-gas production, and they consume gasoline at a rate that the country as a whole hasn't matched since the mid-1920s, when the most widely owned car in the United States was the Ford Model T. They are also among the only people in the United States for whom walking is still an important means of daily transportation. These achievements are not accidents. Spreading people thinly across the countryside may make them feel green, but it doesn't reduce the damage they do to the environment. In fact, it increases the damage, while also making the problems they cause harder to see and to address. Owen contends that the environmental problem we face, at the current stage of our assault on the world's nonrenewable resources, is not how to make teeming cities more like the pristine countryside. The problem is how to make other settled places more like Manhattan, whose residents presently come closer than any other Americans to meeting environmental goals that all of us, eventually, will have to come to terms with. From the Trade Paperback edition.

### **A Year of Living Kindly**

\*\* THINKING ON MY FEET SHORTLISTED FOR THE WAINWRIGHT PRIZE\*\* \*\* THINKING ON MY FEET SHORTLISTED FOR THE EDWARD STANFORD TRAVEL WRITING AWARD - TRAVEL MEMOIR OF THE YEAR \*\* If there is one thing that most of us aspire to, it is, simply, to be happy. And yet attaining happiness has become, it appears, anything but simple. Having stuff - The Latest, The Newest, The Best Yet - is all too often peddled as the sure fire route to happiness. So why then, in our consumer-driven society, is depression, stress and anxiety ever more common, affecting every strata of society and every age, even, worryingly, the very young? Why is it, when we have so much, that many of us still feel we are missing something

and the rush of pleasure when we buy something new turns so quickly into a feeling of emptiness, or purposelessness, or guilt? So what is the route to real, deep, long lasting happiness? Could it be that our lives have just become overly crowded, that we've lost sight of the things - the simple things - that give a sense of achievement, a feeling of joy or excitement? That make us happy. Do we need to take a step back, reprioritise? Do we need to make our lives more simple? Kate Humble's fresh and frank exploration of a stripped-back approach to life is uplifting, engaging and inspiring - and will help us all find balance and happiness every day. Praise For Thinking On My Feet: 'A lovely, civilised and transporting read, that should have all of us stepping out to meet the world with fresh eyes.' -HUGH FEARNLEY-WHITTINGSTALL 'An enticing read that makes every walk Humble describes an adventure.' -RANULPH FIENNES 'A beautiful and magnificent book. A paean to a simple act. I defy you to read this book and not be inspired to walk, march or hike - and as a result live a better life more connected with nature and the world around you.' -SIMON REEVE 'A lovely book, fast-flowing yet at every turn giving the reader pause for thought. Kate Humble makes a delightful companion, her words full of sunshine and the raw pleasure she radiates as she encounters life in its many unexpected forms.' -BENEDICT ALLEN 'It will encourage you to pull on a pair of boots and get out there yourself.' -THE MAIL ON SUNDAY

## The No Spend Year

What happens when the bottlenecks that stand between supply and demand in our culture go away and everything becomes available to everyone? "The Long Tail" is a powerful new force in our economy: the rise of the niche. As the cost of reaching consumers drops dramatically, our markets are shifting from a one-size-fits-all model of mass appeal to one of unlimited variety for unique tastes. From supermarket shelves to advertising agencies, the ability to offer vast choice is changing everything, and causing us to rethink where our markets lie and how to get to them. Unlimited selection is revealing truths about what consumers want and how they want to get it, from DVDs at Netflix to songs on iTunes to advertising on Google. However, this is not just a virtue of online marketplaces; it is an example of an entirely new economic model for business, one that is just beginning to show its power. After a century of obsessing over the few products at the head of the demand curve, the new economics of distribution allow us to turn our focus to the many more products in the tail, which collectively can create a new market as big as the one we already know. The Long Tail is really about the economics of abundance. New efficiencies in distribution, manufacturing, and marketing are essentially resetting the definition of what's commercially viable across the board. If the 20th century was about hits, the 21st will be equally about niches.

## The Year of No Nonsense

The ultimate guide to the kitchen from Food52--the award-winning kitchen and home destination--filled with ideas for creating, organizing, and enjoying everyone's favorite room in the house. The first step to better, happier cooking? Setting up a tip-top kitchen. We're talking one that's stocked with essential tools and ingredients, organized so everything you need is close at hand, and sparkling-clean from floor to ceiling. Food52 is here to make it happen. Your Do-Anything Kitchen gathers the smartest ideas and savviest tricks from the Food52 community and test kitchen to help you transform your space into its very best self. If you're ready for a top-to-bottom kitchen revamp, this handbook's got you covered--but it's packed with small-but-mighty upgrades, too. Stick with us, and you'll get to know which cooking tools are must-haves, discover new pantry staples for on-a-whim meals, and learn tons of tips to make your fridge (freezer, too!) work even harder for you. You'll find strategies for tidying storage-

container clutter and arranging all your cooking gadgets--and while you're at it, maximizing precious drawer and counter space. Once you've gotten your kitchen in order, you can start cooking with a new spring in your step, thanks to a handy how-to on knife skills and a mini-guide to mise en place. A chapter chock-full of cleaning advice will keep your kitchen at its spiffiest. Throughout, you'll get tours of real-life, super-functional home kitchens from cookbook authors, chefs, bakers, and more. Armed with a choose-your-own-adventure meal-prep planner, helpful charts on the art of speedy, streamlined dinners, and a game-changing cleaning checklist, you'll whiz through your routine like the efficiency expert you now are. So whether you're putting together your very first kitchen or looking to spruce up a well-loved space, Your Do-Anything Kitchen will turn it into the greatest-possible place to cook--and spend time.

## **Green Metropolis**

Courtney Carver shows us the power of simplicity to improve our health, build more meaningful relationships, and relieve stress in our professional and personal lives. We are often on a quest for more—we give in to pressure every day to work more, own more, and do more. For Carver, this constant striving had to come to a stop when she was diagnosed with Multiple Sclerosis (MS). Stress was like gasoline on the fire of symptoms, and it became clear that she needed to root out the physical and psychological clutter that were the source of her debt and discontent. In this book, she shows us how to pursue practical minimalism so we can create more with less—more space, more time, and even more love. Carver invites us to look at the big picture, discover what's most important to us, and reclaim lightness and ease by getting rid of all the excess things.

## **Sense and Sensibility**

This year-long quest is divided into a chapter for each month of the year and takes you on a hilarious journey through Headley's oddest dates as well as her gradual development from being deeply judgmental to being open to any type of guy (or woman, for that matter) who expresses an interest in her.

## **The Year of Less**

Documents Cait's life from July 2014 to June 2015, during which time she challenged herself not to shop and bought only consumables: groceries, toiletries, gas for her car. Along the way, she found the less she consumed, the more fulfilled she felt.

## **Foe**

For fans of the New York Times bestseller *I Quit Sugar* or Katie Couric's controversial food industry documentary *Fed Up*, *A Year of No Sugar* is a "delightfully readable account of how [one family] survived a yearlong sugar-free diet and lived to tell the tale A funny, intelligent, and informative memoir." —Kirkus It's dinnertime. Do you know where your sugar is coming from? Most likely everywhere. Sure, it's in ice cream and cookies, but what scared Eve O. Schaub was the secret world of sugar—hidden in bacon, crackers, salad dressing, pasta sauce, chicken broth, and baby food. With her eyes opened by the work of obesity expert Dr. Robert Lustig and others, Eve challenged her husband and two school-age daughters to join her on a quest to quit sugar for an entire year. Along the way, Eve uncovered the real costs of our sugar-

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heavy American diet—including diabetes, obesity, and increased incidences of health problems such as heart disease and cancer. The stories, tips, and recipes she shares throw fresh light on questionable nutritional advice we've been following for years and show that it is possible to eat at restaurants and go grocery shopping—with less and even no added sugar. Year of No Sugar is what the conversation about "kicking the sugar addiction" looks like for a real American family—a roller coaster of unexpected discoveries and challenges. "As an outspoken advocate for healthy eating, I found Schaub's book to shine a much-needed spotlight on an aspect of American culture that is making us sick, fat, and unhappy, and it does so with wit and warmth."—Suvir Sara, author of Indian Home Cooking "Delicious and compelling, her book is just about the best sugar substitute I've ever encountered."—Pulitzer Prize-winning author Ron Powers

### **Soulful Simplicity**

"Refreshing, inspiring, and honest....One book I'm not going to be 'giving up' anytime soon." —Nicole Williams, author of Earn What You're Worth Give It Up! is author Mary Carlomagno's inspiring chronicle of her 365 days spent learning to live better with less—when she decided to give up one modern convenience (eg: elevators) or indulgence (eg: alcohol) every month for a year. A joyous celebration of voluntary simplicity, Give It Up! offers a solution and a liberating new outlook to shopaholics, jaded consumers, and spirituality seekers overwhelmed by the unnecessary clutter in their lives, in the most uplifting self-help guide to better living since Gretchen Rubin's The Happiness Project.

### **Give It Up!**

Former poet laureate of the United States Donald Hall's final collection of essays, from the vantage point of very old age, once again "alternately lyrical and laugh-out-loud funny."\* (New York Times) "Why should a nonagenarian hold anything back?" Donald Hall answers his own question in these self-knowing, fierce, and funny essays on aging, the pleasures of solitude, and the sometimes astonishing freedoms arising from both. Nearing ninety at the time of writing, he intersperses memories of exuberant days in his youth, with uncensored tales of literary friendships spanning decades—with James Wright, Richard Wilbur, Seamus Heaney, and other luminaries. Cementing his place alongside Roger Angell and Joan Didion as a generous and profound chronicler of loss, this final work is as original and searing as anything Hall wrote during his extraordinary literary lifetime.

### **The Happiness Project (Revised Edition)**

The creator of "Grey's Anatomy" and "Scandal" details the one-year experiment with saying "yes" that transformed her life, revealing how accepting unexpected invitations she would have otherwise declined enabled powerful benefits.

### **To Read Or Not to Read: A Question of National Consequence**

WINNER OF THE PULITZER PRIZE FOR FICTION 2018 'You will sob little tears of joy' Nell Zink 'I recommend it with my whole heart' Ann Patchett 'I adore this book' Armistead Maupin 'Charming, languid and incredibly funny, I absolutely adored Arthur' Jenny Colgan 'Marvellously, endearingly, unexpectedly funny' Gary Shteyngart 'Bedazzling, bewitching and be-wonderful' New York Times Book Review 'A fast and rocketing read . . . a wonderful,

wonderful book! Karen Joy Fowler 'Hilarious, and wise, and abundantly funny' Adam Haslett WHO SAYS YOU CAN'T RUN AWAY FROM YOUR PROBLEMS? Arthur Less is a failed novelist about to turn fifty. A wedding invitation arrives in the post: it is from an ex-boyfriend of nine years who is engaged to someone else. Arthur can't say yes - it would be too awkward; he can't say no - it would look like defeat. So, he begins to accept the invitations on his desk to half-baked literary events around the world. From France to India, Germany to Japan, Arthur almost falls in love, almost falls to his death, and puts miles between him and the plight he refuses to face. Less is a novel about mishaps, misunderstandings and the depths of the human heart.

## **A Country Year**

Do you ever feel overwhelmed, instead of overjoyed, by all your possessions? Do you secretly wish a gale force wind would blow the clutter from your home? If so, it's time to simplify your life! The Joy of Less is a fun, lighthearted guide to minimalist living.

## **James and the Giant Peach**

From the bestselling author of Charlie and the Chocolate Factory and The BFG! After James Henry Trotter's parents are tragically eaten by a rhinoceros, he goes to live with his two horrible aunts, Spiker and Sponge. Life there is no fun, until James accidentally drops some magic crystals by the old peach tree and strange things start to happen. The peach at the top of the tree begins to grow, and before long it's as big as a house. Inside, James meets a bunch of oversized friends—Grasshopper, Centipede, Ladybug, and more. With a snip of the stem, the peach starts rolling away, and the great adventure begins! From the Trade Paperback edition.

## **The Year of Less**

2019 IPPY Gold Medal Winner in Self Help Kirkus Reviews Best Books of 2018 Being kind is something most of us do when it's easy and when it suits us. Being kind when we don't feel like it, or when all of our buttons are being pushed, is hard. But that's also when it's most needed; that's when it can defuse anger and even violence, when it can restore civility in our personal and virtual interactions. Kindness has the power to profoundly change our relationships with other people and with ourselves. It can, in fact, change the world. In A Year of Living Kindly—using stories, observation, humor, and summaries of expert research—Donna Cameron shares her experience committing to 365 days of practicing kindness. She presents compelling research into the myriad benefits of kindness, including health, wealth, longevity, improved relationships, and personal and business success. She explores what a kind life entails, and what gets in the way of it. And she provides practical and experiential suggestions for how each of us can strengthen our kindness muscle so choosing a life of kindness becomes ever easier and more natural. An inspiring, practical guide that can help any reader make a commitment to kindness, A Year of Living Kindly shines a light on how we can create a better, safer, and more just world—and how you can be part of that transformation.

## **The Year without a Purchase**

“This book made me happy in the first five pages.” —AJ Jacobs, author of The Year of Living Biblically: One Man's Humble Quest to Follow the Bible as Literally as Possible Award-winning author Gretchen Rubin is back with a bang, with The Happiness Project. The author of the

bestselling 40 Ways to Look at Winston Churchill has produced a work that is “a cross between the Dalai Lama’s *The Art of Happiness* and Elizabeth Gilbert’s *Eat, Pray, Love*.” (Sonya Lyubomirsky, author of *The How of Happiness: A Scientific Approach to Getting the Life You Want*) In the vein of *Julie and Julia*, *The Happiness Project* describes one person’s year-long attempt to discover what leads to true contentment. Drawing at once on cutting-edge science, classical philosophy, and real-world applicability, Rubin has written an engaging, eminently relatable chronicle of transformation.

## Stuffocation

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*

## Year of No Sugar

Wear just 33 items for 3 months and get back all the JOY you were missing while you were worrying what to wear. In *Project 333*, minimalist expert and author of *Soulful Simplicity* Courtney Carver takes a new approach to living simply--starting with your wardrobe. *Project 333* promises that not only can you survive with just 33 items in your closet for 3 months, but you’ll thrive just like the thousands of woman who have taken on the challenge and never looked back. Let the de-cluttering begin! Ever ask yourself how many of the items in your closet you actually wear? In search of a way to pare down on her expensive shopping habit, consistent lack of satisfaction with her purchases, and ever-growing closet, Carver created *Project 333*. In this book, she guides readers through their closets item-by-item, sifting through all the emotional baggage associated with those oh-so strappy high-heel sandals that cost a fortune but destroy your feet every time you walk more than a few steps to that extensive collection of never-worn little black dresses, to locate the items that actually look and feel like you. As Carver reveals in this book, once we finally release ourselves from the cyclical nature of consumerism and focus less on our shoes and more on our self-care, we not only look great we feel great-- and we can see a clear path to make other important changes in our lives that

reach far beyond our closets. With tips, solutions, and a closet-full of inspiration, this life-changing minimalist manual shows readers that we are so much more than what we wear, and that who we are and what we have is so much more than enough.

## **A Year of Living Simply**

Presents a controversial history of violence which argues that today's world is the most peaceful time in human existence, drawing on psychological insights into intrinsic values that are causing people to condemn violence as an acceptable measure.

## **The Joy of Less**

A “delightful, witty” memoir about starting over as a beekeeper in the Ozarks (Library Journal). Alone on a small Missouri farm after a thirty-year marriage, Sue Hubbell found a new love—of the winged, buzzing variety. Left with little but the commercial beekeeping and honey-producing business she started with her husband, Hubbell found solace in the natural world. Then she began to write, challenging herself to tell the absolute truth about her life and the things she cared about. Describing the ups and downs of beekeeping from one springtime to the next, *A Country Year* transports readers to a different, simpler place. In a series of exquisite vignettes, Hubbell reveals the joys of a life attuned to nature in this heartfelt memoir about life on the land, and of a woman finding her way in middle age. “Once in a while there comes along a book so calm, so honest, so beautiful that even the most jaded or cynical readers have to say thank you. . . . This is such a book” (The San Diego Union-Tribune).

## **FOOD52 Your Do-Anything Kitchen**

A taut, psychological mind-bender from the bestselling author of *I'm Thinking of Ending Things*. We don't get visitors. Not out here. We never have. In Iain Reid's second haunting, philosophical puzzle of a novel, set in the near-future, Junior and Henrietta live a comfortable, solitary life on their farm, far from the city lights, but in close quarters with each other. One day, a stranger from the city arrives with alarming news: Junior has been randomly selected to travel far away from the farm very far away. The most unusual part? Arrangements have already been made so that when he leaves, Henrietta won't have a chance to miss him, because she won't be left alone—not even for a moment. Henrietta will have company. Familiar company. Told in Reid's sharp and evocative style, *Foe* examines the nature of domestic relationships, self-determination, and what it means to be (or not to be) a person. An eerily entrancing page-turner, it churns with unease and suspense from the first words to its shocking finale.

## **Conservative Investors Sleep Well**

We live life in the fast lane. We race to keep up with the Joneses. We are over-worked, over-connected and over-stressed, and we compete over how busy and important and sleep-deprived we are. But we don't have to. There's an ever-growing group of people opting out of a life lived at 110%. They are choosing to slow down, simplify, say no and focus on the things that are truly important. Brooke McAlary is one of them. Brooke McAlary shows readers that no matter how busy you are, you too can feel in control of your days; minimize stress; find pockets of peace on even the busiest day; empty your mind and sleep better. *Destination Simple* shows us how a few changes to the flow of daily life can create long-term, lasting change.

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## **A Star Is Bored**

Executive Summary for a report which gathers & collates the best national data available to provide a reliable & comprehensive overview of American reading today. This report relies on large, nat. studies conducted on a regular basis by U.S. fed. agencies, supplemented by academic, foundation, & business surveys. Although there has been measurable progress in recent years in reading ability at the elementary school level, all progress appears to halt as children enter their teenage years. There is a general decline in reading among teenage & adult Americans. Both reading ability & the habit of regular reading have greatly declined among college grad. The declines have demonstrable social, economic, cultural, & civic implications. Charts & tables.

## **The Year of Living Biblically**

Documents Cait's life from July 2014 to June 2015, during which time she challenged herself not to shop and bought only consumables: groceries, toiletries, gas for her car. Along the way, she found the less she consumed, the more fulfilled she felt.

## **Less**

A collection of prayers from around the world, in such categories as "Children," "Animals," "The Sea," and "Songs & Celebrations."

## **Project 333**

This Graphic Novel Series features classic tales retold with attractive color illustrations. Educators using the Dale-Chall vocabulary system adapted each title. Each 70 page, softcover book retains key phrases and quotations from the original classics. Introduce literature to reluctant readers and motivate struggling readers. Students build confidence through reading practice. Motivation makes all the difference. What's more motivation than the expectation of success?

## **The Better Angels of Our Nature**

Don't Settle for More Most of us know we own too much stuff. We feel the weight and burden of our clutter, and we tire of cleaning and managing and organizing. While excess consumption leads to bigger houses, faster cars, fancier technology, and cluttered homes, it never brings happiness. Rather, it results in a desire for more. It redirects our greatest passions to things that can never fulfill. And it distracts us from the very life we wish we were living. Live a better life with less. In *The More of Less*, Joshua Becker helps you • Recognize the life-giving benefits of owning less • Realize how all the stuff you own is keeping you from pursuing your dreams • Craft a personal, practical approach to decluttering your home and life • Experience the joys of generosity • Learn why the best part of minimalism isn't a clean house, it's a full life The beauty of minimalism isn't in what it takes away. It's in what it gives. *Make Room in Your Life for What You Really Want* "Maybe you don't need to own all this stuff." After a casual conversation with his neighbor on Memorial Day 2008, Joshua Becker realized he needed a change. He was spending far too much time organizing possessions, cleaning up messes, and looking for more to buy. So Joshua and his wife decided to remove the nonessential possessions from their home and life. Eventually, they sold, donated, or

discarded over 60 percent of what they owned. In exchange, they found a life of more freedom, more contentment, more generosity, and more opportunity to pursue the things that mattered most. *The More of Less* delivers an empowering plan for living more by owning less. With practical suggestions and encouragement to personalize your own minimalist style, Joshua Becker shows you why minimizing possessions is the best way to maximize life. Are you ready for less cleaning, less anxiety, and less stress in your life? Simplicity isn't as complicated as you think.

## **The Front Nine**

ABC's chief medical correspondent helps you ring in the New Year right with a resolution that's actually doable: a year-long plan to improve your emotional and physical health—from giving up alcohol to doing a digital detox, but each for only one month. Dr. Jennifer Ashton is at the top of her field as an ob-gyn and news correspondent. But even at the top there's still room to improve, and with *The Self-Care Solution*, she upends her life one month at a time, using her own experiences to help you improve your health and enhance your life. Dr. Ashton becomes both researcher and subject as she focuses on twelve separate challenges. Beginning with a new area of focus each month, she guides you through the struggles she faces, the benefits she experiences, and the science behind why each month's challenge—giving up alcohol, doing more push-ups, adopting an earlier bedtime, limiting technology—can lead to better health. Month by month, Dr. Ashton tackles a different area of wellness with the hope that the lessons she learns and the improved health she experiences will motivate her (and you) to make each change permanent. Throughout, she offers easy-to-comprehend health information about the particular challenge to help you understand its benefits and to stick with it. Whether it's adding cardio or learning how to meditate, Dr. Ashton makes these daily lifestyle choices and changes feel possible—and shows how beneficial a mindful lifestyle can be. Inspiring, practical, and informative, illustrated with helpful photos and charts, *The Self-Care Solution* teaches you how to recalibrate your life to enjoy a better, healthier year, one month at a time. Featuring guidance from top experts, entertaining case studies, easy-to-follow advice and tips, and Dr. Ashton's observations and insights, this book can help you achieve a better life balance and a more active and healthy lifestyle.

## **Ask a Manager**

Stuffocation is a movement manifesto for “experiential” living, a call to arms to stop accumulating stuff and start accumulating experiences, and a road map for a new way forward with the potential to transform our lives. Reject materialism. Embrace experientialism. Live more with less. Stuffocation is one of the most pressing problems of the twenty-first century. We have more stuff than we could ever need, and it isn't making us happier. It's bad for the planet. It's cluttering up our homes. It's making us stressed—and it might even be killing us. A rising number of us are already turning our backs on all-you-can-get consumption. We are choosing access over ownership, and taking our business to companies like Zipcar, Spotify, and Netflix. Fed up with materialism, we are ready for a new way forward. Trend forecaster James Wallman traces our obsession with stuff back to the original *Mad Men*, who first created desire through advertising. He interviews anthropologists studying the clutter crisis, economists searching for new ways of measuring progress, and psychologists who link stuffocation to declining well-being. And he introduces us to the innovators who are already living more consciously and with more meaning by choosing experience over stuff. Experientialism does not mean giving up all of our possessions. It is a solution that is less extreme but equally fundamental. It's about transforming what we value. Stuffocation is a paradigm-shifting look at

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our habits and an inspiring call for living more with less. It's the one important book you won't be able to live without. Praise for *Stuffocation* "The revelations come fast and furious as he asserts that acquiring 'stuff' is often just an easy way to ignore the tougher questions of life, dodging 'why am I here?' and 'how should I live?' for 'will that go with the top I bought last week?' Tart and often funny . . . [*Stuffocation*] will be an eye-opener for those long ago persuaded that more is better. A scintillating read that will provoke conversation (or at least closet cleaning)." —Booklist "James Wallman deftly hits upon a major insight for our times: that acquiring 'stuff' and 'things' is not nearly as meaningful as collecting experiences. Some of the happiest days of my life were when I had nothing and lived on a houseboat. Without stuff to tie me down, I felt completely free." —Blake Mycoskie, founder of TOMS and author of the New York Times bestseller *Start Something That Matters* "A must-read . . . We think that more stuff will make us happier, but as the book nicely shows, we're just plain wrong. A great mix of stories and science, *Stuffocation* reveals the downside of more, and what we can do about it." —Jonah Berger, author of the New York Times bestseller *Contagious* "Wallman offers a deeply important message by weaving contemporary social science into very engaging stories. Reading the book is such a pleasure that you hardly recognize you're being told that you should change how you live your life." —Barry Schwartz, author of *The Paradox of Choice* "With a sociologist's eye and a storyteller's ear, Wallman takes us on a tour of today's experience economy from the perspective not of businesses, nor even of consumers per se, but of everyday people." —B. Joseph Pine II and James H. Gilmore, authors of *The Experience Economy*

### **The More of Less**

In her late twenties, Cait Flanders found herself stuck in the consumerism cycle that grips so many of us: earn more, buy more, want more, rinse, repeat. Even after she worked her way out of nearly \$30,000 of consumer debt, her old habits took hold again. When she realized that nothing she was doing or buying was making her happy —only keeping her from meeting her goals —she decided to set herself a challenge: she would not shop for an entire year. *The Year of Less* documents Cait's life for twelve months during which she bought only consumables: groceries, toiletries, gas for her car. Along the way, she challenged herself to consume less of many other things besides shopping. She decluttered her apartment and got rid of 70 percent of her belongings; learned how to fix things rather than throw them away; researched the zero waste movement; and completed a television ban. At every stage, she learned that the less she consumed, the more fulfilled she felt. The challenge became a lifeline when, in the course of the year, Cait found herself in situations that turned her life upside down. In the face of hardship, she realized why she had always turned to shopping, alcohol, and food —and what it had cost her. Unable to reach for any of her usual vices, she changed habits she'd spent years perfecting and discovered what truly mattered to her. Blending Cait's compelling story with inspiring insight and practical guidance, *The Year of Less* will leave you questioning what you're holding on to in your own life —and, quite possibly, lead you to find your own path of less.

### **The Year of Yes**

In the vein of *Girl, Wash Your Face* and *How to Stop Feeling Like Sh\*t*, a practical guide to acknowledging and getting rid of the nonsense and bs in your life Exhausted and overworked lawyer, triathlete, wife, and mom Meredith Atwood decided one morning that she'd had it. She didn't take her kids to school. She didn't go to work. She didn't go to the gym. When she pulled herself out of bed hours later than she should have, she found a note from her husband next to

two empty bottles of wine and a stack of unpaid bills: You need to get your sh\*t together. And that's what Meredith began to do, starting with identifying the nonsense in her life that was holding her back: saying "yes" too much, keeping frenemies around, and more. In *The Year of No Nonsense*, Atwood shares what she learned, tackling struggles with work, family, and body image, and also willpower and time management. Ultimately, she's the tough-as-nails coach /slash/ best friend who shares a practical plan for identifying and getting rid of your own nonsense in order to move forward and live an authentic, healthy life. From recognizing lies you believe about yourself and your abilities, to making a "nonsense" list and developing a "no nonsense blueprint," this book walks you through reclaiming yourself with grit and determination, step by step. With targeted, practical chapters to help you stop feeling stuck and get on with your life, *The Year of No Nonsense* is equal parts girlfriend and been-there-done-that. The best part? Like any friend, she helps you get to the other side.

## **A Carnival of Losses**

"A Star is Bored is an absolute knockout. Riotously funny and wickedly tender." — Taylor Jenkins Reid, New York Times bestselling author of *Daisy Jones and the Six* People Magazine Best Book of Summer 2020 - Named a Must-Read Summer book by *Town & Country* - Named One of the 14 Best Books of Summer 2020 by *Harper's Bazaar* - One of *Library Journal's* 2020 "Titles to Watch" - One of the 30 Best Beach Reads According to *Parade Magazine* *The Devil Wears Prada* meets *Postcards From the Edge* in a hilariously heartfelt novel influenced in part by the author's time assisting Carrie Fisher. Charlie Besson is tense and sweating as he prepares for an insane job interview. His car is idling, like his life, outside the Hollywood mansion of Kathi Kannon, star of stage and screen and *People* magazine's worst dressed list. She needs an assistant. He needs a hero. Kathi is an icon, bestselling author, and an award winning actress, most known for her role as Priestess Talara in a blockbuster sci-fi film. She's also known in another role: crazy. Admittedly so. Famously so. Fabulously so, as Charlie quickly discovers. Their three year odyssey is filled with late night shopping sprees, last minute trips to see the aurora borealis, and an initiation to that most sacred of Hollywood tribes: the personal assistant. But Kathi becomes much more than a boss, and as their friendship grows, Charlie must make a choice. Will he always be on the sidelines of life, assisting the great forces that be, or can he step into his own leading role? Laugh-out-loud funny, and searingly poignant, Byron Lane's *A Star is Bored* is a novel that, like the star at its center, is enchanting and joyous, heartbreaking and hopeful.

## **Destination Simple**

"[This book documents the author's] life for twelve months during which she bought only consumables: groceries, toiletries, gas for her car. Along the way, she challenged herself to consume less of many other things besides shopping. She decluttered her apartment and got rid of 70 percent of her belongings; learned how to fix things rather than throw them away; researched the zero waste movement; and completed a television ban. At every stage, she learned that the less she consumed, the more fulfilled she felt. The challenge became a lifeline when, in the course of the year, [the author] found herself in situations that turned her life upside down. In the face of hardship, she realized why she had always turned to shopping, alcohol, and food and what it had cost her"--Amazon.com.

## **Adventures in Opting Out**

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