

## Do It Anyway The New Generation Of Activists

The Paradoxical Commandments have been quoted around the world for decades. It all started when Kent Keith first articulated the ten timeless principles when he was a college student in the 1960s, and then put them into book form in the classic *Anyway*. His modern credo for finding personal meaning in the face of adversity became a sensation. Now the author returns to present an important and inspiring new book illustrating the Paradoxical Commandments through Bible stories and verses. In *Jesus Did It Anyway*, Keith draws from the Old and New Testaments, the teachings of Jesus and the apostles, and personal experiences to demonstrate how the Paradoxical Commandments are grounded in Scripture and the Christian faith. Each chapter offers inspiring stories that illuminate the Paradoxical Commandments by examining how Jesus and other biblical figures lived their faith—they faced tremendous adversity, but always knew they were divinely blessed. Keith reveals how answering Jesus's call to live a paradoxical life can lead to the deepest personal meaning and spiritual fulfillment.

Recognizing adversity can be the key to finding a way to live life in the magic of the present moment. Sometimes the ego sabotages our past and future thinking, and we must turn to the still small voice within to keep us in the present. We must strive to find the good in our lives, no matter where we are or what we have experienced in the past. In *Just Show Up*, author David Gregory provides a guide for staying in the present and focusing on the positive in your life. Through his authenticity and transparency, you can come to understand that you are not alone and that there is a reason for all of your challenging life experiences. You can also learn the art of painting your own canvas by tapping into the oneness that will always be with the higher power of your understanding. We all have our moments of learning, healing, and moving on. In the face of the dysfunction of his family of birth, Gregory offers a message of hope and truth, sharing how he changed his thoughts to change his life. Through years of showing up to his own life and dealing with the adversity of emotional rags, he found a way to access the enlightenment of spiritual riches. You too can move on to the best of the best and join in with the gifts of living in the now.

What is democracy really? What do we mean when we use the term? And can it ever truly exist? Astra Taylor, hailed as a “New Civil Rights Leader” by the *Los Angeles Times*, provides surprising answers. There is no shortage of democracy, at least in name, and yet it is in crisis everywhere we look. From a cabal of plutocrats in the White House to gerrymandering and dark-money campaign contributions, it is clear that the principle of government by and for the people is not living up to its promise. The problems lie deeper than any one election cycle. As Astra Taylor demonstrates, real democracy—fully inclusive and completely egalitarian—has in fact never existed. In a tone that is both philosophical and

anecdotal, weaving together history, theory, the stories of individuals, and interviews with such leading thinkers as Cornel West and Wendy Brown, Taylor invites us to reexamine the term. Is democracy a means or an end, a process or a set of desired outcomes? What if those outcomes, whatever they may be—peace, prosperity, equality, liberty, an engaged citizenry—can be achieved by non-democratic means? In what areas of life should democratic principles apply? If democracy means rule by the people, what does it mean to rule and who counts as the people? Democracy's inherent paradoxes often go unnamed and unrecognized. Exploring such questions, *Democracy May Not Exist* offers a better understanding of what is possible, what we want, why democracy is so hard to realize, and why it is worth striving for. One mother's story of enrolling her daughter in a local public school, and the surprising, necessary lessons she learned with her neighbors. From the time Courtney E. Martin strapped her daughter, Maya, to her chest for long walks, she was curious about Emerson Elementary, a public school down the street from her Oakland home. She learned that White families in their gentrifying neighborhood largely avoided the majority-Black, poorly-rated school. As she began asking why, a journey of a thousand moral miles began. *Learning in Public* is the story, not just Courtney's journey, but a whole country's. Many of us are newly awakened to the continuing racial injustice all around us, but unsure of how to go beyond hashtags and yard signs to be a part of transforming the country. Courtney discovers that her public school, the foundation of our fragile democracy, is a powerful place to dig deeper. Courtney E. Martin examines her own fears, assumptions, and conversations with other moms and dads as they navigate school choice. A vivid portrait of integration's virtues and complexities, and yes, the palpable joy of trying to live differently in a country re-making itself. *Learning in Public* might also set your family's life on a different course forever.

"Why does every one of my friends have an eating disorder, or, at the very least, a screwed-up approach to food and fitness?" writes journalist Courtney E. Martin. The new world culture of eating disorders and food and body issues affects virtually all -- not just a rare few -- of today's young women. They are your sisters, friends, and colleagues -- a generation told that they could "be anything," who instead heard that they had to "be everything." Driven by a relentless quest for perfection, they are on the verge of a breakdown, exhausted from overexercising, binging, purging, and depriving themselves to attain an unhealthy ideal. An emerging new talent, Courtney E. Martin is the voice of a young generation so obsessed with being thin that their consciousness is always focused inward, to the detriment of their careers and relationships. Health and wellness, joy and love have come to seem ancillary compared to the desire for a perfect body. Even though eating disorders first became generally known about twenty-five years ago, they have burgeoned, worsened, become more difficult to treat and more fatal (50 percent of anorexics who do not respond to treatment die within ten years). Consider these statistics: Ten million Americans suffer from eating disorders. Seventy million people

worldwide suffer from eating disorders. More than half of American women between the ages of eighteen and twenty-five would prefer to be run over by a truck or die young than be fat. More than two-thirds would rather be mean or stupid. Eating disorders have the highest mortality rate of any psychological disease. In *Perfect Girls, Starving Daughters*, Martin offers original research from the front lines of the eating disorders battlefield. Drawn from more than a hundred interviews with sufferers, psychologists, nutritionists, sociocultural experts, and others, her exposé reveals a new generation of "perfect girls" who are obsessive-compulsive, overachieving, and self-sacrificing in multiple -- and often dangerous -- new ways. Young women are "told over and over again," Martin notes, "that we can be anything. But in those affirmations, assurances, and assertions was a concealed pressure, an unintended message: You are special. You are worth something. But you need to be perfect to live up to that specialness." With its vivid and often heartbreaking personal stories, *Perfect Girls, Starving Daughters* has the power both to shock and to educate. It is a true call to action and cannot be missed.

We've all been there—on the couch cocooned in blankets, puffy-eyed, clutching a pint of Chunky Monkey, and listening to "our song" on repeat as we alternate between fuming and crying. And because we've all been there, we've also all made the same promise to ourselves: we're never going back. *Annabel Acton's Never Liked It Anyway* is here to ensure that you keep that promise. Moving on today is about taking action, and taking it fast. It's not about lying on a couch and talking it out with a therapist. It's about throwing yourself back out there, back into the deep end, shaking off that breakup funk and bouncing back to your most fabulous self. After all, the best revenge is not revenge at all—it's just being spectacularly you. *Never Liked It Anyway* is the very first breakup wreck-it-journal designed to unlock your super powers. It's yours to play with, trash, love, abuse and use—and, of course, have fun with. It'll get you moving, shaking, working, and twerking out of those breakup blues with a collection of quirky, quick, and future-focused challenges. It'll shake things up and help you step outside your habitual patterns so there's no room for moping! And it'll entertain you with fascinating trivia about random things like heart metrics, tear production, and even the love lives of animals who definitely had it worse than you. Dry your eyes, save the ice cream for happier times, and pick up this book instead.

Lyrical and radical, a debut novel that created a sensation in France Winner of the Prix Goncourt for first novel, one of the most prestigious literary awards in France A young revolutionary plants a bomb in a factory on the outskirts of Algiers during the Algerian War. The bomb is timed to explode after work hours, so no one will be hurt. But the authorities have been watching. He is caught, the bomb is defused, and he is tortured, tried in a day, condemned to death, and thrown into a cell to await the guillotine. A routine event, perhaps, in a brutal conflict that ended the lives of more than a million Muslim Algerians. But what if the militant is a "pied-noir"? What if his lover was a member of the French Resistance?

What happens to a “European” who chooses the side of anti-colonialism? By turns lyrical, meditative, and heart-stoppingly suspenseful, this novel by Joseph Andras, based on a true story, was a literary and political sensation in France, winning the Prix Goncourt for First Novel and being acclaimed by Le Monde as “vibrantly lyrical and somber” and by the journal La Croix as a “masterpiece”.

Newly orphaned and living with the half sister she hardly knows, twelve-year-old Olive rediscovers her hope when she starts training a guide dog puppy.

Is there something holding you back from becoming the person you want to be? Fear is all around us, from having a tricky talk with your boss to facing up to a problem at home. Everyone has worries and fears that can stop them progressing and reaching for the things that they really want in life. The simple, life-changing exercises in *Feel the Fear & do it anyway* will teach you how to turn anger into love and uncertainty into action.

A NEW YORK TIMES NOTABLE BOOK OF 2020 NAMED A BEST BOOK OF THE YEAR BY \* THE WASHINGTON POST \* THE ECONOMIST \* NEW SCIENTIST \* PUBLISHERS WEEKLY \* THE GUARDIAN From one of the most dynamic rising stars in astrophysics, an “engrossing, elegant” (The New York Times) look at five ways the universe could end, and the mind-blowing lessons each scenario reveals about the most important concepts in cosmology. We know the universe had a beginning. With the Big Bang, it expanded from a state of unimaginable density to an all-encompassing cosmic fireball to a simmering fluid of matter and energy, laying down the seeds for everything from black holes to one rocky planet orbiting a star near the edge of a spiral galaxy that happened to develop life as we know it. But what happens to the universe at the end of the story? And what does it mean for us now? Dr. Katie Mack has been contemplating these questions since she was a young student, when her astronomy professor informed her the universe could end at any moment, in an instant. This revelation set her on the path toward theoretical astrophysics. Now, with lively wit and humor, she takes us on a mind-bending tour through five of the cosmos’s possible finales: the Big Crunch, Heat Death, the Big Rip, Vacuum Decay (the one that could happen at any moment!), and the Bounce. Guiding us through cutting-edge science and major concepts in quantum mechanics, cosmology, string theory, and much more, *The End of Everything* is a wildly fun, surprisingly upbeat ride to the farthest reaches of all that we know.

“Provocative and personally searching” -San Francisco Chronicle One mother’s story of enrolling her daughter in a local public school, and the surprising, necessary lessons she learned with her neighbors. From the time Courtney E. Martin strapped her daughter, Maya, to her chest for long walks, she was curious about Emerson Elementary, a public school down the street from her Oakland home. She learned that White families in their gentrifying neighborhood largely avoided the majority-Black, poorly-rated school. As she began asking why, a journey of a thousand moral miles began. *Learning in Public* is the story, not just Courtney’s journey, but a whole country’s. Many of us are newly awakened to the continuing racial injustice all around us, but unsure of how to go beyond hashtags and yard signs to be a part of transforming the country. Courtney discovers that her public school, the foundation of our fragile democracy, is a powerful place to dig deeper. Courtney E. Martin examines her own fears, assumptions, and conversations with other moms and dads as they navigate school choice. A vivid portrait of integration’s virtues and complexities, and yes, the palpable joy of trying to live differently in a country re-making itself. *Learning in Public* might also set your family’s life on a different course forever.

There are times when we must look our "impossible" dilemmas square in the face and take care of them anyway. This book is an homage to

your courage, your awesomeness and the grit it takes to do difficult things.

In this “brave and heartbreaking novel that digs its claws into you and doesn’t let go, long after you’ve finished it” (Anna Todd, New York Times bestselling author) from the #1 New York Times bestselling author of *All Your Perfects*, a workaholic with a too-good-to-be-true romance can’t stop thinking about her first love. Lily hasn’t always had it easy, but that’s never stopped her from working hard for the life she wants. She’s come a long way from the small town where she grew up—she graduated from college, moved to Boston, and started her own business. And when she feels a spark with a gorgeous neurosurgeon named Ryle Kincaid, everything in Lily’s life seems too good to be true. Ryle is assertive, stubborn, maybe even a little arrogant. He’s also sensitive, brilliant, and has a total soft spot for Lily. And the way he looks in scrubs certainly doesn’t hurt. Lily can’t get him out of her head. But Ryle’s complete aversion to relationships is disturbing. Even as Lily finds herself becoming the exception to his “no dating” rule, she can’t help but wonder what made him that way in the first place. As questions about her new relationship overwhelm her, so do thoughts of Atlas Corrigan—her first love and a link to the past she left behind. He was her kindred spirit, her protector. When Atlas suddenly reappears, everything Lily has built with Ryle is threatened. An honest, evocative, and tender novel, *It Ends with Us* is “a glorious and touching read, a forever keeper. The kind of book that gets handed down” (USA TODAY).

Are we living the good life—and what defines 'good', anyway? Americans today are constructing a completely different framework for success than their parents' generation, using new metrics that TEDWomen speaker and columnist Courtney Martin has termed collectively the "New Better Off". The *New Better Off* puts a name to the American phenomenon of rejecting the traditional dream of a 9-to-5 job, home ownership, and a nuclear family structure—illuminating the alternate ways Americans are seeking happiness and success. Including commentary on recent changes in how we view work, customs and community, marriage, rituals, money, living arrangements, and spirituality, *The New Better Off* uses personal stories and social analysis to explore the trends shaping our country today. Martin covers growing topics such as freelancing, collaborative consumption, communal living, and the breaking down of gender roles. *The New Better Off* is about the creative choices individuals are making in their vocational and personal lives, but it’s also about the movements, formal and informal, that are coalescing around the *New Better Off* idea—people who are reinventing the social safety net and figuring out how to truly better their own communities.

Afraid? Do it anyway! The 25 microskills in this little book will help you stand up to your fears, so you can live the life you really want. To fear is to be human. But fear can also keep us stuck living lives that are stale, stagnant, or downright miserable. Fear leads us down paths that feel more safe, but that deep down we know are wrong for us. The good news is that you can stand up to your fears and change your life for the better. If you’re ready to stop avoiding stuff and say yes to opportunity, the easy-to-implement strategies in this book will help you break the avoidance habits that have been keeping you in a rut. Drawing on evidence-based acceptance and commitment therapy (ACT), this accessible guide offers 25 microskills to help you face your fears so you can live a truly courageous and meaningful life. With this book, you’ll learn: Why you avoid stuff Tips to increase self-awareness in moments of fear Strategies for untangling from distressing thoughts How to hold the inevitable pain and discomfort of life lightly Ways to connect with your values and take action We are hardwired to avoid, control, and escape the stuff that makes us uncomfortable. But if you’re ready to stop living scared, the tips and tools in this little book will help you pivot back to what really matters to you.

An inspirational handbook introduces a series of paradoxical commandments that encourage readers to discover a personal meaning and

true happiness in their lives, regardless of whether or not they achieve "success," by doing what is right and good and true. Reprint.

**NEW YORK TIMES BESTSELLER** • "John Cleese's memoir is just about everything one would expect of its author—smart, thoughtful, provocative and above all funny. . . . A picture, if you will, of the artist as a young man."—The Washington Post

The legendary writer and performer of Monty Python and Fawlty Towers fame takes readers on a grand tour of his ascent in the entertainment world. John Cleese's huge comedic influence has stretched across generations; his sharp irreverent eye and the unique brand of physical comedy he perfected now seem written into comedy's DNA. In this rollicking memoir, Cleese recalls his humble beginnings in a sleepy English town, his early comedic days at Cambridge University (with future Python partner Graham Chapman), and the founding of the landmark comedy troupe that would propel him to worldwide renown. Cleese was just days away from graduating Cambridge and setting off on a law career when he was visited by two BBC executives, who offered him a job writing comedy for radio. That fateful moment—and a near-simultaneous offer to take his university humor revue to London's famed West End—propelled him down a different path, cutting his teeth writing for stars like David Frost and Peter Sellers, and eventually joining the five other Pythons to pioneer a new kind of comedy that prized invention, silliness, and absurdity. Along the way, he found his first true love with the actress Connie Booth and transformed himself from a reluctant performer to a world class actor and back again. Twisting and turning through surprising stories and hilarious digressions—with some brief pauses along the way that comprise a fascinating primer on what's funny and why—this story of a young man's journey to the pinnacle of comedy is a masterly performance by a master performer.

Draws on original research and more than one hundred interviews with patients, psychologists, nutritionists, and others to analyze the pervasiveness of eating disorders and body-image-related emotional challenges in today's generation of young women. Reprint.

How did a shy girl from humble beginnings go from being frozen in fear for six years in her network marketing business to reaching Top 1% status in her MLM organization? Michelle Cunningham made one strategic shift in her nearly non-existent direct sales business that completely changed the trajectory of her life. In this book, you'll learn the exact words Michelle used to sell to a perfect stranger, recruit her first new team member, and then turn her team members into successful leaders. You'll also learn her accidental social media blunder (that you can copy), which helped her not only build a lucrative network marketing business but also a seven-figure online brand. Do It Anyway, Girl shows you how to get unstuck, shut off limiting beliefs, and get into the right action that brings BIG results. Michelle Cunningham built a massive network marketing business and now she's on a mission to empower women to rock their network marketing business so they can be completely present for the ones they love while giving back generously. Michelle's pride and joy are her husband, Brian, and two kids, Brady & Alyssa.

Mean Girls meets Black Beauty in Horse Girl by celebrated author Carrie Seim--a funny and tender middle-grade novel about finding your forever herd. "This book is funny and exciting. Beautifully portrays both the pleasures and risks of riding horses and also of being a teen. Very original, and a great pleasure to read."--Jane Smiley, Pulitzer Prize-winning author

Wills is a seventh grader who's head-over-hoof for horses, and beyond excited when she gets the chance to start training at the prestigious Oakwood Riding Academy. But Amara--the Queen of the #HorseGirls--and her posse aren't going to let the certifiably dork-tagious Wills trot her way into their club so easily. Between learning the reins of horse riding, dealing with her Air Force pilot mom being stationed thousands of miles from home, and keeping it together in front of (gasp!) Horse Boys, Wills learns that becoming a part of the #HorseGirl world isn't easy. But with her rescue horse, Clyde, at her side, it sure will be fun. Complete with comedic, original hoof notes to acquaint the less equestrian among us, Horse Girl delivers everything a young

readers wants: mean girls, boy problems, and embarrassingly goofy dad jokes. And it does so on the back of a pony.

Author of *Feel The Fear And Do It Anyway* From the multi-million bestselling author of *Feel the Fear and Do It Anyway* comes a powerful and healing book designed to offer a safety net in a world of never-ending change. It may be one of the most comforting and life-affirming books you will ever read. With her invaluable insights and exercises, Susan Jeffers gives you the tools you need to deal with all the uncertainty in your life with a sense of peace and possibility. You will learn: - Forty-two exercises to help make your life an exciting adventure instead of a continuous worry - How to lighten up and put problems into a life-affirming perspective - The amazing power of the word "maybe" - And much more. You will discover that there is a wondrous, joyous, and abundant life that can exist in the presence of uncertainty. The question is, "What do you need to do to reach this wonderful state?" And the answers abound in *Embracing Uncertainty*..

They say don't do it! You say Fuck it, I am doing it anyways. A lined journal for the star that you are, taking notes to prove you don't have to conform. A notebook for the brave, daring and different. Makes a great gift to entrepreneurs, friends or family who are a bit of rebel or anyone who has barriers they want to overcome. \*200 pages\*6" x 9" lined journal\*White paper\*Sleek, matte-finished cover

In this brilliantly conceived and written biography, Pulitzer Prize–winning Kenneth Silverman gives us the long and amazing life of the man eulogized by the *New York Herald* in 1872 as “perhaps the most illustrious American of his age.” Silverman presents Samuel Morse in all his complexity. There is the gifted and prolific painter (more than three hundred portraits and larger historical canvases) and pioneer photographer, who gave the first lectures on art in America, became the first Professor of Fine Arts at an American college (New York University), and founded the National Academy of Design. There is the republican idealist, prominent in antebellum politics, who ran for Congress and for mayor of New York. But most important, there is the inventor of the American electromagnetic telegraph, which earned Morse the name Lightning Man and brought him the fame he sought. In these pages, we witness the evolution of the great invention from its inception as an idea to its introduction to the world—an event that astonished Morse’s contemporaries and was considered the supreme expression of the country’s inventive genius. We see how it transformed commerce, journalism, transportation, military affairs, diplomacy, and the very shape of daily life, ushering in the modern era of communication. But we discover as well that Morse viewed his existence as accursed rather than illustrious, his every achievement seeming to end in loss and defeat: his most ambitious canvases went unsold; his beloved republic imploded into civil war, making it unlivable for him; and the commercial success of the telegraph engulfed him in lawsuits challenging the originality and ownership of his invention. *Lightning Man* is the first biography of Samuel F. B. Morse in sixty years. It is a revelation of the life of a fascinating and profoundly troubled American genius.

When did you know you were a feminist? Whether it was a scene in a television show, an experience in school, or a specific day at work, many women can point to a particular moment in which they knew-or realized-they were feminists. Accomplished young authors Courtney E. Martin and J. Courtney Sullivan offer a look at feminism in the lives of young women-and tackle the questions of what made them feminists, how they came to define themselves as feminists, and how that identity has shifted and grown over time. *Click* features a range of women, including Amy Richards, Shelby Knox, Winter Miller, Allisa Quart, Rebecca Traister, Jennifer Baumgardner, and Debbie Siegel, each sharing their self-defining and personal stories. Sometimes emotional, sometimes humorous, each of these stories offers something to which other women can relate. In a time of feminist reflection, Martin and Sullivan offer a look at feminism for the under-forty set.

“I had the moment. The Moment. When life was as I expected, until it wasn't.” That was the day that Lauree Ostrofsky came face-

to-face with the little white blob, an acoustic neuroma brain tumor. A series of scary moments and missteps followed, and ultimately led her to launching #hugtour, plotting routes to office buildings and coffee shops hugging people she cares about along the way. The process teaches her that running hugs in traffic are exhilarating, and that unabashedly sharing love is more worthwhile (and sometimes scarier) than she could ever have imagined. I'm scared & doing it anyway is a memoir about the choices you make when you feel like you don't have any...and just how far they can take you. Through Lauree's journey, readers see how powerfully compelling their own challenges can be, and how close they already are to achieving their heart's desires.

Reviews: "[This book] made me laugh out loud and shed quiet tears." —Patrice Tanaka, and author of *Becoming Ginger Rogers*  
"This book is a love poem to life." —Joselin Linder, *The Good Girl's Guide to Living in Sin*  
"Lauree lets you into the inner workings of her mind and heart to travel the path from fear to love. I was spellbound reading this book." —Aliza Sherman, web pioneer and author of *Mom, Incorporated* and *PowerTools for Women in Business*

"Terror, disaster, memory, selfhood, happiness . . . leave it to a poet to tackle the unthinkable so wisely and so wittily."\* A literary guide to life in the pre-apocalypse, *The Unreality of Memory* collects profound and prophetic essays on the Internet age's media-saturated disaster coverage and our addiction to viewing and discussing the world's ills. We stare at our phones. We keep multiple tabs open. Our chats and conversations are full of the phrase "Did you see?" The feeling that we're living in the worst of times seems to be intensifying, alongside a desire to know precisely how bad things have gotten—and each new catastrophe distracts us from the last. *The Unreality of Memory* collects provocative, searching essays on disaster culture, climate anxiety, and our mounting collective sense of doom. In this new collection, acclaimed poet and essayist Elisa Gabbert explores our obsessions with disasters past and future, from the sinking of the Titanic to Chernobyl, from witch hunts to the plague. These deeply researched, prophetic meditations question how the world will end—if indeed it will—and why we can't stop fantasizing about it. Can we avoid repeating history? Can we understand our moment from inside the moment? With *The Unreality of Memory*, Gabbert offers a hauntingly perceptive analysis of our new ways of being and a means of reconciling ourselves to this unreal new world. "A work of sheer brilliance, beauty and bravery." \*—Andrew Sean Greer, author of *Less*

Following his widely acclaimed *Project X* and *Love and Hydrogen*—"Here is the effect of these two books," wrote the *Chicago Tribune*: "A reader finishes them buzzing with awe"—Jim Shepard now gives us his first entirely new collection in more than a decade. Like *You'd Understand, Anyway* reaches from Chernobyl to Bridgeport, with a host of narrators only Shepard could bring to pitch-perfect life. Among them: a middle-aged Aeschylus taking his place at Marathon, still vying for parental approval. A maddeningly indefatigable Victorian explorer hauling his expedition, whaleboat and all, through the Great Australian Desert in midsummer. The first woman in space and her cosmonaut lover, caught in the star-crossed orbits of their joint mission. Two Texas high school football players at the top of their food chain, soliciting their fathers' attention by leveling everything before them on the field. And the rational and compassionate chief executioner of Paris, whose occupation, during the height of the Terror, eats away at all he holds dear. Brimming with irony, compassion, and withering humor, these eleven stories are at once eerily pertinent

and dazzlingly exotic, and they showcase the work of a protean, prodigiously gifted writer at the height of his form. Reading Jim Shepard, according to Michael Chabon, “is like encountering our national literature in microcosm.”

A sympathetic illustrated guide to learning to live with your mind--even when it tries to trick you. Most of us spend our lives trailing after our minds, allowing our brains to take us in directions that are safe and secure, controlled and conformed. Your mind doesn't want you to take that new job, sign up for that pottery class, or ask someone out. It wants you to stay unemployed, unfulfilled, and single because it enjoys routine and is resistant to change, no matter how positive the change may be. But more often than not, that's not what you want. *Whose Mind Is It Anyway?* will help you learn how to separate what you want from what your brain wants and how to do less when your mind is trying to trick you into doing more. In a colorful, funny, and nonthreatening way, it answers the difficult question of how we can take control of our self-defeating behaviors. Filled with charming illustrations, this book will be the friendly voice in your head to counter your negative thoughts, and it will teach you how to finally be at peace with all that you are.

If you care about social change but hate feel-good platitudes, *Do It Anyway* is the book for you. Courtney Martin's rich profiles of the new generation of activists dig deep, to ask the questions that really matter: How do you create a meaningful life? Can one person even begin to make a difference in our hugely complex, globalized world?

Internationally renowned author, Susan Jeffers, has helped millions of people round the globe to overcome their fears and heal the pain in their lives. Her now classic work, *Feel the Fear and Do It Anyway*, has been a huge worldwide success and continues to ride high in the bestseller charts because it showed us all, in simple terms, how to transform our anxieties into confidence, action and love. *Feel the Fear...and Beyond* is a practical companion to this important book - yet it also stands alone as a must-have for facing life and facing fears in the twenty-first century. Filled with valuable exercises, it is designed to teach us that we can handle whatever life brings us in a powerful and life-affirming way. Susan Jeffers encourages us to make full use of these valuable tools when we are fearful of making changes or confronting new situations in our lives.

"Knausgaard is among the finest writers alive." —Dwight Garner, *New York Times* A major new work from the author of the renowned *My Struggle* series, *The Morning Star* is an astonishing, ambitious, and rich novel about what we don't understand, and our attempts to make sense of our world nonetheless One long night in August, Arne and Tove are staying with their children in their summer house in southern Norway. Their friend Egil has his own place nearby. Kathrine, a priest, is flying home from a Bible seminar, questioning her marriage. Journalist Jostein is out drinking for the night, while his wife, Turid, a nurse at a psychiatric care unit, is on a night shift when one of her patients escapes. Above them all, a huge star suddenly appears blazing in the sky. It brings with it a mysterious sense of foreboding. Strange things start to happen as nine lives come together under the star.

Hundreds of crabs amass on the road as Arne drives at night; Jostein receives a call about a death metal band found brutally murdered in a Satanic ritual; Kathrine conducts a funeral service for a man she met at the airport – but is he actually dead? *The Morning Star* is about life in all its mundanity and drama, the strangeness that permeates our world, and the darkness in us all.

Karl Ove Knausgaard's astonishing new novel, his first after the My Struggle cycle, goes to the utmost limits of freedom and chaos, to what happens when forces beyond our comprehension are unleashed and the realms of the living and the dead collide. "In Scaffold Parenting, world-renowned child psychiatrist Harold Koplewicz introduces the powerful new and clinically-tested idea that this deliberate build-up and then gradual loosening of parental support is the single most effective way to encourage kids to climb higher, try new things and grow from mistakes, and to develop character and strength. Offering the ten building blocks or "planks" of an effective scaffold--from laying a solid foundation and setting limits and minimizing cracks--he expertly guides parents through the strategies they need to raise empowered, capable kids while building parent-child bonds that will survive adolescence and grow stronger into adulthood"--

A psychotherapist shows how to identify the fears that are inhibiting one's life, ranging from public speaking and intimacy to aging and rejection, and how to transform frustration and helplessness into power to create success in every aspect of life, in a twentieth anniversary edition of the best-selling guide. Reissue. 50,000 first printing.

Shortlisted for the 2020 Booker Prize, a searing literary debut novel set in India about mothers and daughters, obsession and betrayal "I would be lying if I say my mother's misery has never given me pleasure," says Antara, Tara's now-adult daughter. In her youth, Tara was wild. She abandoned her marriage to join an ashram, and while Tara is busy as a partner to the ashram's spiritual leader, Baba, little Antara is cared for by an older devotee, Kali Mata, an American who came to the ashram after a devastating loss. Tara also embarks on a stint as a beggar (mostly to spite her affluent parents) and spends years chasing a disheveled, homeless artist, all with young Antara in tow. But now Tara is forgetting things, and Antara is an adult—an artist and married—and must search for a way to make peace with a past that haunts her as she confronts the task of caring for a woman who never cared for her. Sharp as a blade and laced with caustic wit, *Burnt Sugar* unpicks the slippery, choking cord of memory and myth that binds mother and daughter. Is Tara's memory loss real? Are Antara's memories fair? In vivid and visceral prose, Tibor Jones South Asia Prize-winning writer Avni Doshi tells a story, at once shocking and empathetic, about love and betrayal between a mother and a daughter. A journey into shifting memories, altering identities, and the subjective nature of truth, *Burnt Sugar* is a stunning and unforgettable debut.

"Maude Barlow is one of our planet's greatest water defenders." — Naomi Klein, bestselling author of *This Changes Everything* and *The Shock Doctrine* The Blue Communities Project is dedicated to three primary things: that access to clean, drinkable water is a basic human right; that municipal and community water will be held in public hands; and that single-use plastic water bottles will not be available in public spaces. With its simple, straightforward approach, the movement has been growing around the world for a decade. Today, Paris, Berlin, Bern, and Montreal are just a few of

