

# R E A D Very Good Lives

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Make Your Bed Admiral William H. McRaven 2017-04-04 Based on a Navy SEAL's inspiring graduation speech, this #1 New York Times bestseller of powerful life lessons "should be read by every leader in America" (Wall Street Journal). If you want to change the world, start off by making your bed. On May 17, 2014, Admiral William H. McRaven addressed the graduating class of the University of Texas at Austin on their Commencement day. Taking inspiration from the university's slogan, "What starts here changes the world," he shared the ten principles he learned during Navy Seal training that helped him overcome challenges not only in his training and long Naval career, but also throughout his life; and he explained how anyone can use these basic lessons to change themselves-and the world-for the better. Admiral McRaven's original speech went viral with over 10 million views. Building on the core tenets laid out in his speech, McRaven now recounts tales from his own life and from those of people he encountered during his military service who dealt with hardship and made tough decisions with determination, compassion, honor, and courage. Told with great humility and optimism, this timeless book provides simple wisdom, practical advice, and words of encouragement that will inspire readers to achieve more, even in life's darkest moments. "Powerful." --USA Today "Full of captivating personal anecdotes from inside the national security vault." --Washington Post "Superb, smart, and succinct." --Forbes

Well-Read Lives Barbara Sicherman 2010-04-15 In a compelling approach structured as theme and variations, Barbara Sicherman offers insightful profiles of a number of accomplished women born in America's Gilded Age who lost--and found--themselves in books, and worked out a new life purpose around them. Some women, like Edith and Alice Hamilton, M. Carey Thomas, and Jane Addams, grew up in households filled with books, while less privileged women found alternative routes to expressive literacy. Jewish immigrants Hilda Satt Polacheck, Rose Cohen, and Mary Antin acquired new identities in the English-language books they found in settlement houses and libraries, while African Americans like Ida B. Wells relied mainly on institutions of their own creation, even as they sought to develop a literature of their own. It is Sicherman's masterful contribution to show that however the skill of reading was acquired, under the right circumstances, adolescent reading was truly transformative in constructing female identity, stirring imaginations, and fostering ambition. With Little Women's Jo March often serving as a youthful model of independence, girls and young women created communities of learning, imagination, and emotional connection around literary activities in ways that helped them imagine, and later attain, public identities. Reading themselves into quest plots and into male as well as female roles, these young women went on to create an unparalleled record of achievement as intellectuals, educators, and social reformers.

Sicherman's graceful study reveals the centrality of the era's culture of reading and sheds new light on these women's Progressive-Era careers.

Free Roll Brandt Tobler 2017-05-22 Have you ever wondered: What it's like to daily bet hundreds of thousands of dollars working for some of the largest professional gamblers in Las Vegas? ... How to spend a summer house sitting one of the biggest stars in the world's 11,000 square-foot mansion - without an invitation from its celebrity owner ... Whether the life of crime - specifically, running a shoplifting ring in a middle American mall - pays? ... What causes a son to finally say enough is enough ... and decide "Today is the day I am going to kill my dad." Comedian Brandt Tobler has the answers in this funny, touching and sometimes downright unbelievable memoir of a small town Wyoming-kid turned "mall-fia" don, turned nationally touring comic. Brand tells his life story with candor, detailing the many pit stops, wrong turns, crazy connections and lucky breaks he experienced along the way to his comedy career, all while trying to balance a toxic relationship with his unreliable jailbird dad. In these pages Brandt will make you laugh (he better - it's his job!) and believe as he does that, when it comes to defining family, blood isn't always thicker than water. -- back cover.

Good Vibes, Good Life Vex King 2018-12-04 Be the best version of you that YOU can be. How can you learn to truly love yourself? How can you transform negative emotions into positive ones? Is it possible to find lasting happiness? In this book, Instagram guru Vex King answers all of these questions and more. Vex overcame adversity to become a source of hope for thousands of young people, and now draws from his personal experience and his intuitive wisdom to inspire you to: - practise self-care, overcome toxic energy and prioritize your wellbeing - cultivate positive lifestyle habits, including mindfulness and meditation - change your beliefs to invite great opportunities into your life - manifest your goals using tried-and-tested techniques - overcome fear and flow with the Universe - find your higher purpose and become a shining light for others In this book, Vex will show you that when you change the way you think, feel, speak and act, you begin to change the world.

On Reading Well Karen Swallow Prior 2018-09-04 ? Publishers Weekly starred review A Best Book of 2018 in Religion, Publishers Weekly Reading great literature well has the power to cultivate virtue. Great literature increases knowledge of and desire for the good life by showing readers what virtue looks like and where vice leads. It is not just what one reads but how one reads that cultivates virtue. Reading good literature well requires one to practice numerous virtues, such as patience, diligence, and prudence. And learning to judge wisely a character in a book, in turn, forms the reader's own character. Acclaimed author Karen Swallow Prior takes readers on a guided tour through works of great literature both ancient and modern, exploring twelve virtues that philosophers and theologians throughout history have identified as most essential for good character and the good life. In reintroducing ancient virtues that are as relevant and essential today as ever, Prior draws on the best classical and Christian thinkers, including Aristotle, Aquinas, and Augustine. Covering authors from Henry Fielding to Cormac McCarthy, Jane Austen to George Saunders, and Flannery O'Connor to F. Scott Fitzgerald, Prior explores some of the most compelling universal themes found in the pages of classic books, helping readers learn to love life, literature, and God through their encounters with great writing. In examining works by these authors and more, Prior shows why virtues such as prudence, temperance, humility, and patience are still necessary for human flourishing and civil society. The book includes end-of-chapter reflection questions geared toward book club discussions, features original artwork throughout, and includes a foreword from Leland Ryken.

The Girl with Ghost Eyes M. H. Boroson 2015-11-03 "The Girl with Ghost Eyes is a fun, fun read. Martial arts and Asian magic set in Old San Francisco make for a fresh take on urban fantasy, a wonderful story that kept me up late to finish." —#1 New York Times bestselling author Patricia Briggs It's the end of the nineteenth century in San Francisco's Chinatown, and ghost hunters from the Maoshan traditions of Daoism keep malevolent spiritual forces at bay. Li-lin, the daughter of a renowned Daoshi exorcist, is a young widow burdened with yin eyes—the unique ability to see the spirit world. Her spiritual visions and the death of her husband bring shame to Li-lin and her father—and shame is not something this immigrant family can afford. When a sorcerer cripples her father, terrible plans are set in motion, and only Li-lin can stop them. To aid her are her martial arts and a peachwood sword, her burning paper talismans, and a wisecracking spirit in the form of a human eyeball tucked away in her pocket. Navigating the dangerous alleys and backrooms of a male-dominated Chinatown, Li-lin must confront evil spirits, gangsters, and soulstealers before the sorcerer's ritual summons an ancient evil that could burn Chinatown to the ground. With a rich and inventive historical setting, nonstop martial arts action, authentic Chinese magic, and bizarre monsters from Asian folklore, The Girl

with *Ghost Eyes* is also the poignant story of a young immigrant searching to find her place beside the long shadow of a demanding father and the stigma of widowhood. In a Chinatown caught between tradition and modernity, one woman may be the key to holding everything together. Skyhorse Publishing, under our Night Shade and Talos imprints, is proud to publish a broad range of titles for readers interested in science fiction (space opera, time travel, hard SF, alien invasion, near-future dystopia), fantasy (grimdark, sword and sorcery, contemporary urban fantasy, steampunk, alternative history), and horror (zombies, vampires, and the occult and supernatural), and much more. While not every title we publish becomes a New York Times bestseller, a national bestseller, or a Hugo or Nebula award-winner, we are committed to publishing quality books from a diverse group of authors.

*Ugly Love* Colleen Hoover 2014-08-05 From Colleen Hoover, the #1 New York Times bestselling author of *It Ends With Us*, a heart-wrenching love story that proves attraction at first sight can be messy. When Tate Collins meets airline pilot Miles Archer, she doesn't think it's love at first sight. They wouldn't even go so far as to consider themselves friends. The only thing Tate and Miles have in common is an undeniable mutual attraction. Once their desires are out in the open, they realize they have the perfect set-up. He doesn't want love, she doesn't have time for love, so that just leaves the sex. Their arrangement could be surprisingly seamless, as long as Tate can stick to the only two rules Miles has for her. Never ask about the past. Don't expect a future. They think they can handle it, but realize almost immediately they can't handle it at all. Hearts get infiltrated. Promises get broken. Rules get shattered. Love gets ugly.

*Can't Hurt Me* David Goggins 2021-04-01 New York Times Bestseller Over 2.5 million copies sold For David Goggins, childhood was a nightmare - poverty, prejudice, and physical abuse colored his days and haunted his nights. But through self-discipline, mental toughness, and hard work, Goggins transformed himself from a depressed, overweight young man with no future into a U.S. Armed Forces icon and one of the world's top endurance athletes. The only man in history to complete elite training as a Navy SEAL, Army Ranger, and Air Force Tactical Air Controller, he went on to set records in numerous endurance events, inspiring *Outside* magazine to name him *The Fittest (Real) Man in America*. In this curse-word-free edition of *Can't Hurt Me*, he shares his astonishing life story and reveals that most of us tap into only 40% of our capabilities. Goggins calls this *The 40% Rule*, and his story illuminates a path that anyone can follow to push past pain, demolish fear, and reach their full potential.

*The Art of Being Normal* Lisa Williamson 2016-05-31 David Piper has always been an outsider. His parents think he's gay. The school bully thinks he's a freak. Only his two best friends know the real truth: David wants to be a girl. On the first day at his new school Leo Denton has one goal: to be invisible. Attracting the attention of the most beautiful girl in his class is definitely not part of that plan. When Leo stands up for David in a fight, an unlikely friendship forms. But things are about to get messy. Because at Eden Park School secrets have a funny habit of not staying secret for long, and soon everyone knows that Leo used to be a girl. As David prepares to come out to his family and transition into life as a girl and Leo wrestles with figuring out how to deal with people who try to define him through his history, they find in each other the friendship and support they need to navigate life as transgender teens as well as the courage to decide for themselves what normal really means.

*Four Thousand Weeks* Oliver Burkeman 2021-08-10 AN INSTANT NEW YORK TIMES BESTSELLER "Provocative and appealing . . . well worth your extremely limited time." —Barbara Spindel, *The Wall Street Journal* The average human lifespan is absurdly, insultingly brief. Assuming you live to be eighty, you have just over four thousand weeks. Nobody needs telling there isn't enough time. We're obsessed with our lengthening to-do lists, our overfilled inboxes, work-life balance, and the ceaseless battle against distraction; and we're deluged with advice on becoming more productive and efficient, and "life hacks" to optimize our days. But such techniques often end up making things worse. The sense of anxious hurry grows more intense, and still the most meaningful parts of life seem to lie just beyond the horizon. Still, we rarely make the connection between our daily struggles with time and the ultimate time management problem: the challenge of how best to use our four thousand weeks. Drawing on the insights of both ancient and contemporary philosophers, psychologists, and spiritual teachers, Oliver Burkeman delivers an entertaining, humorous, practical, and ultimately profound guide to time and time management. Rejecting the futile modern fixation on "getting everything done," *Four Thousand Weeks* introduces readers to tools for constructing a meaningful life by embracing finitude, showing how many of the unhelpful ways we've come to think about time aren't inescapable, unchanging truths, but choices we've made as

individuals and as a society—and that we could do things differently.

**A Guide to the Good Life** William B. Irvine 2008-11-04 One of the great fears many of us face is that despite all our effort and striving, we will discover at the end that we have wasted our life. In *A Guide to the Good Life*, William B. Irvine plumbs the wisdom of Stoic philosophy, one of the most popular and successful schools of thought in ancient Rome, and shows how its insight and advice are still remarkably applicable to modern lives. In *A Guide to the Good Life*, Irvine offers a refreshing presentation of Stoicism, showing how this ancient philosophy can still direct us toward a better life. Using the psychological insights and the practical techniques of the Stoics, Irvine offers a roadmap for anyone seeking to avoid the feelings of chronic dissatisfaction that plague so many of us. Irvine looks at various Stoic techniques for attaining tranquility and shows how to put these techniques to work in our own life. As he does so, he describes his own experiences practicing Stoicism and offers valuable first-hand advice for anyone wishing to live better by following in the footsteps of these ancient philosophers. Readers learn how to minimize worry, how to let go of the past and focus our efforts on the things we can control, and how to deal with insults, grief, old age, and the distracting temptations of fame and fortune. We learn from Marcus Aurelius the importance of prizing only things of true value, and from Epictetus we learn how to be more content with what we have. Finally, *A Guide to the Good Life* shows readers how to become thoughtful observers of their own lives. If we watch ourselves as we go about our daily business and later reflect on what we saw, we can better identify the sources of distress and eventually avoid that pain in our life. By doing this, the Stoics thought, we can hope to attain a truly joyful life.

**Katherine Anya Seton** 2013-10-01 John of Gaunt and Katherine Swynford, Chaucer's sister-in-law, fall in love in the 14th century.

**The Subtle Art of Not Giving a F\*\*k** Mark Manson 2016-09-13 #1 New York Times Bestseller Over 10 million copies sold In this generation-defining self-help guide, a superstar blogger cuts through the crap to show us how to stop trying to be "positive" all the time so that we can truly become better, happier people. For decades, we've been told that positive thinking is the key to a happy, rich life. "F\*\*k positivity," Mark Manson says. "Let's be honest, shit is f\*\*ked and we have to live with it." In his wildly popular Internet blog, Manson doesn't sugarcoat or equivocate. He tells it like it is—a dose of raw, refreshing, honest truth that is sorely lacking today. *The Subtle Art of Not Giving a F\*\*k* is his antidote to the coddling, let's-all-feel-good mindset that has infected American society and spoiled a generation, rewarding them with gold medals just for showing up. Manson makes the argument, backed both by academic research and well-timed poop jokes, that improving our lives hinges not on our ability to turn lemons into lemonade, but on learning to stomach lemons better. Human beings are flawed and limited—"not everybody can be extraordinary, there are winners and losers in society, and some of it is not fair or your fault." Manson advises us to get to know our limitations and accept them. Once we embrace our fears, faults, and uncertainties, once we stop running and avoiding and start confronting painful truths, we can begin to find the courage, perseverance, honesty, responsibility, curiosity, and forgiveness we seek. There are only so many things we can give a f\*\*k about so we need to figure out which ones really matter, Manson makes clear. While money is nice, caring about what you do with your life is better, because true wealth is about experience. A much-needed grab-you-by-the-shoulders-and-look-you-in-the-eye moment of real-talk, filled with entertaining stories and profane, ruthless humor, *The Subtle Art of Not Giving a F\*\*k* is a refreshing slap for a generation to help them lead contented, grounded lives.

**The Storied Life of A. J. Fikry** Gabrielle Zevin 2014-02-10 Special Free Preview! In the spirit of *The Guernsey Literary and Potato Peel Pie Society* and *The Unlikely Pilgrimage of Harold Fry*, Gabrielle Zevin's enchanting novel is a love letter to the world of books--and booksellers--that changes our lives by giving us the stories that open our hearts and enlighten our minds. On the faded Island Books sign hanging over the porch of the Victorian cottage is the motto "No Man Is an Island; Every Book Is a World." A. J. Fikry, the irascible owner, is about to discover just what that truly means. A. J. Fikry's life is not at all what he expected it to be. His wife has died, his bookstore is experiencing the worst sales in its history, and now his prized possession, a rare collection of Poe poems, has been stolen. Slowly but surely, he is isolating himself from all the people of Alice Island--from Lambiase, the well-intentioned police officer who's always felt kindly toward Fikry; from Ismay, his sister-in-law who is hell-bent on saving him from his dreary self; from Amelia, the lovely and idealistic (if eccentric) Knightley Press sales rep who keeps on taking the ferry over to Alice Island, refusing to be deterred by A.J.'s bad attitude. Even the books in his store have stopped holding pleasure for him. These days, A.J. can only see them as a sign of a world that is changing too rapidly. And then a mysterious package

appears at the bookstore. It's a small package, but large in weight. It's that unexpected arrival that gives A. J. Fikry the opportunity to make his life over, the ability to see everything anew. It doesn't take long for the locals to notice the change overcoming A.J.; or for that determined sales rep, Amelia, to see her curmudgeonly client in a new light; or for the wisdom of all those books to become again the lifeblood of A.J.'s world; or for everything to twist again into a version of his life that he didn't see coming. As surprising as it is moving, *The Storied Life of A. J. Fikry* is an unforgettable tale of transformation and second chances, an irresistible affirmation of why we read, and why we love.

**Principles Ray Dalio 2018-08-07 #1 New York Times Bestseller** "Significant...The book is both instructive and surprisingly moving." —The New York Times Ray Dalio, one of the world's most successful investors and entrepreneurs, shares the unconventional principles that he's developed, refined, and used over the past forty years to create unique results in both life and business—and which any person or organization can adopt to help achieve their goals. In 1975, Ray Dalio founded an investment firm, Bridgewater Associates, out of his two-bedroom apartment in New York City. Forty years later, Bridgewater has made more money for its clients than any other hedge fund in history and grown into the fifth most important private company in the United States, according to Fortune magazine. Dalio himself has been named to Time magazine's list of the 100 most influential people in the world. Along the way, Dalio discovered a set of unique principles that have led to Bridgewater's exceptionally effective culture, which he describes as "an idea meritocracy that strives to achieve meaningful work and meaningful relationships through radical transparency." It is these principles, and not anything special about Dalio—who grew up an ordinary kid in a middle-class Long Island neighborhood—that he believes are the reason behind his success. In *Principles*, Dalio shares what he's learned over the course of his remarkable career. He argues that life, management, economics, and investing can all be systemized into rules and understood like machines. The book's hundreds of practical lessons, which are built around his cornerstones of "radical truth" and "radical transparency," include Dalio laying out the most effective ways for individuals and organizations to make decisions, approach challenges, and build strong teams. He also describes the innovative tools the firm uses to bring an idea meritocracy to life, such as creating "baseball cards" for all employees that distill their strengths and weaknesses, and employing computerized decision-making systems to make believability-weighted decisions. While the book brims with novel ideas for organizations and institutions, *Principles* also offers a clear, straightforward approach to decision-making that Dalio believes anyone can apply, no matter what they're seeking to achieve. Here, from a man who has been called both "the Steve Jobs of investing" and "the philosopher king of the financial universe" (CIO magazine), is a rare opportunity to gain proven advice unlike anything you'll find in the conventional business press.

**Fail, Fail Again, Fail Better Pema Chödrön 2015-09-01** When her granddaughter was accepted to Naropa University, the celebrated author Pema Chödrön promised that she'd speak at the commencement ceremony. Fail, Fail Again, Fail Better contains the wisdom shared on that day. "What do we do when life doesn't go the way we hoped?" begins Pema "We say, 'I'm a failure.'" But what if failing wasn't just "okay," but the most direct way to becoming a more complete, loving, and fulfilled human being? Through the insights of her own teachers and life journey, Pema Chödrön offers us her heartfelt advice on how to face the unknown—in ourselves and in the world—and how our missteps can open our eyes to see new possibilities and purpose. For Pema's millions of readers, prospective graduates, or anyone at a life crossroads, this gem of clarity and reassurance is sure to find a welcome place in many a kitchen, office, and backpack.

**Freewheeling Anthony Edward Thorogood 2015-11-16** A book about a brilliant invention - the bicycle. A book about the joys of cycling, a book that peels back the myths of the cycling fraternity. A book about being a boy on a bike or a girl on a bike. A book that states that the bicycle is for everybody to enjoy not just the Carbon Fiber Cowboys and the Lycra Loonies

**You Are a Badass® Jen Sincero 2013-04-23** Packed with humor, inspiration, and advice, *You Are a Badass* is the #1 New York Times bestselling self-help book that teaches you how to get better without getting busted. In this refreshingly entertaining how-to guide, bestselling author and world-traveling success coach, Jen Sincero, serves up twenty-seven bite-sized chapters full of hilariously inspiring stories, sage advice, easy exercises, and the occasional swear word, helping you to: Identify and change the self-sabotaging beliefs and behaviors that stop you from getting what you want, Create a life you totally love. And create it NOW, and Make some damn money already. The kind you've never made before. By the end of *You Are a Badass*, you'll understand why you

are how you are, how to love what you can't change, how to change what you don't love, and how to use The Force to kick some serious ass.

J.K. Rowling Sean Smith 2002 J.K. Rowling's meteoric rise to worldwide superstardom and bestseller status is now the stuff of tabloid legend -- how she would spend hours in a café in Edinburgh, nursing a single coffee and a glass of water while she wrote the Harry Potter novel that would bring her fame and fortune. Creator of the most famous and best-loved character in contemporary fiction, J.K. Rowling is also the author of her own escape from a depressing existence on the verge of destitution. Sean Smith traces the life story of this phenomenal woman who has brought joy and inspiration to millions of readers around the world. And in a book based on exhaustive interviews with many of the people from her past and her present, Smith also traces the origins of the books that are worldwide bestsellers.

Still Life Sarah Winman 2021-11-02 A Good Morning America Book Club Pick A Veranda Magazine Book Club Pick A captivating, bighearted, richly tapestried story of people brought together by love, war, art, flood, and the ghost of E. M. Forster, by the celebrated author of Tin Man. Tuscany, 1944: As Allied troops advance and bombs fall around deserted villages, a young English soldier, Ulysses Temper, finds himself in the wine cellar of a deserted villa. There, he has a chance encounter with Evelyn Skinner, a middle-aged art historian who has come to Italy to salvage paintings from the ruins and recall long-forgotten memories of her own youth. In each other, Ulysses and Evelyn find a kindred spirit amidst the rubble of war-torn Italy, and set off on a course of events that will shape Ulysses's life for the next four decades. As Ulysses returns home to London, reimmersing himself in his crew at The Stoat and Parot—a motley mix of pub crawlers and eccentrics—he carries his time in Italy with him. And when an unexpected inheritance brings him back to where it all began, Ulysses knows better than to tempt fate, and returns to the Tuscan hills. With beautiful prose, extraordinary tenderness, and bursts of humor and light, Still Life is a sweeping portrait of unforgettable individuals who come together to make a family, and a deeply drawn celebration of beauty and love in all its forms.

Atomic Habits James Clear 2018-10-16 The #1 New York Times bestseller. Over 4 million copies sold! Tiny Changes, Remarkable Results No matter your goals, Atomic Habits offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to: • make time for new habits (even when life gets crazy); • overcome a lack of motivation and willpower; • design your environment to make success easier; • get back on track when you fall off course; ...and much more. Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

The Christmas Pig J. K. Rowling 2021-10-12 A heartwarming, page-turning adventure about one child's love for his most treasured thing, and how far he will go to find it. A tale for the whole family to fall in love with, from one of the world's greatest storytellers. One boy and his toy are about to change everything... Jack loves his childhood toy, Dur Pig. DP has always been there for him, through good and bad. Until one Christmas Eve something terrible happens -- DP is lost. But Christmas Eve is a night for miracles and lost causes, a night when all things can come to life... even toys. And Jack's newest toy -- the Christmas Pig (DP's replacement) -- has a daring plan: Together they'll embark on a magical journey to seek something lost, and to save the best friend Jack has ever known...

Very Good Lives J. K. Rowling 2015-04-14 J.K. Rowling, one of the world's most inspiring writers, shares her wisdom and advice. In 2008, J.K. Rowling delivered a deeply affecting commencement speech at Harvard University. Now published for the first time in book form, VERY GOOD LIVES presents J.K.

Rowling's words of wisdom for anyone at a turning point in life. How can we embrace failure? And how can we use our imagination to better both ourselves and others? Drawing from stories of her own post-graduate years, the world famous author addresses some of life's most important questions with acuity and emotional force.

How to Not Give a F\*ck at Christmas Sarah Knight 2016-11-28 For a stressed-out, overbooked, steadfast giver of too many f\*cks, the holidays can be your Kryptonite. In this season of giving, spending, going, doing, and more, it's all too easy to wear yourself out pleasing everyone else. In *The Life-Changing Magic of Not Giving a F\*ck*, Sarah Knight taught you how to shed your unwanted obligations, shame, and guilt, and devote your time and f\*cks to things that make you happy. In this pint-sized ebook, she'll tell you how to apply the principles of not giving a f\*ck that work for you 11 months of the year to the holiday season.

Dragon Born Ela Lourenco 2015-06-22 Far in the distant reaches of the universe is a world called Azmantium. A planet with lilac skies, jade green seas and fiery red suns. A planet where everything, from the tides of the sea to life itself, is rooted in magic. Children are assessed at an early age and trained according to their unique magical talents. Lara, an orphan who has no memory of her true origins, is unaware that she has a vital role to play in the ancient prophecies that are about to begin coming true. Older than most who are just beginning their magical training, Lara will soon find out that destiny waits for no one, especially when the fate of the world rests on their shoulders. With the help of her new friends, Lara will learn that in order to save the future, she must journey into the past - to a time when Dragons ruled the world! This is the first book in the upcoming *Dragon Born* series!

A Little Life Hanya Yanagihara 2015-03-10 NATIONAL BESTSELLER • A stunning "portrait of the enduring grace of friendship" (NPR) about the families we are born into, and those that we make for ourselves. A masterful depiction of love in the twenty-first century. A NATIONAL BOOK AWARD FINALIST • A MAN BOOKER PRIZE FINALIST • WINNER OF THE KIRKUS PRIZE A Little Life follows four college classmates—broke, adrift, and buoyed only by their friendship and ambition—as they move to New York in search of fame and fortune. While their relationships, which are tinged by addiction, success, and pride, deepen over the decades, the men are held together by their devotion to the brilliant, enigmatic Jude, a man scarred by an unspeakable childhood trauma. A hymn to brotherly bonds and a masterful depiction of love in the twenty-first century, Hanya Yanagihara's stunning novel is about the families we are born into, and those that we make for ourselves. Look for Hanya Yanagihara's new novel, *To Paradise*, coming in January 2022.

The Good Life Crisis Nick Shelton 2012-07-01 The Good Life Crisis is a project that seeks to find the best answers to the question "What is the Good Life?" After traveling around the world and interviewing hundreds of inspiring people, Nick Shelton has compiled a book based on the best advice he's received. Comprised of humorous stories and practical advice, it provides you a glimpse of how to lead an ideal life in the 21st century. Containing just over 40 chapters, the book provides stories, real-life examples, and practical advice on how each of us can improve our lives and we appreciate each day. For more visit, [www.TheGoodLifeCrisis.com](http://www.TheGoodLifeCrisis.com)

Designing Your Life Bill Burnett 2016-09-20 #1 NEW YORK TIMES BEST SELLER • At last, a book that shows you how to build—design—a life you can thrive in, at any age or stage. Designers create worlds and solve problems using design thinking. Look around your office or home—at the tablet or smartphone you may be holding or the chair you are sitting in. Everything in our lives was designed by someone. And every design starts with a problem that a designer or team of designers seeks to solve. In this book, Bill Burnett and Dave Evans show us how design thinking can help us create a life that is both meaningful and fulfilling, regardless of who or where we are, what we do or have done for a living, or how young or old we are. The same design thinking responsible for amazing technology, products, and spaces can be used to design and build your career and your life, a life of fulfillment and joy, constantly creative and productive, one that always holds the possibility of surprise.

Give a Sh\*t Ashlee Piper 2018-06-26 "The time for stepping up and protecting our planet is now. And this book is an easy, enjoyable place to start." -- Moby It's time to put your good intentions into action. It's time to give a shit -- about your health, your footprint, and your planet. Give a Sh\*t guides you through the transition to a kinder, healthier, more conscious, and sustainable life like no book has done before. With a humorous and nonjudgmental tone, savvy eco-friendly lifestyle expert Ashlee Piper walks you through easy-but-impactful shifts anyone can make to live and be better every damn day: In your home - Room-

by-room guidance and tactics for a chic, affordable, sustainable living space, no matter where or how you live In the kitchen - 20+ unfussy, quick, and delicious plant-based recipes for every life occasion, from pantry staples like White Witch Almond Milk to exciting everyday fare like Walnut Chorizo Tostadas to kick-ass desserts like Jamocha Silk Pie In your closet - Advice for building a polished, ethical wardrobe in a world of fast fashion In the mirror - Beauty and grooming tips and DIY products (from skin care to foundation to, ahem, ladytime provisions) that are safer, natural, cruelty-free, and, best of all, effective In the wild - How to maintain your values (and your moxie) at work, in your social life, and when abroad Give a Sh\*t isn't a manual of restrictions -- it's a practical handbook that meets you where you are and finally harmonizes doing good with living well.

Books Promiscuously Read Heather Cass White 2021-07-06 The critic and scholar Heather Cass White offers an exploration of the nature of reading Heather Cass White's Books Promiscuously Read is about the pleasures of reading and its power in shaping our internal lives. It advocates for a life of constant, disorderly, time-consuming reading, and encourages readers to trust in the value of the exhilaration and fascination such reading entails. Rather than arguing for the moral value of reading or the preeminence of literature as an aesthetic form, Books Promiscuously Read illustrates the irreplaceable experience of the self that reading provides for those inclined to do it. Through three sections—Play, Transgression, and Insight—which focus on three ways of thinking about reading, Books Promiscuously Read moves among and considers many poems, novels, stories, and works of nonfiction. The prose is shot through with quotations reflecting the way readers think through the words of others. Books Promiscuously Read is a tribute to the whole lives readers live in their books, and aims to recommend people to those lives. As White writes, “What matters is staying attuned to an ordinary, unflashy, mutely persistent miracle; that all the books to be read, and all the selves to be because we have read them, are still there, still waiting, still undiminished in their power. It is an astonishing joy.” Very Good Lives J.K. Rowling 2015-04-14 In 2008, J.K. Rowling delivered a deeply affecting commencement speech at Harvard University. Now published for the first time in book form, Very Good Lives offers J.K. Rowling's words of wisdom for anyone at a turning point in life, asking the profound and provocative questions: How can we embrace failure? And how can we use our imagination to better both ourselves and others? Drawing from stories of her own post-graduate years, the world-famous author addresses some of life's most important issues with acuity and emotional force.

How to Live a Good Life Jonathan Fields 2018-03-13 Seriously . . . another book that tells you how to live a good life? Don't we have enough of those? You'd think so. Yet, more people than ever are walking through life disconnected, disengaged, dissatisfied, mired in regret, declining health, and a near maniacal state of gut-wrenching autopilot busyness. Whatever is out there isn't getting through. We don't know who to trust. We don't know what's real and what's fantasy. We don't know how and where to begin and we don't want to wade through another minute of advice that gives us hope, then saps our time and leaves us empty. How to Live a Good Life is your antidote; a practical and provocative modern-day manual for the pursuit of a life well lived. No need for blind faith or surrender of intelligence; everything you'll discover is immediately actionable and subject to validation through your own experience. Drawn from the intersection of science, spirituality, and the author's years-long quest to learn at the feet of masters from nearly every tradition and walk of life, this book offers a simple yet powerful model, the “Good Life Buckets ” —spend 30 days filling your buckets and reclaiming your life. Each day will bring a new, practical yet powerful idea, along with a specific exploration designed to rekindle deep, loving, and compassionate relationships; cultivate vitality, radiance, and graceful ease; and leave you feeling lit up by the way you contribute to the world, like you're doing the work you were put on the planet to do. How to Live a Good Life is not just a book to be read; it's a path to possibility, to be walked, then lived.

The Seven Husbands of Evelyn Hugo Evelyn Hugo Taylor Jenkins Reid 2017-06-13 The epic adventures Evelyn creates over the course of a lifetime will leave every reader mesmerized. This wildly addictive journey of a reclusive Hollywood starlet and her tumultuous Tinseltown journey comes with unexpected twists and the most satisfying of drama.

[How Will You Measure Your Life? \(Harvard Business Review Classics\)](#) Clayton M. Christensen 2017-01-17 In the spring of 2010, Harvard Business School's graduating class asked HBS professor Clay Christensen to address them—but not on how to apply his principles and thinking to their post-HBS careers. The students wanted to know how to apply his wisdom to their personal lives. He shared with them a set of guidelines that have helped him find meaning in his own life, which led to this now-classic article. Although Christensen's thinking is rooted in his deep religious faith, these are strategies anyone can use. Since



1922, Harvard Business Review has been a leading source of breakthrough ideas in management practice. The Harvard Business Review Classics series now offers you the opportunity to make these seminal pieces a part of your permanent management library. Each highly readable volume contains a groundbreaking idea that continues to shape best practices and inspire countless managers around the world.

Get Your Sh\*t Together Sarah Knight 2016-12-27 The New York Times bestseller from the author of The Life-Changing Magic of Not Giving a F\*ck and You Do You. The no-f\*cks-given, no-holds-barred guide to living your best life. Ever find yourself stuck at the office-or even just glued to the couch -- when you really want to get out (for once), get to the gym (at last), and get started on that "someday" project you're always putting off? It's time to get your sh\*t together. In The Life-Changing Magic of Not Giving a F\*ck, "anti-guru" Sarah Knight introduced readers to the joys of mental decluttering . This book takes you one step further -- organizing the f\*cks you want and need to give, and cutting through the bullsh\*t cycle of self-sabotage to get happy and stay that way. You'll discover: The Power of Negative Thinking Three simple tools for getting your sh\*t together How to spend less and save more Ways to manage anxiety, avoid avoidance, and conquer your fear of failure And tons of other awesome sh\*t! Praise for Sarah Knight: "Genius." -- Cosmopolitan "Self-help to swear by." -- The Boston Globe "Hilarious... truly practical." -- Booklist

How to Live a Good Life Massimo Pigliucci 2020-01-07 A collection of essays by fifteen philosophers presenting a thoughtful, introductory guide to choosing a philosophy for living an examined and meaningful life. Socrates famously said "the unexamined life is not worth living," but what does it mean to truly live philosophically? This thought-provoking, wide-ranging collection brings together essays by fifteen leading philosophers reflecting on what it means to live according to a philosophy of life. From Eastern philosophies (Daoism, Confucianism, and Buddhism) and classical Western philosophies (such as Aristotelianism and Stoicism), to the four major religions, as well as contemporary philosophies (such as existentialism and effective altruism), each contributor offers a lively, personal account of how they find meaning in the practice of their chosen philosophical tradition. Together, the pieces in How to Live a Good Life provide not only a beginner's guide to choosing a life philosophy but also a timely portrait of what it means to live an examined life in the twenty-first century. A VINTAGE ORIGINAL

1,000 Books to Read Before You Die James Mustich 2018-10-02 "The ultimate literary bucket list." —THE WASHINGTON POST Celebrate the pleasure of reading and the thrill of discovering new titles in an extraordinary book that's as compulsively readable, entertaining, surprising, and enlightening as the 1,000-plus titles it recommends. Covering fiction, poetry, science and science fiction, memoir, travel writing, biography, children's books, history, and more, 1,000 Books to Read Before You Die ranges across cultures and through time to offer an eclectic collection of works that each deserve to come with the recommendation, You have to read this. But it's not a proscriptive list of the "great works"—rather, it's a celebration of the glorious mosaic that is our literary heritage. Flip it open to any page and be transfixed by a fresh take on a very favorite book. Or come across a title you always meant to read and never got around to. Or, like browsing in the best kind of bookshop, stumble on a completely unknown author and work, and feel that tingle of discovery. There are classics, of course, and unexpected treasures, too. Lists to help pick and choose, like Offbeat Escapes, or A Long Climb, but What a View. And its alphabetical arrangement by author assures that surprises await on almost every turn of the page, with Cormac McCarthy and The Road next to Robert McCloskey and Make Way for Ducklings, Alice Walker next to Izaak Walton. There are nuts and bolts, too—best editions to read, other books by the author, "if you like this, you'll like that" recommendations , and an interesting endnote of adaptations where appropriate. Add it all up, and in fact there are more than six thousand titles by nearly four thousand authors mentioned—a life-changing list for a lifetime of reading. "948 pages later, you still want more!" —THE WASHINGTON POST

The Good Life Method Meghan Sullivan 2022-01-04 Two Philosophers Ask and Answer the Big Questions About the Search for Faith and Happiness For seekers of all stripes, philosophy is timeless self-care. Notre Dame philosophy professors Meghan Sullivan and Paul Blaschko have reinvigorated this tradition in their wildly popular and influential undergraduate course "God and the Good Life," in which they wrestle with the big questions about how to live and what makes life meaningful. Now they invite us into the classroom to work through issues like what justifies our beliefs, whether we should practice a religion and what sacrifices we should make for others—as well as to investigate what figures such as Aristotle, Plato, Marcus Aurelius, Iris Murdoch, and W. E. B. Du Bois

have to say about how to live well. Sullivan and Blaschko do the timeless work of philosophy using real-world case studies that explore love, finance, truth, and more. In so doing, they push us to escape our own caves, ask stronger questions, explain our deepest goals, and wrestle with suffering, the nature of death, and the existence of God. Philosophers know that our “good life plan” is one that we as individuals need to be constantly and actively writing to achieve some meaningful control and sense of purpose even if the world keeps throwing surprises our way. For at least the past 2,500 years, philosophers have taught that goal-seeking is an essential part of what it is to be human—and crucially that we could find our own good life by asking better questions of ourselves and of one another. This virtue ethics approach resonates profoundly in our own moment. The Good Life Method is a winning guide to tackling the big questions of being human with the wisdom of the ages.

This Is Water David Foster Wallace 2009-04-14 In this rare peek into the personal life of the author of numerous bestselling novels, gain an understanding of David Foster Wallace and how he became the man that he was. Only once did David Foster Wallace give a public talk on his views on life, during a commencement address given in 2005 at Kenyon College. The speech is reprinted for the first time in book form in *This is Water*. How does one keep from going through their comfortable, prosperous adult life unconsciously? How do we get ourselves out of the foreground of our thoughts and achieve compassion? The speech captures Wallace's electric intellect as well as his grace in attention to others. After his death, it became a treasured piece of writing reprinted in *The Wall Street Journal* and the *London Times*, commented on endlessly in blogs, and emailed from friend to friend. Writing with his one-of-a-kind blend of causal humor, exacting intellect, and practical philosophy, David Foster Wallace probes the challenges of daily living and offers advice that renews us with every reading.

The Good Life Elsewhere Vladimir Lorchenkov 2014-02-02 A group of adventurous villagers attempt to escape Moldova for Italy in this “outstanding . . . darkly hilarious” novel of poverty and hope in Eastern Europe (*The Wall Street Journal*). The Moldovian village of Larga is depressed in more ways than one and its remaining citizens long for a better life. Meanwhile, just over the border in Italy, the economy is booming. But when a group of Largans decide to take fate into their own hands and attempt to cross the border, their efforts result in a tragicomic romp of post-Soviet shenanigans. In this “simultaneously hilarious and heartbreaking tale,” an Orthodox priest is deserted by his wife for an art-dealing atheist; a mechanic redesigns his tractor for travel by air and sea; thousands of villagers take to the road on a modern-day religious crusade to make it to the promised land of Italy; meanwhile, politicians remain politicians (*Publishers Weekly*). “A touching and hilarious chronicle about the age-old European yearning for one more chance. A chance that may never come.” —Gary Shteyngart

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