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Year of Yes-Shonda Rhimes 2015-11-10 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. The Social Change Model-Kristan C. Skendali 2017-01-25 A comprehensive guide to using the Social Change Model in all types of curricular and co-curricular settings This book is designed to provide leadership educators with a wealth of classroom and workshop activities, discussion and reflection questions, assignment suggestions, and additional resources such as video clips and supplementary readings. It also includes several case studies for students to consider the implications of applying all eight elements of the Social Change Model in a variety of contexts. The Social Change Model of Leadership Development—upon which the book is based—was designed by well-known leadership educators and received wide acclaim and use. The validity of this model has been established through a number of research studies including the Multi-Institutional Study of Leadership. Written by leading experts and developers of the Social Change Model who often present and consult on the topic Helps curricular and co-curricular leadership educators teach the Social Change Model through individual and group activities, reflection questions, and discussion questions. Walks course or workshop facilitators through the entire process of teaching the content and facilitating and debriefing activities If you’re a leadership educator of high school, undergraduate, or graduate school students, The Social Change Model: Facilitating Leadership Development is indispensable reading. Please note that The Social Change Model: Facilitating Leadership Development is intended to be used as a Facilitator’s Guide to Leadership for a Better World, 2nd Edition (978-1-119-20759-7) in seminars, workshops, and college classrooms. You’ll find that, while each book can be used on its own, the content in both is also designed for use together. A link to the home page of Leadership for a Better World can be found below under Related Titles.

I’m Judging You-Luvvie Ajayi 2016-09-13 Humorous essays that dissects our cultural obsessions and calls out bad behavior in our increasingly digital, connected lives Planetwalker-John Francis, Ph.D. 2008-04-08 When the struggle to save oil-soaked birds and restore blackened beaches left him feeling frustrated and helpless, John Francis decided to take a more fundamental and personal stand—he stopped using all forms of motorized transportation. Soon after embarking on this quest that would span two decades and two continents, the young man took a vow of silence that endured for 17 years. It began as a silent environmental protest, but as a young African-American man, walking across the country in the early 1970s, his idea of “the environment” expanded beyond concern about pollution and loss of habitat to include how we humans treat each other and how we can better communicate and work together to benefit the earth. Through his silence and walking, he learned to listen, and along the way, earned college and graduate degrees in science and environmental studies. The United Nations appointed him goodwill ambassador to the world’s grassroots communities and the U.S. government recruited him to help address the Exxon Valdez disaster. Was he crazy? How did he live and earn all those degrees without talking? An amazing human-interest story, with a vital message, Planetwalker is also a deeply personal and engaging coming-of-age odyssey—the positive experiences, the challenging times, the characters encountered, and the learning gained along the way. When Momma Speaks-Stephanie Buckhanon Crowder 2016-09-01 Stephanie Buckhanon Crowder provides an engaging womanist reading of mother characters in the Old and New Testaments. After providing a brief history of womanist biblical interpretation, she shows how the stories of several biblical mothersHagar, Rizpah, Bathsheba, Mary, the Canaanite woman, and Zebedee’s wifecan be powerful sources for critical reflection, identification, and empowerment. Crowder also explores historical understandings of motherhood in the African American community and how these help to inform present-day perspectives. She includes questions for discussion with each chapter. Presence-Amy Cuddy 2015-12-22 New York Times bestsellerWall Street Journal bestseller USA Today bestseller Publishers Weekly bestseller Forbes “15 Best Business Books of the Year”People “Book of the Week”AARP Editor’s Pick Translated into 34 languages and counting “Presence feels at once concrete and inspiring, simple but ambitious—above all, truly powerful.” -- New York Times Book Review Have you ever left a nerve-racking challenge and immediately wished for a do over? Maybe after a job interview, a performance, or a difficult conversation? The very moments that require us to be genuine and commanding can instead cause us to feelphony and powerless. To often we approach our lives’ biggest hurdles with dread, execute them with anxiety, and leave them with regret. By accessing our personal power, we can achieve “presence,” the state in which we stop worrying about the impression we’re making on others and instead adjust the impression we’ve been making on ourselves. As Harvard professor Amy Cuddy’s revolutionary book reveals, we don’t need to embark on a grand spiritual quest or complete an inner transformation to harness the power of presence. Instead, we need to nudge ourselves, moment by moment, by tweaking our body language, behavior, and mind-set in our day-to-day lives. Amy Cuddy has galvanized tens of millions of viewers around the world with her TED talk about “power poses.” Now she presents the enthralling science underlying these and many other fascinating body-mind effects, and teaches us how to use simple techniques to liberate ourselves from fear in high-pressure moments, perform at our best, and connect with and empower others to do the same. Brilliantly researched, impassioned, and accessible, Presence is filled with stories of individuals who learned how to flourish during the stressful moments that once terrified them. Every reader will learn how to approach their biggest challenges with confidence instead of dread, and to leave them with satisfaction instead of regret.

Smash It!-Francina Simone 2020-09-22 Refreshingly authentic and bold... Don’t miss this smashing #ownvoices novel from Francina Simone! Filled with heart, humor and a heroine to root for, Smash It! is a perfect read for fans of Julie Murphy, Ibi Zoboi and Ashley Poston. Olivia “Liv” James is done with letting her insecurities get the best of her. So she does what any self-respecting hot mess of a girl who wants to SMASH junior year does... After Liv shows up to a Halloween party in khaki shorts—why, God, why?—she decides to set aside her wack AF ways. She makes a list—a F*ck-it list. 1. Be bold—do the thing that scares me. 2. Learn to take a compliment. 3. Stand out instead of back. She kicks it off by trying out for the school musical, saying yes to a date and making new friends. Life is great when you stop punking yourself! However, with change comes a lot of missteps, and being bold means following her heart. So what happens when Liv’s heart is interested in three different guys—and two of them are her best friends? What is she supposed to do when she gets dumped by a guy she’s not even dating? How does one Smash It! after the humiliation of being friend-zoned? In Liv’s own words, “F*ck it. What’s the worst that can happen?” A lot, apparently. #SMASHIT Writing My Wrongs-Shaka Senghor 2016-03-08 New York Times Bestseller A memoir of redemption, reform, and second chances amidst America’s mass incarceration epidemic. Shaka Senghor was raised in a middle class neighborhood on Detroit’s east side during the height of the 1980s crack epidemic. An honor roll student and a natural leader, he dreamed of becoming a doctor—but at age 11, his parents’ marriage began to unravel, and the beatings from his mother worsened, sending him on a downward spiral that saw him run away from home, turn to drug dealing to survive, and end up in prison for murder at the age of 19, fuming with anger and despair. Writing My Wrongs is the story of what came next. During his nineteen-year incarceration, seven of which were spent in solitary confinement, Senghor discovered literature, meditation, self-examination, and the kindness of others—tools he used to confront the demons of his past, forgive the people who hurt him, and begin atoning for the wrongs he had committed. Upon his release at age thirty-eight, Senghor became an activist and mentor to young men and women facing circumstances like his. His work in the community and the courage to share his story led him to fellowships at the MIT Media Lab and the Kellogg Foundation and invitations to speak at events like TED and the Aspen Ideas Festival. In equal turns, Writing My Wrongs is a page-turning portrait of life in the shadow of poverty, violence, and fear; an unforgettable story of redemption, reminding us that our worst deeds don’t define us; and a compelling witness to our country’s need for rethinking its approach to crime, prison, and the men and women sent there. — Oprah’s Super Soul 100 Member

Permission to Feel-Marc Brackett, Ph.D. 2019-09-03 The mental well-being of children and adults is shockingly poor. Marc Brackett, author of Permission to Feel, knows why. And he knows what we can do. “We have a crisis on our hands, and its victims are our children.” Marc Brackett is a professor in Yale University’s Child Study Center and founding director of the Yale Center for Emotional Intelligence. In his 25 years as an emotion scientist, he has developed a remarkably effective plan to improve the lives of children and adults – a blueprint for understanding our emotions and using them wisely so that they help, rather than hinder, our success and well-being. The core of his approach is a legacy from his childhood, from an astute uncle who gave him permission to feel. He was the first adult who managed to see Marc, listen to him, and recognize the suffering, bullying, and abuse he’d endured. And that was the beginning of Marc’s awareness that what he was going through was temporary. He wasn’t alone, he wasn’t stuck on a timeline, and he wasn’t “wrong” to feel scared, isolated, and angry. Now, best of all, he could do something about it. In the decades since, Marc has led large research teams and raised tens of millions of dollars to investigate the roots of emotional well-being. His prescription for healthy children (and their parents, teachers, and schools) is a system called RULER, a high-impact and fast-effect approach to understanding and mastering emotions that has already transformed the thousands of schools that have adopted it. RULER has been proven to reduce stress and burnout, improve school climate, and enhance academic achievement. This book is the culmination of Marc’s development of RULER and his way to share the strategies and skills with readers around the world. It is tested, and it works. This book combines rigor, science, passion and inspiration in equal parts. Too many children and adults are suffering; they are ashamed of their feelings and emotionally unskilled, but they don’t have to be. Marc Brackett’s life mission is to reverse this course, and this book can show you how.

The Art of Stillness-Pico Iyer 2014-11-04 A follow up to Pico Iyer’s essay “The Joy of Quiet,” The Art of Stillness considers the unexpected advantage of staying put and reveals a counterintuitive truth: The more ways we have to connect, the more we sense desperate to unplug. Why might a lifelong traveler like Pico Iyer, who has journeyed from Easter Island to Ethiopia, Cuba to Kathmandu, think that sitting quietly in a room might be the ultimate adventure? Because in our madly accelerating world, our lives are crowded, chaotic and noisy. There’s never been a greater need to slow down, tune out and give ourselves permission to be still. In The Art of Stillness—a TED Books release—Iyer investigate the lives of people who have made a life seeking stillness: from Matthieu Ricard, a Frenchman with a PhD in molecular biology who left a promising scientific career to become a Tibetan monk, to revered singer-songwriter Leonard Cohen, who traded the pleasures of the senses for several years of living the near-silent life of meditation as a Zen monk. Iyer also draws on his own experiences as a travel writer to explore why advances in technology are making us more likely to retreat. He reflects that this is perhaps the reason why many people—even those with no religious commitment—seem to be turning to yoga, or meditation, or seeking silent retreats. These aren’t New Age fads so much as ways to rediscover the wisdom of an earlier age. Growing trends like observing an “Internet Sabbath”—turning off online connections from Friday night to Monday morning—highlight how increasingly desperate many of us are to unplug and bring stillness into our lives. The Art of Stillness paints a picture of why so many—from Marcel Proust to Mahatma Gandhi to Emily Dickinson—have found richness in stillness. Ultimately, Iyer shows that, in this age of constant movement and connectedness, perhaps staying in one place is a more exciting prospect, and a greater necessity than ever before. In 2013, Pico Iyer gave a blockbuster TED Talk. This lyrical and inspiring book expands on a new idea, offering a way forward for all those feeling affected by the frenetic pace of our modern world.

A \$500 House in Detroit-Drew Philp 2017-04-11 A young college grad buys a house in Detroit for \$500 and attempts to restore it—and his new neighborhood—to its original glory in this ‘deeply felt, sharply observed personal quest to create meaning and community out of the fallen...A standout’ (Kirkus Reviews, starred review). Drew Philp, an idealistic college student from a working-class Michigan family, decides to live where he can make a difference. He sets his sights on Detroit, the failed metropolis of abandoned buildings, widespread poverty, and rampant crime. Arriving with no job, no friends, and no money, Philp buys a ramshackle house for five hundred dollars in the east side neighborhood known as Poletown. The roomy Queen Anne he now owns is little more than a crumbling brick foundation, missing windows, heat, water, electricity, and a functional roof. A \$500 House in Detroit is Philp’s raw and earnest account of rebuilding everything but the frame of his house, nail by nail and room by room. “Philp is a great storyteller...[and his] engrossing” (Booklist) tale is also of a young man finding his footing in the city, the country, and his own generation. We witness his concept of Detroit shift, expand, and evolve as his plan to save the city gives way to a life forged from political meaning, personal connection, and collective purpose. As he assimilates into the community of Detroiters around him, Philp guides readers through the city’s vibrant history and engages in urgent conversations about gentrification, racial tensions, and class warfare. Part social history, part brash generational statement, part comeback story, A \$500 House in Detroit “shines [in its depiction of] the ‘radical neighborliness’ of ordinary people in desperate circumstances” (Publishers Weekly). This is an unforgettable, intimate account of the tentative revival of an American city and a glimpse at a new way forward for generations to come.

101 Ways to Use Social Media to Do Good-Francis Leary 2018-05-16 Discover the transformative potential of social media in this engaging and thought-provoking exploration of humanity’s favorite pastime. 101 Ways to Use Social Media to Do Good identifies 101 very simple actions that social media users can take, starting today, in order to make a positive impact in our own lives, in the lives of others, and in the world. Every action we take on social media is a choice, and every choice generates an outcome. It is up to each of us to choose actions that affect positive change, and this is our roadmap. Our mission, if we choose to accept it, is to change the world...one social media post at a time.

Nigger-Randall Kennedy 2008-12-18 It’s “the nuclear bomb of racial epithets,” a word that whites have employed to wound and degrade African Americans for three centuries. Paradoxically, among many black people it has become a term of affection and even empowerment. The word, of course, is nigger, and in this candid, lucidly argued book the distinguished legal scholar Randall Kennedy traces its origins, maps its multifarious connotations, and explores the controversies that rage around it. Should blacks be able to use nigger in ways forbidden to others? Should the law treat it as a provocation that reduces the culpability of those who respond to it violently? Should it cost a person his job, or a book like Huckleberry Finn its place on library shelves? With a range of reference that extends from the Jim Crow south to Chris Rock routines and the O. J. Simpson trial, Kennedy takes on not just a word, but our laws, attitudes, and culture with bracing courage and intelligence.

Third Girl from the Left-Martha Southgate 2015-02-17 The New York Times hailed Martha Southgate’s previous novel, The Fall of Rome, as “powerful,” O, the Oprah Magazine called it “quietly accomplished,” and Essence lauded it as “a bracingly honest look at race, class, and self-acceptance.” With Third Girl from the Left, Southgate brings her acute vision and emotional scope to a larger canvas. This enormously entertaining yet serious novel tells a story of African-American women struggling against all odds to express what lies deepest in their hearts. Like Michael Chabon’s The Amazing Adventures of Kavalier and Clay or E. L. Doctorow’s Ragtime, it ranges freely through time, fact, and fiction to weave an enthralling story about history and art and their place in the lives of three women. “My mother believed in the power of movies and the people in them to change a life, to change her life.” So explains Tamara, daughter of Angela, granddaughter of Mildred — the three women whose lives are portrayed in stunning detail in this ambitious novel spanning three generations of one family. Tulsa, Oklahoma, in 1970 is not a place a smart black girl wants to linger. For Angela, twenty years old and beautiful, the stifling conformity is unbearable. She heads to Los Angeles just as blaxploitation movies are pouring money into the studios and lands a few bit parts before an unplanned pregnancy derails her plans for stardom. For Mildred, movies have always been a blessed diversion in a life marked by the legacy of the 1921 Tulsa race riots. But after Angela leaves Tulsa following a bitter fight, the distance between them grows into a breach that remains for years. It falls to Tamara, a budding documentarian — raised in LA by Angela as though they have no family, no history — to help mother and grandmother confront all that has been silenced and left unsaid in their lives. A bold, beautifully written, and deeply involving novel, Third Girl from the Left deftly examines the pull of the movies, the power of desire, and the bonds of family in a quintessentially American story.

Eat, Pray, Love-Elizabeth Gilbert 2007-03-05 The Number One international bestseller, Eat, Pray Love is a journey around the world, a quest for spiritual enlightenment and a story for anyone who has battled with divorce, depression and heartbreak.

Brave, Not Perfect-Reshma Saujani 2020-05-05 INTERNATIONAL BESTSELLER * Inspired by her popular TED Talk, the founder and CEO of Girls Who Code urges women to embrace imperfection and live a bolder, more authentic life. “A timely message for women of all ages: Perfection isn’t just impossible but, worse, insidious.”--Angela Duckworth, bestselling author of Grit Imagine if you lived without the fear of not being good enough. If you didn’t care how your life looked on Instagram. If you could let go of the guilt and stop beating yourself up for making human mistakes. Imagine if, in every decision you faced, you took the bolder path? As women, too many of us feel crushed under the weight of our own expectations. We run ourselves ragged trying to please everyone, pass up opportunities that scare us, and avoid rejection at all costs. There’s a reason we act this way, Saujani says. As girls, we were taught to play it safe. Well-meaning parents and teachers praised us for being quiet and polite, urged us to be careful so we didn’t get hurt, and steered us to activities at which we could shine. As a result, we grew up to be women who are afraid to fail. It’s time to stop letting our fears drown out our dreams and narrow our world, along with our chance at happiness. By choosing bravery over perfection, we can find the power to claim our voice, to leave behind what makes us unhappy, and to go for the things we genuinely, passionately want. Joyfulness may set us on a path that feels safe, but bravery leads us to the one we’re authentically meant to follow. In Brave, Not Perfect,Saujani shares powerful insights and practices to help us let go of our need for perfection and make bravery a lifelong habit. By being brave, not perfect, we can all become the authors of our best and most joyful life.

My Year of Saying No-Maxine Morrey 2020-04-16 Lottie Wentworth has never been more pleased to hear Big Ben ring in the new year and wave goodbye to The Year of Saying Yes! When a long-term relationship ended, her best friend’s scheme to get Lottie back in the swing of things seemed like a good idea. Yes, she’s kept her promise to Jess to see it through but, as a lover of the quiet life, Lottie couldn’t be happier to say hello to a brand new year - The Year of Saying No! Unfortunately, the one thing she still seems unable to say no to is the crush she has on her best client and now friend, Army veteran, Seb Marshall. But she’s working on it, and with rescue dog Humphrey at her side, she knows that she’ll manage just fine. Lottie’s decision to stop trying to please everyone has brought a sense of relief beyond what she had expected. Her actions and determination have also begun to send ripples throughout her life and those closest to her, bringing about changes none of them could have expected. But will all those changes be for the good? Readers love Maxine Morrey’s books: ‘A lovely story that kept me turning the pages’ Jules Wake ‘A stunning, perfect novel - it literally took my breath away.’ The Writing Garnet, 5 stars ‘A warm hug of a book.’ Rachel’s Random Reads, 5 stars

Who Are You, Really?-Brian R. Little 2017-08-15 “Traditionally, scientists have emphasized what they call the first and second natures of personality—genes and culture, respectively. But today the field of personality science has moved well beyond the nature vs. nurture debate. In Who Are You, Really? Dr. Brian Little presents a distinctive view of how personality shapes our lives—and why this matters. Little makes the case for a third nature to the human condition—the pursuit of personal projects, idealistic dreams, and creative ventures that shape both people’s lives and their personalities. Little uncovers what personality science has been discovering about the role of personal projects, revealing how this new concept can help people better understand themselves and shape their lives” – provided by publisher.

You Don’t Look Your Age...and Other Fairy Tales-Sheila Nevins 2017-05-02 INSTANT NEW YORK TIMES BESTSELLER “Thank you to Sheila Nevins for putting all this down for posterity. Women need this kind of honest excavation of the process of living.” —Meryl Streep An astonishingly frank, funny, poignant book for any woman who wishes they had someone who would say to them, “This happened to me, learn from my mistakes and my successes. Because you can’t get smarter as you get older, you get braver.” Sheila Nevins is the best friend you never knew you had. She is your discreet confidante you can tell any secret to, your sage mentor at work who helps you navigate the often uneven playing field, your wise sister who has “been there, done that,” your hysterical girlfriend whose stories about men will make laugh until you cry. Sheila Nevins is the one person who always tells it like it is. In You Don’t Look Your Age, the famed documentary producer (as President of HBO Documentary Films for over 30 years, Nevins has rightfully been credited with creating the documentary rebirth) finally steps out from behind the camera and takes her place front and center. In these pages you will read about the real life challenges of being a woman in a man’s world, what it means to be a working mother, what it’s like to be an older woman in a youth-obsessed culture, the sometimes changing, often sweet truth about marriages, what being a feminist really means, and that you are in good company if your adult children don’t return your phone calls. So come, sit down, make yourself comfortable, (and for some of you, don’t forget the damn reading glasses). You’re in for a treat.

Choose Your Own Misery-Mike MacDonald 2016-01-26 You have endless choices...but few real options. Hungover and stuck at a job you hate, will you show up for your big presentation, or duck out with Debby, the HR rep with an FDR fetish? Play the weird lump on your back for office-wide sympathy, or dive into an internet spiral that can only end in “ten kinds of cancer”? Tell someone about the weird genetic-fondling that’s happening at the crystal healer’s, or just accept that this is the best substitute you’ll find for love, today...or maybe ever? From two comedy writers and former contributors to THE ONION comes a parody of a choose-your-own-adventure tale!The story of your soul-crushing existence. Having choices is great when you’re a kid, but in the adult world, the only options are endless varieties of misery. It’s okay, though. A life of adventure would require so many uncomfortable sleeping situations. Besides, you have dental. Keep reminding yourself about the dental. “Hell, the only reason for going to work is to goof-off reading Jilly Gagnon’s and Mike MacDonald’s book, Choose Your Own Misery: The Office!”—E. Jean Carroll, former writer for SNL “Choose Your Own Misery: The Office [is] the most addictive, clever, and honestly hilarious decision tree you’ve ever read.”—Zack Bornstein, segment director at Jimmy Kimmel Live “Sorry, I’ve been spending every waking hour lost in your maddening madcap narrative labyrinth. I’ll try to send a blurb for the book by the deadline!”—Jamie Brew, Associate Editor at Clickhole “It’s time for you to choose your own miserable adventure, just like you do every day of your miserable life, but now in hilarious book form!”—Nate Dern, Head Writer for Fun or Die “Oh, how I laughed at this droll little book. Then, slowly but irreversibly, it filled me up with dread.”—Jesse Andrews, author of the NY Times Bestselling ME AND EARL AND THE DYING GIRL “Choose Your Own Misery: The Office is a bittersweet, brutal, and frequently hilarious twist on the childhood classics.”—NERDIST.COM “(Choose Your Own Misery: The Office) is one of the few books I’ve made sure to bring with me to show others when going out... even though filled with miserable and sometimes darker choices, [it] is definitely one of the funniest books I’ve read lately.”—TECHARIS “In their rip-roaringly funny book, Choose Your Own Misery: The Office, the two Onion alums make a dark and decidedly adult play on beloved childhood “choose your own adventure” novels...(Choose Your Own Misery) may be the funniest book released this year.”—NEWSWEEK This book is a parody. It was not authorized by Chooseco, the publisher of Choose Your Own Adventure. Choose Your Own Adventure is a registered trademark of Chooseco LLC.

A Breath Too Late-Rocky Callen 2020-04-28 For fans of Bill in Pieces, All the Bright Places, and Girl, Interrupted comes a haunting and breathtaking YA contemporary debut novel that packs a powerful message: hope can be found in the darkness. “Achingly poignant. . . a love letter and a life raft to the brokenhearted.” --New York Times bestselling author Alison McGhee Seventeen-year-old Ellie had no hope left. Yet the day after she dies by suicide, she finds herself in the midst of an out-of-body experience. She is a spectator, swaying between past and present, retracing the events that unfolded prior to her death. But there are gaps in her memory, fractured pieces Ellie is desperate to re-assemble. The key is her mother, a songbird who wanted to break free from her oppressive cage. The boy made of brushstrokes and goofy smiles who brought color into a gray world. Her brooding father, with his sad puppy eyes and clenched fists. And Ellie’s determined to find out why a piece of her was left behind. Told in epistolary-like style, Rocky Callen’s deeply moving A Breath Too Late sensitively examines the beautiful and terrible moments that make up a life and the possibilities that live in even the darkest of places. Perfect for fans of the critically-acclaimed Speak, I’ll Give You the Sun, and If I Stay. “An exquisitely played love song to life, in all of its hurts, wonders, memories, and loves.” --Jeff Zentner, Morris Award winning author of The Serpent King and Goodbye Days “A haunting story, punctuated with brilliant points of hope and light. This is an important story. A necessary story. . . Callen’s writing radiates with passion, honesty and love.” --National Book Award finalist and Printz Award-winning author An Na

Ask for More-Alexandra Carter 2020-05-05 #*Instant Wall Street Journal Bestseller** “A joy to read.” --Douglas Stone and Sheila Heen, authors of Difficult Conversations “Like having a negotiation coach in your corner...giving you the courage to ask for more.” --Linda Babcock, author of Women Don’t Ask Ask for More shows that by asking better questions, you get better answers—and better results from any negotiation. Negotiation is not a zero-sum game. It’s an essential skill for your career that can also improve your closest relationships and your everyday life, but often people shy away from it, feeling defeated before they’ve even started. In this groundbreaking new book on negotiation, Ask for More, Alexandra Carter—Columbia law professor and mediation expert who has helped students, business professionals, the United Nations, and more—offers a straightforward, accessible approach anyone can use to ask for and get more. We’ve been taught incorrectly that the loudest and most assertive voice prevails in any negotiation, or otherwise both sides compromise, ending up with less. Instead Carter shows that you get far more value by asking the right questions of the person you’re negotiating with than you do from arguing with them. She offers a simple yet powerful ten-question framework for successful negotiation where both sides emerge victorious. Carter’s proven method extends far beyond one “yes” and instead creates value that lasts a lifetime. Ask for More gives you the tools to bring clarity and perspective to any important discussion, no matter the topic.

Boy On Ice-John Branch 2014-10-07 The Pulitzer Prize-winning reporter’s heartbreaking account of the life and shocking death of the toughest man in hockey. Boy on Ice is New York Times reporter John Branch’s chronicle of Boogaard’s tragic life and death. A human story in the tradition of Friday Night Lights and The Blind Side, it’s a book that raises deep and disturbing questions about the systemic brutality of contact sports—from peewees to professionals—and damage that reaches far beyond the game. Derek Boogaard was a mountain of a man who lived an almost mythic sports story: from pond-hockey on the prairies of Saskatchewan, to a first NHL contract in Minnesota, to the storied New York Rangers as the most feared enforcer in the league. A gentle young man, he was a brutal fighter on ice skates, capable of delivering career-ending punches and intimidating entire teams. But at 28, his death from an overdose of painkillers in the wake of a series of concussions helped shatter the silence about violence in professional sports.

The Gratitude Diaries-Janice Kaplan 2015 “Recounts how the author spent a year living gratefully, drawing on advice from psychologists, academics, doctors, and philosophers to gain a fresh outlook that transformed her relationships, work, health, and daily life.” --Novelist.

Lead Fearlessly, Love Hard-Linda Claitt-Wyman 2017-07-18 How leadership with love can make lasting changes, even in the toughest situations Lead Fearlessly, Love Hard offers real, actionable advice for those seeking to change the education system from within. While countless books, articles, and speeches decrie the challenges disadvantaged students in low-performing schools face, no one has offered a clear path forward through these challenges—until now. Author Linda Claitt-Wyman, principal of Strawberry Mansion High School in Philadelphia, grew up in the same North Philadelphia neighborhood where she now leads and fought every single day for the chance to become a part of the solution. Today, she is a turnaround principal and popular TED Talk speaker who helps children living in poverty achieve more than they ever thought possible. In Lead Fearlessly, Love Hard, she provides hope, optimism, and a call to action to help all students reach their true potential. Steadfast leadership and clear principles can overcome almost anything, and this book shows you how to focus your passion, apply your skills, and lead your students down the path to a better future. Discover and develop the leader within! Take responsibility and move forward every day Give each student the critical interaction they crave Be a force for real, positive change in neighborhood schools Highlighting the intersection of strong visionary and strategic thinking with on-the-ground, day-to-day implementation, this narrative-driven guide tells the stories of real students and educators to show how clear principles and strong guidance can turn around schools—and the students they serve.

The Misfit’s Manifesto-Lidia Yuknavitch 2017-10-24 The author explores the status of being a misfit as something to be embraced, and social misfits as being individuals of value who have a place in society, in a work that encourages people who have had difficulty finding their way to pursue their goals.

Playful Parenting-Lawrence J. Cohen 2008-11-19 Parents have heard that play is a child’s work—but play is not for kids only. As psychologist Lawrence J. Cohen, Ph.D., demonstrates in this delightful new book, play can be the basis for an innovative and rewarding approach to parenting. From eliciting a giggle during baby’s first game of peek-a-boo to cracking jokes with a teenager while hanging out at the mall, Playful Parenting is a complete guide to using play to raise strong, confident children. There’s no ever stepped back to watch what really goes on when your children play? As Dr. Cohen points out, play is children’s complex and fluid way of exploring the world, communicating hard-to-express feelings, getting close to those they care about, working through stressful situations, and simply blowing off steam. That’s why “playful parenting” is so important and so successful in building strong, close bonds between parents and children. Through play we join our kids in their world. We help them express and understand deep emotions, foster connection, aid the process of emotional healing—and have a great time ourselves while we’re at it. Anyone can be a playful parent—all it takes is a sense of adventure and a willingness to let down your guard and try something new. After identifying why it can be hard for adults to play, Dr. Cohen discusses how to get down on the floor and join children on their own terms. He covers games, activities, and playful interactions that parents can enjoy with children of all ages, whether it’s gazing deep into a baby’s eyes, playing chase with a toddler, fantasy play with a grade schooler, or reducing a totally cool teenager to helpless laughter. Playful Parenting also includes illuminating chapters on how to use play to build a child’s confidence and self-esteem, how to play through sibling rivalry, and how play can become a part of loving discipline. Written with love and humor, brimming with good advice and revealing anecdotes, and grounded in the latest research, Playful Parenting will make you laugh even as it makes you wise in the ways of being a happy, effective, enthusiastic parent.

Braving the Wilderness-Brené Brown 2017-09-12 #1 NEW YORK TIMES BESTSELLER * A timely and important book that challenges everything we think we know about cultivating true belonging in our communities, organizations, and culture, from the #1 bestselling author of Rising Strong, Daring Greatly, and The Gifts of Imperfection Don’t miss the hourlong Netflix special Brené Brown: The Call to Courage! HELLO SUNSHINE BOOK CLUB PICK “True belonging doesn’t require us to change who we are. It requires us to be who we are.” Social scientist Brené Brown, PhD, LMSW, has sparked a global conversation about the experiences that bring meaning to our lives—experiences of courage, vulnerability, love, belonging, shame, and empathy. In Braving the Wilderness, Brown redefines what it means to truly belong in an age of increased polarization. With her trademark mix of research, storytelling, and honesty, Brown will again change the cultural conversation while mapping a clear path to true belonging. Brown argues that we’re experiencing a spiritual crisis of disconnection, and introduces four practices of true belonging that challenge everything we believe about ourselves and each other. She writes, “True belonging requires us to believe in and belong to ourselves so fully that we can find sacredness both in being a part of something and in standing alone when necessary. But in a culture that’s rife with perfectionism and pleasing, and with the erosion of civility, it’s easy to stay quiet, hide in our ideological bunkers, or fit in rather than show up as our true selves and brave the wilderness of uncertainty and criticism. But true belonging is not something we negotiate or accomplish with others; it’s a daily practice that demands integrity and authenticity. It’s a personal commitment that we carry in our hearts.” Brown offers us the ability and courage we need to find our way back to ourselves and to each other. And that path cuts right through the wilderness. Brown writes, “The wilderness is an untamed, unpredictable place of solitude and searching. It is a place as dangerous as it is breathtaking, a place as sought after as it is feared. But it turns out to be the place of true belonging, and it’s the bravest and most sacred place you will ever stand.”

For the Love of Books-Thatcher Wine 2020-06-02 A celebration of the meaning and comfort printed books bring to our homes and lives, from the curation and design experts at Juniper Books. Explore the significance of the home library, embellished with alluring photography and illustrations, in a keepsake worthy of any bibliophile’s collection. For the Love of Books shares the vision of Juniper Books, a business that embraces the roles that books fulfill in our lives and their staying power. It recounts the history of books and private libraries, and champions the resilience of books in the digital era. Dive into the nuances that define books for reading, books for decoration, and books for inspiration. Instructive chapters provide useful details for creating and curating one’s own home library, whether it be a single shelf or multiple rooms each with their own collection. You will never look at your bookshelves the same way again. For the Love of Books is about storytelling beyond the pages of our favorite books. Our books—the ones we choose to keep—tell the story of who we are. They remind us of who we once were and who we aspire to be. Thatcher Wine founded Juniper Books in 2001. The company creates custom libraries and has perfected the art of turning books inside out to allow for books to tell stories not just to us, but about us. Working with booklovers, homeowners, and designers, Juniper Books has provided the world with a fresh new approach to the printed book. Thatcher grew up in New York City where his parents owned and operated The Quilted Giraffe, one of the most innovative restaurants in America. Thatcher graduated from Dartmouth College with a degree in history and art history and lives in Boulder, Colorado. Elizabeth Lane is the founder of Quarterlane, a quarterly subscription book service which merged with Juniper Books in 2018. She is also the book buyer for her local independent bookstore, Partners Village Store and Kitchen in Westport, Massachusetts. Prior to working in books, Elizabeth worked in contemporary visual art—in galleries, nonprofit initiatives and museums in New York, Austin, and Chicago. Elizabeth graduated from Davidson College with a degree in art history and received her masters degree from the School of the Art Institute of Chicago.

Grit-Angela Duckworth 2016-05-03 In this instant New York Times bestseller, Angela Duckworth shows anyone striving to succeed that the secret to outstanding achievement is not talent, but a special blend of passion and persistence she calls “grit.” “Inspiration for non-genuses everywhere” (People). The daughter of a scientist who frequently noted her lack of “genius,” Angela Duckworth is now a celebrated researcher and professor. It was her early eye-opening stints in teaching, business consulting, and neuroscience that led to her hypothesis about what really drives success: not genius, but a unique combination of passion and long-term perseverance. In Grit, she takes us into the field to visit cadets struggling through their first days at West Point, teachers working in some of the toughest schools, and young finalists in the National Spelling Bee. She also mines fascinating insights from history and shows what can be gleaned from modern experiments in peak performance. Finally, she shares what she’s learned from interviewing dozens of high achievers—from JP Morgan CEO Jamie Dimon to New Yorker cartoon editor Bob Mankoff to Seattle Seahawks coach Pete Carroll. “Duckworth’s ideas about the cultivation of tenacity have clearly changed some lives for the better” (The New York Times Book Review). Among Grit’s most valuable insights: any effort you make ultimately counts twice toward your goal; grit can be learned, regardless of IQ or circumstances; when it comes to child-rearing, neither a warm embrace nor high standards will work by themselves; how to trigger lifelong interest; the magic of the Hard Thing Rule; and so much more. Winningly personal, insightful, and even life-changing, Grit is a book about what goes through your head when you fall down, and how that—not talent or luck—makes all the difference. This is “a fascinating tour of the psychological research on success” (The Wall Street Journal).

The Pros & Cons of Being a Frog-Sue deGennaro 2016-08-30 “This celebration of differences displays great respect for readers’ intelligence and yields more with each reading.” --Kirkus Reviews (starred review) Two shy kids discover the power of friendship in this charming picture book that celebrates being different. A boy likes to dress as a cat, but his best friend’s dog objects. What will he dress as now? A giraffe? A fox? A shark? When his best friend, Camille, suggests a frog, they work together to make the frog costume...until Camille runs out of patience. So the boy makes a list of the pros and cons of being a frog: Pros: 1. My friend Camille gave me the idea 2. I’m less likely to be chased by a dog 3. Being in a frog costume makes me feel brave Cons: 1. Not everyone loves wearing a frog costume as much as me 2. If you start getting bossy about your frog costume then your friend will get up and leave 3. A frog is NOT a solitary creature so it is no fun for a frog if his friend gets up and leaves Luckily, he never had to choose, because true friendship means accepting each other’s differences: he can be himself and have his friend Camille.

The Art of Asking-Amanda Palmer 2014-11-11 FOREWORD BY BRENE BROWN and POSTSCRIPT FROM BRAIN PICKINGS CREATOR MARIA POPOVA Rock star, crowdfunding pioneer, and TED speaker Amanda Palmer knows all about asking. Performing as a living statue in a wedding dress, she worrylessly asked thousands of passersby for their dollars. When she became a singer, songwriter, and musician, she was not afraid to ask her audience to support her as she surfed the crowd (and slept on their couches while touring). And when she left her record label to strike out on her own, she asked her fans to support her in making an album, leading to the world’s most successful music Kickstarter. Even while Amanda is both celebrated and attacked for her fearlessness in asking for help, she finds that there are important things she cannot ask for as a musician, as a friend, and as a wife. She learns that she isn’t alone in this, that so many people are afraid to ask for help, and it paralyzes their lives and relationships. In this groundbreaking book, she explores these barriers in her own life and in the lives of those around her, and discovers the emotional, philosophical, and practical aspects of THE ART OF ASKING. Part manifesto, part revelation, this is the story of an artist struggling with the new rules of exchange in the twenty-first century, both on and off the Internet. THE ART OF ASKING will inspire readers to rethink their own ideas about asking, giving, art, and love.

Hard Choices-Isaac Levi 1990-04-27 It is a commonplace that in making decisions agents often have to juggle competing values, and that no choice will maximize satisfaction of them all. However, the prevailing account of these cases assumes that there is always a single ranking of the agent’s values, and therefore no unresolvable conflict among them. Isaac Levi denies this assumption, arguing that agents often must choose without having balanced their different values and that to be rational, an act does not have to be optimal, only that Levi terms “admissible.” This book explores the consequences of denying the assumption and develops a general approach to decision-making under unresolved conflict. Professor Levi argues not only against the “strict Bayesian” position, but also against all the recent attempts to develop alternative models to Bayesianism. The book, which continues from his earlier The Enterprise of Knowledge, is certain to make an original and controversial contribution to the debates over choice theory.

Neliem-Clare Di Liscia 2019-05-21 Half the population of the island of Madera are dead, killed by an unforgiving and indiscriminate plague. Oriana dreams of escaping her life of ruthless cruelty from the people who now rule over those who remain. No telling whom the plague will strike next, Oriana means to find freedom for herself and her people. Drawing strength from ancient tales of her enemy, young Oriana transforms herself from victim to warrior with the help of a mysterious and powerful dagger given to her by a kind and dying boy. Years later, during her enemy’s betrothal ritual, Ezra, a boy she has never before seen, selects her as his mate. With servitude her only option, Oriana accepts the offer. Whisked away to a seemingly perfect world, Oriana discovers sinister secrets at every turn, including the identity of Tristan, a boy with whom she shares an undeniable but impossible connection. Why would a boy she doesn’t know wish her to be his betrothed? Why does she feel such a strong pull toward a stranger? Someone in Ezra’s family not only knows the answer to both those questions, but also about the dagger Oriana possesses. He will do anything to stop the union. Now, with everything on the line, Oriana turns inward to find the strength she needs to seize the full power of the dagger so that she may protect herself and save her people.

Stealing the Show-Joy Press 2019-03-19 From a leading cultural journalist, the definitive cultural history of female showrunners—including exclusive interviews with such influential figures as Shonda Rhimes, Amy Sherman-Palladino, Mindy Kaling, Amy Schumer, and many more. “An urgent and entertaining history of the transformative

powers of women in TV” (Kirkus Reviews, starred review). In recent years, women have radically transformed the television industry both behind and in front of the camera. From Murphy Brown to 30 Rock and beyond, these shows and the extraordinary women behind them have shaken up the entertainment landscape, making it look as if equal opportunities abound. But it took decades of determination in the face of outright exclusion to reach this new era. In this “sharp, funny, and gorgeously researched” (Emily Nussbaum, *The New Yorker*) book, veteran journalist Joy Press tells the story of the maverick women who broke through the barricades and the iconic shows that redefined the television landscape starting with Diane English and Roseanne Barr—and even incited controversy that reached as far as the White House. Drawing on a wealth of original interviews with the key players like Amy Sherman-Palladino (*Gilmore Girls*), Jenji Kohan (*Orange Is the New Black*), and Jill Soloway (*Transparent*) who created storylines and characters that changed how women are seen and how they see themselves, this is the exhilarating behind-the-scenes story of a cultural revolution.

Of Mess and Moxie-Jen Hatmaker 2017-08-08 New York Times bestselling author, Big Sister Emeritus, and Chief BFF Jen Hatmaker returns with another round of hilarious tales, shameless honesty, and hope for the woman who has forgotten her moxie. In this highly anticipated new book, beloved author Jen Hatmaker parlays her own triumphs and tragedies into a sigh of relief for all normal, fierce women everywhere. Whether it’s the time she drove to the wrong city for a fourth-grade field trip (“Why are we in San Antonio?”) or the way she learned to forgive (God was super clear: Pray for this person every day, which was the meanest thing He ever said to me. I was furious.), she offers a reminder to those of us who sometimes hide in the car eating crackers that we do have the moxie to get back up and get back out. We can choose to live undaunted “in the moment” no matter what the moments hold, and lead vibrant, courageous, grace-filled lives.

Murder at Hotel 1911-Audrey Keown 2020-09-08 A hotel clerk prone to panic attacks turns amateur detective in this elegant and atmospheric murder mystery. If you want to spend a night amid the luxury and charm of the early 20th century, book a room at Hotel 1911. You’ll find 28-year-old Ivy Nichols behind the reception desk. The hotel is Ivy’s only link to the family that abandoned her when she was a small child. Now, plagued by panic attacks, she pedals her sea-green Schwinn bicycle to work every evening, hoping desperately to hold on to her job. When wealthy, imperious Ms. Swain arrives at the hotel and belittles Ivy, the young woman seeks consolation in the welcoming kitchen of George, the hotel’s chef. Despite her tormentor’s barbs, she dutifully informs George that Ms. Swain has a deadly allergy to shellfish. So when Ms. Swain collapses at dinner and dies, the police suspect that the chef made a tragic, inexcusable error. Desperate to save George’s career, Ivy sets out sleuthing. She learns that numerous people in and around the hotel had motives to contaminate Ms. Swain’s plate. Among them are Jeffrey Swain, the victim’s son and heir; painter Rose Jewett; and British expat Hemal Sandeep. Even after the police find traces of shellfish in George’s kitchen, Ivy is determined to clear her friend’s name. But the stress of the investigation, in a hotel filled with suspects, threatens to precipitate another terrifying panic attack...or something more deadly.

Sexually Woke-Susan Hardwick-Smith 2020-09-29 What if it were possible to have the best sex of your life at 40, or even 70? With over twenty years of experience as a highly regarded physician and founder of the largest all-female-staffed OB/GYN practice in the nation, Dr. Susan Hartwick-Smith, also known as Dr. Susan, presents *Sexually Woke*, a surprisingly frank and thought-provoking look at midlife sexuality. This optimistic new perspective is based not only on wisdom gained from sharing intimate stories with thousands of patients, but also on her own very candid journey as a menopausal woman navigating life post-divorce. Through a unique and comprehensive research study and subsequent interviews, Dr. Susan outlines the misconception and conditioning around our attitudes to mature sex and shares the intimate secrets of a cohort of women who have discovered the path to a vibrant, deeply connected and intimated sex life after 40. These women are the mysterious “Sexually Woke”, and their surprising secrets are now available to all of us. Through her own story, as well as the raw and uncensored interviews with study participants that include the “Sexually Woke”, Dr. Susan re-frames the second half of life as an open field of possibility in which to play, explore, and finally be your true self. While openly discussing our tremendous struggles with kids, aging parents, changing careers, divorce, death, abuse, sexual trauma, and personal illness-she teaches us that the wisdom of midlife allows us to look inward in order to recognize the importance of sex in making our lives whole. A reawakened sex life, an essential step towards living life to its fullest, is no longer the secret knowledge of a few outliers. The path to deep sexual connection and satisfaction in midlife and beyond is available to anyone who is ready to commit and willing to embark on the journey with Dr. Susan and *Sexually Woke*.

The Bird King-G. Willow Wilson 2019-03-12 From award-winning author G. Willow Wilson, *The Bird King* is an epic journey set during the reign of the last sultan in the Iberian peninsula at the height of the Spanish Inquisition. G. Willow Wilson’s debut novel *Alif the Unseen* was an NPR and Washington Post Best Book of the Year, and it established her as a vital American Muslim literary voice. Now she delivers *The Bird King*, a stunning new novel that tells the story of Fatima, a concubine in the royal court of Granada, the last emirate of Muslim Spain, and her dearest friend Hassan, the palace mapmaker. Hassan has a secret—he can draw maps of places he’s never seen and bend the shape of reality. When representatives of the newly formed Spanish monarchy arrive to negotiate the sultan’s surrender, Fatima befriends one of the women, not realizing that she will see Hassan’s gift as sorcery and a threat to Christian Spanish rule. With their freedoms at stake, what will Fatima risk to save Hassan and escape the palace walls? As Fatima and Hassan traverse Spain with the help of a clever jinn to find safety, *The Bird King* asks us to consider what love is and the price of freedom at a time when the West and the Muslim world were not yet separate.

Leapfrog-Nathalie Molina Niño 2018-08-28 For women entrepreneurs (and anyone sick of the status quo), this smart, unapologetic collection delivers fifty proven hacks to leapfrog over obstacles and succeed in business. “A must-read for any woman who has a great idea and the nagging thought that doors are closed to her; Molina Niño helps to blow them open.”—Publishers Weekly Think the most critical factor for becoming a great entrepreneur is grit, risk-taking, or technical skills? Think again. Despite what every other business book might say, historical data show the real secret ingredients to getting ahead in business are being rich, white, and male. Until now. Leapfrog is the decades-overdue startup bible for the rest of us. It’s filled with uncompromising guidance for winning at business, your way. Leapfrog is for entrepreneurs of all stripes who are fed up with status quo advice—the kind that assumes you have rich friends and family and a public relations team. Refreshingly frank and witty, author Nathalie Molina Niño is a serial tech entrepreneur, the founder and CEO of BRAVA Investments, and a proud daughter of Latinx immigrants. While teaching budding entrepreneurs at Barnard College at Columbia University and searching the globe for investment-worthy startups, she has met or advised thousands of entrepreneurs who’ve gone from zero to scalable business. Here she shares their best secrets in the form of fifty “leapfrogs”—clever loopholes and shortcuts to outsmart, jump over, or straight up annihilate the seemingly intractable hurdles facing entrepreneurs who don’t have family money, cultural capital, or connections.

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