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KEY=BELIEVING - FRIEDMAN BRIANNA

BELIEVING BULLSHIT

HOW NOT TO GET SUCKED INTO AN INTELLECTUAL BLACK HOLE

Prometheus Books This title offers a witty look inside the world of ridiculous and sometimes downright dangerous belief systems, and how they suck us in.

BELIEVING BULLSHIT

HOW NOT TO GET SUCKED INTO AN INTELLECTUAL BLACK HOLE

Prometheus Books This book identifies eight key mechanisms that can transform a set of ideas into a psychological flytrap. The author suggests that, like the black holes of outer space, from which nothing, not even light, can escape, our contemporary cultural landscape contains numerous intellectual black-holes—belief systems constructed in such a way that unwary passers-by can similarly find themselves drawn in. While such self-sealing bubbles of belief will most easily trap the gullible or poorly educated, even the most intelligent and educated of us are potentially vulnerable. Some of the world's greatest thinkers have fallen in, never to escape. This witty, insightful critique will help immunize readers against the wiles of cultists, religious and political zealots, conspiracy theorists, promoters of flaky alternative medicines, and others by clearly setting out the tricks of the trade by which such insidious belief systems are created and maintained.

BULLSHIT AND PHILOSOPHY

GUARANTEED TO GET PERFECT RESULTS EVERY TIME

Open Court Popular interest in bullshit — and its near relative, truthiness — is at an all-time high, but the subject has a rich philosophical history, with Hobbes, Locke, Hume, and Kant all weighing in on the matter. Here, contemporary philosophers reflect on bullshit from epistemological, ethical, metaphysical, historical, and political points of view. Tackling questions including what is bullshit, what does it do, is it a passing fad, and can it ever be eliminated, the book is a guide and resource for the many who find bullshit worth pondering.

ANOTHER BULLSHIT NIGHT IN SUCK CITY: A MEMOIR

W. W. Norton & Company "A stunningly beautiful new memoir . . . a near-perfect work of literature." —Stephen Elliot, San Francisco Chronicle Nick Flynn met his father when he was working as a caseworker in a homeless shelter in Boston. As a teenager he'd received letters from this stranger father, a self-proclaimed poet and con man doing time in federal prison for bank robbery. Another Bullshit Night in Suck City tells the story of the trajectory that led Nick and his father onto the streets, into that shelter, and finally to each other.

THE XMAS FILES

THE PHILOSOPHY OF CHRISTMAS

Weidenfeld & Nicolson A philosophical but fun look at the meanings of Christmas myths and rituals, from carving the turkey to why Santa wears red. Picture the scene: Aunt Gertrude has just given you the most appalling Christmas tie, complete with snow-flecked kittens in a bowler hat. Do you smile, nod, and confine it to the bottom drawer? Or do you tell the truth and spare yourself future ties from hell? Kant would say that we must, at all costs, tell the truth - whilst Mill would insist that we should think of the consequences. THE XMAS FILES is a philosophical meander through the myths and rituals of Christmas today, asking such important questions as does Santa exist? What's wrong with Christmas kitsch? Is it all just a commercial racket? What was Augustine's attitude to 'peace on earth'? And what would David Hume have to say about the virgin birth? For underneath all the festive fun, the way we celebrate Christmas does raise serious questions about the beliefs that sustain us, and the ways in which we still value ritual and tradition as a means of coming together.

THE PHILOSOPHY GYM

25 SHORT ADVENTURES IN THINKING

Macmillan A philosophical analysis of some of history's most pressing mental challenges covers a wide range of issues from the existence of God to the ethics of designer babies, illustrating each with a story and then posing arguments for both sides. 15,000 first printing.

BULLSHIT JOBS

A THEORY

Simon & Schuster From bestselling writer David Graeber—"a master of opening up thought and stimulating debate" (Slate)—a powerful argument against the rise of meaningless, unfulfilling jobs...and their consequences. Does your job make a meaningful contribution to the world? In the spring of 2013, David Graeber asked this question in a playful, provocative essay titled "On the Phenomenon of Bullshit Jobs." It went viral. After one million online views in seventeen different languages, people all over the world are still debating the answer. There are hordes of people—HR consultants, communication coordinators, telemarketing researchers, corporate lawyers—whose jobs are useless, and, tragically, they know it. These people are caught in bullshit jobs. Graeber explores one of society's most vexing and deeply felt concerns, indicting among other villains a particular strain of finance capitalism that betrays ideals shared by thinkers ranging from Keynes to Lincoln. "Clever and charismatic" (The New Yorker), Bullshit Jobs gives individuals, corporations, and societies permission to undergo a shift in values, placing creative and caring work at the center of our culture. This book is for everyone who wants to turn their vocation back into an avocation and "a thought-provoking examination of our working lives" (Financial Times).

NO BULLSHIT SOCIAL MEDIA

THE ALL-BUSINESS, NO-HYPE GUIDE TO SOCIAL MEDIA MARKETING

Pearson Education The In-Your-Face, Results-Focused, No-"Kumbaya" Guide to Social Media for Business! Detailed techniques for increasing sales, profits, market share, and efficiency. Specific solutions for brand-building, customer service, R & D, and reputation management. Facts, statistics, real-world case studies, and rock-solid metrics

DEATH BY BLACK HOLE: AND OTHER COSMIC QUANDARIES

W. W. Norton & Company "[Tyson] tackles a great range of subjects...with great humor, humility, and—most important—humanity." —Entertainment Weekly Loyal readers of the monthly "Universe" essays in Natural History magazine have long recognized Neil deGrasse Tyson's talent for guiding them through the mysteries of the cosmos with clarity and enthusiasm. Bringing together more than forty of Tyson's favorite essays, Death by Black Hole explores a myriad of cosmic topics, from what it would be like to be inside a black hole to the movie industry's feeble efforts to get its night skies right. One of America's best-known astrophysicists, Tyson is a natural teacher who simplifies the complexities of astrophysics while sharing his infectious fascination for our universe.

THE MIDDLE FINGER PROJECT

TRASH YOUR IMPOSTER SYNDROME AND LIVE THE UNF*CKWITHABLE LIFE YOU DESERVE

Penguin Fresh, funny, and fearless, *The Middle Finger Project* is a point-by-point primer on how to get unstuck, slay imposter syndrome, trust in your own worth and ability, and become a strong, capable, wonderful, weird, brilliant, ballsy, unfuckwithable YOU. "Don't worry, this isn't a book about God, nor is it a book about Ryan Gosling (second in command). But it is a book about authority and becoming your own." --Ash Ambirge After a string of dead-end jobs and a death in the family, Ash Ambirge was down to her last \$26 and sleeping in a Kmart parking lot when she faced the truth: No one was coming to her rescue. It was up to her to appoint herself. That night led to what eventually became a six-figure freelance career as a sought-after marketing and copywriting consultant, all while sipping coffee from her front porch in Costa Rica. She then launched *The Middle Finger Project*, a blog and online course hub, which has provided tens of thousands of young "women who disobey" with the tools and mindset to give everyone else's expectations the finger and get on your own path to happiness, wealth, independence, and adventure. In her first book, Ash draws on her unconventional personal story to offer a fun, bracing, and occasionally potty-mouthed manifesto for the transformative power of radical self-reliance. Employing the signature wit and wordsmithing she's used to build an avid following, she offers paradigm-shifting advice along the lines of: • The best feeling in the world is knowing who you are and what you're capable of doing. • Life circumstances are not life sentences. If a Scranton girl who grew up in a trailer park can make it, so can you. • What you believe about yourself will either murder your chances or save your life. So why not believe something good? • You don't need a high-ranking job title to be authorized to contribute. You just need to contribute. • Be your own authority. Authority only works as long as you trust that someone smarter than you is making the rules. • The way you become a force is by being the most radically real version of yourself that you can be. • You only have 12 fucks a day to give, so use them wisely.

HUMANISM: A VERY SHORT INTRODUCTION

Oxford University Press, USA Summary: Philosopher Stephen Law explains why humanism--though a rejection of religion--nevertheless provides both a moral basis and a meaning for our lives.-publisher description.

THE SECRET

Simon and Schuster The tenth-anniversary edition of the book that changed lives in profound ways, now with a new foreword and afterword. In 2006, a groundbreaking feature-length film revealed the great mystery of the universe—*The Secret*—and, later that year, Rhonda Byrne followed with a book that became a worldwide bestseller. Fragments of a Great Secret have been found in the oral traditions, in literature, in religions and philosophies throughout the centuries. For the first time, all the pieces of *The Secret* come together in an incredible revelation that will be life-transforming for all who experience it. In this book, you'll learn how to use *The Secret* in every aspect of your life—money, health, relationships, happiness, and in every interaction you have in the world. You'll begin to understand the hidden, untapped power that's within you, and this revelation can bring joy to every aspect of your life. *The Secret* contains wisdom from modern-day teachers—men and women who have used it to achieve health, wealth, and happiness. By applying the knowledge of *The Secret*, they bring to light compelling stories of eradicating disease, acquiring massive wealth, overcoming obstacles, and achieving what many would regard as impossible.

THE SUBTLE ART OF NOT GIVING A F*CK

A COUNTERINTUITIVE APPROACH TO LIVING A GOOD LIFE

HarperCollins #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.

HOW TO THINK ABOUT WEIRD THINGS

CRITICAL THINKING FOR A NEW AGE

McGraw-Hill Humanities/Social Sciences/Languages This brief, inexpensive text helps the reader to think critically, using examples from the weird claims and beliefs that abound in our culture to demonstrate the sound evaluation of any claim. The authors focus on types of logical arguments and proofs, making *How to Think about Weird Things* a versatile supplement for logic, critical thinking, philosophy of science, or any other science appreciation courses.

THE GREAT MATHEMATICIANS

UNRAVELLING THE MYSTERIES OF THE UNIVERSE

Arcturus Publishing Why did Florence Nightingale introduce pie charts? How did Lewis Carroll regard Pythagoras? Who learned calculus from her nursery wallpaper? Spanning from the ancient world to the modern age, *The Great Mathematicians* tells fascinating and unusual tales of the men and women who transformed mathematics. We meet the mathematician who knew eight languages by the time he was 11, the one who was sent to jail for gambling and the one who published a lot yet never existed. As well as providing rich bibliographic detail, Professors Raymond Flood and Robin Wilson explain various theorems using concise and accessible language. These include the Pythagorean theorem, Gödel's Incompleteness theorem, Fermat's Last Theorem and many more. Flood and Wilson are both former presidents of the British Society for the History of Mathematics and are uniquely qualified to lay out this incredible tale. This entertaining and rigorously accurate book presents mathematics with a human face, celebrating the achievements of the greatest mathematicians across history.

I DIDN'T BELIEVE ANY OF THIS HIPPIE DIPPY BULLSHIT EITHER

A SKEPTIC'S AWAKENING TO THE SPIRITUAL UNIVERSE

Do our souls know each other before we're born? Does the universe send us signs through license plate numbers? Is Barney Rubble the yang to my yin? What's the acceptable number of napkins to take from Taco Bell? Am I going batshit crazy? Does God care if I swear? What is God? These are the questions one perplexed woman asks after a spontaneous online date leads her on a spiritual odyssey that includes motorcycles, drag queens, psychics, orgasms, aliens, a frozen dead guy, and a cow named Helen. What she finds is an unexpected, hippie dippy awareness of who she really is. Of who we all are.

THE LIFE-CHANGING SCIENCE OF DETECTING BULLSHIT

St. Martin's Press Expanding upon his viral TEDx Talk, psychology professor and social scientist John V. Petrocelli reveals the critical thinking habits you can develop to recognize and combat pervasive false information that harms society in *The Life-Changing Science of Detecting Bullshit*. Bullshit is the foundation of contaminated thinking and bad decisions leading to health consequences, financial losses, legal consequences, broken relationships, and wasted time and resources. No matter how smart we believe ourselves to be, we're all susceptible to bullshit—and we all engage in it. While we may brush it off as harmless marketing sales speak or as humorous, embellished claims, it's actually much more dangerous and insidious. It's how Bernie Madoff successfully swindled billions of dollars from even the most experienced financial experts with his Ponzi scheme. It's how the protocols of Mao Zedong's Great Leap Forward resulted in the deaths of 36 million people from starvation. Presented as truths by authority figures and credentialed experts, bullshit appears legitimate, and we accept their words as gospel. If we don't question the information we receive from bullshit artists to prove their thoughts and theories, we allow these falsehoods to take root in our memories and beliefs. This faulty data affects our decision making capabilities, sometimes resulting in regrettable life choices. But with a little dose of skepticism and a commitment to truth seeking, you can build your critical thinking and scientific reasoning skills to evaluate information, separate fact from fiction, and see through bullshitter spin. In *The Life-Changing Science of Detecting Bullshit*, experimental social psychologist John V. Petrocelli provides invaluable strategies not only to recognize and protect yourself from everyday bullshit, but to accept your own lack of knowledge about subjects and avoid engaging in bullshit just for societal conformity. With real world examples from people versed in bullshit who work in the used car, real estate, wine, and diamond industries, Petrocelli exposes the red-flag warning signs found in the anecdotal stories, emotional language, and buzzwords used by bullshitters that persuade our decisions. By using his critical thinking defensive tactics against those motivated by profit, we will also learn how to stop the toxic misinformation spread from the social media influencers, fake news, and op-eds that permeate our culture and call out bullshit whenever we see it.

HOW THE WORLD THINKS

A GLOBAL HISTORY OF PHILOSOPHY

Granta Books *SUNDAY TIMES BESTSELLER* 'There to fill the Sapiens-size hole in your life' Observer In this groundbreaking global overview of philosophy, Julian Baggini travels the world to provide a wide-ranging map of human thought. One of the great unexplained wonders of human history is that written philosophy flowered entirely separately in China, India and Ancient Greece at more or less the same time. These early philosophies have had a profound impact on the development of distinctive cultures in different parts of the world. What we call 'philosophy' in the West is not even half the story. Julian Baggini sets out to expand our horizons in *How the World Thinks*, exploring the philosophies of Japan, India, China and the Muslim world, as well as the lesser-known oral traditions of Africa and Australia's first peoples. Interviewing thinkers from around the globe, Baggini asks questions such as: why is the West more individualistic than the East? What makes secularism a less powerful force in the Islamic world than in Europe? And how has China resisted pressures for greater political freedom? Offering deep insights into how different regions operate, and paying as much attention to commonalities as to differences, Baggini shows that by gaining greater knowledge of how others think we take the first step to a greater understanding of ourselves.

NOT HERE TO BE LIKED

Usborne Publishing Ltd Falling in love wasn't part of the plan. Eliza Quan fully expects to be voted the next editor-in-chief of her school paper. She works hard, she respects the facts, and she has the most experience. Len DiMartile is an injured star baseball player who seems to have joined the paper just to have something to do. Naturally, the staff picks Len to be their next leader. Because while they may respect Eliza, they don't particularly like her - but right now, Eliza is not here to be liked. She's here to win. But someone does like Eliza. A lot. Shame it's the boy standing in the way of her becoming editor-in-chief....

DO YOU BELIEVE IN MAGIC?

THE SENSE AND NONSENSE OF ALTERNATIVE MEDICINE

Harper Collins Medical expert Paul A. Offit, M.D., offers a scathing exposé of the alternative medicine industry, revealing how even though some popular therapies are remarkably helpful due to the placebo response, many of them are ineffective, expensive, and even deadly. Dr. Offit reveals how alternative medicine—an unregulated industry under no legal obligation to prove its claims or admit its risks—can actually be harmful to our health. Using dramatic real-life stories, Offit separates the sense from the nonsense, showing why any therapy—alternative or traditional—should be scrutinized. He also shows how some nontraditional methods can do a great deal of good, in some cases exceeding therapies offered by conventional practitioners. An outspoken advocate for science-based health advocacy who is not afraid to take on media celebrities who promote alternative practices, Dr. Offit advises, “There’s no such thing as alternative medicine. There’s only medicine that works and medicine that doesn’t.”

TELL NO ONE

A NOVEL

Ballantine Books For Dr. David Beck, the loss was shattering. And every day for the past eight years, he has relived the horror of what happened. The gleaming lake. The pale moonlight. The piercing screams. The night his wife was taken. The last night he saw her alive. Everyone tells him it's time to move on, to forget the past once and for all. But for David Beck, there can be no closure. A message has appeared on his computer, a phrase only he and his dead wife know. Suddenly Beck is taunted with the impossible—that somewhere, somehow, Elizabeth is alive. Beck has been warned to tell no one. And he doesn't. Instead, he runs from the people he trusts the most, plunging headlong into a search for the shadowy figure whose messages hold out a desperate hope. But already Beck is being hunted down. He's headed straight into the heart of a dark and deadly secret—and someone intends to stop him before he gets there.

GOD IS NOT GREAT

HOW RELIGION POISONS EVERYTHING

McClelland & Stewart Christopher Hitchens, described in the *London Observer* as “one of the most prolific, as well as brilliant, journalists of our time” takes on his biggest subject yet—the increasingly dangerous role of religion in the world. In the tradition of Bertrand Russell's *Why I Am Not a Christian* and Sam Harris's recent bestseller, *The End Of Faith*, Christopher Hitchens makes the ultimate case

against religion. With a close and erudite reading of the major religious texts, he documents the ways in which religion is a man-made wish, a cause of dangerous sexual repression, and a distortion of our origins in the cosmos. With eloquent clarity, Hitchens frames the argument for a more secular life based on science and reason, in which hell is replaced by the Hubble Telescope's awesome view of the universe, and Moses and the burning bush give way to the beauty and symmetry of the double helix.

CAN'T HURT ME

MASTER YOUR MIND AND DEFY THE ODDS - CLEAN EDITION

David Goggins 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.

I LOVE JESUS, BUT I WANT TO DIE

FINDING HOPE IN THE DARKNESS OF DEPRESSION

WaterBrook A compassionate, shame-free guide for your darkest days "A one-of-a-kind book . . . to read for yourself or give to a struggling friend or loved one without the fear that depression and suicidal thoughts will be minimized, medicalized or over-spiritualized."—Kay Warren, cofounder of Saddleback Church What happens when loving Jesus doesn't cure you of depression, anxiety, or suicidal thoughts? You might be crushed by shame over your mental illness, only to be told by well-meaning Christians to "choose joy" and "pray more." So you beg God to take away the pain, but nothing eases the ache inside. As darkness lingers and color drains from your world, you're left wondering if God has abandoned you. You just want a way out. But there's hope. In *I Love Jesus, But I Want to Die*, Sarah J. Robinson offers a healthy, practical, and shame-free guide for Christians struggling with mental illness. With unflinching honesty, Sarah shares her story of battling depression and fighting to stay alive despite toxic theology that made her afraid to seek help outside the church. Pairing her own story with scriptural insights, mental health research, and simple practices, Sarah helps you reconnect with the God who is present in our deepest anguish and discover that you are worth everything it takes to get better. Beautifully written and full of hard-won wisdom, *I Love Jesus, But I Want to Die* offers a path toward a rich, hope-filled life in Christ, even when healing doesn't look like what you expect.

POST-TRUTH

WHY WE HAVE REACHED PEAK BULLSHIT AND WHAT WE CAN DO ABOUT IT

Little, Brown Book Group 'A Malcolm Gladwell-style social psychology/behavioural economics primer' Evening Standard Low-level dishonesty is rife everywhere, in the form of exaggeration, selective use of facts, economy with the truth, careful drafting - from Trump and the Brexit debate to companies that tell us 'your call is important to us'. How did we get to a place where bullshit is not just rife but apparently so effective that it's become the communications strategy of our times? This brilliantly insightful book steps inside the panoply of deception employed in all walks of life and assesses how it has come to this. It sets out the surprising logic which explains why bullshit is both pervasive and persistent. Why are company annual reports often nonsense? Why should you not trust estate agents? And above all, why has political campaigning become the art of stretching the truth? Drawing on behavioural science, economics, psychology and of course his knowledge of the media, Evan ends by providing readers with a tool-kit to handle the kinds of deceptions we encounter every day, and charts a route through the muddy waters of the post-truth age.

SOMETHING TO BELIEVE IN

Harlequin Lilah Bell isn't asking for much—just a normal life. A future that's different from her shadowed, traumatic past. Maybe even a chance to start over. Instead, all she gets is the suffocating attention of her overprotective sisters, who seem to be waiting for her to break again. They don't get that helping save her family's beautiful Virgin Islands resort is definitely a challenge she can handle. But what she can't handle is a serious relationship with carefree visitor Justin Cales. After all, wanting a man who isn't planning to stick around isn't smart. Problem is, falling for Justin is too easy. And now life is more complicated than ever. When the truth unravels, they'll either be brought together in unexpected ways...or torn apart for good.

NO SACRED COWS

INVESTIGATING MYTHS, CULTS, AND THE SUPERNATURAL

Pitchstone Publishing (US&CA) While belief in religious supernatural claims is waning throughout the West, evidence suggests belief in nonreligious supernatural claims is on the rise. What explains this contradiction? How can a society with a falling belief in God have a rising belief in ghosts, psychic powers, ancient astronauts, and other supernatural or pseudo-scientific phenomena? Taking the same anthropological approach he employed in his notable studies of religion, atheist author and activist David G. McAfee turns his attention to nonreligious faith-based claims. Whether going undercover as a medium, getting tested at Scientology headquarters in Los Angeles, or interviewing celebrity paranormalists and famous skeptics, he leaves no stone unturned in his investigation. As in the case of religion, he finds an unwillingness among "believers" to critically examine their most closely held convictions. Only once individuals honestly assess their own sacred cows will they be able to ensure that their beliefs conform to the known facts—and that our decisions as a society are based on the best available evidence.

F*CK IT, I'LL START TOMORROW

A TRUE STORY

Abrams A no-holds-barred chronicle meets self-help guide from the bestselling author, rapper, artist, and chef Action Bronson From the New York Times bestselling author, chef-turned-rapper, and host of *Viceland's F*ck, That's Delicious* and *The Untitled Action Bronson Show*, *F*ck It, I'll Start Tomorrow* is a brutally honest chronicle about struggles with weight, food addiction, and the journey to self-acceptance. In his signature voice, Action Bronson shares all that he's learned in the past decade to help you help yourself. This isn't a road map to attaining a so-called perfect body. Instead, Bronson will share his journey to find confidence, keep the negative vibes at bay, stay sane, chill out, and not look in the mirror hoping to see anyone but yourself. *F*ck It, I'll Start Tomorrow* is not about losing weight—it's about being and feeling excellent regardless of your size or shape. It's about living f*cking healthy, period.

NOT YOUR AVERAGE RUNNER

WHY YOU'RE NOT TOO FAT TO RUN AND THE SKINNY ON HOW TO START TODAY

Morgan James Publishing Do you think running sucks? Do you think you're too fat to run? Look no further, *Not Your Average Runner* is for everyone. With humor, compassion, and lots of love, Jill Angie delivers the goods: overcoming the challenges of running with an overweight body and giving individuals self-esteem an enormous boost in the process. This isn't a guide to running for weight loss, or a simple running plan. It shows readers how a woman carrying a few (or many) extra pounds can successfully become a runner in the body she has right now. Jill Angie is a certified running coach and personal trainer who wants to live in a world where everyone is free to feel fit and fabulous at any size. She started the *Not Your Average Runner* movement in 2013 to show that runners come in all shapes, sizes and speeds, and, since then, has assembled a global community of revolutionaries that are taking the running world by storm. If you would like to be part of the revolution, flip to the inside and find out more!

THE PSYCHOSOCIAL IMPLICATIONS OF DISNEY MOVIES

MDPI In this volume of 15 articles, contributors from a wide range of disciplines present their analyses of Disney movies and Disney music, which are mainstays of popular culture. The power of the Disney brand has heightened the need for academics to question whether Disney's films and music function as a tool of the Western elite that shapes the views of those less empowered. Given its global reach, how the Walt Disney Company handles the role of race, gender, and sexuality in social structural inequality merits serious reflection according to a number of the articles in the volume. On the other hand, other authors argue that Disney productions can help individuals cope with difficult situations or embrace progressive thinking. The different approaches to the assessment of Disney films as cultural artifacts also vary according to the theoretical perspectives guiding the interpretation of both overt and latent symbolic meaning in the movies. The authors of the 15 articles encourage readers to engage with the material, showcasing a variety of views about the good, the bad, and the best way forward.

THE GLASS CASTLE

A MEMOIR

Simon and Schuster A triumphant tale of a young woman and her difficult childhood, *The Glass Castle* is a remarkable memoir of resilience, redemption, and a revelatory look into a family at once deeply dysfunctional and wonderfully vibrant. Jeannette Walls was the second of four children raised by anti-institutional parents in a household of extremes.

WHY DOES HE DO THAT?

INSIDE THE MINDS OF ANGRY AND CONTROLLING MEN

Penguin In this groundbreaking bestseller, Lundy Bancroft—a counselor who specializes in working with abusive men—uses his knowledge about how abusers think to help women recognize when they are being controlled or devalued, and to find ways to get free of an abusive relationship. He says he loves you. So...why does he do that? You've asked yourself this question again and again. Now you have the chance to see inside the minds of angry and controlling men—and change your life. In *Why Does He Do That?* you will learn about: • The early warning signs of abuse • The nature of abusive thinking • Myths about abusers • Ten abusive personality types • The role of drugs and alcohol • What you can fix, and what you can't • And how to get out of an abusive relationship safely "This is without a doubt the most informative and useful book yet written on the subject of abusive men. Women who are armed with the insights found in these pages will be on the road to recovering control of their lives."—Jay G. Silverman, Ph.D., Director, Violence Prevention Programs, Harvard School of Public Health

WRITING WITHOUT BULLSHIT

BOOST YOUR CAREER BY SAYING WHAT YOU MEAN

HarperCollins Joining the ranks of classics like *The Elements of Style* and *On Writing Well*, *Writing Without Bullshit* helps professionals get to the point to get ahead. It's time for *Writing Without Bullshit*. *Writing Without Bullshit* is the first comprehensive guide to writing for today's world: a noisy environment where everyone reads what you write on a screen. The average news story now gets only 36 seconds of attention. Unless you change how you write, your emails, reports, and Web copy don't stand a chance. In this practical and witty book, you'll learn to front-load your writing with pithy titles, subject lines, and opening sentences. You'll acquire the courage and skill to purge weak and meaningless jargon, wimpy passive voice, and cowardly weasel words. And you'll get used to writing directly to the reader to make every word count. At the center of it all is the Iron Imperative: treat the reader's time as more valuable than your own. Embrace that, and your customers, your boss, and your colleagues will recognize the power and boldness of your thinking. Transcend the fear that makes your writing weak. Plan and execute writing projects with confidence. Manage edits and reviews flawlessly. And master every modern format from emails and social media to reports and press releases. Stop writing to fit in. Start writing to stand out. Boost your career by writing without bullshit.

ON THE COME UP

HarperCollins #1 New York Times bestseller · Seven starred reviews · Boston Globe-Horn Book Award Honor Book "For all the struggle in this book, Thomas rarely misses a step as a writer. Thomas continues to hold up that mirror with grace and confidence. We are lucky to have her, and lucky to know a girl like Bri."—The New York Times Book Review This digital edition contains a letter from the author, deleted scenes, a picture of the author as a teen rapper, an annotated playlist, Angie's top 5 MCs, an annotated rap, illustrated quotes from the book, and an excerpt from *Concrete Rose*, Angie's return to Garden Heights. Sixteen-year-old Bri wants to be one of the greatest rappers of all time. Or at least win her first battle. As the daughter of an underground hip hop legend who died right before he hit big, Bri's got massive shoes to fill. But it's hard to get your come up when you're labeled a hoodlum at school, and your fridge at home is empty after your mom loses her job. So Bri pours her anger and frustration into her first song, which goes viral . . . for all the wrong reasons. Bri soon finds herself at the center of a controversy, portrayed by the media as more menace than MC. But with an eviction notice staring her family down, Bri doesn't just want to make it—she has to. Even if it means becoming the very thing the public has made her out to be. Insightful, unflinching, and full of heart, *On the Come Up* is an ode to hip hop from one of the most influential literary voices of a generation. It is the story of fighting for your dreams, even as the odds are stacked against you; and about how, especially for young black people, freedom of speech isn't always free. Don't miss *Concrete Rose*, Angie Thomas's powerful prequel to her phenomenal bestseller, *The Hate U Give!*

MILES

Simon and Schuster Miles discusses his life and music from playing trumpet in high school to the new instruments and sounds from the Caribbean.

BEYOND BELIEF

AGNOSTIC MUSINGS FOR 12 STEP LIFE

Rebellion Dogs Publishing is proud to announce a 21st century daily reflection book. Beyond Belief's 2014 second printing is now available with a Foreword by Ernie Kurtz and updated links and End Notes. What are "agnostic musings"? It is not news to anyone that the war of worldviews makes for sporting debate; does an intervening God grant sobriety, serenity, wisdom and courage or is conscious contact a delusion? Sorry, while we might be as amused as anyone with this question, Beyond Belief: Agnostic Musings for 12 Step Life doesn't enter this debate. Hate the game; don't hate the players. A good idea is a good idea. Why dismiss valid experience because of the beliefs that someone harbors? Beliefs aren't facts. Beyond our belief is where life is happening: chances have to be taken; processes have to be evaluated; life has to be lived. Atheists, humanists, skeptics and agnostics will feel included in these daily reflections. Believers won't feel mocked or belittled. Everyone in recovery is included. No one needs to adopt the beliefs of someone else nor deny our own beliefs to get clean and sober. Believing and belonging are not synonymous. We are well into Century 21. Anyone should feel free to doubt or believe with impunity. Everyone's experience is a valid currency. The 12 Step community has no experts. Rebellion Dogs Publishing neither canonizes nor vilifies 12 Step culture. This book draws on philosophy, psychology, entertainment, art, spiritual musings, skeptical inquiry and the uncanny wisdom of the rooms. Professional and 12&12 Member reviews: Melissa D., Clinical Psychologist, California says, "I have never seen a daily devotional book written for agnostics. I found the readings to be extremely thought provoking. I wonder sometimes since there is such talk about God at meetings, what kind of turn-off that must be for agnostics. I think this book will be very helpful to both the newcomer and the mature 12 Step member." Bob K, contributor to AAagnositca.org says, "I expected his book to be good. It's WAY, WAY better than good. The book is outstanding. Two decades of not being a 'daily reflections' kind of guy, are over. Now I have reflections worth reflecting over! Buy this book or you will suffer a horrible and painful death! Well, maybe not, but you'll be missing out on something very good." Michel D. says, "AA can, and must, adapt to changing circumstances and Bill Wilson was the first one to admit it. Unfortunately, members who have come after him are more zealous than our first members. We have seen this dogmatism in history before of course, especially in religion. This is a very slippery slope. I really like the fact that these reflections are for anyone who has an open mind. It does not cater to a specific group to the exclusion of others." Denis K. says, "Many thanks for this great book; my Monday night group and I are having some great discussions related to the daily musings both at the group and often during the week over coffee. All of us were quickly losing interest in the local meetings; Beyond Belief: Agnostic Musings for 12 Step Life gave all of us a much needed spark that has renewed our interest in the fellowship." Dr. Amy, MSW, PhD, adds, "One criticism of the 12 Step movement of course is that its dogma can be limiting-Beyond Belief seems to have addressed this. The quotes are cogent, the organization superb and the contributors are diverse." The book includes an index of over 120 topics, extensive notes and a bibliography.

HOW TO GET RICH

ONE OF THE WORLD'S GREATEST ENTREPRENEURS SHARES HIS SECRETS

Penguin Felix Dennis is an expert at proving people wrong. Starting as a college dropout with no family money, he created a publishing empire, founded Maxim magazine, made himself one of the richest people in the UK, and had a blast in the process. How to Get Rich is different from any other book on the subject because Dennis isn't selling snake oil, investment tips, or motivational claptrap. He merely wants to help people embrace entrepreneurship, and to share lessons he learned the hard way. He reveals, for example, why a regular paycheck is like crack cocaine; why great ideas are vastly overrated; and why "ownership isn't the important thing, it's the only thing."

SOLUTIONS MANUAL TO A FIRST COURSE IN FUZZY LOGIC

Chapman & Hall/CRC

ALBION'S SEED

FOUR BRITISH FOLKWAYS IN AMERICA

Oxford University Press This fascinating book is the first volume in a projected cultural history of the United States, from the earliest English settlements to our own time. It is a history of American folkways as they have changed through time, and it argues a thesis about the importance for the United States of having been British in its cultural origins. While most people in the United States today have no British ancestors, they have assimilated regional cultures which were created by British colonists, even while preserving ethnic identities at the same time. In this sense, nearly all Americans are "Albion's Seed," no matter what their ethnicity may be. The concluding section of this remarkable book explores the ways that regional cultures have continued to dominate national politics from 1789 to 1988, and

still help to shape attitudes toward education, government, gender, and violence, on which differences between American regions are greater than between European nations.

EXPLORING CERTAINTY

WITTGENSTEIN AND WIDE FIELDS OF THOUGHT
