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Why looking up matters A positive attitude is important, but until now we didn't know how important. In *Up*, a practicing physician and NIH-funded researcher draws on her research and experience to show that our outlook on life— our unique patterns of thinking and feeling about ourselves, others, and the world—may be the key to how well and how fast we age. From wrinkles to cognitive decline, our outlook affects our health at every level. Using the framework of outlook GPS, *Up* illustrates how we can gauge our current attitude latitude and move to healthier ground. Tindle brings a fresh eye to attitudinal traits such as optimism, noting that it has many faces, including the face of her own struggling optimism. Using the 7 Steps of Attitudinal Change that she applies to her own patients, Tindle offers us a path toward healthy aging. Prescriptive and accessible, *Up* puts forward a paradigm shift in how we age and treat disease, giving even the most struggling optimists a chance for hope. It will appeal to readers of *The Longevity Project* by Howard S. Friedman and Leslie R. Martin as well as *The Blue Zones* by Dan Buettner. The star of "The Big Bang Theory" and author of the #1 bestseller "Girling Up" puts her Ph.D. to work to talk to teen boys about the science and pressures of growing up male in today's world. George T. Malvaney's life epitomizes the old maxim that "You cannot make this stuff up." Combine a young Klansman from Mississippi, an armed coup attempt in the Caribbean, a stay in prison, and a life-changing epiphany, and you have but half of this swashbuckling tale. Throw in the worst man-made ecological disaster in the history of the United States, and you have unleashed Malvaney's full life story. The Klansman, the soldier of fortune, the wild-eyed prisoner transforms into a renowned leader of the Mississippi Gulf Coast cleanup effort in the wake of the BP Deepwater Horizon oil spill. In his too-crazy-not-to-be-true memoir, Malvaney chronicles what easily should be several lifetimes of adventure--and misadventure. Growing up in a close-knit family in Jackson, Mississippi, the young Malvaney preferred woods and swamps to the drudgery of high school. He dropped out, enlisted in the Navy, and shortly afterwards joined the Ku Klux Klan. While onboard, he organized a branch of the Klan, corrupting and endangering his crewmen. After his discharge, he answered a mercenary call to take part in an invasion of Dominica, a Caribbean fiasco known as the "Bayou of Pigs." That madness landed him in a federal penitentiary. And there, somehow, he vowed to turn his life around. *Cups Up*, a title drawn from the wake-up call shouted at prisoners, is a story of perseverance, cleansing, and redemption. It chronicles the roller coaster life of a high school dropout, ex-Klansman, ex-mercenary, ex-felon, and ex-con, who went on to become a college graduate, a hardnosed environmental regulator, and a widely respected top executive in a company with more than a thousand employees. Everyone has a boss. And anyone who has aspired to move up the corporate ladder knows that their relationship with those they report to is crucial. In *Managing Up* Rosanne Badowski offers a straightforward, entertaining, no-holds-barred account of what it takes to make your relationship with your boss work to your advantage, no matter where you stand in the corporate hierarchy. Told through rich, colorful anecdotes about her years spent working with one of the smartest, most demanding and dynamic business leaders of the twentieth century, legendary GE CEO Jack Welch, Badowski reveals the secrets to career success she has gleaned over the years. At heart, it's about working with the person above you to create a productive and effective partnership. Everyone is a manager, in one way or another, Badowski points out. She discusses first-hand what it's like to have to be a mind reader, to anticipate the future, to plan for the unexpected, and to perform the impossible. With refreshing candor and a hint of attitude, Badowski's advice is unlike any

other. She advises us that “Impatience is a virtue,” to “Have no shame,” and to “Beware the too-quiet office.” Having worked in one of the most challenging, high-profile corporate environments anywhere, no one knows more about prioritizing, about making decisions on behalf of your boss, about sifting through a daily barrage of data and information, about multitasking at warp speed, and exhibiting grace under fire. Ultimately, Badowski says, excelling at what you do is about a shared passion for the job. *Managing Up* is an invaluable guide for managing your career and juggling responsibilities with finesse and confidence. It should become a management bible for anyone hoping to get ahead in their profession.

SHORTLISTED FOR THE 2019 BOOKER PRIZE Baking a multitude of tartes tatin for local restaurants, an Ohio housewife contemplates her four kids, husband, cats and chickens. Also, America's ignoble past, and her own regrets. She is surrounded by dead lakes, fake facts, Open Carry maniacs, and oodles of online advice about survivalism, veil toss duties, and how to be more like Jane Fonda. But what do you do when you keep stepping on your son's toy tractors, your life depends on stolen land and broken treaties, and nobody helps you when you get a flat tire on the interstate, not even the Abominable Snowman? When are you allowed to start swearing? With a torrent of consciousness and an intoxicating coziness, *Ducks*, Newburyport lays out a whole world for you to tramp around in, by turns frightening and funny. A heart-rending indictment of America's barbarity, and a lament for the way we are blundering into environmental disaster, this book is both heresy—and a revolution in the novel. “Consider the two slices of bread that make up one sandwich, or the three lines of poetry that form one haiku, or even the ten years that form one decade. From one to ten, from sandwiches to centuries, every part is necessary to the whole. In this ... concept book, a simple rhyming narration aimed at younger children is complemented by informational panels about subjects like the four compass points, the five acts in Shakespeare, the seven colors of a rainbow, or the nine innings in baseball”—Publisher marketing. The inspiring, unlikely, laugh-out-loud story of how one woman learned to lead—and how she ultimately succeeded, not despite her many mistakes, but because of them. This is the story of how Kristen Hadeed built Student Maid, a cleaning company where people are happy, loyal, productive, and empowered, even while they're mopping floors and scrubbing toilets. It's the story of how she went from being an almost comically inept leader to a sought-after CEO who teaches others how to lead. Hadeed unintentionally launched Student Maid while attending college ten years ago. Since then, Student Maid has employed hundreds of students and is widely recognized for its industry-leading retention rate and its culture of trust and accountability. But Kristen and her company were no overnight sensation. In fact, they were almost nothing at all. Along the way, Kristen got it wrong almost as often as she got it right. Giving out hugs instead of feedback, fixing errors instead of enforcing accountability, and hosting parties instead of cultivating meaningful relationships were just a few of her many mistakes. But Kristen's willingness to admit and learn from those mistakes helped her give her people the chance to learn from their own screwups too. *Permission to Screw Up* dismisses the idea that leaders and organizations should try to be perfect. It encourages people of all ages to go for it and learn to lead by acting, rather than waiting or thinking. Through a brutally honest and often hilarious account of her own struggles, Kristen encourages us to embrace our failures and proves that we'll be better leaders when we do. For fans of Bryony Gordon and Caitlin Moran, a comforting, witty, supportive handbook for real twenty-something women who want to discover how they can reach the end of the 'fun' decade knowing exactly who they are. Have you ever felt lost, anxious, panicky about adulthood? Have you ever spent a hungover Sunday crying into a bowl of cereal? Have you ever scrolled through Instagram and felt nothing but green-eyed jealousy and evil thoughts? Award-winning journalist, *Grazia* agony aunt and real-life big sister to five smart, stylish, stunning twenty-something young women, Daisy Buchanan has been there, done that and got the vajazzle. In *How to be a Grown-Up*, she dispenses all the emotional and practical advice you need to negotiate a difficult decade. Covering everything from how to become more successful and confident at work, how to feel pride in yourself without needing validation from others, how to turn rivals into mentors, and how to *really* enjoy spending time on your own, this is a warm, kind, funny voice in the dark saying “Honestly don't worry, you're doing your best and you're amazing!” Michael Bonner knew he wanted to be a teacher after his favorite college professor, Dr. Poulson, inspired him. The professor's passion and love for teaching prompted Michael to change his major and his life's direction. But nothing prepared Michael for the reality of a Title One school. Teaching is fun until a 7-year-old is

assaulting you or you're dodging furniture being thrown at you. When you mix the craziness of a classroom with a marriage that was about to implode, anyone might want to quit. Smiling on the outside while feeling dead on the inside took this dedicated teacher to the breaking point. Michael knew he must change what was inside him, in his approach to life, or nothing would change anywhere else. So Michael took matters into his own hands to make four key paradigm shifts that helped him create a world of successful learning for his students and love within both the classroom and beyond. The result has been a transformation that's taken Michael far beyond the classroom as he inspires thousands across the country. Many agree teaching is an amazing profession but there's little discussion why so many teachers are leaving the profession. *Get Up or Give Up: How I Almost Gave Up on Teaching* shines a light into the internal battles and decisions educators face daily, and how we must make a conscious decision either to give in—or push through. “A picture book biography of Dr. William Key, a former slave and self-trained veterinarian who taught his horse, Jim, to read and write and who together with Jim became one of the most famous traveling performance acts around the turn of the twentieth century. Includes afterword and author's sources”— #1 NEW YORK TIMES BESTSELLER Featured by Oprah's Book Club on the Anti-Racist Books for Young Adults list curated by bestselling author Jacqueline Woodson A USA TODAY Bestseller Recommended by The Guardian, Time, *Grazia*, The Telegraph, Express, and The Sun “This is one for you, your neighbour, the children in your lives and especially that ‘only slightly’ racist colleague... A guide to the history of racism and a blueprint for change” —The Guardian Who are you? What is racism? Where does it come from? Why does it exist? What can you do to disrupt it? Learn about social identities, the history of racism and resistance against it, and how you can use your anti-racist lens and voice to move the world toward equity and liberation. “In a racist society, it's not enough to be non-racist—we must be ANTI-RACIST.” —Angela Davis Gain a deeper understanding of your anti-racist self as you progress through 20 chapters that spark introspection, reveal the origins of racism that we are still experiencing and give you the courage and power to undo it. Each chapter builds on the previous one as you learn more about yourself and racial oppression. 20 activities get you thinking and help you grow with the knowledge. All you need is a pen and paper. Author Tiffany Jewell, an anti-bias, anti-racist educator and activist, builds solidarity beginning with the language she chooses – using gender neutral words to honour everyone who reads the book. Illustrator Aurélie Durand brings the stories and characters to life with kaleidoscopic vibrancy. After examining the concepts of social identity, race, ethnicity and racism, learn about some of the ways people of different races have been oppressed, from indigenous Americans and Australians being sent to boarding school to be ‘civilized’ to a generation of Caribbean immigrants once welcomed to the UK being threatened with deportation by strict immigration laws. Find hope in stories of strength, love, joy and revolution that are part of our history, too, with such figures as the former slave Toussaint Louverture, who led a rebellion against white planters that eventually led to Haiti's independence, and Yuri Kochiyama, who, after spending time in an internment camp for Japanese Americans during WWII, dedicated her life to supporting political prisoners and advocating reparations for those wrongfully interned. Learn language and phrases to interrupt and disrupt racism. So, when you hear a microaggression or racial slur, you'll know how to act next time. This book is written for EVERYONE who lives in this racialised society—including the young person who doesn't know how to speak up to the racist adults in their life, the kid who has lost themselves at times trying to fit into the dominant culture, the children who have been harmed (physically and emotionally) because no one stood up for them or they couldn't stand up for themselves and also for their families, teachers and administrators. With this book, be empowered to actively defy racism and xenophobia to create a community (large and small) that truly honours everyone. Build vital connections to accelerate your career success *Managing Up* is your guide to the most valuable ‘soft skill’ your career has ever seen. It's not about sucking up or brown-nosing; it's about figuring out who you are, who your boss is, and finding where you meet. It's about building real relationships with people who have influence over your career. *Managing up* is good for you, good for your boss, and good for the organization as a whole. This book gives you strategies for developing these all-important connections and building more than rapport; you become able to quickly assess situations, and determine which actions will move you forward; you become your own talent manager, and your boss's top choice for that new opportunity. As a skill, managing up can do more for your career than simply ‘networking’

ever could—and this book shows you how. Real-world strategies give you a set of actionable steps, supplemented by expert advice from a top leadership consultant that helps you get on track to advancement. It's never too early or too late to start adjusting your alignment, and this book provides the help you need to start accelerating your trajectory. Develop robust relationships with influential people Enhance your self-awareness and become more adaptable Gain new opportunities and accelerate your career Stop 'schmoozing' and develop true, lasting connections Managing up helps you build the sort of relationships that foster more communication, collaboration, cooperation, and understanding between people at different levels of power, with a variety of perspectives and skills. This type of bridge-building builds your reputation for effectiveness and fit, so you can start skipping rungs on the ladder as you build a strong, successful career. Managing Up is your personal manual for building this vital skill so you can begin building your best future. Property will cost us the earth The science on climate change has been clear for a very long time now. Yet despite decades of appeals, mass street protests, petition campaigns, and peaceful demonstrations, we are still facing a booming fossil fuel industry, rising seas, rising emission levels, and a rising temperature. With the stakes so high, why haven't we moved beyond peaceful protest? In this lyrical manifesto, noted climate scholar (and saboteur of SUV tires and coal mines) Andreas Malm makes an impassioned call for the climate movement to escalate its tactics in the face of ecological collapse. We need, he argues, to force fossil fuel extraction to stop—with our actions, with our bodies, and by defusing and destroying its tools. We need, in short, to start blowing up some oil pipelines. Offering a counter-history of how mass popular change has occurred, from the democratic revolutions overthrowing dictators to the movement against apartheid and for women's suffrage, Malm argues that the strategic acceptance of property destruction and violence has been the only route for revolutionary change. In a braided narrative that moves from the forests of Germany and the streets of London to the deserts of Iraq, Malm offers us an incisive discussion of the politics and ethics of pacifism and violence, democracy and social change, strategy and tactics, and a movement compelled by both the heart and the mind. Here is how we fight in a world on fire. #1 NEW YORK TIMES BESTSELLER • The book that sparked a revolution and inspired the hit Netflix series Tidying Up with Marie Kondo: the original guide to decluttering your home once and for all. ONE OF THE MOST INFLUENTIAL BOOKS OF THE DECADE—CNN Despite constant efforts to declutter your home, do papers still accumulate like snowdrifts and clothes pile up like a tangled mess of noodles? Japanese cleaning consultant Marie Kondo takes tidying to a whole new level, promising that if you properly simplify and organize your home once, you'll never have to do it again. Most methods advocate a room-by-room or little-by-little approach, which doom you to pick away at your piles of stuff forever. The KonMari Method, with its revolutionary category-by-category system, leads to lasting results. In fact, none of Kondo's clients have lapsed (and she still has a three-month waiting list). With detailed guidance for determining which items in your house "spark joy" (and which don't), this international bestseller will help you clear your clutter and enjoy the unique magic of a tidy home—and the calm, motivated mindset it can inspire. In Manning Up, Manhattan Institute fellow and City Journal contributing editor Kay Hymowitz argues that the gains of the feminist revolution have had a dramatic, unanticipated effect on the current generation of young men. Traditional roles of family man and provider have been turned upside down as "pre-adult" men, stuck between adolescence and "real" adulthood, find themselves lost in a world where women make more money, are more educated, and are less likely to want to settle down and build a family. Their old scripts are gone, and young men find themselves adrift. Unlike women, they have no biological clock telling them it's time to grow up. Hymowitz argues that it's time for these young men to "man up." "Grady Clay looks hard at the landscape, finding out who built what and why, noticing who participates in a city's success and who gets left in a 'sink,' or depressed (often literally) area. Clay doesn't stay in the city; he looks at industrial towns, truck stops, suburbs—nearly anywhere people live or work. His style is witty and readable, and the book is crammed with illustrations that clarify his points. If I had to pick up one book to guide my observations of the American scene, this would be it."—Sonia Simone, Whole Earth Review "The emphasis on the informal aspects of city-shaping—topographical, historical, economic and social—does much to counteract the formalist approach to American urban design. Close-Up...should be required reading for anyone wishing to understand Americans and their cities."—Roger Cunliffe, Architectural

Review "Close-Up is a provocative and stimulating book."—Thomas J. Schlereth, Winterthur Portfolio "Within this coherent string of essays, the urban dweller or observer, as well as the student, will find refreshing strategies for viewing the environmental 'situations' interacting to form a landscape."—Dallas Morning News "Clay's Close-Up, first published in 1973, is still a key book for looking at the real American city. Too many urban books and guidebooks concentrate on the good parts of the city....Clay looks at all parts of the city, the suburbs, and the places between cities, and develops new terms to describe parts of the built environment—fronts, strips, beats, stacks, sinks, and turf. No one who wants to understand American cities or to describe them, should fail to know this book. The illustrations are of special interest to the guidebook writer."—American Urban Guidenotes The Book of Waking Up invites you to wake to your coping mechanisms, find the why behind your pain, and walk into the Divine Love of God. The inevitable pain of life gives us many reasons to check out—and many ways to do it. Alcohol, entertainment, pills, shopping, porn, chasing success, cashing checks, and collecting social media "likes"—these and so many other things anesthetize us from the wounds of everyday living. As Seth Haines wrote in his award-winning book, Coming Clean, "We're all drunk on something." In his compelling follow-up, The Book of Waking Up, Seth invites you into the story of healing. He invites you to see your coping mechanisms for what they are—lesser lovers, which cannot bring the peace, freedom, and wholeness you crave. Through guided reflections, sustainable soul practices, and stories from Seth's life and others, The Book of Waking Up points you toward the Divine Love of God that has the power to transform your life. As Seth writes, "Addiction is misplaced adoration." Now, join him on a journey toward the only Love worth adoring, the only Love that cures a soul. Join him on the journey to waking up. It's no secret that writing a book is one of the quickest and most effective ways to establish yourself as an authority in your field. At the same time, one of the biggest myths in publishing is that authors can easily strike it rich from a \$15 paperback. While this can happen to a lucky few who hit the best-seller lists, a better path to riches is one where you build your business around your book, leveraging your author status to gain valuable media exposure, increase your earnings potential, and develop new revenue streams. This comprehensive guide shows you how you can write and produce a book and ultimately expand your business to new heights. If you have been thinking about writing a book, or you have already authored a book and want to gain even more exposure online, you will find a treasure trove of information and resources in BOOKED UP! You will learn how to: Uncover dozens of revenue-generating strategies that you can create around your book. Write a book—even if you hate to write! Choose between self-publishing and traditional publishing, depending on your unique goals. Move forward with self-publishing, if that is the path you choose. Navigate the world of traditional publishing and land a book deal. Implement powerful internet marketing strategies to gain maximum visibility online. Leverage social media sites including Facebook, Twitter and LinkedIn to build your audience and increase website traffic. An interview with a successful author follows each section in the book—authors who have built empires around one or more books. This is valuable real-world advice that you won't find anywhere else. Don't miss your chance to get BOOKED UP! We've all had moments of feeling like we didn't belong, but imagine being born into a world where fitting in was never an option. Michele Sullivan, who has a rare form of dwarfism, shares how her physical posture taught her the most effective relational posture with others, which helped her become one of the most powerful women in philanthropy. Born with a rare form of dwarfism, Michele has spent her life looking up. As the first female president of the Caterpillar Foundation, she has used her unique point of view to impact countless lives around the world. As a child, Michele realized she had a choice to make. A life-changing choice. She could tailor her differences into something more suitable for the world. She could hide from the world and live on the fringe. Or, she could embrace her differences, turn them into assets, and come to recognize that there was a strength within them that could help others. She chose the third option. Looking Up is the story of how Michele became the smallest woman at the largest earth-moving manufacturer in the world. Her story begins with her passage from a young person who, in spite of being looked down upon by others, learned to look up: to find an elevated view of others that would change the course of millions of lives. While her height has presented challenges that are different from those most have experienced (containing some uniquely humorous moments as well), it has allowed her to see things, literally and figuratively, that others do not. Embedded in this narrative

are unique takeaways for individuals about the importance of making the first move, being wrong at first, choosing intimacy over influence, and learning that asking for help is a strength, not a weakness. Looking Up is poised to be an inspiring nonfiction work full of heartfelt lessons that will resonate with individuals in their lives and at work. **SELECTED AS A 2008 BEST BUSINESS BOOK OF THE YEAR BY THE ECONOMIST** The Net Generation Has Arrived. Are you ready for it? Chances are you know a person between the ages of 11 and 30. You've seen them doing five things at once: texting friends, downloading music, uploading videos, watching a movie on a two-inch screen, and doing who-knows-what on Facebook or MySpace. They're the first generation to have literally grown up digital--and they're part of a global cultural phenomenon that's here to stay. The bottom line is this: If you understand the Net Generation, you will understand the future. If you're a Baby Boomer or Gen-Xer: This is your field guide. A fascinating inside look at the Net Generation, *Grown Up Digital* is inspired by a \$4 million private research study. New York Times bestselling author Don Tapscott has surveyed more than 11,000 young people. Instead of a bunch of spoiled "screenagers" with short attention spans and zero social skills, he discovered a remarkably bright community which has developed revolutionary new ways of thinking, interacting, working, and socializing. *Grown Up Digital* reveals: How the brain of the Net Generation processes information Seven ways to attract and engage young talent in the workforce Seven guidelines for educators to tap the Net Gen potential Parenting 2.0: There's no place like the new home Citizen Net: How young people and the Internet are transforming democracy Today's young people are using technology in ways you could never imagine. Instead of passively watching television, the "Net Geners" are actively participating in the distribution of entertainment and information. For the first time in history, youth are the authorities on something really important. And they're changing every aspect of our society--from the workplace to the marketplace, from the classroom to the living room, from the voting booth to the Oval Office. The Digital Age is here. The Net Generation has arrived. Meet the future. "World Champion" Judah Friedlander tells you *How to Beat Up Anybody* in this insanely hilarious satirical martial arts guide. Better known as an award-winning stand-up comic, actor, and star of *30 Rock*, Friedlander shares his adventures in butt-kicking with lucky readers in a self-defense handbook in the gut-busting vein of *The Truth About Chuck Norris*. Closing the sale. Asking for a raise. Nailing the big presentation. Of the 2,000 hours you work every year, your success or failure is determined in the couple of dozen crucial hours when you need to bring your absolute best. Will you? The last few minutes before a major challenge can be terrifying. Ever wished you knew how to make sure you ace the make-or-break test, audition, or interview? We often feel the most powerless just before we're expected to act powerful. As you'll learn in this life-changing book, practice might make perfect, but perfection is useless if you can't summon it when it counts. Pulling off a great speech or the pivotal at bat also requires the right kind of mental preparation. In *Psyched Up*, journalist Daniel McGinn dives into the latest psychological research and interviews athletes, soldiers, entertainers, and others who, despite years of practice and enviable track records, will ultimately be judged on their ability to deliver a solid performance when it's their turn to shine. For instance, he reveals...

- How Jerry Seinfeld's jacket and Stephen Colbert's pen help them get laughs.
- What General Stanley McChrystal said to Special Forces before they entered the battlefield.
- Why the New England Patriots hired the DJ from the Red Sox to help them win.

Among other counterintuitive insights, McGinn reveals why trying to calm your backstage jitters can be worse for your performance than channeling it into excitement; how meaningless rituals can do more to prepare you in the final moments than last-minute rehearsal; and how a prescription from your doctor could help you unleash your best skills. Whether you're a sports person or a salesperson, an actor or an entrepreneur, one bad hour can throw away months of hard work. There's so much conflicting popular advice that we often end up doing the wrong things. McGinn separates the facts from the old wives' tales and shares new, research driven strategies for activating your talent, optimizing your emotions, and getting psyched up to take the spotlight. Want to know how to write more powerfully? You've come to the right book. *Word Up!*--an eclectic collection of essays, more inspiration guide than style guide--serves up tips and insights for anyone who wants to know how to write with umph. *Word Up!* does what too few writing books do: it practices while preaching, shows while telling, uses powerful writing to talk about powerful writing. *Word Up!* explores the perplexities and celebrates the pleasures of the English language. It leaves you smiling--and ready to

conquer your next blank (or blah) page. Showing up is what turns the people you know into your people. It's at the core of creating and maintaining strong, meaningful bonds with friends, family, coworkers, and internet pals. Showing up is the act of bearing witness to people's joy, pain, and true selves; validating their experiences; easing their load; and communicating that they are not alone in this life. If you're having trouble connecting with those around you, know that you're not the only one. Adult friendships are tricky!!! Part manifesto, part guide, *The Art of Showing Up* is soul medicine for our modern, tech-mediated age. Rachel Wilkerson Miller charts a course to kinder, more thoughtful, and more fulfilling relationships--and, crucially, she reminds us that "you can't show up for others if you aren't showing up for yourself first." Learn to fearlessly . . . define your needs, reclaim your time, and commit to self-care ask for backup when times are tough--and take action when others are in crisis meet and care for new friends, and gently end toxic friendships help your people feel more seen (and more OK) overall! What are the underlying handful of fundamentals that haven't changed for over a hundred years? From Harnish's famous "Mastering a One Page Strategic Plan" process that has been a best-selling article on the web to his concise outline of eight practical actions you can take to strengthen your culture, this book is a compilation of best practices adapted from some of the best-run firms on the planet. Included is an instructive chapter co-authored by Rich Russakoff, revealing winning tactics to get banks to finance your business. Lastly, there are case studies demonstrating the validity of Harnish's practical approaches. An Invitation to Community and Models for Connection After almost every presentation activist and writer Mia Birdsong gives to executives, think tanks, and policy makers, one of those leaders quietly confesses how much they long for the profound community she describes. They have family, friends, and colleagues, yet they still feel like they're standing alone. They're "winning" at the American Dream, but they're lonely, disconnected, and unsatisfied. It seems counterintuitive that living the "good life"--the well-paying job, the nuclear family, the upward mobility--can make us feel isolated and unhappy. But in a divided America, where only a quarter of us know our neighbors and everyone is either a winner or a loser, we've forgotten the key element that helped us make progress in the first place: community. In this provocative, groundbreaking work, Mia Birdsong shows that what separates us isn't only the ever-present injustices built around race, class, gender, values, and beliefs, but also our denial of our interdependence and need for belonging. In response to the fear and discomfort we feel, we've built walls, and instead of leaning on each other, we find ourselves leaning on concrete. Through research, interviews, and stories of lived experience, *How We Show Up* returns us to our inherent connectedness where we find strength, safety, and support in vulnerability and generosity, in asking for help, and in being accountable. Showing up--literally and figuratively--points us toward the promise of our collective vitality and leads us to the liberated well-being we all want. A New Vision of Inclusive Leadership What makes someone a leader? Someone you vote for, work for, or listen to for their expertise? With *Step Up*, equality advocate Ash Beckham challenges us to embrace a different vision of leadership--to stop focusing on external authorities and start reclaiming our own ability to create change. "What we need most are everyday leaders," she writes. "We need people to step up and be the change they wish to see in the world. Anyone can do it. You can do it." Whether your path involves activism, political engagement, or simply being a positive voice in your workplace, home, and community, Beckham's *Step Up* provides essential guidance on cultivating the eight pillars of everyday leadership:

- Empathy--the art of relating to others with compassion for our shared humanity, regardless of whether we agree
- Responsibility--how we can raise our awareness and consciously choose to behave in ways that heal instead of harm
- Courage--understanding the nature of fear so we can move beyond our comfort zone one step at a time
- Grace--how keeping our higher purpose always in sight helps us stop reacting with fear or anger
- Individuality--learning to value and celebrate our uniqueness, including the parts of ourselves we often reject
- Humility--ways to keep the ego in check and open the door to honest, collaborative relationships
- Patience--guidance for disarming our tendency to rush ahead so we can act with greater deliberation and forethought
- Authenticity--how we can embody our deepest truths and lead by example in any situation

For each pillar, Beckham shares engaging stories of her own journey from isolation and anger to a place of greater openness and connection--supported by scientific research and everyday practices to mindfully change the way you relate to yourself and the people in your life. *Step Up* is a powerful call to action--to speak when it feels easier to

be silent, to do good without being self-righteous, and to create a world of inclusion where everyone has a voice and everyone belongs. Imagine being born into a world where fitting in was never an option. Michele Sullivan, one of the most powerful women in philanthropy, was born with a rare form of dwarfism. Meaning she has spent her entire life looking up. As the first female president of the Caterpillar Foundation, she has used her unique point of view to impact countless lives around the world. As a child, Michele decided to live a life of meaning, by: Tailoring her differences into something more suitable for the world. Hiding from the world and live on the fringe. Embracing her differences to turn them into assets. Recognize that there was a strength within her that could help others. Looking Up is the story of how Michele became the smallest woman at the largest earth-moving manufacturer in the world. While her height has presented challenges that are different from most, it has allowed her to see things that others do not, literally and figuratively. Embedded in this narrative are unique (and often hilarious) takeaways for individuals about the importance of making the first move, being wrong at first, choosing intimacy over influence, and learning that asking for help is a strength, not a weakness. Mayim Bialik, Jeopardy! host and star of The Big Bang Theory, puts her Ph.D. to work as she talks to teens about the science of growing up and getting ahead. A must-have book for all teenage girls. Growing up as a girl in today's world is no easy task. Juggling family, friends, romantic relationships, social interests and school...sometimes it feels like you might need to be a superhero to get through it all! But really, all you need is little information. Want to know why your stomach does a flip-flop when you run into your crush in the hallway? Or how the food you put in your body now will affect you in the future? What about the best ways to stop freaking out about your next math test? Using scientific facts, personal anecdotes, and wisdom gained from the world around us, Mayim Bialik, the star of The Big Bang Theory, shares what she has learned from her life and her many years studying neuroscience to tell you how you grow from a girl to a woman biologically, psychologically and sociologically. And as an added bonus, *Girling Up* is chock-full of charts, graphs and illustrations -- all designed in a soft gray to set them apart from the main text and make them easy to find and read. Want to be strong? Want to be smart? Want to be spectacular? You can! Start by reading this book. Praise for *Girling Up*: "Bialik is encouraging without being preachy . . . many teens will be drawn to this engaging and useful book." --Booklist "Ultimately, the author stresses that 'Girling Up' does not end with adulthood—it is a lifelong journey. Thanks to Bialik, readers have a road map to make this trip memorable." --School Library Journal "Written in conversational style . . . the tone remains understanding, supportive, and respectful of the reader's individuality throughout the text." --VOYA

Discusses the issue of breast feeding and whether it is fair to judge parenting on breast vs. bottle as opposed to making the right choice for a family. Sustainability has come to the fore in the cosmetics and personal care industry. Rising ethical consumerism and the need for resource efficiency are making cosmetic companies - small, independent firms to global giants - take steps towards sustainable development. Sustainability: How the Cosmetics Industry is Greening Up discusses the growing importance of sustainability in the cosmetics industry, highlighting the various ways organisations can address the economic, environmental and social aspects. How can the cosmetics industry make a difference in terms of ingredients, formulations, packaging, CSR, operations, and green marketing? Topics covered include: Environmental and social impacts of cosmetic products Ethical sourcing and biodiversity Renewable energy and waste management Green formulations and ingredients Green marketing issues and consumer behaviour Green standards, certification schemes and indices in the cosmetics industry Industry experts share their experiences on how they are tackling the challenges of sustainability: from raw material procurements, manufacturing, business processes, to distribution and marketing to consumers. The book concludes with some future growth projections; what are some of the shortcomings in sustainability in the cosmetics industry and what can we expect to see in the future? Sustainability: How the Cosmetics Industry is Greening Up discusses business and technical issues in all areas of sustainable product development, from sourcing ingredients, to formulation, manufacture and packaging. Covering a diverse range of subjects, this book appeals to professionals in many key sectors of the cosmetics and personal care industry; cosmetic chemists, formulation scientists, R&D directors, policy makers, business and marketing executives. It is also of relevance to academic researchers working in cosmetic chemistry and sustainable process development. "Have you ever wondered how seesaws go up and down or how screws stay secure in

walls? In the How Do series, readers are welcome to guess along with the rest of us--and then explore the science behind the right answers. Beginning concepts of mechanical engineering including levers, wedges, inclined planes, and more are learned through diagrams, photos, and informative and engaging text"--Amazon.com. Parenting isn't easy. Showing up is. Your greatest impact begins right where you are. Now the bestselling authors of *The Whole-Brain Child* and *No-Drama Discipline* explain what this means over the course of childhood. "There is parenting magic in this book."—Michael Thompson, Ph.D., co-author of the New York Times bestselling classic *Raising Cain* One of the very best scientific predictors for how any child turns out—in terms of happiness, academic success, leadership skills, and meaningful relationships—is whether at least one adult in their life has consistently shown up for them. In an age of scheduling demands and digital distractions, showing up for your child might sound like a tall order. But as bestselling authors Daniel Siegel and Tina Payne Bryson reassuringly explain, it doesn't take a lot of time, energy, or money. Instead, showing up means offering a quality of presence. And it's simple to provide once you understand the four building blocks of a child's healthy development. Every child needs to feel what Siegel and Bryson call the Four S's: • Safe: We can't always insulate a child from injury or avoid doing something that leads to hurt feelings. But when we give a child a sense of safe harbor, she will be able to take the needed risks for growth and change. • Seen: Truly seeing a child means we pay attention to his emotions—both positive and negative—and strive to attune to what's happening in his mind beneath his behavior. • Soothed: Soothing isn't about providing a life of ease; it's about teaching your child how to cope when life gets hard, and showing him that you'll be there with him along the way. A soothed child knows that he'll never have to suffer alone. • Secure: When a child knows she can count on you, time and again, to show up—when you reliably provide safety, focus on seeing her, and soothe her in times of need, she will trust in a feeling of secure attachment. And thrive! Based on the latest brain and attachment research, *The Power of Showing Up* shares stories, scripts, simple strategies, illustrations, and tips for honoring the Four S's effectively in all kinds of situations—when our kids are struggling or when they are enjoying success; when we are consoling, disciplining, or arguing with them; and even when we are apologizing for the times we don't show up for them. Demonstrating that mistakes and missteps are repairable and that it's never too late to mend broken trust, this book is a powerful guide to cultivating your child's healthy emotional landscape. Winner of the International Book Awards for General Business Winner of the Readers' Favorite International Book Award for Non-Fiction Business It's been over a decade since Verne Harnish's best-selling book *Mastering the Rockefeller Habits* was first released. *Scaling Up* (*Rockefeller Habits 2.0*) is the first major revision of this business classic which details practical tools and techniques for building an industry-dominating business. This book is written so everyone -- from frontline employees to senior executives -- can get aligned in contributing to the growth of a firm. *Scaling Up* focuses on the four major decision areas every company must get right: People, Strategy, Execution, and Cash. The book includes a series of new one-page tools including the updated One-Page Strategic Plan and the Rockefeller Habits Checklist™, which more than 40,000 firms around the globe have used to scale their companies successfully -- many to \$10 million, \$100 million, and \$1 billion and beyond - while enjoying the climb! Pioneering Silicon Valley entrepreneur and investor Magdalena Yesil came to the United States in 1976 with two suitcases and \$43, blind to the challenges she would face as a woman and immigrant in Silicon Valley. Today, she is best known as the first investor and a founding board member of Salesforce, the now-multibillion dollar company that ushered in the era of cloud-based computing. In *Power Up: A Woman's Field Guide to Success in the New Economy*, Yesil urges women to look beyond the alarming gender statistics of the workplace and feel confident entering tech or any field--but also prepared to deal with the challenges. She shares what she experienced as a woman in Silicon Valley with surprising candor and heart, relying not just on her insight but that of more than a dozen top women entrepreneurs to offer pragmatic takeaways on topics such as: • Owning career choices while managing risk • Getting credit for your work • Managing sexual dynamics • Recruiting allies in the movement toward a supportive workplace for everyone Pragmatic, incisive, and full of highly actionable advice, Yesil prepares ambitious women to break glass ceilings and rise to the top in the New Silicon Valley--and beyond. What happens when you approach the real world like a video game? You start winning--at life. In this radical new perspective on achieving success, marketing leader and eSports player Eric Siu outlines 15

personal power-ups that will help you unlock your passion and level up your life. You'll follow the same steps that Siu used to transform himself from academic and social failure to wildly successful marketing entrepreneur and podcaster--by applying his mindset as a competitive eSports gamer to real-life situations. Siu didn't stop playing video games; he just started gaming in his real life, setting himself quests, goals, and rewards at each level. Now, he's passing the torch to you. In *Leveling Up*, Siu challenges you to conquer the real world by accumulating 15 personal power-ups that will help you focus on your passion and develop it into a winning career. Every chapter brings insights and stories, advice from others who have succeeded, and a quest that you must undertake. Master all 15 levels, and you'll even unlock a special bonus to help you build the life of your dreams. Are you ready to test your might? Through humorous personal examples, the former stand-up comic describes how happiness is available to everyone in the present moment, arguing that, once fear is accepted and dealt with, personal power and fulfillment will follow. "But I can't . . ." "There's no way . . ." "It's impossible . . ." Enough. Get off your ass and make your "someday" goals a priority—today. After years of coaching and consulting hundreds of startup rookies as well as seasoned entrepreneurs, executives, and CEOs, Bedros Keuilian realized that most people who want to start a business, grow an existing business, author a book, make more money,

or make a bigger impact usually take the long, slow, painful way to get there . . . and more than 80 percent of entrepreneurs never get to their desired destination or achieve their full potential in business. They treat their dream as if it were merely a hobby and dip their toes in the water, but they never commit to diving in—you get the idea. It's time to cut the bullshit excuses. Everyone has a gift, a purpose. It's your duty to figure out what your gift is and how you're going to share it with the world. *Man Up: How to Cut the Bullshit and Kick Ass in Business (and in Life)* is your guide to doing exactly that. Keuilian, founder and CEO of Fit Body Boot Camp and known as the "hidden genius" behind many of the most successful brands and businesses throughout multiple industries, will show you how to break out of the sea of mediocrity, get singularly focused on your purpose, and do what it takes—not only to achieve but dominate your goals. With Keuilian's no-nonsense approach in both business and personal spheres, you'll be able to define your purpose and have clarity of vision—and a plan—to make the quantum leap. Whether it's creating and growing a company, leaving a legacy, making a difference, or launching a new brand, you will discover how to use your passion, purpose, and sheer grit to overcome any adversity that attempts to derail your progress. If there's an area of your life in which you need to man up, this book will get you there.

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