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Bees Christmas Abundance A Simple Guide to Discovering the True Meaning of Christmas *Thomas Nelson Publishers* Readers will rediscover the true meaning of Christmas in this celebration of the simple pleasures offered by the season, accompanied by scripture reading, Advent and Christmas meditations, quotes, inspiration, and practical holiday advice. **Out of My Mind** *Simon and Schuster* Considered by many to be mentally retarded, a brilliant, impatient fifth-grader with cerebral palsy discovers a technological device that will allow her to speak for the first time. **The Art of Abundance A Simple Guide to Discovering Life's Treasures** *Stewart Tabori & Chang* Designed for busy people, these beautiful, inspirational books are full of thought-provoking quotes, helpful insights, and simple suggestions, each limited to a single page for easy browsing. **The Leadership Experience** *Cengage Learning* Master the critical leadership skills and solid understanding of today's theory needed to become an effective business leader in today's turbulent times with Daft's THE LEADERSHIP EXPERIENCE, 6E. Acclaimed author Richard Daft helps you explore the latest thinking in leadership theory and contemporary practices at work within organizations throughout the world. You will examine emerging topics, including enhancement of emotional intelligence, leadership vision and courage, leadership of virtual teams, and open innovation, and will connect those topics to recent world events such as ethical scandals and political turmoil. Packed with memorable examples and unique insights into actual leadership decisions, this full-color text includes crisp, clear visuals to reinforce the book's engaging presentation. This edition's proven applications, specifically designed for today's leadership theory and applications course, and a solid foundation grounded in established scholarly research make the topic of leadership come alive. In addition, THE LEADERSHIP EXPERIENCE is available with CengageNOW for the first time. CengageNOW provides an integrated text and online learning solution that enhances understanding of course content and offers opportunities to extend learning. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version. **The Candy and the Broken Biscuits** *HarperCollins UK* Candy is 15 years old and she's on a mission to escape Bishopspool. Candy knows she's destined for bigger things and is determined to make it big in the music business. With the help of an old guitar and her Fairy Godbrother, Candy and her bandmates attempt to make it in the star-studded, crazy world of rock and roll **The Death and Life of Great American Cities** *Random House* In this classic text, Jane Jacobs set out to produce an attack on current city planning and rebuilding and to introduce new principles by which these should be governed. The result is one of the most stimulating books on cities ever written. Throughout the post-war period, planners temperamentally unsympathetic to cities have been let loose on our urban environment. Inspired by the ideals of the Garden City or Le Corbusier's Radiant City, they have dreamt up ambitious projects based on self-contained neighbourhoods, super-blocks, rigid 'scientific' plans and endless acres of grass. Yet they seldom stop to look at what actually works on the ground. The real vitality of cities, argues Jacobs, lies in their diversity, architectural variety, teeming street life and human scale. It is only when we appreciate such fundamental realities that we can hope to create cities that are safe, interesting and economically viable, as well as places that people want to live in. 'Perhaps the most influential single work in the history of town planning... Jacobs has a powerful sense of narrative, a lively wit, a talent for surprise and the ability to touch the emotions as well as the mind' *New York Times Book Review* **Finding Serenity in Seasons of Stress Simple Solutions for Difficult Times** *Grand Harbor Pub* Serenity. You hear it in the music of Debussy, Mozart, Bach, and Brahms — a smooth flow of melody and harmony that soothes your heart and calms your mind. Yet in our frazzled society, serenity is hard to find. You look in the mirror, and instead of a serene smiling face, you see your own worried countenance. How do you achieve serenity in this ever-accelerating modern age? In *Finding Serenity in Seasons of Stress*, Candy Paul reveals that cultivating inner serenity can begin with small adjustments. By understanding serenity as a gift that comes moment by moment and choice by choice, it can grow from within and expand outward — whether you are facing a storm or standing in the sun of a shining day. *Finding Serenity in Seasons of Stress* offers you the thoughts to help you tap into the higher, spiritual viewpoint of serenity as well as the earthly details that will help you create the life of your dreams. Through Candy's practical advice, tips, affirmations, and activities, you will discover hope and encouragement for your soul in any season of life. **The Most Wonderful Time of the Year 101 Inspiring Ways to Enjoy Christmas** *Howard Books* Suggests ways to simplify the holiday season by spending more time with loved ones, creating special traditions, and focusing on the real meaning of Christmas, and includes inspirational quotes and Bible verses. **Candy Girl A Year in the Life of an Unlikely Stripper** *Black Inc.* The international bestseller from the Oscar-winning author of *Juno . . . Diablo* Cody was twenty-four years old when she decided there had to be more to life than typing copy at an ad agency. On a whim, she signed up for amateur night at a seedy Minneapolis strip club. She didn't win a prize that night, but she discovered that stripping delivered a rush she had never experienced before. In *Candy Girl*, Diablo tells the captivating fish-out-of-water story of her year-long walk on the wild side. With insight and wit, she takes us on a behind-the-scenes tour of the industry, from quiet gentlemen's clubs to multilevel sex palaces. Funny and fascinating, *Candy Girl* is a seductive treat. **The Soundtrack of My Life** *Simon and Schuster* The chief creative officer of Sony Music presents a candid assessment of his life and the past half-century of popular music from an insider's perspective, tracing his work with a wide array of stars and personalities. **The Art of Simplicity A Simple Guide to Focusing on the Essentials of the Heart** *Stewart Tabori & Chang* Encouragement is a card sent for no reason, a cup of tea and a listening ear, being loved for who we are. Abundance is a pink and lavender sunset sky, wildflowers in a mason jar, an unexpected phone call from a friend. Simplicity is a clean closet, a child's smile, eyes closed in prayer. All of these gifts are too easily lost in today's chaotic and breakneck world. **Sophie's World** *Hachette UK* The international bestseller about life, the universe and everything. When 14-year-old Sophie encounters a mysterious mentor who introduces her to philosophy, mysteries deepen in her own life. Why does she keep getting postcards addressed to another girl? Who is the other girl? And who, for that matter, is Sophie herself? To solve the riddle, she uses her new knowledge of philosophy, but the truth is far stranger than she could have imagined. A phenomenal worldwide bestseller, SOPHIE'S WORLD sets out to draw teenagers into the world of Socrates, Descartes, Spinoza, Hegel and all the great philosophers. A brilliantly original and fascinating story with many twists and turns, it raises profound questions about the meaning of life and the origin of the universe. **The Art of Encouragement A Simple Guide to Living Life from the Heart** *Stewart Tabori & Chang* Encouragement is a card sent for no reason, a cup of tea and a listening ear, being loved for who we are. Abundance is a pink and lavender sunset sky, wildflowers in a mason jar, an unexpected phone call from a friend. Simplicity is a clean closet, a child's smile, eyes closed in prayer. All of these gifts are too easily lost in today's chaotic and breakneck world. **Tastes Like Candy** *Createspace Independent Publishing Platform* Raised by a widower and a pack of uncles, Michelle Calloway has known only one way of life, that of the Lean Dogs MC, London chapter. When circumstances force her to flee to America, she fears her days of working alongside the club are over. But Derek Snow isn't the sort of man to let talent go to waste. In Amarillo, Texas, Vice President Candyman faces the challenge of preserving his club and protecting his growing family. If Charlie Fox's niece has a head for numbers, he's going to put her to use. But he never would have guessed little Michelle would be so grown up already... Club prince meets MC princess in book II of the Lean Dogs Legacy Series. **Parenting Matters Supporting Parents of Children Ages 0-8** *National Academies Press* Decades of research have demonstrated that the parent-child dyad and the environment of the familyâ€"which includes all primary caregiversâ€"are at the foundation of children's well-being and healthy development. From birth, children are learning and rely on parents and the other caregivers in their lives to protect and care for them. The impact of parents may never be greater than during the earliest years of life, when a child's brain is rapidly developing and when nearly all of her or his experiences are created and shaped by parents and the family environment. Parents help children build and refine their knowledge and skills, charting a trajectory for their health and well-being during childhood and beyond. The experience of parenting also impacts parents themselves. For instance, parenting can enrich and give focus to parents' lives; generate stress or calm; and create any number of emotions, including feelings of happiness, sadness, fulfillment, and anger. Parenting of young children today takes place in the context of significant ongoing developments. These include: a rapidly growing body of science on early childhood, increases in funding for programs and services for families, changing demographics of the U.S. population, and greater diversity of family structure. Additionally, parenting is increasingly being shaped by technology and increased access to information about parenting. Parenting Matters identifies parenting knowledge, attitudes, and practices associated with positive developmental outcomes in children ages 0-8; universal/preventive and targeted strategies used in a variety of settings that have been effective with parents of young children and that support the identified knowledge, attitudes, and practices; and barriers to and facilitators for parents' use of practices that lead to healthy child outcomes as well as their participation in effective programs and services. This report makes recommendations directed at an array of stakeholders, for promoting the wide-scale adoption of effective programs and services for parents and on areas that warrant further research to inform policy and practice. It is meant to serve as a roadmap for the future of parenting policy, research, and practice in the United States. **Think Like a Monk Train Your Mind for Peace and Purpose Every Day** *Simon & Schuster* Jay Shetty, social media superstar and host of the #1 podcast *On Purpose*, distills the timeless wisdom he learned as a monk into practical steps anyone can take every day to live a less anxious, more meaningful life. When you think like a monk, you'll understand: -How to overcome negativity -How to stop overthinking -Why comparison kills love -How to use your fear -Why you can't find happiness by looking for it -How to learn from everyone you meet -Why you are not your thoughts -How to find your purpose -Why kindness is crucial to success -And much more... Shetty grew up in a family where you could become one of three things—a doctor, a lawyer, or a failure. His family was convinced he had chosen option three: instead of attending his college graduation ceremony, he headed to India to become a monk, to meditate every day for four to eight hours, and devote his life to helping others. After three years, one of his teachers told him that he would have more impact on the world if he left the monk's path to share his experience and wisdom with others. Heavily in debt, and with no recognizable skills on his résumé, he moved back home in north London with his parents. Shetty reconnected with old school friends—many working for some of the world's largest corporations—who were experiencing tremendous stress, pressure, and unhappiness, and they invited Shetty to coach them on well-being, purpose, and mindfulness. Since then, Shetty has become one of the world's most popular influencers. In 2017, he was named in the *Forbes* magazine 30-under-30 for being a game-changer in the world of media. In 2018, he had the #1 video on Facebook with over 360 million views. His social media following totals over 38 million, he has produced over 400 viral videos which have amassed more than 8 billion views, and his podcast, *On Purpose*, is consistently ranked the world's #1 Health and Wellness podcast. In this inspiring, empowering book, Shetty draws on his time as a monk to show us how we can clear the roadblocks to our potential and power. Combining ancient wisdom and his own rich experiences in the ashram, *Think Like a Monk* reveals how to overcome negative thoughts and habits, and access the calm and purpose that lie within all of us. He transforms abstract lessons into advice and exercises we can all apply to reduce stress, improve relationships, and give the gifts we find in ourselves to the world. Shetty proves that everyone can—and should—think like a monk. **Living My Life** *Courier Corporation* The autobiography of the early radical leader and her participation in communist, anarchist, and feminist activities **Life of Pi** *Vintage Canada* Life of Pi is a masterful and utterly original novel that is at once the story of a young castaway who faces immeasurable hardships on the high seas, and a meditation on religion, faith, art and life that is as witty as it is profound. Using the threads of all of our best stories, Yann Martel has woven a glorious spiritual adventure that makes us question what it means to be alive.

and to believe. **Up Country** *Hachette UK* Having taken to the lifestyle of a middle-aged civilian, the last thing Paul Brenner wanted to do was return to work for the Army's Criminal Investigation Division, the agency that thanked him for years of life-risking service by forcing him into early retirement. But when an old friend calls in a career's worth of favours, Paul finds himself moonlighting for the Army as he investigates a puzzling murder that took place thirty years before in the midst of the Vietnam war. Forced to return to the country that haunts him and work for the people who cast him aside, Paul must engage in the battle of his life as he attempts to find justice in a world of staggering corruption. **Idea Man A Memoir by the Co-founder of Microsoft** *Penguin UK* By his early thirties, Paul Allen was a world-famous billionaire and that was just the beginning. In 2007 and 2008, Time named Paul Allen, the cofounder of Microsoft, one of the hundred most influential people in the world. Since he made his fortune, his impact has been felt in science, technology, business, medicine, sports, music, and philanthropy. His passion, curiosity, and intellectual rigor combined with the resources to launch and support new initiatives have literally changed the world. In 2009 Allen discovered that he had lymphoma, lending urgency to his desire to share his story for the first time. In this long-awaited memoir, Allen explains how he has solved problems, what he's learned from his many endeavors—both the triumphs and the failures—and his compelling vision for the future. He reflects candidly on an extraordinary life. The book also features previously untold stories about everything from the true origins of Microsoft to Allen's role in the dawn of private space travel (with SpaceShipOne) and in discoveries at the frontiers of brain science. With honesty, humor, and insight, Allen tells the story of a life of ideas made real. **A Thousand Pieces of You** *Harper Collins* Cloud Atlas meets Orphan Black in this epic dimension-bending trilogy by New York Times bestselling author Claudia Gray about a girl who must chase her father's killer through multiple dimensions. Marguerite Caine's physicist parents are known for their groundbreaking achievements. Their most astonishing invention, called the Firebird, allows users to jump into multiple universes—and promises to revolutionize science forever. But then Marguerite's father is murdered, and the killer—her parent's handsome, enigmatic assistant Paul—escapes into another dimension before the law can touch him. Marguerite refuses to let the man who destroyed her family go free. So she races after Paul through different universes, always leaping into another version of herself. But she also meets alternate versions of the people she knows—including Paul, whose life entangles with hers in increasingly familiar ways. Before long she begins to question Paul's guilt—as well as her own heart. And soon she discovers the truth behind her father's death is far more sinister than she expected. **A Thousand Pieces of You** explores an amazingly intricate multi-universe where fate is unavoidable, the truth elusive, and love the greatest mystery of all. **The Book of Life** *Applewood Books* Upton Sinclair, one of America's foremost and most prolific authors, addresses the cultivation of the mind and the body in this 1922 volume. Sinclair's goal was to attempt to tell the reader how to live, how to find health, happiness and success, and how to develop fully both the mind and the body. Part One: The Book of the Mind covers such subjects as faith, reason, morality, and the subconscious. Part Two: The Book of the Body develops such subjects as errors in diet, the fasting cure, food and poisons, work and play, and diseases and their cures. **The Science of Getting Rich** *Sristhi Publishers & Distributors* Everyone wants to be rich, but do you know that there is a SCIENCE OF GETTING RICH. This book explains in simple steps how you can first ready yourself to earn more, without hassles or worries. From the simplest question of who all can actually get rich, to the small steps taken – like developing a will power, showing gratitude, getting into the right business – have been explained in detail, in everyday terms. Read on, and find out the secret behind changing your life and the way you earn. **Starting from Happy A Novel** *Simon and Schuster* Follows the course of a darkly comic modern relationship between the seemingly perfect Wally Yez and lingerie designer Imogene Gilfeather, who meet while waiting in line for apple pie and embark on an unbalanced love affair marked by their disparate priorities. By the award-nominated author of *Him Her Him Again* *The End of Him*. **The Laws of Simplicity** *MIT Press* Ten laws of simplicity for business, technology, and design that teach us how to need less but get more. Finally, we are learning that simplicity equals sanity. We're rebelling against technology that's too complicated, DVD players with too many menus, and software accompanied by 75-megabyte "read me" manuals. The iPod's clean gadgetry has made simplicity hip. But sometimes we find ourselves caught up in the simplicity paradox: we want something that's simple and easy to use, but also does all the complex things we might ever want it to do. In *The Laws of Simplicity*, John Maeda offers ten laws for balancing simplicity and complexity in business, technology, and design—guidelines for needing less and actually getting more. Maeda—a professor in MIT's Media Lab and a world-renowned graphic designer—explores the question of how we can redefine the notion of "improved" so that it doesn't always mean something more, something added on. Maeda's first law of simplicity is "Reduce." It's not necessarily beneficial to add technology features just because we can. And the features that we do have must be organized (Law 2) in a sensible hierarchy so users aren't distracted by features and functions they don't need. But simplicity is not less just for the sake of less. Skip ahead to Law 9: "Failure: Accept the fact that some things can never be made simple." Maeda's concise guide to simplicity in the digital age shows us how this idea can be a cornerstone of organizations and their products—how it can drive both business and technology. We can learn to simplify without sacrificing comfort and meaning, and we can achieve the balance described in Law 10. This law, which Maeda calls "The One," tells us: "Simplicity is about subtracting the obvious, and adding the meaningful." **The Cabin at the End of the World** *Titan Books* The Bram Stoker Award-winning author of *A Head Full of Ghosts* adds an inventive twist to the home invasion horror story in a heart-palpitating novel of psychological suspense. Seven-year-old Wen and her parents, Eric and Andrew, are vacationing at a remote cabin on a quiet New Hampshire lake, with their closest neighbours more than two miles in either direction. As Wen catches grasshoppers in the front yard, a stranger unexpectedly appears in the driveway. Leonard is the largest man Wen has ever seen but he is young and friendly. Leonard and Wen talk and play until Leonard abruptly apologises and tells Wen, "None of what's going to happen is your fault". Three more strangers arrive at the cabin carrying unidentifiable, menacing objects. As Wen sprints inside to warn her parents, Leonard calls out: "Your dads won't want to let us in, Wen. But they have to. We need your help to save the world." So begins an unbearably tense, gripping tale of paranoia, sacrifice, apocalypse, and survival that escalates to a shattering conclusion, one in which the fate of a loving family and quite possibly all of humanity are intertwined. *The Cabin at the End of the World* is a masterpiece of terror and suspense from the fantastically fertile imagination of Paul Tremblay. **My Life with Bob Flawed Heroine Keeps Book of Books, Plot Ensues** *Henry Holt and Company* People Pick • O Magazine Title to Pick Up Now • Vanity Fair Hot Type • Glamour New Book You're Guaranteed to Love This Summer • LitHub.com Best Book about Books • BuzzFeed Book You Need to Read This Summer • Seattle Times Book for Summer Reading • Warby Parker Blog Book Pick • Google Talks • Harper's Bazaar • Vogue • The Washington Post • The Economist • The Christian Science Monitor • Salon • The Atlantic Imagine keeping a record of every book you've ever read. What would this reading trajectory say about you? With passion, humor, and insight, the editor of *The New York Times Book Review* shares the stories that have shaped her life. Pamela Paul has kept a single book by her side for twenty-eight years – carried throughout high school and college, hauled from Paris to London to Thailand, from job to job, safely packed away and then carefully removed from apartment to house to its current perch on a shelf over her desk – reliable if frayed, anonymous-looking yet deeply personal. This book has a name: Bob. Bob is Paul's Book of Books, a journal that records every book she's ever read, from Sweet Valley High to Anna Karenina, from Catch-22 to Swimming to Cambodia, a journey in reading that reflects her inner life – her fantasies and hopes, her mistakes and missteps, her dreams and her ideas, both half-baked and wholehearted. Her life, in turn, influences the books she chooses, whether for solace or escape, information or sheer entertainment. But *My Life with Bob* isn't really about those books. It's about the deep and powerful relationship between book and reader. It's about the way books provide each of us the perspective, courage, companionship, and imperfect self-knowledge to forge our own path. It's about why we read what we read and how those choices make us who we are. It's about how we make our own stories. **The Brain That Changes Itself Stories of Personal Triumph from the Frontiers of Brain Science** *Penguin UK* An introduction to the science of neuroplasticity recounts the case stories of patients with mental limitations or brain damage whose seemingly unalterable conditions were improved through treatments that involved the thought re-alteration of brain structure. **All About Love New Visions** *HarperCollins* A New York Times bestseller and enduring classic, *All About Love* is the acclaimed first volume in feminist icon bell hooks' "Love Song to the Nation" trilogy. *All About Love* reveals what causes a polarized society, and how to heal the divisions that cause suffering. Here is the truth about love, and inspiration to help us instill caring, compassion, and strength in our homes, schools, and workplaces. "The word 'love' is most often defined as a noun, yet we would all love better if we used it as a verb," writes bell hooks as she comes out fighting and on fire in *All About Love*. Here, at her most provocative and intensely personal, renowned scholar, cultural critic and feminist bell hooks offers a proactive new ethic for a society bereft with lovelessness—not the lack of romance, but the lack of care, compassion, and unity. People are divided, she declares, by society's failure to provide a model for learning to love. As bell hooks uses her incisive mind to explore the question "What is love?" her answers strike at both the mind and heart. Razing the cultural paradigm that the ideal love is infused with sex and desire, she provides a new path to love that is sacred, redemptive, and healing for individuals and for a nation. The *Utne Reader* declared bell hooks one of the "100 Visionaries Who Can Change Your Life." *All About Love* is a powerful, timely affirmation of just how profoundly her revelations can change hearts and minds for the better. **How Adam Smith Can Change Your Life An Unexpected Guide to Human Nature and Happiness** *Penguin UK* 'A fun, fascinating, and original book that will challenge you to become a better version of yourself' Daniel H. Pink, author of *Drive* What does it take to be truly happy? Should we pursue fame and fortune or the respect of our friends and family? How can we make the world a better place? Two hundred and fifty years ago, Adam Smith addressed these fundamental questions in his life-long project, *The Theory of Modern Sentiments*. Dwarfed by the success of Smith's masterpiece *The Wealth of Nations*, *The Theory of Modern Sentiments* has been virtually forgotten. But when Russ Roberts finally picked up the epic tome, he realized he'd stumbled upon the greatest self-help book that almost no one has read. In *How Adam Smith Can Change Your Life*, Roberts reinvigorates the neglected classic to unearth a treasure trove of timeless, practical wisdom that cuts to the core of what it means to be human. It will challenge you to think about the way you treat others, the decisions you make in pursuit of happiness, and your place in the world. **Selfish, Shallow, and Self-Absorbed Sixteen Writers on the Decision Not to Have Kids** *Picador* SIXTEEN LITERARY LUMINARIES ON THE CONTROVERSIAL SUBJECT OF BEING CHILDLESS BY CHOICE, COLLECTED IN ONE FASCINATING ANTHOLOGY One of the main topics of cultural conversation during the last decade was the supposed "fertility crisis," and whether modern women could figure out a way to have it all—a successful, demanding career and the required 2.3 children-before their biological clock stopped ticking. Now, however, conversation has turned to whether it's necessary to have it all (see Anne-Marie Slaughter) or, perhaps more controversial, whether children are really a requirement for a fulfilling life. The idea that some women and men prefer not to have children is often met with sharp criticism and incredulity by the public and mainstream media. In this provocative and controversial collection of essays, curated by writer Meghan Daum, sixteen acclaimed writers explain why they have chosen to eschew parenthood. Contributors include Lionel Shriver, Sigrid Nunez, Kate Christensen, Elliott Holt, Geoff Dyer, and Tim Kreider, among others, who will give a unique perspective on the overwhelming cultural pressure of parenthood. *Selfish, Shallow, and Self-Absorbed* makes a thoughtful and passionate case for why parenthood is not the only path in life, taking our parent-centric, kid-fixated, baby-bump-patrolling culture to task in the process. What emerges is a more nuanced, diverse view of what it means to live a full, satisfying life. **Playing It My Way My Autobiography** *Hachette UK* 'I don't think anyone, apart from Don Bradman, is in the same class as Sachin Tendulkar.' -Shane Warne This is cricket icon, Sachin Tendulkar's life story in his own words - his journey from a small boy with dreams to becoming a cricket god. His amazing story has now been turned into a major film, *A Billion Dreams*, in which he stars. The greatest run-scorer in the history of cricket, Sachin Tendulkar retired in 2013 after an astonishing 24 years at the top. The most celebrated Indian cricketer of all time, he received the Bharat Ratna Award - India's highest civilian honour - on the day of his retirement. Now Sachin Tendulkar tells his own remarkable story - from his first Test cap at the age of 16 to his 100th international century and the emotional final farewell that brought his country to a standstill. When a boisterous Mumbai youngster's excess energies were channelled into cricket, the result was record-breaking schoolboy batting exploits that launched the career of a cricketing phenomenon. Before long Sachin Tendulkar was the cornerstone of India's batting line-up, his every move watched by a cricket-mad nation's devoted followers. Never has a cricketer been burdened with so many expectations; never has a cricketer performed at such a high level for so long and with such style - scoring more runs and making more centuries than any other player, in both Tests and one-day games. And perhaps only one cricketer could have brought together a shocked nation by defiantly scoring a Test century shortly after terrorist attacks rocked Mumbai. His many achievements with India include winning the World Cup and topping the world Test rankings. Yet he has also known his fair share of frustration and failure - from injuries and early World Cup exits to stinging criticism from the press, especially during his unhappy tenure as captain. Despite his celebrity status, Sachin Tendulkar has always remained a very private man, devoted to his family and his country. Now, for the first time, he provides a fascinating insight into his personal life and gives a frank and revealing account of a sporting life like no other. **Chocolate The British Chocolate Industry** *Bloomsbury Publishing* Kit Kat, Turkish Delight, Creme Egg, Rolo and All Gold: they are all as much a part of British life as were the companies that made them and which led the chocolate revolution in the nineteenth century: Rowntree's, Fry's, Cadbury's, Mackintosh and Terry's. This book charts the history of chocolate manufacture, marketing and consumption in Britain from its origins in the eighteenth century. It then describes the golden age from 1900 to the 1970s and the subsequent US and Swiss invasions, spearheaded by brands such as Mars, Toblerone and Nestlé's Milky Bar, including the takeovers by Nestle and Kraft. **Credence** Tiernan grew up with wealth and privilege, but not love or guidance. After

her parents' deaths, she goes to live with her father's stepbrother and his two sons. As the three of them take her under their wing, teach her to work and survive in the remote woods, she slowly finds her place among them. And she realizes that lines blur and rules become easy to break when no one is watching. **Watching the English The Hidden Rules of English Behaviour** *Hachette UK* In "Watching The English" anthropologist Kate Fox takes a revealing look at the quirks, habits and foibles of the English people. She puts the English national character under her anthropological microscope, and finds a strange and fascinating culture, governed by complex sets of unspoken rules and byzantine codes of behaviour. The rules of weather-speak. The ironic-gnome rule. The reflex apology rule. The paranoid-pantomime rule. Class indicators and class anxiety tests. The money-talk taboo and many more ... Through a mixture of anthropological analysis and her own unorthodox experiments (using herself as a reluctant guinea-pig), Kate Fox discovers what these unwritten behaviour codes tell us about Englishness. **Braiding Sweetgrass Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants** *Penguin UK* 'A hymn of love to the world ... A journey that is every bit as mythic as it is scientific, as sacred as it is historical, as clever as it is wise' Elizabeth Gilbert, author of Eat, Pray, Love As a botanist, Robin Wall Kimmerer has been trained to ask questions of nature with the tools of science. As a member of the Citizen Potawatomi Nation, she embraces the notion that plants and animals are our oldest teachers. In Braiding Sweetgrass, Kimmerer brings these two ways of knowledge together. Drawing on her life as an indigenous scientist, a mother, and a woman, Kimmerer shows how other living beings - asters and goldenrod, strawberries and squash, salamanders, algae, and sweetgrass - offer us gifts and lessons, even if we've forgotten how to hear their voices. In a rich braid of reflections that range from the creation of Turtle Island to the forces that threaten its flourishing today, she circles toward a central argument: that the awakening of a wider ecological consciousness requires the acknowledgment and celebration of our reciprocal relationship with the rest of the living world. For only when we can hear the languages of other beings will we be capable of understanding the generosity of the earth, and learn to give our own gifts in return. **Surprised by Joy** *HarperCollins UK* For many years an atheist, C. S. Lewis vividly describes the spiritual quest that convinced him of the truth and reality of Christianity, in his famous autobiography. **Genius Foods Become Smarter, Happier, and More Productive While Protecting Your Brain for Life** *HarperCollins New York Times Bestseller* Discover the critical link between your brain and the food you eat and change the way your brain ages, in this cutting-edge, practical guide to eliminating brain fog, optimizing brain health, and achieving peak mental performance from media personality and leading voice in health Max Lugavere. After his mother was diagnosed with a mysterious form of dementia, Max Lugavere put his successful media career on hold to learn everything he could about brain health and performance. For the better half of a decade, he consumed the most up-to-date scientific research, talked to dozens of leading scientists and clinicians around the world, and visited the country's best neurology departments—all in the hopes of understanding his mother's condition. Now, in *Genius Foods*, Lugavere presents a comprehensive guide to brain optimization. He uncovers the stunning link between our dietary and lifestyle choices and our brain functions, revealing how the foods you eat directly affect your ability to focus, learn, remember, create, analyze new ideas, and maintain a balanced mood. Weaving together pioneering research on dementia prevention, cognitive optimization, and nutritional psychiatry, Lugavere distills groundbreaking science into actionable lifestyle changes. He shares invaluable insights into how to improve your brain power, including the nutrients that can boost your memory and improve mental clarity (and where to find them); the foods and tactics that can energize and rejuvenate your brain, no matter your age; a brain-boosting fat-loss method so powerful it has been called "biochemical liposuction"; and the foods that can improve your happiness, both now and for the long term. With *Genius Foods*, Lugavere offers a cutting-edge yet practical road map to eliminating brain fog and optimizing the brain's health and performance today—and decades into the future. **I'm Chevy Chase ... and You're Not** *Random House* Chevy Chase is a much-loved Hollywood star. His success as a writer and actor on *Saturday Night Live* in the 70s made him a household name. It had been a long, hard route to the top for Chevy. Behind the fame lay a childhood riddled with abuse. But his remarkable strength and determination helped him rise above it and find his talent as an actor, writer, comedian, and musician. Best known for his role in the *National Lampoon Vacation* series Chevy has starred in some of the greatest comedies of our time. His latest film, *Funny Money*, received critical acclaim at the Sarasota Film Festival. Now, for the first time, Chevy speaks openly and candidly about his career, his personal struggle with drugs, his friendship with three American Presidents, and his family life. Honest, funny and informative, this is the complex and fascinating world of Chevy Chase.