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Living Tried And True Advice
From The Wisest Americans

30 Lessons For Living Tried And True Advice From The Wisest Americans

From the author of the beloved 30

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Lessons for Living Karl Pillemer's

30 Lessons for Living first became a hit and then became a classic.

Readers loved the sage advice and great stories from extraordinary older Americans who shared what they wish they had known when

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they were starting out. Now,
Pillemer returns with lessons on one
of the most talked- about parts of that
book—love, relationships, and
marriage. Based on the most
detailed survey of longmarried
people ever conducted, 30 Lessons

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for Loving shows the way to
lifelong, fulfilling relationships. The
author, an internationally renowned
gerontologist at Cornell University,
offers sage advice from the oldest
and wisest Americans on everything
from finding a partner, to deciding

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to commit, to growing old together.

Along the way, the book answers questions like these: How do you know if the person you love is the right one? What are the secrets for improving communication and reducing conflict? What gets you

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through the major stresses of marriage, such as child-rearing, work, money issues, and in-laws? From interviews with 700 elders, 30 Lessons for Loving offers unique wisdom that will enrich anyone's relationship life, from people

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searching for the right partner to those working to keep the spark alive after decades together. Filled with great stories, wise observations, and useful advice, 30 Lessons for Loving is destined to become another classic.

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NEW YORK TIMES

BESTSELLER □ GOOD

MORNING AMERICA BOOK

CLUB PICK □ A must-read debut!

Meet Elizabeth Zott: a □formidable,
unapologetic and inspiring□

(PARADE) scientist in 1960s

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California whose career takes a detour when she becomes the unlikely star of a beloved TV cooking show in this novel that is irresistible, satisfying and full of fuel. It reminds you that change takes time and always requires heat

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(The New York Times Book
Review). "A unique heroine ... you'll
find yourself wishing she wasn't
fictional." —Seattle Times Chemist
Elizabeth Zott is not your average
woman. In fact, Elizabeth Zott
would be the first to point out that

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there is no such thing as an average woman. But it's the early 1960s and her all-male team at Hastings Research Institute takes a very unscientific view of equality. Except for one: Calvin Evans; the lonely, brilliant, Nobel-prize nominated

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grudge-holder who falls in love with
of all things her mind. True chemistry results. But like science, life is unpredictable. Which is why a few years later Elizabeth Zott finds herself not only a single mother, but the reluctant star of America's most

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beloved cooking show *Supper at Six*. Elizabeth's unusual approach to cooking (combine one tablespoon acetic acid with a pinch of sodium chloride) proves revolutionary. But as her following grows, not everyone is happy. Because as it

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turns out, Elizabeth Zott isn't just teaching women to cook. She's daring them to change the status quo. Laugh-out-loud funny, shrewdly observant, and studded with a dazzling cast of supporting characters, *Lessons in Chemistry* is

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as original and vibrant as its
protagonist.

After being abducted when she was
ten and abused for five years by her
kidnapper, Ray, Alice's only hope of
freedom is in death, but her only
way to achieve such an escape is to

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help Ray find the next girl for his collection.

Age is an important number, but it can also be deceiving. After 40, most people say they feel younger than their years, some lie about their age, and many attempt to hide the

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signs of growing old. Better with Age addresses the many myths and paradoxes about the aging process. Although most people think of their later years in terms of decline, they can be one of the best times in life. This book presents the latest

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scientific research about the psychology of aging, coupled with insights from those who have succeeded in doing it well, such as Maya Angelou, Bob Newhart, Jared Diamond, John Glenn, and John Wooden. We are all aging, and

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many people are concerned about what to expect with advancing years. Retirement, happiness, and brain health are some of the many topics covered in this book. Better with Age shows what we can do now, at any stage in life, to make

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sure we enjoy old age.

Stupid Things I Won't Do When I
Get Old

Endure

Fault Lines

Aging with Grace

Tried and True Advice from the

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Wisest Americans

Elderhood

Draws on a renowned
gerontologist's extensive
discussions with hundreds of
senior-aged Americans to reveal
wisdom gleaned from their

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experiences with everything from families and finances to careers and aging, in a lifestyle primer that shares key principles based on the most commonly imparted advice. (inspiration).

A compilation of quotations and

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proverbs from the most enlightened, intelligent, and forward thinkers in human history regarding the most important aspects of life. Compiled and arranged to give the reader a clear direction in their life based

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on their internal needs, wants,
and desires. While no one on
Earth is special, everyone is
unique. Nobody past, present, or
future has gone through or has
had the same thoughts and
experiences as you, nor will they

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in the future. As a result, you see the world in a completely unique way. Studying these volumes will guide your mind's eye in distinguishing the most significant passages to you and your being as well as reaffirming or

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contradicting what you already know and believe, by the wisest people throughout history. Out of the thousands of quotes and proverbs within these volumes, your personality will subconsciously pick out the most

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relevant quotes and proverbs to you and you alone. It would be a mistake to concentrate on only one topic because all the subjects are connected to aid you in reaching your own epiphany. Many of the most profound quotes

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and proverbs are recorded under various topics throughout the book. Though you may only be interested in "Success & Failure," many of the quotes and proverbs attributed to success can also be found under "Leadership,"

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"Attitude," or even "Life, Purpose, & Growth," for example. The aim of this huge collection of human wisdom is enlightenment: to assist the readers in realizing what is truly important in life, as well as to find their true self; to shatter the

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illusions that everyone builds for themselves through false assumptions and stereotypes; to find their true inner being; to find purpose; and, most importantly, to discover what makes them and them alone happy. To receive the

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full benefit of these volumes and to fully immerse yourself in self-discovery, you must commit to studying the entire collection. If you only want to scratch the surface of what is important in life, then limit yourself to a single

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volume. But if you want to master your true purpose, then study all four volumes.

Olympian Ian Warner explains why life is not about winning but about enduring and understanding we are being

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prepared for God's purposes. Ian Warner demonstrates the power of endurance through various journeys, personal inspirations, and biblical stories. Fifty athletes share their testimonies and explain the gut-wrenching details

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of their most difficult athletic experiences. You will gain: Ways to ENDURE anything New perspectives on sports and life Inspiration from quotes and bible verses Inspiration from powerful biblical stories Understanding of

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the purpose of endurance

Different perspectives on success

Stories of endurance from over 50
athletes

NATIONAL BESTSELLER • A
coming-of-age classic, acclaimed
by critics, beloved by readers of

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all ages, taught in schools and universities alike, and translated around the world—from the winner of the 2019 PEN/Nabokov Award for Achievement in International Literature. The House on Mango Street is the

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remarkable story of Esperanza
Cordero, a young Latina girl
growing up in Chicago, inventing
for herself who and what she will
become. Told in a series of
vignettes-sometimes
heartbreaking, sometimes deeply

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joyous-Sandra Cisneros'
masterpiece is a classic story of
childhood and self-discovery. Few
other books in our time have
touched so many readers.

“Cisneros draws on her rich
[Latino] heritage ... and seduces

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with precise, spare prose,
creat[ing] unforgettable
characters we want to lift off the
page. She is not only a gifted
writer, but an absolutely essential
one.” —The New York Times
Book Review

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The House on Mango Street

An Athlete's Guide to Faith, Hope,
& Success

The Little Engine That Could
Better with Age

Living Dead Girl

Learn Secrets of the Male Mind to

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Find the Man You Want and the
Love You Deserve

"Heartfelt and ever-endearing—equal parts information and inspiration. This is a book to keep by your bedside and return to often."—Amy Dickinson, nationally syndicated

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advice columnist "Ask Amy" More than one thousand extraordinary Americans share their stories and the wisdom they have gained on living, loving, and finding happiness. After a chance encounter with an extraordinary ninety-year-old woman, renowned

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gerontologist Karl Pillemer began to wonder what older people know about life that the rest of us don't. His quest led him to interview more than one thousand Americans over the age of sixty-five to seek their counsel on all the big issues: children, marriage, money, career,

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aging. Their moving stories and uncompromisingly honest answers often surprised him. And he found that he consistently heard advice that pointed to these thirty lessons for living. Here he weaves their personal recollections of difficulties overcome and lives well lived into a

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timeless book filled with the hard-won advice these older Americans wish someone had given them when they were young. Like *This I Believe*, *StoryCorps's Listening Is an Act of Love*, and *Tuesdays with Morrie*, *30 Lessons for Living* is a book to keep and to give. Offering

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clear advice toward a more fulfilling life, it is as useful as it is inspiring. A totalitarian regime has ordered all books to be destroyed, but one of the book burners suddenly realizes their merit.

30 Lessons for Living Tried and True
Advice from the Wisest

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Americans Penguin

Living in a "perfect" world without social ills, a boy approaches the time when he will receive a life assignment from the Elders, but his selection leads him to a mysterious man known as the Giver, who reveals the dark secrets behind the

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utopian facade.

The Giver

Get the Guy

A Highly Judgmental,

Unapologetically Honest

Accounting of All the Things Our

Elders Are Doing Wrong

30 Lessons for Loving

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Dark Matter

How Long Life Is Changing the
World of Health, Work, Innovation,
Policy, and Purpose

The special anniversary edition of The
Little Engine That Could™ contains
the entire text and original artwork.

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Young readers, as well as parents and grandparents, will treasure the story of the blue locomotive who exemplifies the power of positive thinking.

An inspiring, hilarious memoir about learning to resist the pressures of conformity, love yourself for who you

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are, embrace your flaws, and unlock your true potential. Winner of the African American Literary Award for Memoir! Now cohost of Fox's The Real and SiriusXM's Caf é Mocha, Loni Love hasn't taken the typical path to becoming America's favorite

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straight-talking girlfriend and comedian. She was not the child of Hollywood legends and she never wore a size 00. Rather, she grew up in housing projects in Detroit, more worried about affording her next meal than going on a diet. When she

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moved to Hollywood after graduating college with an engineering degree, seeking to break out in the entertainment world, there was nothing that would convince her to eat the kale salads and quinoa bowls that her colleagues introduced her to,

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which looked to Love like "weeds my grandma used to pay me a dollar to pull from her yard." Still, despite the differences that set her apart in the status-driven world of entertainment where being thin, young, blond, and bubbly is sometimes considered a

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talent, Love spent years trying to fit in—trying to style her hair just so, dieting, dating the men she thought she was supposed to be with. In this book, she tells the uproariously funny story of how she overcame the trap of self-improvement and instead learned

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to embrace who she was. As Love writes, "There's a saying a lot of people live by: 'Fake it till you make it.' For me, it's always been 'fake it, and then have the whole thing blow up in your face.'" I Tried to Change So You Don't Have To explores all of

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the embarrassing mistakes, terrifying challenges, and unexpected breakthroughs that taught her how, by committing ourselves to our own path, we can take control of our destiny.

Make workplace conflict resolution a

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game that EVERYBODY wins!

Recent studies show that typical managers devote more than a quarter of their time to resolving coworker disputes. The Big Book of Conflict-Resolution Games offers a wealth of activities and exercises for groups of

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any size that let you manage your business (instead of managing personalities). Part of the acclaimed, bestselling Big Books series, this guide offers step-by-step directions and customizable tools that empower you to heal rifts arising from ineffective

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communication, cultural/personality clashes, and other specific problem areas—before they affect your organization's bottom line. Let The Big Book of Conflict-Resolution Games help you to: Build trust Foster morale Improve processes Overcome

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diversity issues And more Dozens of physical and verbal activities help create a safe environment for teams to explore several common forms of conflict—and their resolution. Inexpensive, easy-to-implement, and proved effective at Fortune 500

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corporations and mom-and-pop businesses alike, the exercises in *The Big Book of Conflict-Resolution Games* delivers everything you need to make your workplace more efficient, effective, and engaged. Tony Hart's life has been quiet lately.

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He has good friends and a rewarding teaching job. Then the murdered body of another teacher falls into the elevator at his feet, and Tony's life gets a little too exciting. Jared MacLean is a homicide detective, a widowed father, and deeply in the closet. But from the

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moment he meets Tony's blue eyes in that high school hallway, Mac can't help wanting this man in his life.

However Mac isn't the only one with his eyes on Tony. As the murderer tries to cover his tracks, Mac has to work fast or lose Tony, permanently.

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20 Things That Matter

30 Lessons for Living

Advice from the Wisest Americans on

Love, Relationships, and Marriage

Eleven Everyday Ingredients for

Countless Weeknight Meals

Life Lessons

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Do you feel stuck in life, not knowing how to make it more successful? Do you wish to become more popular? Are you craving to earn more? Do you wish to expand your horizon, earn new clients and win people over with your ideas? How to Win Friends and

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Influence People is a well-researched and comprehensive guide that will help you through these everyday problems and make success look easier. You can learn to expand your social circle, polish your skill set, find ways to put forward your thoughts more clearly, and build mental

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strength to counter all hurdles that you may come across on the path to success. Having helped millions of readers from the world over achieve their goals, the clearly listed techniques and principles will be the answers to all your questions.

“ Heartfelt and ever-

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endearing—equal parts information and inspiration. This is a book to keep by your bedside and return to often. ” —Amy Dickinson, nationally syndicated advice columnist "Ask Amy" More than one thousand extraordinary Americans share their stories and the wisdom they have

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gained on living, loving, and finding happiness. After a chance encounter with an extraordinary ninety-year-old woman, renowned gerontologist Karl Pillemer began to wonder what older people know about life that the rest of us don't. His quest led him to interview more than one thousand

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Americans over the age of sixty-five to seek their counsel on all the big issues- children, marriage, money, career, aging. Their moving stories and uncompromisingly honest answers often surprised him. And he found that he consistently heard advice that pointed to these thirty

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lessons for living. Here he weaves their personal recollections of difficulties overcome and lives well lived into a timeless book filled with the hard-won advice these older Americans wish someone had given them when they were young. Like This I Believe, StoryCorps's Listening

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Is an Act of Love, and Tuesdays with Morrie, 30 Lessons for Living is a book to keep and to give. Offering clear advice toward a more fulfilling life, it is as useful as it is inspiring.

New York Times bestselling psychologist Dr. Meg Jay uses real stories from real lives to provide

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smart, compassionate, and
constructive advice about the crucial
(and difficult) years we cannot afford
to miss. Our "thirty-is-the-new-
twenty" culture tells us the
twentysomething years don't matter.
Some say they are a second
adolescence. Others call them an

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emerging adulthood. Dr. Meg Jay, a clinical psychologist, argues that twentysomethings have been caught in a swirl of hype and misinformation, much of which has trivialized what is actually the most defining decade of adulthood. Drawing from almost two decades of work with hundreds of

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clients and students, *The Defining Decade* weaves the latest science of the twentysomething years with the behind-closed-doors stories from twentysomethings, themselves. The result is a provocative read that provides the tools necessary to make the most of your twenties, and shows

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us how work, relationships, personality, social networks, identity, and even the brain can change more during this decade than at any other time in adulthood—if we use the time wisely. The Defining Decade is a smart, compassionate and constructive book about the years we

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cannot afford to miss.

With more than a quarter million copies sold, award-winning teacher Hal Urban outlines twenty lessons that answer timeless questions about how to make the most of your life. Life ' s Greatest Lessons is a wise, wonderful book. In it, Hal Urban, a

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parent and an award-winning teacher, presents twenty principles that are as deeply rooted in common sense as they are in compassion. The topics, gathered from a lifetime of teaching both children and adults, span a wide range of readily understood concepts, including

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attitudes about money,
understanding the real meaning of
“ success, ” and the importance of
having fun. The book will help you
find the best—in the world, in others,
and in yourself. Classic in its simplicity
and enduring in its appeal, Life ’ s
Greatest Lessons helps us all

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rediscover that the desire to live a
good life is timeless.

The Midnight Library

The Definitive Griffin Estate Edition

An Antidote to Chaos

How to Win Friends and Influence

People

Fahrenheit 451

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Life Lessons of Wisdom & Motivation -
Volume III

***A mindbending,
relentlessly surprising
thriller from the author of
the bestselling Wayward
Pines trilogy. "Are you***

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happy with your life?"

Those are the last words

Jason Dessen hears

before the masked

abductor knocks him

unconscious. Before he

awakens to find himself

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***strapped to a gurney,
surrounded by strangers
in hazmat suits. Before a
man Jason's never met
smiles down at him and
says, "Welcome back, my
friend." In this world he's***

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***woken up to, Jason's life
is not the one he knows.
His wife is not his wife.
His son was never born.
And Jason is not an
ordinary college physics
professor, but a***

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***celebrated genius who
has achieved something
remarkable. Something
impossible. Is it this
world or the other that's
the dream? And even if
the home he remembers***

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***is real, how can Jason
possibly make it back to
the family he loves? The
answers lie in a journey
more wondrous and
horrifying than anything
he could've***

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***imagined—one that will
force him to confront the
darkest parts of himself
even as he battles a
terrifying, seemingly
unbeatable foe. Dark
Matter is a brilliantly***

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***plotted tale that is at
once sweeping and
intimate, mind-bendingly
strange and profoundly
human—a relentlessly
surprising science-fiction
thriller about choices,***

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***paths not taken, and how
far we'll go to claim the
lives we dream of.***

***#1 NEW YORK TIMES
BESTSELLER • ONE OF
TIME MAGAZINE'S 100
BEST YA BOOKS OF ALL***

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***TIME The extraordinary,
beloved novel about the
ability of books to feed
the soul even in the
darkest of times. When
Death has a story to tell,
you listen. It is 1939. Nazi***

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Germany. The country is holding its breath. Death has never been busier, and will become busier still. Liesel Meminger is a foster girl living outside of Munich, who scratches

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***out a meager existence
for herself by stealing
when she encounters
something she can't
resist-books. With the
help of her accordion-
playing foster father, she***

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***learns to read and shares
her stolen books with her
neighbors during
bombing raids as well as
with the Jewish man
hidden in her basement.
In superbly crafted***

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***writing that burns with
intensity, award-winning
author Markus Zusak,
author of I Am the
Messenger, has given us
one of the most enduring
stories of our time. “The***

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***kind of book that can be
life-changing.” —The New
York Times “Deserves a
place on the same shelf
with The Diary of a Young
Girl by Anne Frank.”***

—USA Today DON'T MISS

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***BRIDGE OF CLAY,
MARKUS ZUSAK'S FIRST
NOVEL SINCE THE BOOK
THIEF.***

***A Fine Balance, Rohinton
Mistry's stunning
internationally acclaimed***

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***bestseller, is set in
mid-1970s India. It tells
the story of four unlikely
people whose lives come
together during a time of
political turmoil soon
after the government***

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***declares a "State of
Internal Emergency."***

***Through days of
bleakness and hope, their
circumstances - and their
fates - become
inextricably linked in***

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***ways no one could have
foreseen. Mistry's prose is
alive with enduring
images and a cast of
unforgettable characters.
Written with compassion,
humour, and insight, A***

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***Fine Balance is a vivid,
richly textured, and
powerful novel written by
one of the most gifted
writers of our time.
This American classic has
been corrected from the***

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***original manuscripts and
indexed, featuring
historic photographs and
an extensive biographical
afterword.***

***Life's Greatest Lessons
Mother Angelica's Little***

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***Book of Life Lessons and
Everyday Spirituality
The Upside of Aging
I Tried to Change So You
Don't Have To
Black Like Me
The Book Thief***

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Based on the most detailed survey of long-married people ever conducted, the author of 30 Lessons for Living presents sage advice from the oldest and wisest Americans that aims to enrich anyone's relationship life.

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From veteran food writer, recipe developer, and creator of the James Beard Award-winning Jarry magazine comes an innovative approach to vegetarian cooking. What have I got to eat? It's a question we ask every time we

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open up the refrigerator or pantry door. It might be eggs, some cheese, and half a loaf of bread, or a box of wilting greens, garlic, and some sweet potatoes. Though these ingredients may not seem like much to make a delicious

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meal, recipe developer and author Lukas Volger knows it's all you need. In Start Simple he offers a radically new, uncomplicated, and creative approach to cooking that allows you to use what you already have on hand to make great meals

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*you didn't think were possible.
Magic can happen with just a few
ingredients: sweet potatoes,
tortillas, eggs, cabbage, hearty
greens, beans, winter squash,
mushrooms, tofu, summer squash,
and cauliflower. Volger advises*

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readers to stock up on these eleven building blocks instead of shopping for a single recipe. A protein (tofu, beans, eggs) is a foundation. A crunchy garnish (cabbage, greens) is a finishing touch. Once these structural

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components of a meal are established, home chefs can throw in their own variations and favorite flavors—mixing, matching, and adding ingredients to customize their dishes. While Start Simple is a vegetarian cookbook—none of

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the recipes include meat—Volger's approach transcends categories. His methods aren't about subscribing to a specific dietary regimen; they are about simply recognizing and embracing the way people cook and eat today.

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Creating weekly meal plans based on intricate recipes sounds good, but it can be difficult to execute. Having a well-stocked pantry paired with a choose-you-own adventure guide to creating simple yet inventive meals is more

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practical for your average home cook.

"What does everyone in the modern world need to know? [The author's] answer to this most difficult of questions uniquely combines the hard-won truths of

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*ancient tradition with the stunning
revelations of cutting-edge
scientific research. [The author
discusses] discussing discipline,
freedom, adventure and
responsibility, distilling the world's
wisdom into 12 practical and*

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profound rules for life"--

#1 NEW YORK TIMES BESTSELLER

- *Discover the life-changing memoir that has inspired millions of readers through the Academy Award®-winning actor's unflinching honesty,*

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unconventional wisdom, and lessons learned the hard way about living with greater satisfaction. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY THE GUARDIAN “McConaughey’s book invites us to grapple with the

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*lessons of his life as he did—and to see that the point was never to win, but to understand.”—Mark Manson, author of The Subtle Art of Not Giving a F*ck I’ve been in this life for fifty years, been trying to work out its riddle for forty-two,*

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and been keeping diaries of clues to that riddle for the last thirty-five. Notes about successes and failures, joys and sorrows, things that made me marvel, and things that made me laugh out loud. How to be fair. How to have less stress.

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How to have fun. How to hurt people less. How to get hurt less. How to be a good man. How to have meaning in life. How to be more me. Recently, I worked up the courage to sit down with those diaries. I found stories I

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experienced, lessons I learned and forgot, poems, prayers, prescriptions, beliefs about what matters, some great photographs, and a whole bunch of bumper stickers. I found a reliable theme, an approach to living that gave me

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more satisfaction, at the time, and still: If you know how, and when, to deal with life's challenges—how to get relative with the inevitable—you can enjoy a state of success I call “catching greenlights.” So I took a one-way

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*ticket to the desert and wrote this
book: an album, a record, a story
of my life so far. This is fifty years
of my sights and seems, felts and
figured-outs, cools and shamefuls.
Graces, truths, and beauties of
brutality. Getting away with,*

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getting caughts, and getting wets while trying to dance between the raindrops. Hopefully, it's medicine that tastes good, a couple of aspirin instead of the infirmary, a spaceship to Mars without needing your pilot's license, going to

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church without having to be born again, and laughing through the tears. It's a love letter. To life. It's also a guide to catching more greenlights—and to realizing that the yellows and reds eventually turn green too. Good luck.

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*Why Your Twenties Matter--And
How to Make the Most of Them
Now*

The Last Lecture

*The Psychology of Successful
Aging*

Principles for Success

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Think Like a Monk

*Finalist for the Pulitzer Prize in
General Nonfiction A New York
Times Bestseller Longlisted for
the Andrew Carnegie Medal for
Excellence in Nonfiction Winner
of the WSU AOS Bonner Book
Award As revelatory as Atul*

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Gawande's Being Mortal, physician and award-winning author Louise Aronson's Elderhood is an essential, empathetic look at a vital but often disparaged stage of life. For more than 5,000 years, "old" has been defined as beginning

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between the ages of 60 and 70. That means most people alive today will spend more years in elderhood than in childhood, and many will be elders for 40 years or more. Yet at the very moment that humans are living longer than ever before, we've made old

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*age into a disease, a condition to
be dreaded, denigrated,
neglected, and denied.*

*Reminiscent of Oliver Sacks,
noted Harvard-trained
geriatrician Louise Aronson uses
stories from her quarter century
of caring for patients, and draws*

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*from history, science, literature,
popular culture, and her own life
to weave a vision of old age that's
neither nightmare nor utopian
fantasy--a vision full of joy,
wonder, frustration, outrage, and
hope about aging, medicine, and
humanity itself. Elderhood is for*

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*anyone who is, in the author's
own words, "an aging, i.e., still-
breathing human being."*

*The #1 New York Times
bestselling WORLDWIDE
phenomenon Winner of the
Goodreads Choice Award for
Fiction | A Good Morning*

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*America Book Club Pick |
Independent (London) Ten Best
Books of the Year "A feel-good
book guaranteed to lift your
spirits."—The Washington Post
The dazzling reader-favorite
about the choices that go into a
life well lived, from the acclaimed*

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*author of How To Stop Time and
The Comfort Book. Somewhere
out beyond the edge of the
universe there is a library that
contains an infinite number of
books, each one the story of
another reality. One tells the
story of your life as it is, along*

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with another book for the other life you could have lived if you had made a different choice at any point in your life. While we all wonder how our lives might have been, what if you had the chance to go to the library and see for yourself? Would any of

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*these other lives truly be better?
In The Midnight Library, Matt
Haig's enchanting blockbuster
novel, Nora Seed finds herself
faced with this decision. Faced
with the possibility of changing
her life for a new one, following a
different career, undoing old*

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breakups, realizing her dreams of becoming a glaciologist; she must search within herself as she travels through the Midnight Library to decide what is truly fulfilling in life, and what makes it worth living in the first place. "Everything starts with one

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person . . . I don't care if you're 5 or 105, God from all eternity chose you to be where you are, at this time in history, to change the world." "If you are following God, He never shows you the end. It's always a walk of faith." "Faith is one foot on the ground, one foot

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in the air, and a queasy feeling in the stomach.” —Mother Angelica
Are you unsure of your purpose in life? Stuck in the past and worried about the future? Hamstrung by fear, failure, or trials? Mother is here to help. For more than twenty-five years,

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Mother Angelica has dispensed spiritual wisdom and practical advice to millions around the globe through her lively broadcasts on EWTN. Now she shares with you her personal life lessons and hilarious counsel as never before. Raymond Arroyo,

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*author of the bestselling
biography of Mother Angelica,
has assembled an inspiring
collection of her powerful
insights, comic musings, and no-
nonsense guidance for everyday
living. Culled from never-before-
seen interviews, private*

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conversations, and recorded lessons not heard in over thirty years, to which Arroyo had exclusive access, these selections capture Mother Angelica's spunky spirit and profound wisdom at their zenith. In Mother Angelica's Little Book of Life

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Lessons and Everyday

*Spirituality, the beloved nun is
your personal mentor. Together
you'll discover: How to find God's
Will in your life How to pursue
inspirations fearlessly How to
make sense of pain and suffering
How to spiritually overcome*

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*personal faults and trials Created
in cooperation with Our Lady of
the Angels Monastery, this
devotional treasury is
accompanied by original prayers
from Mother Angelica's private
collection. Within are the
meditations, personal beliefs, and*

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pithy life lessons that transformed a disabled child of divorce into Mother Angelica, founder and CEO of the world's largest religious media empire. Packed with real-world hope, this little book is sure to transform your life in a big way. A portion

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*of the proceeds of this book goes
to support the work of Our Lady
of the Angels Monastery
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*

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*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*

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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

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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

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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

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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

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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

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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

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*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*

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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,

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improve relationships, and give the gifts we find in ourselves to the world. Shetty proves that everyone can—and should—think like a monk.

Insightful, Enlightened and Inspirational quotations and proverbs

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The Epic of Gilgamish

True Life Lessons

The Art of Growing Old

Start Simple

A Fine Balance

**"We cannot change the cards
we are dealt, just how we play
the hand."---Randy Pausch A**

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**lot of professors give talks
titled "The Last Lecture."
Professors are asked to
consider their demise and to
ruminate on what matters
most to them. And while they
speak, audiences can't help
but mull the same question:**

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What wisdom would we impart to the world if we knew it was our last chance? If we had to vanish tomorrow, what would we want as our legacy? When Randy Pausch, a computer science professor at Carnegie Mellon, was asked to give

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such a lecture, he didn't have to imagine it as his last, since he had recently been diagnosed with terminal cancer. But the lecture he gave--"Really Achieving Your Childhood Dreams"--wasn't about dying. It was about the

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**importance of overcoming
obstacles, of enabling the
dreams of others, of seizing
every moment (because "time
is all you have...and you may
find one day that you have
less than you think"). It was a
summation of everything**

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Randy had come to believe. It was about living. In this book, Randy Pausch has combined the humor, inspiration and intelligence that made his lecture such a phenomenon and given it an indelible form. It is a book that will be shared

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for generations to come.

**A groundbreaking approach to
aging from one of France's
best- known clinical
psychologists. How should we
accept growing old? It's an
inevitable progression and yet
in Western society the very**

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subject of aging is often taboo and shrouded in anxiety and shame. Not anymore, says Marie de Hennezel, an internationally renowned clinical psychologist and bestselling author. Now that our lives are longer and richer

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**than ever before, it's
imperative to demystify our
greatest fear and cultivate a
positive awareness of aging.
In this timely and essential
book, de Hennezel offers a
fresh perspective on the art of
growing old. She confronts**

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**head-on the inevitable grief
we sustain at the loss of our
youth and explains how
refusing to age and move
forward in life is actually what
makes us become old.
Combining personal
anecdotes with psychological**

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theory, philosophy, and eye-opening scientific research from around the world, she shows why we should look forward to embracing everything aging has to offer in terms of human and spiritual enrichment. The Art

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of Growing Old is a thought-provoking, brave, and uplifting meditation on the later years as they should be lived.

**From the #1 New York Times-
bestselling author of The
Lincoln Highway and A**

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**Gentleman in Moscow, a
“sharply stylish” (Boston
Globe) book about a young
woman in post-Depression era
New York who suddenly finds
herself thrust into high
society—now with over one
million readers worldwide On**

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the last night of 1937, twenty-five-year-old Katey Kontent is in a second-rate Greenwich Village jazz bar when Tinker Grey, a handsome banker, happens to sit down at the neighboring table. This chance encounter and its

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**startling consequences propel
Katey on a year-long journey
into the upper echelons of
New York society—where she
will have little to rely upon
other than a bracing wit and
her own brand of cool nerve.
With its sparkling depiction of**

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New York's social strata, its intricate imagery and themes, and its immensely appealing characters, Rules of Civility won the hearts of readers and critics alike.

Most dating books tell you what NOT to do. Here's a book

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**dedicated to telling you what
you CAN do. In his book, Get
the Guy, Matthew
Hussey—relationship expert,
matchmaker, and star of the
reality show Ready for
Love—reveals the secrets of
the male mind and the**

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**fundamentals of dating and
mating for a proven,
revolutionary approach to
help women to find lasting
love. Matthew Hussey has
coached thousands of high-
powered CEOs, showing them
how to develop confidence**

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and build relationships that translate into professional success. Many of Matthew's male clients pressed him for advice on how to apply his winning strategies not to just get the job, but how to get the girl. As his reputation grew,

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Hussey was approached by more and more women, eager to hear what he had learned about the male perspective on love and romance. From landing a first date to establishing emotional intimacy, playful flirtation to

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**red-hot bedroom tips,
Matthew's insightfulness,
irreverence, and warmth
makes Get the Guy: Learn
Secrets of the Male Mind to
Find the Man You Want and
the Love You Deserve a one-of-
a-kind relationship guide and**

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**the handbook for every
woman who wants to get the
guy she's been waiting for.
The Big Book of Conflict
Resolution Games: Quick,
Effective Activities to Improve
Communication, Trust and
Collaboration**

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Rules of Civility

12 Rules for Life

**Train Your Mind for Peace
and Purpose Every Day**

Redefining Aging,

Transforming Medicine,

Reimagining Life

Fractured Families and How

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to Mend Them

*Real solutions to a hidden epidemic:
family estrangement. Estrangement
from a family member is one of the
most painful life experiences. It is
devastating not only to the
individuals directly*

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involved--collateral damage can extend upward, downward, and across generations, More than 65 million Americans suffer such rifts, yet little guidance exists on how to cope with and overcome them. In this book, Karl Pillemer combines

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*the advice of people who have
successfully reconciled with
powerful insights from social
science research. The result is a
unique guide to mending fractured
families. Fault Lines shares for the
first time findings from Dr.*

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*Pillemer's ten-year groundbreaking
Cornell Reconciliation Project,
based on the first national survey on
estrangement; rich, in-depth
interviews with hundreds of people
who have experienced it; and
insights from leading family*

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researchers and therapists. He assures people who are estranged, and those who care about them, that they are not alone and that fissures can be bridged. Through the wisdom of people who have "been there," Fault Lines shows how healing is

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possible through clear steps that people can use right away in their own families. It addresses such questions as: How do rifts begin? What makes estrangement so painful? Why is it so often triggered by a single event? Are you ready to

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*reconcile? How can you overcome
past hurts to build a new future with
a relative? Tackling a subject that is
achingly familiar to almost
everyone, especially in an era when
powerful outside forces such as
technology and mobility are*

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lessening family cohesion, Dr.

*Pillemer combines dramatic stories,
science-based guidance, and
practical repair tools to help people
find the path to reconciliation.*

*The Upside of Aging: How Long
Life Is Changing the World of*

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*Health, Work, Innovation, Policy
and Purpose explores a titanic shift
that will alter every aspect of human
existence, from the jobs we hold to
the products we buy to the medical
care we receive - an aging
revolution underway across*

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*America and the world. Moving
beyond the stereotypes of
dependency and decline that have
defined older age, The Upside of
Aging reveals the vast opportunity
and potential of this aging
phenomenon, despite significant*

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policy and societal challenges that must be addressed. The book's chapter authors, all prominent thought-leaders, point to a reinvention and reimagination of our older years that have critical implications for people of all ages.

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With a positive call to action, the book illuminates the upside for health and wellness, work and volunteerism, economic growth, innovation and education. The authors, like the baby boom generation itself, posit new ways of

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thinking about aging, as longevity and declining birthrates put the world on track for a mature population of unprecedented size and significance. Among topics they examine are: The emotional intelligence and qualities of the

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*aging brain that science is
uncovering, “senior moments”
notwithstanding. The new worlds of
genomics, medicine and technology
that are revolutionizing health care
and wellness. The aging
population’s massive impact on*

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*global markets, with enormous
profit potential from an explosion in
products and services geared
toward mature consumers. New
education paradigms to meet the
needs and aspirations of older
people, and to capitalize on their*

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talents. The benefits that aging workers and entrepreneurs bring to companies, and the crucial role of older people in philanthropy and society. Tools and policies to facilitate financial security for longer and more purposeful lives.

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Infrastructure and housing changes to create livable cities for all ages, enabling “aging in place” and continuing civic contribution from millions of older adults. The opportunities and potential for intergenerational engagement and

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*collaboration. The Upside of Aging
defines a future that differs
profoundly from the retirement
dreams of our parents and
grandparents, one that holds
promise and power and bears the
stamp of a generation that has*

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*changed every stage of life through
which it has moved.*

*"In Stupid things I won't do when I
get old, Petro candidly addresses
the fears, frustrations, and
stereotypes that accompany aging.
He offers a blueprint for the new old*

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*age, and an understanding that
aging and illness are not the same.
As he writes, 'I meant the list as a
pointed reminder--to me--to make
different choices when I eventually
cross the threshold to 'old'" --
Excerpt from jacket flap.*

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*An entertaining, illustrated
adaptation of Ray Dalio's
Principles, the #1 New York Times
bestseller that has sold more than
two million copies worldwide.
Principles for Success distills Ray
Dalio's 600-page bestseller,*

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Principles: Life & Work, down to an easy-to-read and entertaining format that's accessible to readers of all ages. It contains the key elements of the unconventional principles that helped Dalio become one of the world's most successful

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*people—and that have now been read
and shared by millions
worldwide—including how to set
goals, learn from mistakes, and
collaborate with others to produce
exceptional results. Whether you're
already a fan of the ideas in Princi-*

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ples or are discovering them for the first time, this illustrated guide will help you achieve success in having the life that you want to have.

Greenlights

The Defining Decade

Lessons in Chemistry

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