

Stuff I've Been Feeling Lately

"A necessary reminder that whatever we are feeling, we are never feeling it alone." —Trista Mateer, author of *Aphrodite Made Me Do It*
 "There are defining moments in our lives that we often experience in certain places. It's in these places, that we feel particular emotions, which help shape who we become. For anyone whose emotions are tied to places, this book is for you."—Courtney Peppernell, author of *Pillow Thoughts*
 By the author of the wildly successful *2am Thoughts*, comes *Nineteen* — titled after the poet's age when she wrote this new book. *Nineteen* is healing. For every place we go, there is a feeling or memory that's been painted on the walls. You can paint it, but it will always be there. Even if you can't see it, you know. You can feel the heartbreak inside the bedroom where you lost a love. You can feel the hope at the coffee shop during a beginning happened. You can feel the healing as you sit in the driver's seat, in charge of your own life. "A journey. An exploration. A reminder to put one foot in front of the other even when it's dark because there is always a light waiting for you in the distance."—

prose fragments, the book speaks to adolescent pain and suffering."—Publishers Weekly
 Check out Makenzie Campbell's other hit poetry book *2am Thoughts*

"Rogue is focused, deliberate, and seasoned in her latest release that is a mix of poetry and prose." a wordsmith. Her command of the poetic language is unparalleled and sets her apart from other contemporary poets." —Alicia Cook, Bestselling author of *Stuff I've Been Feeling Lately*
 "It's going to hit you below the belt. You're going to reach for the closest stand-in lover you can find & you're going to make a home in their body & you're going to pretend your childhood memories are hung in his chest & you skinned your knee tripping over the curve of his arm & Choice Nominated poet J.R. Rogue shines bright. With groundbreaking language, the bestselling author revisits unreturned love like only she can. Unforgiving pain, wanting, longing, fierce betrayal, and sweet lies feel like a second skin in this collection about love and loss.

The 25TH ANNIVERSARY EDITION of the original ground-breaking book on high sensitivity with over 500,000 copies sold. ARE YOU A HIGHLY SENSITIVE PERSON? Do you have a keen imagination and vivid dreams? Is time alone each day as essential to you as food and water? Are you noted for your empathy? Your conscientiousness? Do noise and confusion quickly overwhelm you? If your answers are yes, you may be a highly sensitive person (HSP) and Dr. Elaine Aron's *The Highly Sensitive Person* is the life-changing guide you'll want in your toolbox. Over twenty years you are one of them. A similar percentage is found in over 100 species, because high sensitivity is a survival strategy. It is also a way of life for HSPs. In this 25th anniversary edition of the groundbreaking classic, Dr. Elaine Aron, a research and clinical psychologist as well as an HSP herself, helps you grasp the reality of your wonderful trait, understand your past in the light of it, and make the most of it in your future. Drawing on her many years of study and face-to-face time spent with thousands of HSPs, she explains the changes you will need to make in your life. This is not a self-help book. It is scientific, research, and a fresh discussion of anti-depressants, this edition of *The Highly Sensitive Person* is more essential than ever for creating the sense of self-worth and empowerment every HSP deserves and our planet needs. "Elaine Aron has not only validated and scientifically corroborated high sensitivity as a trait—she has given a level of empowerment and understanding to a large group of the planet's population. I thank Dr. Aron every day for her having brought this awareness to the world." —Alanis Morissette, artist, activist, teacher

Soft Thorn is a poetry collection that takes the reader on a journey through a young woman's life—from reckoning with her looks and sexuality to dealing with the trauma of sexual assault, and finally through the highs and lows of young love found and lost. Bridgett Devoue shares her raw, human story and the lessons learned from living a life fully.

Valkyrie

What Animals Think and Feel

Lavender (Remastered)

Take Back Your Power, Embrace Change, Face Your Fears, and Train Your Brain for Happiness and Success

Emotional Agility

A totalitarian regime has ordered all books to be destroyed, but one of the book burners suddenly realizes their merit.

As her son grows up from little boy to adult man, a mother secretly rocks him each night as he sleeps.

There are moments when the heart no longer wishes to feel because everything it's felt up until then has brought it nothing but anguish. In *She Felt Like Feeling Nothing, r.h. Sin* pursues themes of self-discovery and retrospection. With this book, the poet intends to create a safe space where women can rest their weary hearts and focus on themselves.

Stuff I've Been Feeling Lately

13 Things Mentally Strong People Don't Do

How to Stop Feeling Like Sh*t

14 Habits that Are Holding You Back from Happiness

Tainted Energy

A Novel

Beyond Words

For seventeen-year-old Lena, living in the trailer park with the rest of town's throwaways isn't exactly paradise. Dealing with a drunken father who can't keep his fists to himself doesn't help matters either. The only good thing in her life, other than track, is the mysterious man who visits her dreams, promising to find her. When a chair burns her arms, Lena chalks it up to stress-induced crazy. Yet as bizarre incidents escalate, even being crazy can't explain it all away... until one day dream guy does find her. Tarek lost Lena seventeen years ago after she was accused of treason and marked Tainted. He finally discovers her reborn on Earth into a life of suffering as punishment for her crime. However, someone else has already found her... and wants her dead. Willing to sacrifice everything, he fights to keep her safe so she can live the only life she's ever known-even if that life doesn't include him.

Phosphenes (n.) is an attempt to soothe an aching soul and voice the suppressed emotions. It tries to set free the caged birds of thoughts and weaves imagination into poetry. It is not just a book but a map that traces the journey of a poet's heart that dances to the tunes of eerie silence of the night and rejuvenates in the exquisite sunrise.

*"How to Win Friends and Influence People" is one of the first best-selling self-help books ever published. It can enable you to make friends quickly and easily, help you to win people to your way of thinking, increase your influence, your prestige, your ability to get things done, as well as enable you to win new clients, new customers. _x000D_ Twelve Things This Book Will Do For You: _x000D_ Get you out of a mental rut, give you new thoughts, new visions, new ambitions. _x000D_ Enable you to make friends quickly and easily. _x000D_ Increase your popularity. _x000D_ Help you to win people to your way of thinking. _x000D_ Increase your influence, your prestige, your ability to get things done. _x000D_ Enable you to win new clients, new customers. _x000D_ Increase your earning power. _x000D_ Make you a better salesman, a better executive. _x000D_ Help you to handle complaints, avoid arguments, keep your human contacts smooth and pleasant. _x000D_ Make you a better speaker, a more entertaining conversationalist. _x000D_ Make the principles of psychology easy for you to apply in your daily contacts. _x000D_ Help you to arouse enthusiasm among your associates. _x000D_ Dale Carnegie (1888-1955) was an American writer and lecturer and the developer of famous courses in self-improvement, salesmanship, corporate training, public speaking, and interpersonal skills. Born into poverty on a farm in Missouri, he was the author of *How to Win Friends and Influence People* (1936), a massive bestseller that remains popular today. _x000D_*

Young Cassie Logan endures humiliation and witnesses the racism of the KKK as they embark on a cross-burning rampage, before she fully understands the importance her family attributes to having land of their own.

How to Navigate Clueless Colleagues, Lunch-Sneaking Bosses, and the Rest of Your Life at Work

Out of My Mind

Exits, Desires, & Slow Fires

Our Numbered Days

Phosphenes (n.)

Master Your Mind and Defy the Odds - Clean Edition

Alexandra Elle writes frankly about her experience as a young, single mother while she celebrates her triumph over adversity and promotes resilience and self-care in her readers. This book of all-new poems from the beloved author of *Words From A Wanderer* and *Love In My Language* is a quotable companion on the road to healing.

A TIME Magazine Best Paperback of 2017
 A Publishers Weekly Best Poetry Collection of Spring
 A Paris Review Staff Pick
 A Most Anticipated Book of 2017 at NPR.org, BuzzFeed, VICE, NYLON, and more
 "This is a marvelous book. See for yourself. Morgan Parker is a fearlessly forward and forward-thinking literary star." —Terrance Hayes
 The only thing more beautiful than Beyoncé is God, and God is a black woman sipping rosé and drawing a lavender bath, texting her mom, belly-laughing in the therapist's office, feeling unloved, being on display, daring to survive.
 Morgan Parker stands at the intersections of vulnerability and performance, of desire and disgust, of tragedy and excellence. Unrelentingly feminist, tender, ruthless, and sequined, these poems are an altar to the complexities of black American womanhood in an age of non-indictments and *deja vu*, and a time of wars over bodies and power. These poems celebrate and mourn. They are a chorus chanting: *You're gonna give us the love we need.*

The instant #1 New York Times bestseller and #1 USA Today bestseller
 Amanda Gorman's electrifying and historic poem "The Hill We Climb," read at President Joe Biden's inauguration, is now available as a collectible gift edition. "Stunning." —CNN
 "Dynamic." —NPR
 "Deeply rousing and uplifting." —Vogue
 On January 20, 2021, Amanda Gorman became the sixth and youngest poet to deliver a poetry reading at a presidential inauguration. Taking the stage after the 46th president of the United States, Joe Biden, Gorman captivated the nation and brought hope to viewers around the globe with her call for unity and healing. Her poem "The Hill We Climb: An Inaugural Poem for the Country" can now be cherished in this special gift edition, perfect for any reader looking for some inspiration. Including an enduring foreword by Oprah Winfrey, this remarkable keepsake celebrates the promise of America and affirms the power of poetry.

Structured like an old-school mix-tape, *Stuff I've Been Feeling Lately* is Alicia Cook's lyric message to anyone who has dealt with addiction. "Side A" touches on all aspects of the human condition: life, death, love, trauma, and growth. "Side B" contains haunting black-out remixes of those poems.

Stuff I've Been Feeling Lately

Becoming Love in a World Full of Setbacks and Difficult People

Sorry I Haven't Texted You Back

Ask a Manager

An Inaugural Poem for the Country

The Hill We Climb

Sorry I haven't texted you back. (I've been so anxious and depressed) I haven't had time to catch my breath, you know how life gets! Returning to the form of Stuff I've Been Feeling Lately, Sorry I Haven't Texted You Back is a poetic mixtape dedicated to those who struggle or have struggled with their mental health. Divided into two parts, "Side A" holds 92 poems, titled as "tracks," and "Side B" holds the "remixes," or blackout-poetry versions, of those 92 poems. The book includes the evergreen themes of love, grief, hope. Named after Cook's viral Instagram poem, Sorry I Haven't Texted You Back lands in the crossroads of self-help and poetry.

"We confuse passion and pain, turn each other into liars. We become colliding trains: no survivors, no survivors." Alicia Cook, the bestselling author behind *Stuff I've Been Feeling Lately*, returns with *Anomaly*, a melodic journey of the ending, the mending, the falling, and the loving. This surprise release of love poetry is comprised of prose, song, and illustrations.

"Kick bad mental habits and toughen yourself up"—Inc.
 Master your mental strength—revolutionary new strategies that work for everyone from homemakers to soldiers and teachers to CEOs. Everyone knows that regular exercise and weight training lead to physical strength. But how do we strengthen ourselves mentally for the truly tough times? And what should we do when we face these challenges? Or as psychotherapist Amy Morin asks, what should we avoid when we encounter adversity? Through her years of others and her own experiences navigating personal loss, Morin realized it is often the habits we cannot break that are holding us back from true success and happiness. Indulging in self-pity, agonizing over things beyond our control, obsessing over past events, resenting the achievements of others, or expecting immediate positive results holds us back. This list of things mentally strong people don't do resonated so much with readers that when it was picked up for Forbes.com it received ten million views. Now, for time, Morin expands upon the thirteen things from her viral post and shares her tried-and-true practices for increasing mental strength. Morin writes with searing honesty, incorporating anecdotes from her work as a college psychology instructor and psychotherapist as well as personal stories about how she bolstered her own mental strength when tragedy threatened to consume her. Increasing your mental strength can change your entire attitude. It takes practice and hard work, but with Morin's specific tips, ex troubleshooting advice, it is possible to not only fortify your mental muscle but also drastically improve the quality of your life.

In 2015, 52,000 people in the United States overdosed on drugs and died. Never in recorded history had narcotics killed so many Americans in a single year. According to New York Magazine, the drug-induced death toll was so staggering, it helped reduce life expectancy in the United States for the first time since 1993. Heroin is the Worst Thing to Ever Happen to Me, named after an essay of Cook's that was read over 1.2 million times, is a collection of essays on the topic of addiction both previously published in *Cosmo* and *Other Side of Addiction* series and unpublished. The book is designed to simultaneously inform and comfort those affected by the disease of addiction, particularly the families who bear witness to their loved ones' downward spiral into the world of addiction. Having addiction enter one's home can be isolating and terrifying. There are very little resources made available to the family members of those who become addicted to a substance. This book provides those enduring this utter nightmare with narratives and res (terminology, additional reading in footnotes, and information on virtual/physical organizations) to empower the reader to push back against the stigma, statistics, and heartache attached to drug and alcohol addiction. In the following pages, you will hear from people who have "been there." Everyday warriors who fight tirelessly and endlessly to create change, in hopes another is saved from the same fate. Though some names have been changed, the pages contain real accounts from real people who battle addiction in recovery or love someone who struggles with addiction. Foreword written by PBS Executive Producer, Steve Rogers and Afterword written by State Congressman, Tom MacArthur. Alicia Cook is an established author and activist from New Jersey, where the rate of heroin overdose is three times the national average. Her work has appeared on the Huffington Post, CNN, USA Today, Teen Vogue, and many more. Her best-selling book of poetry, "Stuff I've Been Feeling Lately," was a finalist in the 2016 Goodreads Awards and her series, "The Other Side of Addiction," which focuses on the direct effect addiction has on not only users, but their families, is read by millions of people across the country. Her efforts to combat the heroin epidemic, which include writing, appearing on podcasts, and speaking to students and their parents, caught the attention of PBS Executive Producer, Steve Rogers who created an episode of his Emmy-nominated documentary series, "Here's the Story" around Cook and her efforts entitled "A Family Disease." The episode was dedicated to Cook's cousin, Jessica, who passed away from a drug overdose in 2006.

10 Things I Hate about Pinky

This Modern Love

Poems

How to Win Friends And Influence People

Can't Hurt Me

The She Book

Collection of Poetry

The book she calls "The Bible of business and personal productivity." "A completely revised and updated edition of the blockbuster bestseller from 'the personal productivity guru'"—Fast Company
 Since it was first published almost fifteen years ago, *David Allen's Getting Things Done* has become one of the most influential business books of its era, and the ultimate book on personal organization. "GTD" is now shorthand for an entire way of approaching professional and personal tasks, and has spawned an entire culture of websites, organizational tools, seminars, and offshoots. Allen has rewritten the book from start to finish, tweaking his classic text with important perspectives on the new workplace, and adding material that will make the book fresh and relevant for years to come. This new edition of *Getting Things Done* will be welcomed not only by its hundreds of thousands of existing fans but also by a whole new generation eager to adopt its proven principles.

Anthem-like poems about relationships, mental health, loss, and recovery from the activist and bestselling author of Stuff I've Been Feeling Lately. The reader's experience with this unique collection is lifted from the page as Alicia Cook has collaborated with a number of up and coming musicians to transform some of her poetry into song. Like her debut book, this one is divided into two parts. Modeled after a vinyl record this time, the collection is separated into the EP record, holding Cook's shorter poetry, and the LP record, holding Cook's longer poetry, prose, and songwriting. Together, they form an inspiring collection for all those recovering from something. "Through each internal rhyme and turn of phrase, she presents new ways of interpreting despair, courage and overcoming. The poems are mostly devoid of gender pronouns, favoring the first and second person to promote accessibility for all. Cook is self-reliant and fully aware of how to make her voice heard."—Ashury Park Press "This book was raw. . . Alicia Cook writes about very important topics, some of them really hard to read about, especially if they hit too close to home. . . You will always find a poem, a sentence, something that will speak to you, to your heart, to what you're going through and this book did just that for me."—Chapter Ninety-Two "A heartfelt, emotional, beaut[ul] book of poems." —The Pages In-Between

*In a world where we usually measure animals by human standards, prize-winning author and MacArthur Fellow Carl Safina takes us inside their lives and minds, witnessing their profound capacity for perception, thought and emotion, showing why the word "it" is often inappropriate as we discover who they really are. Weaving decades of observations of actual families of free-living creatures with new discoveries about brain functioning, Carl Safina's narrative breaches many commonly held boundaries between humans and other animals. In*BeYond Words*, readers travel the wilds of Africa to visit some of the last great elephant gatherings, then follow wolves of Yellowstone National Park sort out the aftermath of their personal tragedy, then plunge into the astonishingly peaceful society of killer whales living in waters of the Pacific Northwest. We spend quality time, too, with dogs and falcons and ravens; and consider how the human mind operates. In his wise and passionate new book, Safina delivers a graceful examination of how animals truly think and feel, which calls to question what really does—and what should—make us human.*

A Concept Album

She Felt Like Feeling Nothing

Memories

Get Unstuck, Embrace Change, and Thrive in Work and Life

The Art of Stress-Free Productivity

How to Feel Alive Again

For fans of Lang Leav, this beautiful gift book is a must-have! Beloved pieces from Lullabies and Love & Misadventure are collected together in this illustrated treasury. In addition, 35 new poems that have not been published in any Lang Leav collection offer something new to discover. The author's original art is presented in lovely four-color illustrations. Lang Leav's evocative poetry in a gorgeous package with ribbon marker and cloth spine is an irresistible gift for any poetry lover. This remastered edition of Christopher Poindexter's second book, *Lavender*, is an intricate portrait of love in all its forms and phases. The images and words weave a story of self redemption, one of learning how to shed the skin of the past in order to appreciate all the beauty this world has to offer.

#1 Wall Street Journal Best Seller
 USA Today Best Seller
 Amazon Best Book of the Year
 TED Talk sensation - over 3 million views!
 The counterintuitive approach to achieving your true potential, heralded by the Harvard Business Review as a groundbreaking idea of the year. The path to personal and professional fulfillment is rarely straight. Ask anyone who has achieved his or her biggest goals or whose relationships thrive and you'll hear stories of many unexpected detours along the way. What separates those who master these challenges and those who get derailed? The answer is agility—emotional agility. Emotional agility is a revolutionary, science-based approach that allows us to navigate life's twists and turns with self-acceptance, clear-sightedness, and an open mind. Renowned psychologist Susan David developed this concept after studying emotions, happiness, and achievement for more than twenty years. She found that no matter how intelligent or people are, or what type of personality they have, it is how they navigate their inner world—their thoughts, feelings, and self-talk—that ultimately determines how successful they will become. The way we respond to these internal experiences drives our actions, careers, relationships, happiness, health—everything that matters in our lives. As humans, we are all prone to common hooks—things like self-doubt, shame, sadness, fear, or anger—that can too easily steer us in the wrong direction. Emotionally agile people are not immune to stresses and setbacks. The key difference is that they know how to adapt, aligning their actions with their values and making small but powerful changes that lead to a lifetime of growth. Emotional agility is not about ignoring difficult emotions and thoughts; it's about holding them loosely, facing them courageously and compassionately, and then moving past them to bring the best of yourself forward. Drawing on her deep research, deep international consulting, and her own experience overcoming adversity after losing her father at a young age, David shows how anyone can thrive in an uncertain world by becoming more emotionally agile. To guide us, she shares four key concepts that allow us to acknowledge uncomfortable experiences while simultaneously detaching from them, thereby allowing us to embrace our core values and adjust our actions so they can move us where we truly want to go. Written with wit, and empathy, Emotional Agility serves as a road map for real behavioral change—a new way of acting that will help you reach your full potential, whoever you are and whatever you face.

For everyone who loved *You Are a Badass* and *The Subtle Art of Not Giving a F*ck* - a cut-through-the-crap guide to quitting the self-destructive habits that undermine happiness and success
 *How to Stop Feeling Like Sh*t* is a straight-shooting approach to self-improvement for women, one that offers no-crap truth-telling about the most common self-destructive behaviors women tend to engage in. From listening to the imposter complex and bitchy inner critic to catastrophizing and people-pleasing, Andrea Owen -- a nationally sought-after life coach -- crystallizes what's behind these invisible, undermining habits. With each chapter, she kicks women's gears out of autopilot and empowers them to create happier, more fulfilling lives. Powerfully on-the-mark, the chapters are short and digestible, nicely bypassing weighty examinations in favor of punch-points of awareness.

Neon Soul

Heroin Is the Worst Thing to Ever Happen to Me

I Hope My Voice Doesn't Skip

Anomaly

A Collection of Poetry and Prose

Nineteen

A poet, journalist, and activist, Alicia Cook offers a soundtrack of survival. Structured like an old-school mix-tape, *Stuff I've Been Feeling Lately* is Alicia Cook's lyric message to anyone who has dealt with addiction. "Side A" touches on all aspects of the human condition: life, death, love, trauma, and growth. "Side B" contains haunting black-out remixes of those poems.

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.

From the creator of the popular website *Ask a Manager* and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice!
 There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit "reply all" • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party
 **Praise for *Ask a Manager*: "A must-read for anyone who works. . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work."—Booklist (starred review) "The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience."—Library Journal (starred review) "I am a huge fan of Alison Green's *Ask a Manager* column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor."—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide*
 "*Ask a Manager* is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way."—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together***

If you're not having fun, you're not fully living. The author of *How to Break Up with Your Phone* makes the case that, far from being frivolous, fun is actually critical to our well-being—and shows us how to have more of it. "This delightful book might just be what we need to start flourishing."—#1 New York Times bestselling author Adam Grant
 Journalist and screen/life balance expert Catherine Price argues persuasively that our always-on, tech-addicted lifestyles have led us to obsess over intangible concepts such as happiness while obscuring the fact that real happiness lies in the everyday experience of fun. We often think of fun as indulgent, even immature and selfish. We claim to not have time for it, even as we find hours a day for what Price calls Fake Fun—bingeing on television, doomscrolling the news, or posting photos to social media, all in hopes of filling some of the emptiness we feel inside.. In this follow-up to her hit book, *How to Break Up with Your Phone*, Price makes the case for True Fun—which she defines as the magical confluence of playfulness, connection, and flow—will give us the fulfillment we so desperately seek. If you use True Fun as your compass, you will be happier and healthier. You will be more productive, less resentful, and less stressed. You will have more energy. You will find community and a sense of purpose. You will stop languishing and start flourishing. And best of all? You'll enjoy the process.

Weaving together scientific research with personal experience, Price reveals the surprising mental, physical, and cognitive benefits of fun, and offers a practical, personalized plan for how we can achieve better screenlife balance and attract more True Fun into our daily lives—without feeling overwhelmed. Groundbreaking, eye-opening, and packed with useful advice, *The Power of Fun* won't just change the way you think about fun. It will bring you back to life.

Hellum

Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy—and Completely Unprepared for Adulthood—and What That Means for the Rest of Us

The Highly Sensitive Person

Love You Forever

Everybody, Always

Getting Things Done

In the tradition of *Post Secret* and *Other People's Love Letters*, a crowdsourced compilation of letters, stories, and art work about the modern state of love and relationships, edited by rising filmmaker and beloved YouTube vlogger Will Darbyshire. "What would you say to your ex, without judgment?" This is the question filmmaker and vlogger Will Darbyshire posed to hundreds of thousands of his closest friends on YouTube. Seeking closure after a tough break-up, Will was driven to strike up an intimate conversation with his online audience, and to get at the heart of one of life's unknowable yet universal mysteries: love. Over a period of six months, Will posed a series of questions to his audience and asked them to reveal their innermost feelings about their own romantic experiences in the form of hand-written letters, poems, photographs, and emails. The result is a curated collection of responses that are, at turns, funny, dark, confidential, awkward, comforting, and uplifting. This *Modern Love* is a compelling portrait of individual desires, fantasies, resentments, and fears that reminds us that, whether we're in or out of love, we're not alone.

The delightful follow-up to when Dimple Met Rishi and There's Something about Sweetie, which follows Ashish's friends Pinky and Samir as they pretend to date in order to achieve their individual goals, to disastrous and hilarious results. Pinky Kumar wears the social justice warrior badge with pride. From raccoon hospitals to persecuted rock stars, no cause is too esoteric for her to champion. But a teeny tiny part of her also really enjoys making her parents cringe. Samir has had to talk to his parents remaining from the time he had to take care of his sick mother, like the endless lists he makes in his planner and the way he schedules every minute of every day, but those are good things. They make life predictable and steady. Pinky loves lazy summers at her parents' Cape Cod lake house, but after listening to them harangue her about the poor decisions she's made (a.k.a. boyfriend's she's had), she hatches a plan. Get her sorta-friend-sorta-enemy—who is a total Harvard-bound Mama's boy—to pose as her perfect boyfriend for the summer. When Samir's internship falls through, leaving him with an unplanned summer, he gets a text from Pinky asking if he'll be her fake boyfriend in exchange for a new internship. He jumps at the opportunity: Pinky's a weirdo, but he can survive a summer with her if there's light at the end of the tunnel. As they bicker their way through lighthouses and butterfly habitats, sparks fly, and they both realize this will be a summer they'll never forget.

What if we stopped avoiding the difficult people in our lives and committed to simply loving everybody? What happens when we give away love like we're made of it? In *Everybody, Always*, Bob Goff's joyful New York Times bestselling follow-up to *Love Does*, you'll discover the secret to living without fear, constraint, or worry. Bob teaches us that the path toward the outsized, unfettered, liberated existence we all long for is found in one simple truth: love people, even the difficult ones, without distinction and without limits. In *Everybody, Always*, Bob shows us the simple truths about life that have the power to shift our mindset forever: Jesus uses our blind spots to reveal himself to us It's easy to love kind, lovely, humble people, but you have to tackle fear in order to love people who are difficult What we do with our love will become the conversations we have with God Dark and scary places are filled with beautiful people who need our unconditional love Extravagant love has extraordinary power to change lives, including our own Driven by Bob's trademark storytelling, this book reveals the wisdom Bob learned—often the hard way—about what it means to love without inhibition, insecurity, or restriction. From finding the right friends to discovering the upside of failure, Everybody, Always points the way to embodying love by doing the unexpected, the seemingly impossible. Whether loving the seemingly insurmountable Ugandan witch doctor, Bob steps into life with a no-limits embrace of others that is as infectious as it is extraordinarily ordinary. Everybody, Always reveals how we can do the same.

As seen in *Time*, *USA TODAY*, *The Atlantic*, *The Wall Street Journal*, and on CBS *This Morning*, *BBC*, *PBS*, *CNN*, and *NPR*, Igen is crucial reading to understand how the children, teens, and young adults born in the mid-1990s and later are vastly different from their Millennial predecessors, and from any other generation. With generational divides wider than ever, parents, educators, and employers have an urgent need to understand today's rising generation of teens and young adults. Born in the mid-1990s up to the mid-2000s, Igen is the first generation to spend their entire adolescence in the age of the smartphone. With social media and texting replacing other activities, Igen spends less time with their friends in person—perhaps contributing to their unprecedented levels of anxiety, depression, and loneliness. But technology is not the only thing that makes Igen distinct from every generation before them: they are also different in how they spend their time, how they behave, and in their attitudes toward religion, sexuality, and politics. They socialize in completely new ways, reject once sacred social taboos, and want different things from their lives and careers. More than previous generations, they are obsessed with safety, focused on tolerance, and have no patience for inequality. With the first members of Igen just graduating from college,

we all need to understand them: friends and family need to look out for them; businesses must figure out how to recruit them and sell to them; colleges and universities must know how to educate and guide them. And members of Igen also need to understand themselves as they communicate with their elders and explain their views to their older peers. Because where Igen goes, so goes our nation—and the world.

How to Thrive When the World Overwhelms You

There Are More Beautiful Things Than Eyes

The Power of Fun

the stars you see when you rub your eyes

Roll of Thunder, Hear My Cry

Fahrenheit 451

Crafting together the power of words and womanhood, writer Tanya Marul has written a completely unique poetry collection fit for the phenomenal readers of today. In Tanya's words, "May we raise the bar for how we live our lives. May we ridiculously increase the amount of peace, play, creativity, beauty, love, and joy in everything we do. May we all sip from the wisdom of our suffering. And awaken with the courage to share our stories that can heal our inner and outer worlds."
 "The world is so dumb enough for me and my friends, you're gonna meet someone too smart to love you, and they're gonna love you anyway, and it's gonna go so poorly," Neil Hilborn writes in his debut full-length collection, *OUR NUMBERED DAYS*. In 2013, Hilborn's poem "OCD" went viral, and has amassed over 11 million views to date. While this collection ruminates on love, heartbreak, and mental illness, these poems are anything but saccharine. Hilborn uses the same humor and self-deprecation that propelled "OCD" to success in order to make his unmatched vulnerability all the more powerful. Ultimately, Hilborn is a poet of the people: his work is accessible, honest, and entertaining; a revitalizing entry in contemporary poetry.

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New York Times Bestseller Over 2.5 million copies sold For David Goggins, childhood was a nightmare - poverty, prejudice, and physical abuse colored his days and haunted his nights. But through self-discipline, mental toughness, and hard work, Goggins transformed himself from a depressed, overweight young man with no future into a U.S. Armed Forces icon and one of the world's top endurance athletes. The only man in history to complete elite training as a Navy SEAL, Army Ranger, and Air Force Tactical Air Controller, he went on to set records in numerous endurance events, inspiring Outside magazine to name him The Fittest (Real) Man in America. In this curse-word-free edition of Can't Hurt Me, he shares his astonishing life story and reveals that most of us tap into only 40% of our capabilities. Goggins calls this The 40% Rule, and his story illuminates a path that anyone can follow to push past pain, demolish fear, and reach their full potential.

Helium is the debut poetry collection by internet phenom Rudy Francisco, whose work has defined poetry for a generation of new readers. Rudy's poems and quotes have been viewed and shared millions of times as he has traveled the country and the world performing for sell-out crowds. Helium is filled with work that is simultaneously personal and political, blending love poems, self-reflection, and biting cultural critique on class, race and gender into an unforgettable whole. Ultimately, Rudy's work rises above the chaos to offer a fresh and positive perspective of shared humanity and beauty.

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Soft Thorns