

## Flashes Of Thought Storage Googleapis

In *Self-Reliance*, Emerson expounds on the importance of trusting your soul, as well as divine providence, to carve out a life. A firm believer in nonconformity, Emerson celebrates the individual and stresses the value of listening to the inner voice unique to each of us—even when it defies society's expectations. This new 2019 edition of *Self-Reliance* from Logos Books includes *The American Scholar*, a stirring speech of Emerson's, as well as footnotes and images throughout.

NEW YORK TIMES BESTSELLER SHORTLISTED FOR THE NATIONAL BOOK AWARD 2021 A BARACK OBAMA BEST BOOKS PICK 2021 'Lush, gripping and ferocious, *MATRIX* is animated with sensual detail on every page' MADELINE MILLER 'An audacious piece of storytelling, full of passion, wisdom and magic' SARAH WATERS 'A gorgeous, sensual, addictive read' SARA COLLINS Seventeen-year-old Marie, too wild for courtly life, is thrown to the dogs one winter morning, expelled from the royal court to become the prioress of an abbey. Marie is strange - tall, a giantess, her elbows and knees stick out, ungainly. At first taken aback by life at the abbey, Marie finds purpose and passion among her mercurial sisters. Yet she deeply misses her secret lover Cecily and queen Eleanor. Born last in a long line of women warriors and crusaders, women who flew across the countryside with their sword fighting and dagger work, Marie decides to chart a bold new course for the women she now leads and protects. She will bring herself, and her sisters, out of the darkness, into riches and power. *MATRIX* is a bold vision of female love, devotion and desire from one of the most adventurous writers at work today. 'A thrillingly vivid, adventurous story about women and power that will blow readers' minds. Left me gasping.' EMMA DONOGHUE 'Both epic and intimate, this sweeping novel explores questions of female ambition, creativity and passion with electrifying prose and sparkling wit. A propulsive, captivating read' BRIT BENNETT 'A dazzlingly clever tale' THE TIMES 'A remarkable novel: unusual, profound, transcendental' EVENING STANDARD

#1 NEW YORK TIMES BESTSELLER • Barack Obama's lucid vision of America's place in the world and call for a new kind of politics that builds upon our shared understandings as Americans, based on his years in the Senate "In our lowdown, dispiriting era, Obama's talent for proposing humane, sensible solutions with uplifting, elegant prose does fill one with hope."—Michael Kazin, *The Washington Post* In July 2004, four years before his presidency, Barack Obama electrified the Democratic National Convention with an address that spoke to Americans across the political spectrum. One phrase in particular anchored itself in listeners' minds, a reminder that for all the discord and struggle to be found in our history as a nation, we have always been guided by a dogged optimism in the future, or what Obama called "the audacity of hope." The *Audacity of Hope* is Barack Obama's call for a different brand of politics—a politics for those weary of bitter partisanship and alienated by the "endless clash of armies" we see in congress and on the campaign trail; a politics rooted in the faith, inclusiveness, and nobility of spirit at the heart of "our improbable experiment in democracy." He explores those forces—from the fear of losing to the perpetual need to raise money to the power of the media—that can stifle even the best-intentioned politician. He also writes, with surprising intimacy and self-deprecating humor, about settling in as a senator, seeking to balance the demands of public service and family life, and his own deepening religious commitment. At the heart of this book is Barack Obama's vision of how we can move beyond our divisions to tackle concrete problems. He examines the growing economic insecurity of American families, the racial and religious tensions within the body politic, and the transnational threats—from terrorism to pandemic—that gather beyond our shores. And he grapples with the role that faith plays in a democracy—where it is vital and where it must never intrude. Underlying his stories is a vigorous search for connection: the foundation for a radically hopeful political consensus. Only by returning to the principles that gave birth to our Constitution, Obama says, can Americans repair a political process that is broken, and restore to working order a government that has fallen dangerously out of touch with millions of ordinary Americans. Those Americans are out there, he writes—"waiting for Republicans and Democrats to catch up with them."

This important collection of anecdotes and reminiscences from Sheikh Mohammed bin Rashid Al Maktoum is published to mark the occasion of his fifty years in public service, which began with his appointment as Dubai's Minister of Defence in 1968. These stories tell of the vision behind Dubai's meteoric growth from a small and bustling trading port to an international metropolis at the heart of global business. They record the evolution of the United Arab Emirates from a shared ideal to a nation where more than 195 nationalities live and work in peace, harmony and prosperity. And they reveal insights from a man whose drive, determination and will to succeed have become legendary. Within these stories lies the heart of Sheikh Mohammed the statesman, the equestrian, the poet and the leader. They are written with the intent to inspire and inform new generations of readers, and to celebrate the achievements of this young and vibrant nation and the people who shaped it. This celebration of a life in service is unavoidably incomplete. As Sheikh Mohammed himself indicates, there is still so much left to do. As a record of the first fifty years alone, however, it forms part of a remarkable legacy. Other titles written by Sheikh Mohammed and published by Explorer include *Zayed*, *Reflections on Happiness & Positivity*, *Flashes of Verse* and *Two Great Leaders*.

The Book of Flights

The Seventh Sense

Flashes of Creation

Thoughts on Reclaiming the American Dream

The New Science of How and Why We Dream

The Hot Flash Club

Episodic Poetry is a series of poems you can binge read anytime you wish to. Moreover, it is about a character, who is the one reading this right now. In this collection, author of the poetry anthology, Silent Words, Nishant Gang is back with a poetry series full of feelings and emotions. An account of 49 poems and 1 message, this book ensures that it will be in your re-run list.

Three kinds of strategic ideas apply to human achievement: strategic analysis, where you study the situation you face; strategic intuition, where you get a creative idea for what to do; and strategic planning, where you work out the details of how to do it. For more than a decade, William Duggan has conducted pioneering research on strategic intuition. He now gives us this eye-opening book that shows how strategic intuition lies at the heart of great achievements throughout human history: the scientific and computer revolutions, women's suffrage, the civil rights movement, modern art, microfinance in poor countries, and more. Considering the achievements of people and organizations, from Bill Gates to Google, Copernicus to Martin Luther King, Picasso to Patton, you'll never think the same way about strategy again.

Flashes of insight—the "Eureka!" moments that produce new and useful ideas in a single thought—are behind some of the world's most creative and practical innovations. This book shows how to cultivate more and better flashes of insight by harnessing the science and practice of the "seventh sense." Drawing from psychology, neuroscience, Asian philosophy, and military strategy, William Duggan illustrates the power of the seventh sense to help readers aspire to and achieve more in their personal and professional lives. His examples include Gandhi, Joan of Arc, Starbucks founder Howard Shultz, and executives and students he has taught in his classes. His book presents specific steps in the form of three practical tools to help prepare the mind, see and seize opportunity, and follow through on one's resolution. Based on Duggan's perennially popular Columbia Business School course, this book teaches the mental skills and discipline that power the seventh sense.

Argues that humanity is growing steadily younger, as society retains more physical and mental characteristics of youth, which is a luxury required for flashes of genius and innovative drive.

A Guide to Spiritual Enlightenment

Cold Flashes

The Pagan Oracles in Early Modern Thought

Inspired by a Dialogue at the Government Summit 2013

The Power of Now

How Flashes of Insight Change Your Life

*Wow! Life goes by in a flash. Philosophers and mystics ponder the mystery of these flashes. Pamela Wight writes about life flashes in her short stories that include family and friends, love and life's challenges. Wight's "Flash Memoir" promotes the belief that we all share sparks of the extraordinary that occur in our everyday life. Each short story is true and brings a smile of recognition to her readers: that life transports and enthralls us in all its confusing, amusing, challenging, and astonishing ways. Each story is light-hearted and short - like a flash - but be prepared for a page-turner that keeps you in your seat, smiling.*

*A brilliant detective thriller with a supernatural twist! Charley has visions . . . Flashes of things she can't explain. A girl in trouble. The sound of trains. She feels certain they are clues to a crime. But no one will believe her. Until she meets Tom, a young policeman on his first case: an accidental death on the railway tracks, not far from where Charley lives. Was it an accident, suicide . . . or murder? The attraction between Charley and Tom is instant, but can they work together to find out what really happened on the tracks before it happens again?*

*"A new edition with a final chapter written forty years after the explosion."*

*A fireman in charge of burning books meets a revolutionary school teacher who dares to read. Depicts a future world in which all printed reading material is burned.*

Flashes of Thought

Self-Reliance

Literary Snapshots of Alaska

Menopause and the Vindication of Natural Life

My Story

Flash Count Diary

**As the old adage goes, "if you can't say it in a few pages, you won't in a hundred." The selections in Cold Flashes—very short prose and black-and-white photographs—embody perfectly this transparency, thrift, and restraint. Found here are highly polished micro-narratives, both fiction and nonfiction, and a series of eloquent and artistic halftones that capture their sizeable subjects in a nutshell. By minimizing the exposition, the selections stimulate the imagination to reflect on the rich diversity of people and places that make up Alaska. To be savored piecemeal at coffee shops, on the bus, or while waiting in line, the images and text in Cold Flashes will resonate with both the reader and each other, fusing into something profound yet elusive.**

**#1 NEW YORK TIMES BESTSELLER • ONE OF TIME MAGAZINE'S 100 BEST YA BOOKS OF ALL 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 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 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 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 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 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 BRIDGE OF CLAY, MARKUS ZUSAK'S FIRST NOVEL SINCE THE BOOK THIEF.**

*Flashes of Thought* Inspired by a Dialogue at the Government Summit 2013 *The Seventh Sense* How Flashes of Insight Change Your Life Columbia University Press

From Lewis Miller, the celebrated floral designer and "Flower Bandit" himself, an intimate and joyous behind-the-scenes look at his signature Flower Flashes as they introduced bright moments of natural beauty into the city when they were needed most. Before dawn one morning in October 2016, renowned New York-based floral designer Lewis Miller stealthily arranged hundreds of brightly colored dahlias, carnations, and mums into a psychedelic halo around the John Lennon memorial in Central Park. The spontaneous floral installation was Miller's gift to the city—an effort to spark joy during a difficult time. Nearly five years and more than ninety Flower Flashes later, these elaborate flower bombs—bursts of jubilant blooms in trash cans, over bus canopies, on construction sites and traffic medians—have brought moments of delight and wonder to countless New Yorkers and flower lovers everywhere, and earned Miller a following of dedicated fans and the nickname the "Flower Bandit." After New York City entered lockdown, Miller doubled down, creating Flower Flashes outside hospitals to express gratitude to frontline health workers and throughout the city to raise spirits. This gorgeous and poignant visual diary traces the phenomenon from the first, spontaneous Flower Flash to the even more profound installations of the pandemic through a kaleidoscopic collage of photos documenting the Flower Flashes, behind-the-scenes snapshots, Miller's inspiration material, fan contributions, and more.

*Flashes of Life*

*The Audacity of Hope*

*Beloved*

*Also Lost Love and Poems and Ballads*

*Dubai and the Dream of Capitalism*

*Change Your Thinking, Change Your Life*

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.

“ Many days I believe menopause is the new (if long overdue) frontier for the most compelling and necessary philosophy; Darcey Steinke is already there, blazing the way. This elegant, wise, fascinating, deeply moving book is an instant classic. I ’ m about to buy it for everyone I know. ” —Maggie Nelson, author of *The Argonauts* A brave, brilliant, and unprecedented examination of menopause Menopause hit Darcey Steinke hard. First came hot flashes. Then insomnia. Then depression. As she struggled to express what was happening to her, she came up against a culture of silence. Throughout history, the natural physical transition of menopause has been viewed as something to deny, fear, and eradicate. Menstruation signals fertility and life, and childbirth is revered as the ultimate expression of womanhood. Menopause is seen as a harbinger of death. Some books Steinke found promoted hormone replacement therapy. Others encouraged acceptance. But Steinke longed to understand menopause in a more complex, spiritual, and intellectually engaged way. In *Flash Count Diary*, Steinke writes frankly about aspects of Menopause that have rarely been written about before. She explores the changing gender landscape that comes with reduced hormone levels, and lays bare the transformation of female desire and the realities of prejudice against older women. Weaving together her personal story with philosophy, science, art, and literature, Steinke reveals that in the seventeenth century, women who had hot flashes in front of others could be accused of being witches; that the model for Duchamp's famous *Étant donnés* was a post-reproductive woman; and that killer whales—one of the only other species on earth to undergo menopause—live long post-reproductive lives. *Flash Count Diary*, with its deep research, open play of ideas, and reverence for the female body, will change the way you think about menopause. It's a deeply feminist book—honest about the intimations of mortality that menopause brings while also arguing for the ascendancy, beauty, and power of the post-reproductive years.

Psychologists and philosophers have long grappled with the mysteries of dreaming, and now—thanks largely to recent innovations in brain imaging—neuroscientists are starting to join the conversation. In this groundbreaking book, award-winning journalist Andrea Rock traces the brief but fascinating history of this emerging field. She then takes us into modern sleep labs across the country, asking the questions that intrigue us all: Why do we remember only a fraction of our dreams? Why are dreams usually accompanied by intense emotions? Can dreams truly spark creative thought or help solve problems? Are the universal dream interpretations of Freud and Jung valid? Accessible and engaging, *The Mind at Night* shines a bright light on our nocturnal journeys and tells us what the sleeping mind reveals about our waking hours.

From the bestselling author of *Between Husbands and Friends* and *An Act of Love* comes a wise, wonderful, and delightfully witty “ coming of age ” novel about four intrepid women who discover themselves as they were truly meant to be: passionate, alive, and ready to face the best years of their lives. Meet Faye, Marilyn, Alice, and Shirley. Four women with skills, smarts, and secrets—all feeling over the hill and out of the race. But in a moment of delicious serendipity, they meet and realize they share more than raging hormones and lost dreams. Now as the Hot Flash Club, where the topics of motherhood, sex, and men are discussed with double servings of chocolate cake, they vow to help each other . . . and themselves. Faye, the artist. A determinedly cheerful widow and connoisseur of control-top pantyhose, she ’ s struggling with creative block and an empty, lonely house. Now she ’ s got a tricky problem to bring to the club ’ s table: how can they catch her perfect son-in-law cheating on her only daughter Laura? Shirley, the healer. Though her yoga-slender body belie her years, decades of dating losers and the strain of being broke make her feel her age. Shirley has a secret dream: a wellness spa that nurtures body and soul. But first she needs to believe in herself, in her abilities, and in her friends at the club. Marilyn, the brain. A paleontologist who has spent so many years looking at dried-up fossils, she ’ s almost become one herself. Worried that her brilliant but nerdy son is about to marry the very wrong woman, she gets some help from the HFC, who transform her from a caterpillar to a butterfly, with amazing results. Alice, the executive. Black and regal, she soared to the top of the corporate ladder. Now her shoes are murder

on her arthritic back and the younger jackals are circling in for the kill. But as the inspiration behind the HFC, she ' s about to discover something extraordinary: contentment. For Faye, Shirley, Marilyn, and Alice, the time has come to use it or lose it—be it their bodies, their brains, their spirits, and their sense of fun. Together they realize that they can have it all, perhaps for the first time in their lives. And though what sags may never rise again, feeling sexy has no expiration date— and best of all, with a little help from her friends, a woman can always start over . . . and never, ever, give up what matters most.

Strategic Intuition

Hot Flashes

George Gamow, Fred Hoyle, and the Great Big Bang Debate

The Devil's Tabernacle

The Mind at Night

THE NEW YORK TIMES BESTSELLER

**Award-winning journalist Jim Krane charts the history of Dubai from its earliest days, considers the influence of the family who has ruled it since the nineteenth century, and looks at the effect of the global economic downturn on a place that many tout as a blueprint for a more stable Middle East. The city of Dubai, one of the seven United Arab Emirates, is everything the Arab world isn't: a freewheeling capitalist oasis where the market rules and history is swept aside. Until the credit crunch knocked it flat, Dubai was the fastest-growing city in the world, with a roaring economy that outpaced China's while luring more tourists than all of India. It's one of the world's safest places, a stone's throw from its most dangerous. In *City of Gold*, Jim Krane, who reported for the AP from Dubai, brings us a boots-on-the-ground look at this fascinating place by walking its streets, talking to its business titans, its prostitutes, and the hard-bitten men who built its fanciful skyline. He delves into the city's history, paints an intimate portrait of the ruling Maktoum family, and ponders where the city is headed. Dubai literally came out of nowhere. It was a poor and dusty village in the 1960s. Now it's been transformed into the quintessential metropolis of the future through the vision of clever sheikhs, Western capitalists, and a river of investor money that poured in from around the globe. What has emerged is a tolerant and cosmopolitan city awash in architectural landmarks, luxury resorts, and Disnified kitsch. It's at once home to America's most prestigious companies and universities and a magnet for the Middle East's intelligentsia. Dubai's dream of capitalism has also created a deeply stratified city that is one of the world's worst polluters. Wild growth has clogged its streets and left its citizens a tiny minority in a sea of foreigners. Jim Krane considers all of this and casts a critical eye on the toll that the global economic downturn has taken. While many think Dubai's glory days have passed, insiders like Jim Krane who got to know the city and its creators firsthand realize there's much more to come in the *City of Gold*, a place that, in just a few years, has made itself known to nearly every person on earth.**

**Draws on research with hundreds of interviewees to identify the pervasive influence of cultural shame, discussing how women can recognize the ways in which shame influences their health and relationships and can be transformed into courage and connectivity.**

**The *Devil's Tabernacle* is the first book to examine in depth the intellectual and cultural impact of the oracles of pagan antiquity on modern European thought. Anthony Ossa-Richardson shows how the study of the oracles influenced, and was influenced by, some of the most significant developments in early modernity, such as the Christian humanist recovery of ancient religion, confessional polemics, Deist and libertine challenges to religion, antiquarianism and early archaeology, Romantic historiography, and spiritualism. Ossa-Richardson examines the different views of the oracles since the Renaissance--that they were the work of the devil, or natural causes, or the fraud of priests, or finally an organic element of ancient Greek society. The range of discussion on the subject, as he demonstrates, is considerably more complex than has been realized before: hundreds of scholars, theologians, and critics commented on the oracles, drawing on a huge variety of intellectual contexts to frame their beliefs. In a central chapter, Ossa-Richardson interrogates the landmark dispute on the oracles between Bernard de Fontenelle and Jean-François Baltus, challenging Whiggish assumptions about the mechanics of debate on the cusp of the Enlightenment. With erudition and an eye for detail, he argues that, on both sides of the controversy, to speak of the ancient oracles in early modernity was to speak of one's own historical identity as a Christian.**

**The brain ... There is no other part of the human anatomy that is so intriguing. How does it develop and function and why does it sometimes, tragically, degenerate? The answers are complex. In *Discovering the Brain*, science writer Sandra Ackerman cuts through the complexity to bring this vital topic to the public. The 1990s were declared the "Decade of the Brain" by former President Bush, and the neuroscience community responded with a host of new investigations and conferences.**

***Discovering the Brain* is based on the Institute of Medicine conference, *Decade of the Brain: Frontiers in Neuroscience and Brain Research*. *Discovering the Brain* is a "field guide" to the brain--an easy-to-read discussion of the brain's physical structure and where functions such as language and music appreciation lie. Ackerman examines How electrical and chemical signals are conveyed in the brain. The mechanisms by which we see, hear, think, and pay attention--and how a "gut feeling" actually originates in the brain. Learning and memory retention, including parallels to computer memory and what they might tell us about our own mental capacity. Development of the brain throughout the life span, with a look at the aging brain. Ackerman provides an enlightening chapter on the connection between the brain's physical condition and various mental disorders and notes what progress can**

realistically be made toward the prevention and treatment of stroke and other ailments. Finally, she explores the potential for major advances during the "Decade of the Brain," with a look at medical imaging techniques--what various technologies can and cannot tell us--and how the public and private sectors can contribute to continued advances in neuroscience. This highly readable volume will provide the public and policymakers--and many scientists as well--with a helpful guide to understanding the many discoveries that are sure to be announced throughout the "Decade of the Brain."

Hiroshima

Roll of Thunder, Hear My Cry

The Book of Flashes

Fahrenheit 451

The Creative Spark in Human Achievement

Flower Flash

*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.*

*Are your thoughts out of control--just like your life? Do you long to break free from the spiral of destructive thinking? Let God's truth become your battle plan to win the war in your mind! We've all tried to think our way out of bad habits and unhealthy thought patterns, only to find ourselves stuck with an out-of-control mind and off-track daily life. Pastor and New York Times bestselling author Craig Groeschel understands deeply this daily battle against self-doubt and negative thinking, and in this powerful new book he reveals the strategies he's discovered to change your mind and your life for the long-term. Drawing upon Scripture and the latest findings of brain science, Groeschel lays out practical strategies that will free you from the grip of harmful, destructive thinking and enable you to live the life of joy and peace that God intends you to live. Winning the War in Your Mind will help you: Learn how your brain works and see how to rewire it Identify the lies your enemy wants you to believe Recognize and short-circuit your mental triggers for destructive thinking See how prayer and praise will transform your mind Develop practices that allow God's thoughts to become your thoughts God has something better for your life than your old ways of thinking. It's time to change your mind so God can change your life.*

*In the ruthless arena of King Henry VIII's court, only one man dares to gamble his life to win the king's favor and ascend to the heights of political power England in the 1520s is a heartbeat from disaster. If the king dies without a male heir, the country could be destroyed by civil war. Henry VIII wants to annul his marriage of twenty years, and marry Anne Boleyn. The pope and most of Europe opposes him. The quest for the king's freedom destroys his adviser, the brilliant Cardinal Wolsey, and leaves a power vacuum. Into this impasse steps Thomas Cromwell. Cromwell is a wholly original man, a charmer and a bully, both idealist and opportunist, astute in reading people and a demon of energy: he is also a consummate politician, hardened by his personal losses, implacable in his ambition. But Henry is volatile: one day tender, one day murderous. Cromwell helps him break the opposition, but what will be the price of his triumph? In inimitable style, Hilary Mantel presents a picture of a half-made society on the cusp of change, where individuals fight or embrace their fate with passion and courage. With a vast array of characters, overflowing with incident, the novel re-creates an era when the personal and political are separated by a hairbreadth, where success brings unlimited power but a single failure means death.*

*The great debate over the Big Bang and the quest to understand the fate of the universe Today, the Big Bang is so entrenched in our understanding of the cosmos that to doubt it would seem crazy. But as Paul Halpern shows in Flashes of Creation, just decades ago its mere mention caused sparks to fly. At the center of the debate were Russian American physicist George Gamow and British astrophysicist Fred Hoyle. Gamow insisted that a fiery explosion explained how the elements of the universe were created. Attacking the idea as half-baked, Hoyle countered that the universe was engaged in a never-ending process of creation. The battle was fierce. In the end, Gamow turned out to be right -- mostly -- and Hoyle, along with his many achievements, is remembered for giving the theory the silliest possible name: "The Big Bang." Halpern captures the brilliance of both thinkers and reminds us that even those proved wrong have much to teach us about boldness, imagination, and the universe itself.*

Flashes of Thoughts

The Eureka Factor

Juvenescence

Episodic Poetry

The Book Thief

Fragments and Flashes of Thought

In a book perfect for readers of Charles Duhigg's The Power of Habit, David Eagleman's Incognito, and Leonard Mlodin's Subliminal, the cognitive neuroscientists who discovered how the brain has aha moments—sudden creative insights—

happen, when we need them, and how we can have more of them to enrich our lives and empower personal and professional growth. Eureka or aha moments are sudden realizations that expand our understanding of the world and ourselves, conferring growth and practical advantage. Such creative insights, as psychological scientists call them, were what conveyed a discovery in the science of genetics to Nobel laureate Barbara McClintock, the melody of a Beatles ballad to Paul McCartney, an understanding of the cause of human suffering to the Buddha. But these moments of clarity are not given only to geniuses. Anyone can have them. In *The Eureka Factor*, John Kounios and Mark Beeman explain how insights arise and what the research says about stimulating more of them. They discuss how various conditions affect the likelihood of your having an insight, when insight is helpful and when deliberate methodical thought is better suited to a task, what the relationship is between intuition, and how the brain's right hemisphere contributes to creative thought. Written in a lively, engaging style, the book goes beyond scientific principles to offer productive techniques for realizing your creative potential—at home and at work. The authors provide compelling anecdotes to illustrate how eureka experiences can be a key factor in your life. Attend a dinner party with Christopher Columbus to learn why we need insights. Go to a baseball game with the director of a classic Disney Pixar movie to learn about one important type of aha moment. Observe the behind-the-scenes arrangements for an Elvis Presley concert to learn why the timing of insights is crucial. Accessible and compelling, *The Eureka Factor* is a fascinating look at the human mind and its seemingly infinite capacity to surprise us. Praise for *The Eureka Factor* "Delicious . . . In *The Eureka Factor*, neuroscientists John Kounios and Mark Beeman give many other examples of [a] kind of lightning bolt of insight, but back this up with the latest brain-imaging research."—*Newsweek* "An incredible accomplishment . . . [*The Eureka Factor*] is not just a chronicle of the journey that numerous scientists (including the authors) have taken to examine insight but is also a fascinating guide to how adventures in insight are made in general. Messrs. Kounios and Beeman examine how a parade of clever experiments can be designed to address specific questions and rule out alternative possibilities. . . . Wonderful ideas appear as if out of nowhere—and we are delighted to have them."—*Street Journal* "An excellent title for those interested in neuroscience or creativity . . . The writing is engaging and reads like a series of stories of famous perceptions with explanations of how such revelations happen."—*Library Journal* (starred review) "A highly accessible 'brain' book with wide appeal."—*Booklist* "[An] ingenious, thoughtful update on how the mind works."—*Kirkus Reviews* "The *Eureka Factor* presents a fascinating and illuminating account of the creative process and how to foster it."—*Journal of Applied Psychology*, Heckman, Nobel laureate in economics

Packed with ideas and inspiration for governance, leadership and life from the man behind Dubai.

To make the journey into the Now we will need to leave our analytical mind and its false created self, the ego, behind. On the first page of Eckhart Tolle's extraordinary book, we move rapidly into a significantly higher altitude where we breathe more fully. We become connected to the indestructible essence of our Being, "The eternal, ever present One Life beyond the many lives that are subject to birth and death." Although the journey is challenging, Eckhart Tolle uses simple language and an easy question and answer format to guide us. A word of mouth phenomenon since its first publication, *The Power of Now* is one of the most powerful books with the power to create an experience in readers, one that can radically change their lives for the better.

#1 NEW YORK TIMES BESTSELLER • From the author of *Small Great Things* and *A Spark of Light* comes a "powerful" (Washington Post) novel about the choices that alter the course of our lives. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY *THE NEW YORK TIMES* and *MARIE CLAIRE* Everything changes in a single moment for Dawn Edelstein. She's on a plane when the flight attendant makes the announcement: Prepare for a crash landing. She braces herself as thoughts flash through her mind. The shocking thoughts are not of her husband but of a man she last saw fifteen years ago: Wyatt Armstrong. Dawn, miraculously survives the crash, but so do all the doubts that have suddenly been raised. She has led a good life. Back in Boston, there is her husband, their beloved daughter, and her work as a death doula, in which she helps ease the transition between life and death. But somewhere in Egypt is Wyatt Armstrong, who works as an archaeologist unearthing ancient burial sites, a career he has studied for but was forced to abandon when life suddenly intervened. And now, when it seems that fate is offering her a second chance, she is not as sure of the choice she once made. After the crash landing, the airline ensures that the survivors are taken care of. A doctor, then offers transportation to wherever they want to go. The obvious destination is to fly home, but she chooses a different path: return to the archaeological site she left years before, reconnect with Wyatt and their unresolved history, and complete her research on *The Book of Two Ways*—the first known map of the afterlife. As the story unfolds, Dawn's past and futures unspool side by side, as do the secrets and doubts long buried with them. Dawn must confront the question she has always asked: What does a life well lived look like? When we leave this earth, what do we leave behind? Do we make choices that define us? And who would you be if you hadn't turned out to be the person you are right now?

Flashes

Matrix

Aha Moments, Creative Insight, and the Brain

Discovering the Brain

City of Gold

The Flash Book

*Aphorisms and Poems*

*Sethe, an escaped slave living in post-Civil War Ohio with her daughter and mother-in-law, is haunted persistently by the ghost of the dead baby girl whom she sacrificed, in a new edition of the Nobel Laureate's Pulitzer Prize-winning novel. 25,000 first printing.*

*New York Times Bestseller: This "landmark women's novel" about female friendship and women's lib is "something akin to Mary McCarthy's The Group" (People). Diana Sargeant is a menopausal anthropology professor whose hot flashes often produce insights into life, love, and what it means to be a woman. Diana belongs to a generation of A-list females: well-educated jet-setters who overcame their fear of flying in the fifties, became leftist protestors in the sixties, and were glamorous seductresses on birth control in the seventies. But in the eighties, they're middle-aged matrons who are afraid of their own mortality and must come to terms with the fact that even though they obtained everything they desired, they're still unfulfilled.*

*When Diana's close friend Sukie Amram suffers a fatal brain hemorrhage, the professor rushes to Washington, DC, to mourn and commemorate the woman she so loved. There, she reunites with her lifelong pals: flashy magazine writer Joanne Ireland and divorced English teacher Elaine Cantor.*

*The three soon discover Sukie's journal, which details her battle with despair after her husband abandoned her for a younger lover. As they read through the details of Sukie's postdivorce anguish, the friends revisit difficult moments in their own pasts and discover themselves anew. Called "a feminist version of *The Big Chill*" by the *Washington Post*, *Hot Flashes* is an irreverent, witty, and emotionally engaging novel about four intelligent, trailblazing women that provides a compelling, honest look at female fears and desire during the late twentieth century.*  
*I Thought it was Just Me (but it Isn't)*

*Winning the War in Your Mind*

*A Novel*

*Making the Journey from "What Will People Think?" to "I Am Enough"*

*Lessons in Life and Leadership from the Man Behind Dubai*