

NATIONAL BESTSELLER “An optimistic view on why collective action is still possible—and how it can be realized.” —*The New York Times* “As far as heroic characters go, I’m not sure you could do better than Katharine Hayhoe.” —*Scientific American* “It’s not an exaggeration to say that *Saving Us* is one of the more important books about climate change to have been written.” —*The Guardian* **United Nations Champion of the Earth, climate scientist, and evangelical Christian Katharine Hayhoe changes the debate on how we can save our future. Called “one of the nation’s most effective communicators on climate change” by The New York Times, Katharine Hayhoe knows how to navigate all sides of the conversation on our changing planet. A Canadian climate scientist living in Texas, she negotiates distrust of data, indifference to imminent threats, and resistance to proposed solutions with ease. Over the past fifteen years Hayhoe has found that the most important thing we can do to address climate change is talk about it—and she wants to teach you how. In *Saving Us*, Hayhoe argues that when it comes to changing hearts and minds, facts are only one part of the equation. We need to find shared values in order to connect our unique identities to collective action. This is not another doomsday narrative about a planet on fire. It is a multilayered look at science, faith, and human psychology, from an icon in her field—recently named chief scientist at The Nature Conservancy. Drawing on interdisciplinary research and personal stories, Hayhoe shows that small conversations can have astonishing results. *Saving Us* leaves us with the tools to open a dialogue with your loved ones about how we all can play a role in pushing forward for change.**

Leading Change

How I Changed My Life in a Year!

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

Little Things That Can Change Your Life...And Maybe the World

The Brain That Changes Itself

Doing This ONE Thing Will Change Your Life Forever!

The Kaizen Way

Devised by leading weight loss experts, this is an easy-to-live with 12-week programme with no calorie counting It works by slowly introducing subtle changes to your eating and lifestyle habits, one at a time, so that you acquire the habits and mindset necessary to lose weight and keep it off. During each week of the programme, you simply change one element of your eating habits. For example, in week 1 replace your usual breakfast with one of the Change One breakfasts, and continue to eat what you normally do for lunch and dinner. In week 2, in addition to eating the Change One breakfasts, you will replace your usual lunch with one of the recipes offered in the book. At the end of 4 weeks, you will have replaced all your usual meals with the healthy, calorie-counted options in Change One and will have built up the habit of healthier eating. Change One is not like other diets. Instead of concentrating on not eating, the emphasis here is on following a healthy eating plan that means you can still eat your favourite foods and you don’t need to go hungry. Change One is positive and encouraging: it doesn’t say you can never eat out again but instead offers advice on how to eat healthil

Discover How to Change Your Life in a Year Straight-talking, honest and with touches of humour, Shelley Wilson shares her journey as she sets out to prove that being a 40-something, single mum with back fat and grey hairs isn’t the end of life as we know it. From fighting flab to writing a 50,000 word novel in 30 days, Shelley covers a wide variety of themes as she tackles twelve challenges in twelve months. Packed with affirmations, tips, steps and links, HOW I CHANGED MY LIFE IN A YEAR will keep you motivated for the year to come and beyond.

Counselor and popular radio host Dr. Carlson invites readers to begin moving toward change one daily, intentional step at a time. He teaches readers how to figure out which positive change can make the biggest payoff in their lives.

Why is it so hard to make lasting changes in our companies, in our communities, and in our own lives? The primary obstacle is a conflict that’s built into our brains, say Chip and Dan Heath, authors of the critically acclaimed bestseller *Made to Stick*. Psychologists have discovered that our minds are ruled by two different systems - the rational mind and the emotional mind—that compete for control. The rational mind wants a great beach body; the emotional mind wants that Oreo cookie. The rational mind wants to change something at work; the emotional mind loves the comfort of the existing routine. This tension can doom a change effort - but if it is overcome, change can come quickly. In *Switch*, the Heaths show how everyday people - employees and managers, parents and nurses - have united both minds and, as a result, achieved dramatic results: • The lowly medical interns who managed to defeat an entrenched, decades-old medical practice that was endangering patients • The home-organizing guru who developed a simple technique for overcoming the dread of housekeeping • The manager who transformed a lackadaisical customer-support team into service zealots by removing a standard tool of customer service In a compelling, story-driven narrative, the Heaths bring together decades of counterintuitive research in psychology, sociology, and other fields to shed new light on how we can effect transformative change. *Switch* shows that successful changes follow a pattern, a pattern you can use to make the changes that matter to you, whether your interest is in changing the world or changing your waistline.

The Breakthrough 12-week Eating Plan : Lose Weight Simply, Safely and Forever

A Climate Scientist’s Case for Hope and Healing in a Divided World

Make One Change and Embrace a Happier, More Successful You

An A-Mazing Way to Deal with Change in Your Work and in Your Life

A Journal

One Word that will Change Your Life

An Easy & Proven Way to Build Good Habits & Break Bad Ones

Explains how trust is a key catalyst for personal and organizational success in the twenty-first century, in a guide for businesspeople that demonstrates how to inspire trust while overcoming bureaucratic obstacles.

Change One Thing!Make One Change and Embrace a Happier, More Successful YouJohn Wiley & Sons

One Word is a simple concept that delivers powerful life change! In 1999, the authors discovered a better way to become their best and live a life of impact. Instead of creating endless goals and resolutions, they found one word that would be their driving force for the year. No goals. No wish lists. Just one word. Best of all . . . anyone, anytime can discover their word for the year. One Word that will Change Your Life will inspire you to simplify your life and work by focusing on just one word for this year. That’s right! One Word creates clarity, power, passion and life-change. The simple power of One Word is that it impacts all six dimensions of your life – mental, physical, emotional, relational, spiritual, and financial. Simply put, One Word sticks. There is a word meant for you and when you find it, live it, and share it, your life will become more rewarding and exciting than ever. Join thousands of people and hundreds of schools, businesses, churches, and sports teams who have found their one word . . . and discover how to harness the transformational power of One Word. The book includes a personal Action Plan and simple process to help you discover your word for the year.

“Pollan keeps you turning the pages . . . clear-eyed and assured.”—*New York Times* A #1 *New York Times* Bestseller, *New York Times* Book Review 10 Best Books of 2018, and *New York Times* Notable Book A brilliant and brave investigation into the medical and scientific revolution taking place around psychedelic drugs—and the spellbinding story of his own life-changing psychedelic experiences When Michael Pollan set out to research how LSD and psilocybin (the active ingredient in magic mushrooms) are being used to provide relief to people suffering from difficult-to-treat conditions such as depression, addiction and anxiety, he did not intend to write what is undoubtedly his most personal book. But upon discovering how these remarkable substances are improving the lives not only of the mentally ill but also of healthy people coming to grips with the challenges of everyday life, he decided to explore the landscape of the mind in the first person as well as the third. Thus began a singular adventure into various altered states of consciousness, along with a dive deep into both the latest brain science and the thriving underground community of psychedelic therapists. Pollan sifts the historical record to separate the truth about these mysterious drugs from the myths that have surrounded them since the 1960s, when a handful of psychedelic evangelists inadvertently catalyzed a powerful backlash against what was then a promising field of research. A unique and elegant blend of science, memoir, travel writing, history, and medicine, *How to Change Your Mind* is a triumph of participatory journalism. By turns dazzling and edifying, it is the gripping account of a journey to an exciting and unexpected new frontier in our understanding of the mind, the self, and our place in the world. The true subject of Pollan’s “mental travelogue” is not just psychedelic drugs but also the eternal puzzle of human consciousness and how, in a world that offers us both suffering and joy, we can do our best to be fully present and find meaning in our lives.

Seven Keys to Irresistible Communication

The One Thing That Changes Everything

Do One Thing Different

How to Change Your Mind