

## **Unwind**

*David Hoffmeister is a modern-day mystic who has been invited to over 30 countries and 49 states to shine and share his consistently peaceful state of mind, radiant joy and dedication to Truth. This book is a compilation of his teachings, collected from email messages, website postings, and interviews. It also includes transcripts of in-depth dialogues from the earliest days of his work with those who came from around the world to join with him. The book consists of three volumes: Book One—Laying the Foundation, Book Two—Unlearning the World, and Book Three—Transfer of Training. David's journey involved the study of many pathways culminating in a deeply committed practical application of A Course in Miracles. His astonishing gift for applying the metaphysics of the Course to everyday issues and concerns brings the deep ideas of the Course to life. The essays and conversations in this book work like an elixir that has the power to literally unwind the willing mind back home to God. Get ready to have your world rocked and turned upside down! David Hoffmeister's life is a living demonstration of the mind awakened. Your life will never be the same after joining David and his students in going deep into the unwinding of everything you think you think and everything you think you know—opening the way to the experience of who and what you truly are. The mind may be boggled by this book's uncompromising approach, but the Heart will soar in recognition*

*A Time Best YA Book of All Time (2021) Two teens must learn the “art of killing” in this Printz Honor-winning book, the first in a chilling new series from Neal Shusterman, author of the New York Times bestselling Unwind dystology. A world with no hunger, no disease, no war, no misery: humanity has conquered all those things, and has even conquered death. Now Scythes are the only ones who can end life—and they are commanded to do so, in order to keep the size of the population under control. Citra and Rowan are chosen to apprentice to a scythe—a role that neither wants. These teens must master the “art” of taking life, knowing that the consequence of failure could mean losing their own. Scythe is the first novel of a thrilling new series by National Book Award-winning author Neal Shusterman in which Citra and Rowan learn that a perfect world comes only with a heavy price.*

*Don't miss a moment of the complete New York Times bestselling Unwind Dystology series from Neal Shusterman, now available as a collectible hardcover boxed set. After the Second Civil War, the Bill of Life was passed, stating that human life may not be touched from the moment of conception until a child reaches the age of thirteen. But it allows parents to get rid of their teenager through a process called “unwinding.” These kids may have nothing left to give to their families but can still give to society through the body parts that are harvested for donations. Three teens defy the system and run away from their unwinding: Connor, a rebel whose parents have ordered his unwinding; Risa, a ward of the state who is to be unwound due to cost-cutting; and Lev, his parents' tenth child whose unwinding has been planned since birth as a religious tithing. As their paths intersect and lives hang in the balance, Connor, Risa, and Lev must work together to survive—and they may change the fate of America in the process. This complete boxed set includes hardcover editions of: Unwind UnWholly UnSouled UnDivided UnBound*

*SuperSummary, a modern alternative to SparkNotes and CliffsNotes, offers high-quality study guides for challenging works of literature. This 50-page guide for "Unwind" by Neal Shusterman includes detailed chapter summaries and analysis covering 69 chapters, as well as several more in-depth sections of expert-written literary analysis. Featured content includes commentary on major characters, 25 important quotes, essay topics, and key themes like One Versus Many and What is Morality.*

*Downsiders*

*American Biopunk Novels, Unwind, Oryx and Crake, Next, Jurassic Park, the Lost World, Heart of a Dog, Dean Koontz's Frank*  
*The Complete Unwind Dystology*

*Unwind Your Mind*

*UnStrung*

*An Unwind Story*

*Proactive Citizenry, the company which created Cam from the parts of unwound teens, has a plan: to mass produce Rewound teens like Cam for military purposes. But below the surface is of that horror lies another shocking level of intrigue: Proactive Citizenry has been suppressing technology that could make unwinding completely unnecessary. As Conner, Risa and Lev uncover these shocking secrets, enraged teens begin to march on Washington to demand justice and a better future. But more trouble is brewing. Starkey's group of storked teens are growing more powerful and militant with each new recruit. And if they have their way, they'll burn the harvest camps to the ground, and put every adult in them before a firing squad—which could destroy any chance America has for a peaceful future.*

*Praise for UNWIND: "This is the kind of rare book that makes the hairs on your neck rise up. It is written with a sense of drama that should get it instantly snapped up for film." The Times "Gripping, brilliantly imagined futuristic thriller... The issues raised could not be more provocative - the sanctity of life, the meaning of being human - while the delivery could hardly be more engrossing or better aimed to teens." Publishers Weekly, starred review "a powerful, shocking, and intelligent novel... It's wonderful, wonderful stuff." thebookbag.co.uk "This book challenges ones ideas about life, about morality, about religion, about fanatics. It is not a comfortable read but it is thought-provoking." Carousel*

*From the wickedly funny and feminist creator and host of the "Throwing Shade" podcast, a*

collection of hilarious personal essays and political commentary perfect for fans of Lindy West and Roxane Gay. Since women earned the right to vote a little under one hundred years ago, our progress hasn't been the Olympic sprint toward gender equality first wave feminists hoped for, but more of a slow, elderly mall walk (with frequent stops to Cinnabon) over the four hundred million hurdles we still face. Some of these obstacles are obvious-unequal pay, under-representation in government, reproductive restrictions, lack of floor-length mirrors in hotel rooms. But a lot of them are harder to identify. They're the white noise of oppression that we've accepted as lady business as usual, and the patriarchy wants to keep it that way. Erin Gibson has a singular goal-to create a utopian future where women are recognized as humans. In *FEMINASTY*-titled after her nickname on the hit podcast "Throwing Shade"-she has written a collection of make-you-laugh-until-you-cry essays that expose the hidden rules that make life as a woman unnecessarily hard and deconstructs them in a way that's bold, provocative and hilarious. Whether it's shaming women for having their periods, allowing them into STEM fields but never treating them like they truly belong, or dictating strict rules for how they should dress in every situation, Erin breaks down the organized chaos of old fashioned sexism, intentional and otherwise, that systemically keeps women down. "Thanks to Connor, Lev, and Risa, and their high-profile revolt at Happy Jack Harvest Camp, people can no longer turn a blind eye to unwinding. Ridding society of troublesome teens and, in the same stroke, providing much-needed tissues for transplant might be convenient, but its morality has finally been brought into question. However, unwinding has become big business, and there are powerful political and corporate interests that want to see it not only continue, but expand, allowing the unwinding of prisoners and the impoverished. Cam is a teen who does not exist. He is made entirely out of the parts of other unwinds. Cam, a 21st century Frankenstein, struggles with a search for identity and meaning, as well as the concept of his own soul, if indeed a rewind being can have one. When a sadistic bounty hunter who takes "trophies" from the unwinds he captures starts to pursue Connor, Risa and Lev, Cam finds his fate inextricably bound with theirs"-- How did Lev Calder move from an unwillingly escaped Tithe to a clapper? In this revealing

*short story, Neal Shusterman opens a window on Lev's adventures between the time he left CyFi and showed up at the Graveyard. Pulling elements from Neal Shusterman's critically acclaimed Unwind and giving hints about what is to come in the riveting sequel, UnWholly, this short story is not to be missed.*

*UnBound*

*Unwind; UnWholly; UnSouled*

*Unwholly*

*A Wealth of Common Sense*

*Unwind with 50 Additional Obnoxiously Fun Swear Word Coloring Pages*

*Unwind*

Unplug, unwind, and chill with hundreds of relaxing scenes to color. When you need a little quiet time to decompress, The Chill & Unwind Coloring Book will help you settle into that peaceful zone with more than 200 gorgeous, soothing images to color. Nature scenes and calming geometric patterns abound on these pages. Coloring is recommended by many health professionals as a way to center your thoughts and lower your blood pressure. Just pick up your colored pencils or pens and then chill out until you regain your inner balance.

The instant New York Times bestseller *A* step-by-step plan clinically proven to break the cycle of worry and fear that drives anxiety and addictive habits We are living through one of the most anxious periods any of us can remember. Whether facing issues as public as a pandemic or as personal as having kids at home and fighting the urge to reach for the wine bottle every night, we are feeling overwhelmed and out of control. But in this timely book, Judson Brewer explains how to uproot anxiety at its source using brain-based techniques and small hacks accessible to anyone. We think of anxiety as everything from mild unease to full-blown panic. But it's also what drives the addictive behaviors and bad habits we use to cope (e.g. stress eating, procrastination, doom scrolling and social media). Plus, anxiety lives in a part of the brain that resists rational thought. So we get stuck in anxiety habit loops that we can't think our way out of or use willpower to overcome. Dr. Brewer teaches us to map our brains to discover our triggers, defuse them with the simple but powerful practice of curiosity, and to train our brains using mindfulness and other practices that his lab has proven can work. Distilling more than 20 years of research and hands-on work with thousands of patients, including Olympic athletes and coaches, and leaders in government and business, Dr. Brewer has created a clear, solution-oriented program that anyone can use to feel better - no matter how anxious they feel.

Get caught up in the world of Unwind with this eBook collection of Unwind; its sequel, UnWholly; and a bonus companion story. In the world of Unwind, to be a teenager is to risk being unwound—having your body dismantled and all the parts distributed for transplant. This eBook collection includes Unwind; UnStrung: an Unwind story; and UnWholly. In Unwind, follow the breathtaking

adventures of three teens on the run: Connor, a rebel whose parents have ordered his unwinding; Risa, a ward of the state who is to be unwound due to cost-cutting; and Lev, his parents' tenth child, whose unwinding has been planned since birth as a religious tithing. Between the end of *Unwind* and the beginning of its sequel, *UnWholly*, there is *UnStrung*—an exclusive short story that provides an unprecedented look at how Lev becomes someone willing to do the unthinkable. And in *UnWholly*, Connor, Lev, and Risa meet Cam—a futuristic Frankenstein made entirely out of the parts of other *Unwinds*—and question humanity itself in the process.

Paints a picture of the last thirty years of life in America by following several citizens, including the son of tobacco farmers in the rural south, a Washington insider who denies his idealism for riches, and a Silicon Valley billionaire.

Scythe

Unwind Unboxed

The Encyclopaedia Britannica

Unwinding Anxiety

**Unwind; Unstrung, An Unwind Story; UnWholly; UnSouled**

All three thrilling books in Neal Shusterman's New York Times bestselling *Unwind* trilogy, together in one boxed set. After the Second Civil War, the Bill of Life states that human life may not be touched from the moment of conception until a child reaches the age of thirteen. However, a loophole allows parents to retroactively get rid of a teenager through a process called "unwinding." Three teens defy the system and run away from their unwinding: Connor, a rebel whose parents have ordered his unwinding; Risa, a ward of the state who is to be unwound due to cost-cutting; and Lev, whose unwinding has been planned since birth as a religious tithing. As their paths intersect and lives hang in the balance, Connor, Risa, and Lev have to work together to survive. The complete riveting trilogy, which VOYA calls "smart, intense, and thought provoking," is packaged together in this boxed set that includes *Unwind*, *UnWholly*, and *UnSouled*.

With *Fuck Off, I Can't Stop Coloring*, relax and color the shit out of these 50+ foul-mouthed insults, letting go of all that f-ing stress of adulthood! Let your inner rebel guide the artist in you and get lost in these swear-filled and satisfyingly immature coloring pages. Focus on something other than bills and remember what having fun feels like with 112 pages of guided coloring. Put down the resignation letter and pick up a pencil, coloring will soothe your stress and save your work week. Let your inner rebel guide the artist in you and get lost in these swear-filled and satisfyingly immature coloring pages. Relax and color away the stress of adulthood with 50 foul-mouthed insults. This book presents a simple and direct means of contacting the intuitive centre. It shows specific breathing practices and practical, gentle abdominal massage techniques. Included are stories of people who have used

these techniques to heal.

In a society where unwanted teens are salvaged for their body parts, three runaways fight the system that would "unwind" them. Connor's parents want to be rid of him because he's a troublemaker. Risa has no parents and is being unwound to cut orphanage costs. Lev's unwinding has been planned since his birth, as part of his family's strict religion. Brought together by chance, and kept together by desperation, these three unlikely companions make a harrowing cross-country journey, knowing their lives hang in the balance. If they can survive until their eighteenth birthday, they can't be harmed -- but when every piece of them, from their hands to their hearts, are wanted by a world gone mad, eighteen seems far, far away. In *Unwind*, Boston Globe/Horn Book Award winner Neal Shusterman challenges readers' ideas about life -- not just where life begins, and where it ends, but what it truly means to be alive.

The Complicated Woman's Guide to Surviving the Patriarchy Without Drinking Herself to Death

Unwind Unboxed: Unwind; Unstrung: an Unwind Story; Unwholly

A Dictionary of Arts, Sciences, Literature and General Information

Healing with Gentle Touch

Why Simplicity Trumps Complexity in Any Investment Plan

Harmony of Nature

*After the Second Civil War, the Bill of Life states that human life may not be touched from the moment of conception until a child reaches the age of thirteen. However, a loophole allows parents to retroactively get rid of a teenager through a process called "unwinding." Three teens defy the system and run away from their unwinding: Connor, a rebel whose parents have ordered his unwinding; Risa, a ward of the state who is to be unwound due to cost-cutting; and Lev, whose unwinding has been planned since birth as a religious tithing. As their paths intersect and lives hang in the balance, Connor, Risa, and Lev have to work together to survive. The complete riveting trilogy, which VOYA calls "smart, intense, and thought provoking," is packaged together in this boxed set that includes *Unwind*, *UnWholly*, and *UnSouled*.*

*A simple guide to a smarter strategy for the individual investor A Wealth of Common Sense sheds a refreshing light on investing, and shows you how a simplicity-based framework can lead to better investment decisions. The financial market is a complex system, but that doesn't mean it requires a complex strategy; in fact, this false premise is the driving force behind many investors' market "mistakes." Information is important, but understanding and perspective are the keys to better decision-making. This book describes the proper way to view the markets and your portfolio, and show you the simple strategies that make investing more profitable, less confusing, and less time-consuming. Without the burden of short-term performance benchmarks, individual investors have the advantage of focusing on the long view, and the freedom to construct the kind of portfolio that will serve their investment goals best. This book proves how complex strategies*

*essentially waste these advantages, and provides an alternative game plan for those ready to simplify. Complexity is often used as a mechanism for talking investors into unnecessary purchases, when all most need is a deeper understanding of conventional options. This book explains which issues you actually should pay attention to, and which ones are simply used for an illusion of intelligence and control. Keep up with—or beat—professional money managers Exploit stock market volatility to your utmost advantage Learn where advisors and consultants fit into smart strategy Build a portfolio that makes sense for your particular situation You don't have to outsmart the market if you can simply outperform it. Cut through the confusion and noise and focus on what actually matters. A Wealth of Common Sense clears the air, and gives you the insight you need to become a smarter, more successful investor.*

*Shortlisted for the British Psychological Society Book Award for Popular Science Much of value has been written about sleep, but rest is different; it is how we unwind, calm our minds and recharge our bodies. The Art of Rest draws on ground-breaking research Claudia Hammond collaborated on: 'The Rest Test', the largest global survey into rest ever undertaken, completed by 18,000 people across 135 different countries. The survey revealed how people get rest and how it is directly linked to your sense of wellbeing. Counting down through the top ten activities which people find most restful, Hammond explains why rest matters, examines the science behind the results to establish what really works and offers a roadmap for a new, more restful and balanced life.*

*Unwinding - the process by which a child is both terminated yet kept alive. With breath-taking suspense Unwind is a chilling futuristic tale of ethics and morality combined with fast-paced non-stop action. This ebook boxed set includes Unwind, and Unwholly, plus a bonus companion story, Unstrung. In a society where unwanted teens are salvaged for their body parts, three runaways fight the system that would 'unwind' them. Connor's parents want to be rid of him because he's a troublemaker. Risa has no parents and is being unwound to cut orphanage costs and Lev's unwinding has been planned since his birth as part of his family's strict religion. Brought together by chance, and kept together through desperation, these unlikely companions make a harrowing cross-country journey, knowing all the while that their lives are hanging in the balance...*

*Biopunk Novels*

*Chill & Unwind Coloring Book*

*The New York Times Relax and Unwind Crosswords*

*Ultimate Unwind Hardcover Collection*

*Stories from the Unwind World*

*Unwind!*

**Don't miss a moment of the complete New York Times bestselling Unwind dystology from Neal Shusterman, now available as a collectible boxed set. After the Second Civil War, the Bill of Life states that human life may not be touched from the moment of conception until a child reaches the age of thirteen. However, a loophole allows parents to**

retroactively get rid of a teenager through a process called “unwinding.” Three teens defy the system and run away from their unwinding: Connor, a rebel whose parents have ordered his unwinding; Risa, a ward of the state who is to be unwound due to cost-cutting; and Lev, his parents’ tenth child whose unwinding has been planned since birth as a religious tithing. As their paths intersect and lives hang in the balance, Connor, Risa, and Lev must work together to survive—and they may change the fate of America in the process. This complete boxed set includes hardcover editions of *Unwind*, *UnWholly*, *UnSouled*, and *UnDivided*.

Find out what happens to Connor, Risa, and Lev now that they've finally destroyed the Proactive Citizenry in this collection of short stories set in the world of the New York Times bestselling *Unwind Dystology* by Neal Shusterman. Connor Lassiter's fight to bring down Proactive Citizenry and find a suitable alternative to unwinding concluded in *UnDivided*. Now Connor, Risa, and Lev are free to live in a peaceful future--or are they? Neal Shusterman brings back his beloved *Unwind* characters for his fans to see what's left for those who were destined to be unwound.

Discusses how to optimize your body, heart, mind, and soul in order to lower anxiety levels and make better choices. Don't miss a moment of the complete New York Times bestselling *Unwind dystology* from Neal Shusterman, now available as a collectible paperback boxed set. After the Second Civil War, the Bill of Life states that human life may not be touched from the moment of conception until a child reaches the age of thirteen. However, a loophole allows parents to retroactively get rid of a teenager through a process called “unwinding.” Three teens defy the system and run away from their unwinding: Connor, a rebel whose parents have ordered his unwinding; Risa, a ward of the state who is to be unwound due to cost-cutting; and Lev, his parents’ tenth child whose unwinding has been planned since birth as a religious tithing. As their paths intersect and lives hang in the balance, Connor, Risa, and Lev must work together to survive—and they may change the fate of America in the process. This complete boxed set includes paperback editions of *Unwind*, *UnWholly*, *UnSouled*, and *UnDivided*.

*Unwind*; *UnWholly*; *UnSouled*; *UnDivided*

*Undivided*

*How to Find Respite in the Modern Age*

*75 Easy Puzzles*

*The Everlost*

*Everfound*

Nick and Allie don't survive the crash, and now they are in limbo, stuck halfway between life and death, in a netherworld known as Everlost. Everlost is home to those who didn't make it to their final destination: A magical yet dangerous place filled with shadows where lost souls run wild. Shocked and frightened, Nick and Allie aren't ready to rest in peace just yet. They want their lives back. Desperate for a way out, their search takes them deep into the

uncharted regions of Everlost. But the longer they stay, the more they forget about their past lives. And with all memory of home fading fast and an unknown evil lurking in the shadows, Nick and Allie may never escape this strange, terrible world. In this imaginative, supernatural thriller, Neal Shusterman explores questions of life, death, and what just might lie in between.

In a society where unwanted and troublesome teens are salvaged for their body parts, Connor, Risa and Lev continue to fight against the system that would 'unwind' them. Thanks to their high-profile revolt at the Happy Jack Harvest Camp, people can no longer turn a blind eye to unwinding. Ridding society of so-called troublesome teens might be convenient, but its morality has finally been brought into question and a new law passed. However, unwinding has become big business, and there are powerful political and corporate interests, not to mention the illegal 'Parts Pirates', that want to see it not only continue, but expand. Connor, Risa and Lev each struggle to rescue as many AWOL teens as possible and offer them sanctuary. But life at the Graveyard is hard, rivalries bubble under the surface and the cracks are beginning to show. And then there is Cam, a teen who does not exist. Made entirely out of parts from one hundred other 'unwinds', Cam is a 21st century Frankenstein, a rewind, struggling to find a true identity and meaning, and a place in society. But when a sadistic bounty hunter who takes "trophies" from all the 'unwinds' he captures starts to pursue Connor, Lev and Risa, Cam finds his own fate inextricably bound with theirs... In a busy coffee shop, a robbery goes wrong. Two gunmen hold seven hostages, including teenager Zach Wahsted. What nobody realizes at first is that Zach is anything but ordinary and his troubled mind is more dangerous than any weapon. Terry Trueman has created a compelling character with the same shocking power and heartbreaking compassion as his Printz Honor Award debut novel, *Stuck in Neutral*. Ages 12+

A new revised edition of the classic study takes a fresh look at human consciousness and an exciting new view of the untapped potential of the human mind. What is consciousness and why do we need to know? In this new fourth edition of his revolutionary study, Robert Ornstein reexamines what is known about consciousness and why this understanding is so important at this time of enormous challenge, change and potential. He begins with an exploration of how the human brain evolved as a complex system for limiting what we "pick up" from the vast external environment to just the information we need to survive. We fill in the gaps with "unconscious inferences" - assumptions, categorizations, expectations and habituations that allow us to operate in the world, but that limit our perception of what is, and what is possible. Going beyond the theory that creative impulses originate in the right side of the brain and rational impulses in the left, he shows how a synthesis of these two functions can bring about "a more complete science of human consciousness with an extended conception of our own capabilities." Ornstein proposes that education at all levels should now include learning and teaching about our human nature - the nature of the person being taught. Offering far more than scholarly discourse, he enriches his presentation with thought-

provoking illustrations and traditional teachings stories that bring the science to life, giving readers a first-hand taste of what such education might be like. Only with the development of self-knowledge and the cultivation of a comprehensive, expanded consciousness, he says, will humanity be able to perceive and take the "selfless" steps necessary to solve our collective problems. This new edition comes at a time when on a global scale we need this type of thinking more than ever.

Unwind; UnWholly; UnSouled; UnDivided; UnBound

Unwind; UnStrung: an Unwind story; UnWholly

An Inner History of the New America

Fuck Off, I Can't Stop Coloring

7 Principles for a Stress-Free Life

Everlost; Everwild; Everfound

Beneath the sewer grates and manholes of the city lies a strange and secret world called the Downside. Every Downsider knows that it's forbidden to go Topside, and most fear a collision of the two worlds. But fourteen-year-old Talon is curious about what goes on above ground, and one day he ventures out in search of medicine for his ailing sister.

There he meets Lindsay, who is as curious about Talon's world as he is about hers. When Lindsay visits the Downside for the first time, she marvels at the spirit of the Downsidiers, and the way they create works of art from topside "trash," like old subway tokens and forgotten earrings. As awed as she is by the Downside, however, she also questions its origins, and when she finds out that this fantastic world is not all it appears to be, she is determined to tell Talon the truth. Then a construction accident threatens to crush Talon's world, and his loyalty is put to the test. Can the truth save the Downside, or will it destroy an entire civilization? Neal Shusterman takes readers on an amazing journey into a place that's only a few steps away, yet beyond their wildest dreams.

After the destruction of the Graveyard, Connor and Lev are on the run, seeking a woman who may be the key to bringing down unwinding forever while Cam, the rewind boy, tries to prove his love for Risa by bringing Proactive Citizenry to its knees.

Not every child who dies goes on to the afterlife. Some are caught halfway between life

and death, in a sort of limbo known as Everlost: a shadow of the living world, filled with all the things and places that no longer exist. It's a magical, yet dangerous place where bands of lost kids run wild and anyone who stands in the same place too long sinks to the center of the Earth. Allie and Nick don't survive the car crash, and end up in Everlost, where coins are more valuable than anyone knows, fortune cookies tell the truth, monsters are real, and the queen of lost souls lives in a once-beloved tower. Nick and Allie have to learn to survive in a world with different rules, and figure out who they can trust--and who they must oppose at all costs. At stake is nothing less than the fate of Everlost and the living world they have left behind. In this gripping trilogy, Neal Shusterman explores questions of life, death, and what just might lie in between. Created by paper-cutting artist Mihoko garden Kurihara, this grown-up coloring book presents pastoral vignettes both whimsical and serene: squirrels, birds, rabbits, deer, butterflies, foxes, and more, all surrounded by lush florals. Each drawing imparts a sense of calm, and the book also includes eight pages of full-color art plus two heavy-stock pages to use for framing or gift tags."

The Art of Rest

UnWholly

Inside Out

The Unwinding

Unwind Every Day

The Skinjacker Trilogy

**Ease Anxiety, Improve Sleep, and Find Calm Through ASMR** Join the millions experiencing the soothing power of ASMR (Autonomous Sensory Meridian Response), a radical new wellness trend for relaxation and stress-relief with proven benefits similar to meditation. In **Unwind Your Mind**, beloved ASMRtist Emma WhispersRed explores how this powerful practice can help us find calm and be present anytime and anywhere. **Unwind Your Mind** blends exercises to help you experience calm through ASMR every day. In her trademark therapeutic, soothing style, Emma WhispersRed helps us incorporate ASMR into our daily lives, revolutionizing our approach to self-care, mindfulness, and healing. Complete with a foreword from the psychologist who led one of the largest studies on ASMR, this essential guide to ASMR offers both the latest research on this growing

phenomenon and the practical tools for fighting anxiety and finding calm in our lives. **Unwind Your Mind** is supplemented by three companion audio originals—the first of their kind widely available—ASMR for Your Commute, ASMR for Your Lunch Break, and ASMR for Bedtime.

In a future world where those between the ages of thirteen and eighteen can have their lives "unwound" and their body parts harvested for use by others, three teens go to extreme lengths to survive until they turn eighteen.

**Unwind** Simon and Schuster

Many solvers love crosswords not just for the intellectual challenge, the vocabulary building, or the sheer fun of solving, but because crosswords help them attain an almost Zen-like state of mental relaxation. Every question has an answer and everything falls in its proper place. This title features: - 75 easy Times crosswords - Edited by Will Shortz - Convenient travel-size volume: portable and affordable

**Unwind Your Mind - Back to God**

**Feminasty**

**Unwinding the Belly**

**A Journal**

**The Unwind Collection**

**UnSouled**

*"Perfect to be read late into the night."—Stefan Bachmann, internationally bestselling author of The Peculiar "A spooky sisterhood mystery that is sure to be a hit with readers."—School Library Journal (starred review) "Grab a flashlight and stay up late with this one."—Kirkus Reviews Once there were two sisters who did everything together. But only one of them disappeared. New York Times–bestselling author Jacqueline West's Long Lost is an atmospheric, eerie mystery brimming with suspense. Fans of Katherine Arden's Small Spaces and Victoria Schwab's City of Ghosts series will lose themselves in this mesmerizing and century–spanning tale. Eleven–year–old Fiona has just read a book that doesn't exist. When Fiona's family moves to a new town to be closer to her older sister's figure skating club—and far from Fiona's close-knit group of friends—nobody seems to notice Fiona's unhappiness. Alone and out of place, Fiona ventures to the town's library, a rambling mansion donated by a long–dead heiress. And there she finds a*

*gripping mystery novel about a small town, family secrets, and a tragic disappearance. Soon Fiona begins to notice strange similarities that blur the lines between the novel and her new town. With a little help from a few odd Lost Lake locals, Fiona uncovers the book's strange history. Lost Lake is a town of restless spirits, and Fiona will learn that both help and danger come from unexpected places—maybe even from the sister she thinks doesn't care about her anymore. New York Times–bestselling and acclaimed author Jacqueline West weaves a heart-pounding, intense, and imaginative mystery that builds anticipation on every page, while centering on the strong and often tumultuous bond between sisters. Laced with suspense, Long Lost will fascinate readers of Trenton Lee Stewart's *The Secret Keepers* and fans of ghost stories.*

*Please note that the content of this book primarily consists of articles available from Wikipedia or other free sources online. Commentary (novels not included). Pages: 27. Chapters: American biopunk novels, Unwind, Oryx and Crake, Next, Jurassic Park, The Lost World, Heart of a Dog, Dean Koontz's Frankenstein, The Island of Doctor Moreau, The Windup Girl, The Year of the Flood, Lilith's Brood, The Godwhale, Clade, Holy Fire, Moreau series, Prodigal Son, Dead and Alive, City of Night, Forests of the Night, Lost Souls, Fearful Symmetries, Emperors of the Twilight, Specters of the Dawn. Excerpt: Unwind is a 2007 science fiction novel by young adult literature author Neal Shusterman. It takes place in the United States, somewhere in the near future. After a civil war—known as the Second Civil War or the Heartland War—is fought over abortion, a compromise was reached, allowing parents to sign an order for their children between the ages of 13 and 18 years old to be unwound—taken to "harvest camps" and having their body parts harvested for later use. The reasoning was that, since 100% (actually 99.44% taking into account the appendix and "useless" organs) was required to be used, unwinds did not technically "die," because their individual body parts lived on. In addition to unwinding, parent who are unable to raise their children to age thirteen for retroactive abortion can "stork" their child by leaving it on another family's doorstep. If they don't get caught, the "storked" baby then becomes the other family's responsibility. Unwind received positive reviews upon release, with praise focusing on the novel's*

*immersive environment and sociological implications. It also received many awards from young adult literature authorities. A film adaptation of Unwind is currently in production by independent producers. A second novel titled Unwholly is scheduled for release in the Fall of 2012. The story centers around three kids who have been scheduled to be...*

*In the limbo that's Everlost, Mary, Nick, Allie, and others face the decisions that will determine whether that place and the Earth itself will continue to exist, as well as where their own futures lie.*

*Unwind. Create. Color.*

*Study Guide: Unwind by Neal Shusterman (SuperSummary)*

*The Psychology of Consciousness*

*New Science Shows How to Break the Cycles of Worry and Fear to Heal Your Mind*

*Long Lost*