

## Be The Worst You Can

Elise Gravel wants to write a totally drab book; her characters want to let loos. Who's gonna win? Don't take the title as a metaphor: it really is the worst book ever. Governor General Literary Award winning children's book author and illustrator Elise Gravel takes readers on an unexpected journey through the world's most boring book. The story's characters and omniscient readers alike quickly become annoyed by the author's bland imagination and rebel against her tired tropes and stale character choices, spouting sass in an attempt to get her attention and steer the narrative in a more interesting direction. After all, you don't even have to buy the book, but the characters? They're stuck in there for an eternity, and they're going to do their best to make the most of it, or at least have a little fun where they can. As the charming and bizarre true nature of the characters overpowers the dry attributes given to them by the author, this once blasé story quickly picks up speed, transforming the story into something much more unique than originally promised. With Gravel's signature goofy characters behind the wheel, no silly twist or rude body function is off the table!

Bradt's Ghana is the only dedicated guidebook on the market and the most comprehensive source of travel information on the country, written by Philip Briggs, the leading writer of guidebooks to Africa. Catering for all types of visitors, from bar-hoppers to birdwatchers, and covering everything from Ghana's 550km of Atlantic coastline to its remote and sparsely populated northern border, Bradt's Ghana is the most detailed resource for those who want to explore the country's wealth of tropical beaches, national parks, forest reserves, cultural sites and scenic waterfalls. It also includes more than 60 maps and is accompanied by a dedicated updated website run by the author himself. Friendly, safe and inexpensive, Ghana is an ideal destination for first-time visitors to Africa. It is rich in little-visited national parks, forest reserves, cultural sites and scenic waterfalls and blessed with bleached white beaches and the lush rainforest of the Atlantic coastline. Updated throughout, this revised guide includes authoritative history and wildlife sections, accommodation and restaurant recommendations and a wealth of background and practical information. Written by Africa expert Philip Briggs, it provides unrivalled detail and knowledge of this little-visited nation. This edition has been updated by Sean Connolly, author of Bradt's Senegal and a contributor to several of Bradt's African titles, who has been visiting the continent regularly since 2008. It has been thoroughly updated and carefully tailored to any changes in the Ghana travel scene since the last edition.

Be the Worst You Can Be Life's Too Long for Patience and Virtue

'A great mix of British properness and humour with a large dollop of historical fun' \*\*\*\*\* BOOK 11 IN THE INTERNATIONALLY BESTSELLING CHRONICLES OF ST MARY'S SERIES For fans of Richard Osman's Thursday Murder Club, Jasper Fforde and Doctor Who. I would have trusted this man with my life. Until a couple of days ago, anyway. You know what they say - hope for the best, but plan for the worst. Max is quite accustomed to everything going wrong. She's St Mary's, after all. Disaster is her default state. But with her family reunited and a jump to Bronze Age Crete in the works, life is getting back to normal. Well, normal for St Mary's. And then, following one fateful night at the Tower of London, everything Max thought she knew comes crashing down around her. Too late for plans. The worst has happened. And who can Max trust now? Readers love Jodi Taylor: 'Once in a while, I discover an author who changes everything... Jodi Taylor and her protagonist Madeleine "Max" Maxwell have seduced me' 'A great mix of British proper-ness and humour with a large dollop of historical fun' 'Addictive. I wish St Mary's was real and I was a part of it' 'Jodi Taylor has an imagination that gets me completely hooked' 'A tour de force'

From the #1 NEW YORK TIMES bestselling authors of P IS FOR PTERODACTYL comes another hilarious, fresh look at the English language! The hero had super vision. The hero had supervision. Man, a tea sounds great. Manatee sounds great! Sir Francis Bacon Sir, France is bakin'! What is going on here?! You can't believe everything you hear! A single word can have many different meanings. And sometimes two words that sound alike can be spelled completely differently. Ptolemy the pterodactyl is back to show us all how absurd and fun language can be when homophones, homonyms, and tricky punctuation are at play! No Reading Allowed allows children and their parents to laugh together while also learning something new. Perfect for baby gifts, birthday gifts, teacher gifts, and anyone who finds humor in the absurdity of the English language.

Blends stories of survival with information on the keys to survival, breaking down each story to highlight the different stages and challenges people face after traumatic events.

'HILARIOUS! Proper laughs!' Pamela Butchart 'Deliciously silly, with hilarious catchphrases, Joanna Nadin's The Worst Class in the World, illustrated with grubby glee by Rikin Parekh, is a great cheer-up book.' Guardian A brand new, laugh-out-loud young fiction series from bestselling author Joanna Nadin. Perfect for fans of Horrid Henry and the Trouble with Daisy series. According to head teacher Mrs Bottomley-Blunt, 4B is the WORST CLASS IN THE WORLD. She says school is not about footling or fiddle-faddling or FUN. It is about LEARNING and it is high time 4B tried harder to EXCEL at it. But Stanley and Manjit didn't LITERALLY mean to flood the toilets when they should have been monitoring the playground. And they definitely didn't LITERALLY mean to bring a penguin home from the zoo on their school trip. These things just happened even though they had a FOOLPROOF plan to get away with them.

DON'T LET MEN CONTROL YOUR LOVE LIFE! Today's single woman has the majority of her dating frustrations and disappointments explained to her with the trendy phrase: He's really not that into you. But with a more proactive and positive perspective, Dating Rocks! shows women how to take charge of their own love destiny and not have to settle for whatever man or situation that comes their way. In an easy-to-understand format, you will discover how to effectively handle the most critical moves a woman can make in her love life including: .Love Yourself First .Find and Fix Your Dating Blind Spots .Avoid Losing Love Candidates .Stay Clear of Low Percentage Love Situations .Gauge Your Love Connection More Accurately .Create Unshakable Convictions of the Heart Steve Nakamoto serves as the dating/relationship expert advisor on iVillage.com's "Ask Mr. Answer Man" message boards. He is a former human-relations, communications, and personal-development trainer who has appeared on over 220 radio and television shows including NBC's The Other Half. Steve is also the author of the award-winning (Writer's Digest Nonfiction Book Awards) dating book, Men Are Like Fish: What Every Woman Needs to Know about Catching a Man.

7.2 million YouTube viewers can't be wrong: A provocative new way to look at the global warming debate. Based on a series of viral videos that have garnered more than 7.2 million views, this visually appealing book gives readers-be they global warming activists, soccer moms, or NASCAR dads-a way to decide on the best course of action, by asking them to consider, "What's the worst that could happen?" And for those who decide that action is needed, Craven provides a solution that is not only powerful but also happens to be stunningly easy. Not just another "change your light bulb" book, this intriguing and provocative guide is the first to help readers make sense-for themselves-of the contradictory statements about global climate change. The globe is warming! or The globe is not warming. We're the ones doing it! or It's a natural cycle. It's gonna be a catastrophe! or It'll be harmless. This is the biggest threat to humankind! or This is the biggest hoax in history. Watch a Video

This is a terrible coloring book about my day. It's probably the worst coloring book about my day, but I don't want to aim too high.

Following the failure of her marriage and the deterioration of her mother's health as she falls victim to Alzheimer's, Jeanne returns home to care for her once glamorous and demanding mother and is forced to embark on a painful, poignant journey toward self-discovery and self-confidence. Reader's Guide included. Reprint. 35,000 first printing. Now that his family has moved to California, Matthew has doubts as the holiday season approaches. Palm trees? No snow? Its all wrong. Little sister Lucy thinks everything is wonderful, but Matthew knows better. And to top it off, the sudden disappearance of his beloved dog, Jasper, settles it. This will be the worst Christmas ever. Or will it? Surprising events on Christmas Eve just might change everything and maybe this new place can feel like home to Matthew after all.

A sextet of sceptic texts has been collected in Stoic Six Pack 4 - The Sceptics: Pyrrhonic Sketches by Sextus Empiricus, Life of Pyrrho by Diogenes Laërtius, Sextus Empiricus and Greek Scepticism by Mary Mills Patrick, The Greek Sceptics: from Pyrrho to Sextus by Norman MacColl, Stoics and Sceptics by Edwyn Bevan and Life of Carneades by Diogenes Laërtius. A key concept for the sceptics was ataraxia ("tranquility"), a Greek term used by Pyrrho to describe a lucid state of robust tranquility, characterized by ongoing freedom from distress and worry. By applying ideas of what he called "practical skepticism" to Ethics and to life in general, Pyrrho concluded that ataraxia could be achieved.

Arriving at a state of ataraxia became the ultimate goal of the early Skeptikoi.

The rag-tag crew of the Capricious hunts down rogue AI, ancient colony ships, and the biggest treasure in the universe in this pulse-pounding space adventure for fans of Firefly and The Expanse. The crew of the Capricious seems to leave a trail of devastation wherever they go. But with powerful enemies in pursuit and family and friends under attack planetside, there's no time to worry about all that. Ensnared by the legend of Origin, humanity's birthplace, and a long-dead form of magic, the Capricious takes off on a journey to find the first colony ship . . . and power that could bring down gods. Read the incredible space-fantasy series that V. E. Schwab calls "A total blast!" The Salvagers A Big Ship at the Edge of the Universe A Bad Deal for the Whole Galaxy The Worst of All Possible Worlds

Verbal first aid to calm, relieve pain, promote healing and save lives.

"Dark, seductive . . . Noirish and sexy, this provocative novel explores what it's like to be a woman on the edge." —Adrienne Westenfeld, Esquire "[A] crispy biscotti of a novel . . . You'll feel indecent reading it in public." —Molly Young, Vulture A trip to Italy reignites a woman's desires to disastrous effect in this dark ode to womanhood, death, and sex To cool-headed, fastidious Pricilla Messing, Italy will be an escape, a brief glimpse of freedom from a life that's starting to feel like one long decline. Rescued from the bedside of her difficult mother, forty-something Cilla finds herself called away to Rome to keep an eye on her wayward teenage niece, Hannah. But after years of caregiving, babysitting is the last thing Cilla wants to do. Instead she throws herself into Hannah's youthful, heedless world—drinking, dancing, smoking—relishing the heady atmosphere of the Italian summer. After years of feeling used up and overlooked, Cilla feels like she's coming back to life. But being so close to Hannah brings up complicated memories, making Cilla restless and increasingly reckless, and a dangerous flirtation with a teenage boy soon threatens to send her into a tailspin. With the sharp-edged insight of Ottessa Moshfegh and the taut seduction of Patricia Highsmith, The Worst Kind of Want is a dark exploration of the inherent dangers of being a woman. In her unsettling follow-up to Catalina, Liska Jacobs again delivers hypnotic literary noir about a woman whose unruly desires and troubled past push her to the brink of disaster.

Charles Saatchi is a man with strong opinions on everything from movies to morals, superstition to suicide, and in this book he answers nearly 300 questions from readers and journalists, offering much for everyone to reflect on.

Left reeling after her thoughtless mistake causes a terrible accident, 12-year-old Army Morand channels her grief to help someone in need. Army Morand feels like her life has been blown to bits when the worst thing imaginable happens--her beloved dog dies. It was an accident, but it was also Army's fault. She can't seem to stop hiding from everything and everybody including her best friend Jenna Louise. But then Army sees Madison, the little girl who moved in across the way, climbing a tree and walking down the street unsupervised. Her family is not neglectful, just overwhelmed. Army finds herself overcome with the need to help Madison's family to make sure another worst thing doesn't happen--which becomes even more challenging when a big storm threatens her town. After the Worst Thing Happens is a bittersweet story about a girl surprised by the force of a growing need inside her to reach out and lend a hand while trying to escape the swirling sadness of her own sudden loss. In the end, it is about finding love and hope and friendship in very surprising places.

Growing up with an abusive father, Jessica started motherhood at an early age. As a young adult, all she can think about was getting drunk and partying all the time while her mom watches her children. Then a tragedy happens. She loses her mom, two sons, and a niece, and her only child left is hospitalized. She doesn't know which way to turn and finds herself into depression and drugs. Until a friend invites her to church, and she discovered a new life that makes her the woman she is today.

My whole life has been about overcoming obstacles and using life's struggles to make me a better person. My life has been a learning process, learning how to push myself to become stronger.

"Rescued from a murderous life with her mother, Chloe Wilder lives with her grandparents in the cocoon of a quiet, middle-class neighborhood. For the first time in her life, things are steady, safe ... and stifling."--Jacket.

THE STRUGGLE IS REAL Seriously, can you not though? Life is hard, everyone sucks, blah blah blah. Swearing (and drinking) helps, and so does this book, a charming collection of illustrations that actually say what most of us think every day—so freaking over it.

One of the most celebrated artists of Western art, the Post-Impressionist Vincent van Gogh created masterpieces that are now famous for their striking colour, emphatic brushwork and contoured forms. Although the artist died in obscurity, his artworks would go on to change the course of modern art, powerfully influencing Expressionism and the works of leading artists. A first of its kind in digital print, the 'Masters of Art' series allows readers to explore the works of the world's greatest artists in comprehensive detail. This volume presents the complete paintings and letters of the Dutch master. For all art lovers, this stunning collection offers a personal and unique digital portrait of one of the world's greatest artists. (Version 2) Features: \* the complete paintings of Vincent van Gogh — over 800 paintings, fully indexed and arranged in chronological order \* features a special 'Highlights' section, with concise introductions to the masterpieces, giving valuable contextual information \* beautiful 'detail' images, allowing you to explore van Gogh's celebrated works in detail \* numerous images relating to van Gogh's life and works \* includes over 800 letters — explore the artist's vast and scholarly correspondence with his brother Theo \* EVEN includes the detailed biography by van Gogh's sister-in-law \* hundreds of images in stunning colour - highly recommended for tablets, iPhone and iPad users, or as a valuable reference tool on traditional eReaders \* UPDATED with improved and larger images Please visit: [www.delphiclassics.com](http://www.delphiclassics.com) for more information and to browse our range of titles CONTENTS: The Highlights STILL LIFE WITH CABBAGE AND CLOGS AVENUE OF POPLARS IN AUTUMN THE POTATO EATERS SKULL WITH BURNING CIGARETTE SELF-PORTRAIT WITH STRAW HAT THE WHITE ORCHARD PORTRAIT OF THE POSTMAN JOSEPH ROULIN STILL LIFE: VASE WITH TWELVE SUNFLOWERS VINCENT'S HOUSE IN ARLES (THE YELLOW HOUSE) THE CAFÉ TERRACE ON THE PLACE DU FORUM, ARLES, AT NIGHT PORTRAIT OF DR. GACHET VINCENT'S BEDROOM IN ARLES VINCENT'S CHAIR WITH HIS PIPE THE RED VINEYARD SELF-PORTRAIT WITH BANDAGED EAR THE STARRY NIGHT WHEAT FIELD WITH CYPRESSES IRISES WHEAT FIELD WITH CROWS The Paintings THE COMPLETE PAINTINGS ALPHABETICAL LIST OF PAINTINGS The Letters THE CORRESPONDENCE OF VINCENT VAN GOGH The Biography MEMOIR OF VINCENT VAN GOGH by Johanna Gesina van Gogh Please visit: [www.delphiclassics.com](http://www.delphiclassics.com) for more information

This is Oh, the Places You'll Never Go--the ultimate hilarious, cynical, but absolutely realistic view of a college graduate's future. And what he or she can or can't do about it. "This commencement address will never be given, because graduation speakers are supposed to offer encouragement and inspiration. That's not what you need. You need a warning." So begins Carl Hiaasen's attempt to prepare young men and women for their future. And who better to warn them about their precarious paths forward than Carl Hiaasen? The answer, after reading *Assume the Worst*, is: Nobody. And who better to illustrate--and with those illustrations, expand upon and cement Hiaasen's cynical point of view--than Roz Chast, best-selling author/illustrator and National Book Award winner? The answer again is easy: Nobody. Following the format of Anna Quindlen's commencement address (*Being Perfect*) and George Saunders's commencement address (*Congratulations, by the way*), the collaboration of Hiaasen and Chast might look typical from the outside, but inside it is anything but. This book is bound to be a classic, sold year after year come graduation time. Although it's also a good gift for anyone starting a job, getting married, or recently released from prison. Because it is not just funny. It is, in its own Hiaasen way, extremely wise and even hopeful. Well, it might not be full of hope, but there are certainly enough slivers of the stuff in there to more than keep us all going.

USA TODAY BESTSELLER! "A romantic comedy that's fun and flirty, young and fresh." – PopSugar One of Oprah Magazine's 21 Romance Novels That Are Set to Be the Best of 2020, EW's 20 New Books to Read in February, and PopSugar's 25 Brilliant New Books Hitting Shelves. A LibraryReads Pick for February and Amazon Best Romance of the Month! Mia Sosa delivers a sassy, steamy #ownvoices enemies-to-lovers novel, perfect for fans of Jasmine Guillory, Helen Hoang, and Sally Thorne! A wedding planner left at the altar? Yeah, the irony isn't lost on Carolina Santos, either. But despite that embarrassing blip from her past, Lina's offered an opportunity that could change her life. There's just one hitch... she has to collaborate with the best (make that worst) man from her own failed nuptials. Marketing expert Max Hartley is determined to make his mark with a coveted hotel client looking to expand its brand. Then he learns he'll be working with his brother's whip-smart, stunning—absolutely off-limits—ex-fiancée. And she loathes him. If they can nail their presentation without killing each other, they'll both come out ahead. Except Max has been public enemy number one ever since he encouraged his brother to jilt the bride, and Lina's ready to dish out a little payback of her own. Soon Lina and Max discover animosity may not be the only emotion creating sparks between them. Still, this star-crossed couple can never be more than temporary playmates because Lina isn't interested in falling in love and Max refuses to play runner-up to his brother ever again... "The Worst Best Man is rom-com perfection. . . Sosa has a gift with words that's infectious and wry, one that keeps the pages turning in delight." — Entertainment Weekly "Pitch-perfect...a surefire hit." —The Children's Book Review "A sparkling homage to LA and a love letter to the difficult, mercurial, rewarding relationship between sisters." —Booklist Ferris Bueller's Day Off meets 10 Things I Hate About You in this fun, contemporary novel about two sisters who have twenty-four hours to fulfill a pact and overcome the secret that threatens to tear them apart. Sisters April and Jenn haven't been close in years. Jenn's too busy with school, the family antique shop, and her boyfriend, and April would rather play soccer and hang out with the boy next door. But when April notices her older sister is sad about staying home for college, she decides to do something about it. The girls set off to revive a pact they made as kids: spend an epic day exploring the greatest hits of their childhood and all that Los Angeles has to offer. Then April learns that Jenn has been keeping a secret that could rip their family—and their parents—apart. With only one day to set things right, the sisters must decide if their relationship is worth saving, or if the truth will tear them apart for good.

What's the worst thing you can do to Shakespeare? The answer is simple: don't read him. To that end, Richard Burt and Julian Yates embark on a project of un/reading the Bard,

turning the conventional challenges into a roadmap for textual analysis and a thorough reconsideration of the plays in light of their absorption into global culture.

Perfect for fans of *Dragons Love Tacos* and *Unicorn Thinks He's Pretty Great*, this wildly funny and imaginative picture book celebrates the value of differences as a grumpy goblin gets to know his new unicorn neighbors. It's an undeniable fact that unicorns are the worst! Magic is serious business, but all unicorns do is frolic around, have tea parties, and leave glitter all over the place! They're nothing like goblins—practical and hard-working, who can put magic to good use! Unicorns aren't helpful at all. Or are they?

A New York Times Bestseller! A "raucous trip through the odd corners of our alphabet." —The New York Times Let's get real—the English language is bizarre. A might be for apple, but it's also for aisle and aeons. Why does the word "gnat" start with a G but the word "knot" doesn't start with an N? It doesn't always make sense, but don't let these rule-breaking silent letters defeat you! This whimsical, funky book from Raj Haldar (aka rapper Lushlife) turns the traditional idea of an alphabet book on its head, poking fun at the most mischievous words in the English language and demonstrating how to pronounce them. Fun and informative for word nerds of all ages!

A mother writes honest, reflective letters to guide her son as he navigates through life with a common-sense appeal to the next generation: Drop the worst and take the best of what you're given. In these days of nonstop, round-the-clock division, where confrontation is our most prevalent form of entertainment, we've forgotten the more fundamental things that unite us. We've lost track of the importance of conversations that foster growth, self-reflection, and discovery of one another while cultivating our sense of shared humanity. In her new book, *Dear Hartley*, Jedediah Bila reignites much-needed conversations about everything from character and empathy to parenting and friendship, from education and family to fitness and food. Through fifty-two heartwarming letters to her son, Bila shares a road map she hopes he will revisit often, one he can turn to for strength and guidance throughout his life. Connecting her love for her child with her hopes and dreams for the next generation, Bila's letters reveal an exciting path forward. Jam-packed with quick wit and authentic, unpredictable insights, these letters welcome us into Bila's personal journey of mistakes made and lessons learned. *Dear Hartley* presents a chance for us to find common ground and unite in our wish for a better, brighter world, especially for the children in our lives. An independent thinker, Bila has always been an outspoken proponent of common sense and truth, even when she found herself in situations where it wasn't always welcome. Here, in these pages, she has an open platform to tell it like it is, and she does. Readers are invited to travel beside her with an open mind and an open heart as she explores the themes that touch us all.

Even after begging people not to buy this book, it became a #1 Bestseller in the summer of 2017. What a crock! This is truly a white collar crime!

OH NO!!! You found *The Worst Book in the Whole Entire World*! Well, since you're already here I may as well tell you about it... Poor Nameless tries to explain to the reader why this book is simply the WORST book in the whole entire world. Will he succeed in his noble quest? Is he the reason this book is the worst?? Will it have a happy ending or the worst ending ever??? *The Worst Book in the Whole Entire World* is a humorous and witty tale for young and seasoned readers. Whatever you do though, don't read it out loud! You may catch wind of these words: toot, stinky, booger, and booty. You've been warned, but you'll still want to see what happens next!

Are you truly in danger or has your brain simply "tricked" you into thinking you are? In *The Worry Trick*, psychologist and anxiety expert David Carbonell shows how anxiety hijacks the brain and offers effective techniques to help you break the cycle of worry, once and for all. Anxiety is a powerful force. It makes us question ourselves and our decisions, causes us to worry about the future, and fills our days with dread and emotional turbulence. Based in acceptance and commitment therapy (ACT) and cognitive behavioral therapy (CBT), this book is designed to help you break the cycle of worry. Worry convinces us there's danger, and then tricks us into getting into fight, flight, or freeze mode—even when there is no danger. The techniques in this book, rather than encouraging you to avoid or try to resist anxiety, shows you how to see the trick that underlies your anxious thoughts, and how avoidance can backfire and make anxiety worse. If you're ready to start observing your anxious feelings with distance and clarity—rather than getting tricked once again—this book will show you how.

Capitalism is about to commit suicide and is threatening to take us down with it. But will it give way to a grand social utopia or the beginning of a new dark age... albeit WiFi enabled? *The Worst is Yet to Come* explores the disturbing possibility that the current crisis of neoliberal capitalism isn't going to spawn an emancipatory renaissance, but a world that is much, much worse. Wealthy CEOs see it. They've been purchasing isolated bunker-retreats in New Zealand for when the shit goes down. Our politicians know it too, and are frantically transforming the liberal state into a militarized machine. Scientists are either uselessly decrying the looming eco-catastrophe or jumping on the opportunity to conduct ever-reckless experiments with the human genome. The animal kingdom is retreating from the scene in terrible silence, preferring the swift demise of the abattoir's bolt-gun than witnessing what is about to happen. Yet some of us are still ignoring the warning signs, choosing instead to remain cheerfully optimistic, believing that society has probably hit rock bottom and the only way is up. This book argues the opposite. What if we haven't hit rock bottom and are on the precipice of something much worse? And what if were too late? But this grim prospect isn't submitted in the name of millennial fatalism or hopeless resignation. On the contrary, if our grandchildren are to survive the implosion of capitalism – for the chances we will are fairly slim – then a realistic picture of the nightmare to come is crucial. Only an unwavering attitude of "revolutionary pessimism" will help us to prepare accordingly. For the apocalypse will almost certainly be disappointing.

The classic guide to bringing out the best in people at their worst—updated with even more can't-standable people! *Dealing with People You Can't Stand* has been helping good people deal with bad behavior in a positive, professional way for nearly two decades. Unfortunately, as the world becomes smaller and time more compressed, new difficult people are being made all the time. So Kirschner and Brinkman have updated their global bestseller to help you wring positive results from even the most twisted interactions you're likely to experience today. Learn how to get things done and get along when you're dealing with people who have the uncanny ability to sabotage, derail, and interfere with your plans, needs, and wants. Learn how to: Use sophisticated listening techniques to unlock the doors to people's minds, hearts, and deepest needs Apply "take-charge" skills that turn conflict into cooperation by reducing the differences between people Transform the destructive behavior of Tanks, Snipers, Know-It-Alls, Whiners, Martyrs, Meddlers, and other difficult types of people This enhanced eBook includes features you

won't find in the print edition, including: 7 comic book style presentations embedded with audio that depict different scenarios of dealing with toxic personalities—illustrating tips and strategies for making the best of the situation 16 entertaining and engaging videos showing how to resolve conflict situations with demonstrated positive and negative strategies Link to the Lens-of-Understanding Self-Assessment you can complete to evaluate your relationships with people in your life Access to a 27-minute audio of the authors explaining on how to change your overall attitude, so you can use the tools in the book even more effectively Whether you're dealing with a coworker trying to take credit for your work, a distant family member who knows no personal bounds, or a loud cell phone talker on line at the grocery store, *Dealing with People You Can't Stand* gives you the tools for bringing out the best in people at their worst.

Why catastrophic risks are more dangerous than you think, and how populism is making them worse. Did you know that you're more likely to die from a catastrophe than in a car crash? The odds that a typical US resident will die from a catastrophic event—for example, nuclear war, bioterrorism, or out-of-control artificial intelligence—have been estimated at 1 in 6. That's fifteen times more likely than a fatal car crash and thirty-one times more likely than being murdered. In *What's the Worst That Could Happen?*, Andrew Leigh looks at catastrophic risks and how to mitigate them, arguing provocatively that the rise of populist politics makes catastrophe more likely. Leigh explains that pervasive short-term thinking leaves us unprepared for long-term risks. Politicians sweat the small stuff—granular policy details of legislation and regulation—but rarely devote much attention to reducing long-term risks. Populist movements thrive on short-termism because they focus on their followers' immediate grievances. Leigh argues that we should be long-termers: broaden our thinking and give big threats the attention and resources they need. Leigh outlines the biggest existential risks facing humanity and suggests remedies for them. He discusses pandemics, considering the possibility that the next virus will be more deadly than COVID-19; warns that unchecked climate change could render large swaths of the earth uninhabitable; describes the metamorphosis of the arms race from a fight into a chaotic brawl; and examines the dangers of runaway superintelligence. Moreover, Leigh points out, populism (and its crony, totalitarianism) not only exacerbates other dangers but is also a risk factor in itself, undermining the institutions of democracy as we watch.

*Mindset, Attitude, and Perception*. These three things define the quality of our lives, and sometimes, you may be compelled to read about them. This is a self-help book that is desperately trying not to be a self-help book. Featuring wisdom from people far smarter than the author (such as Phil Spencer, Head of Xbox), it's about how we can all find and create purpose in our lives. If you are looking for something that makes you feel invincible, please do not read this, as we talk about our mortality at least ten times. But, if you're looking for something that just might give you a new outlook on the world... dive in, and get ready to create ripples.

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