

Heading Out On Your Own 31 Basic Life Skills In 31 Days

Considered by many the greatest war novel of all time, *All Quiet on the Western Front* is Erich Maria Remarque's masterpiece of the German experience during World War I. I am young, I am twenty years old; yet I know nothing of life but despair, death, fear, and fatuous superficiality cast over an abyss of sorrow. . . . This is the testament of Paul Bäumer, who enlists with his classmates in the German army during World War I. They become soldiers with youthful enthusiasm. But the world of duty, culture, and progress they had been taught breaks in pieces under the first bombardment in the trenches. Through years of vivid horror, Paul holds fast to a single vow: to fight against the principle of hate that meaninglessly pits young men of the same generation but different uniforms against one another . . . if only he can come out of the war alive. "The world has a great writer in Erich Maria Remarque. He is a craftsman of unquestionably first rank, a man who can bend language to his will. Whether he writes of men or of inanimate nature, his touch is sensitive, firm, and sure."—The New York Times Book Review

A Wall Street Journal Bestseller "...this guide provides readers with much more than just early careers advice; it can help everyone from interns to CEOs." — a Financial Times top title

You've landed a job. Now what? No one tells you how to navigate your first day in a new role. No one tells you how to take ownership, manage expectations, or handle workplace politics. No one tells you how to get promoted. The answers to these professional unknowns lie in the unspoken rules—the certain ways of doing things that managers expect but don't explain and that top performers do but don't realize. The problem is, these rules aren't taught in school. Instead, they

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get passed down over dinner or from mentor to mentee, making for an unlevel playing field, with the insiders getting ahead and the outsiders stumbling along through trial and error. Until now. In this practical guide, Gorick Ng, a first-generation college student and Harvard career adviser, demystifies the unspoken rules of work. Ng distills the wisdom he has gathered from over five hundred interviews with professionals across industries and job types about the biggest mistakes people make at work. Loaded with frameworks, checklists, and talking points, the book provides concrete strategies you can apply immediately to your own situation and will help you navigate inevitable questions, such as: How do I manage my time in the face of conflicting priorities? How do I build relationships when I'm working remotely? How do I ask for help without looking incompetent or lazy? *The Unspoken Rules* is the only book you need to perform your best, stand out from your peers, and set yourself up for a fulfilling career.

President Donald J. Trump lays out his professional and personal worldview in this classic work—a firsthand account of the rise of America's foremost deal-maker. "I like thinking big. I always have. To me it's very simple: If you're going to be thinking anyway, you might as well think big."—Donald J. Trump *Here is Trump in action—how he runs his organization and how he runs his life—as he meets the people he needs to meet, chats with family and friends, clashes with enemies, and challenges conventional thinking. But even a maverick plays by rules, and Trump has formulated time-tested guidelines for success. He isolates the common elements in his greatest accomplishments; he shatters myths; he names names, spells out the zeros, and fully reveals the deal-maker's art. And throughout, Trump talks—really talks—about how he does it. Trump: The Art of the Deal is an unguarded look at the mind of a brilliant entrepreneur—the ultimate read*

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for anyone interested in the man behind the spotlight. Praise for Trump: The Art of the Deal “Trump makes one believe for a moment in the American dream again.”—The New York Times “Donald Trump is a deal maker. He is a deal maker the way lions are carnivores and water is wet.”—Chicago Tribune “Fascinating . . . wholly absorbing . . . conveys Trump’s larger-than-life demeanor so vibrantly that the reader’s attention is instantly and fully claimed.”—Boston Herald “A chatty, generous, chutzpa-filled autobiography.”—New York Post

An indispensable, hands-on guide dedicated to the lost art of being a man, *The Illustrated Art of Manliness* distills more than 100 practical skills every modern man needs to know into an entertaining, easy-to-follow visual format. Founder of *The Art of Manliness* Brett McKay and bestselling illustrator Ted Slampyak write brilliantly illustrated articles to help men be the best fathers, brothers, sons, and men they can be. This book features their most essential work alongside dozens of never-before seen guides on subjects ranging from chivalry and self-defense to courage and car repair, including: How to disarm an attacker How to fell a tree and start a fire anywhere How a car engine works, and how to fix it How to use every tool in your toolbox What to wear on a first date and to a job interview How to lead a meeting and command the attention of a room How to dance, fight, shave, shake a hand, pick a lock, and fire a gun And other advice for when you’re lost, in danger, or merely confronting a shirt that needs to be ironed. *The Illustrated Art of Manliness* features a classic, timeless package, including full-color illustrations, and will be a perfect gift for you or the man in your life.

Man up and discover the practical and inspirational information all men should know! While it’s definitely more than just monster trucks, grilling, and six-pack abs, true manliness is hard to define. The words macho and manly are

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not synonymous. Taking lessons from classic gentlemen such as Benjamin Franklin and Theodore Roosevelt, authors Brett and Kate McKay have created a collection of the most useful advice every man needs to know to live life to its full potential. This book contains a wealth of information that ranges from survival skills to social skills to advice on how to improve your character. Whether you are braving the wilds with your friends, courting your girlfriend, or raising a family, inside you'll find practical information and inspiration for every area of life. You'll learn the basics all modern men should know, including how to: -Shave like your grandpa -Be a perfect houseguest -Fight like a gentleman using the art of bartitsu -Help a friend with a problem -Give a man hug -Perform a fireman's carry -Ask for a woman's hand in marriage -Raise resilient kids -Predict the weather like a frontiersman -Start a fire without matches -Give a dynamic speech -Live a well-balanced life So jump in today and gain the skills and knowledge you need to be a real man in the 21st century. Becky has just landed her dream job house-sitting at a top-end villa on the island of Corfu. What could be better to mend her broken heart? But there's a spanner in the works in the shape of the gorgeous Elias...

A “deliciously dark and dangerous” novel of love and tragedy in post-WWII Virginia by the #1 New York Times–bestselling author of *A Reliable Wife* (O, The Oprah Magazine). It is the summer of 1948 when a handsome, charismatic stranger, Charlie Beale, recently back from the war in Europe, shows up in the town of Brownsburg, a sleepy village nestled in the Valley of Virginia. All he has with him are two suitcases: one contains his few possessions, including a fine set of butcher knives; the other is full of money. A lot of money. He's searching for a home. What he finds is love. And what happens then will haunt Brownsburg for generations. *Heading Out to Wonderful* is a “tale of doomed love [that] resonates

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like a folk ballad, with the language of the Blue Ridge Mountains and its people giving this novel its soul . . . Like any good ballad, the narrative builds slowly to its violent climax, packs an emotional punch, and then haunts readers with its quintessentially American refrain” (Publishers Weekly).

With tips from leading experts in every field, *The Little Book of Life Skills* is the practical guide on how to solve the trickiest tasks in your day and make life a little easier. We all have areas of our lives that make us feel disorganized, unprepared, or stressed out. From creating a calmer morning routine to setting yourself up for a good night's sleep, and everything in between, there are easy and proven ways to do things better. Whether you need advice on how to end an argument, iron a shirt, or keep your inbox under control, Erin Zammett Ruddy has spoken to experts including Rachael Ray, Dr. Oz, Arianna Huffington, and condensed their wisdom into easy to follow steps for all of life's simple and not-so-simple tasks, such as: Working from Home Effectively Keeping a Houseplant Alive Giving Constructive Feedback Arranging the Perfect Cheese Board, and many more *The Little Book of Life Skills* offers simple strategies for being better grown-ups. It's the perfect guide for anybody who wants to get organized, be more efficient throughout the day, and finally learn the best way to fold that #\$% fitted sheet. You've finally left the comforts of mom and dad's nest to strike out on your own... but you have no clue how to do your own laundry. Or cook. Or manage your finances. Feeling a bit overwhelmed? Don't worry. We've got you covered. *The Art of Manliness' Heading Out on Your Own: 31 Basic Life Skills in 31 Days* is a primer on becoming a well-adjusted, self-reliant adult. In it you'll find the basic life skills you need to survive and thrive on

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your own. In 31 days, you'll learn skills like how to: Do Laundry - Ace a Job Interview - Create a Budget - Make Small Talk- Rent Your First Apartment - Shop for Groceries - Live With Roommates - Maintain Your Car - Cook - Iron a Dress Shirt - And Much More!

"Know thyself," a precept as old as Socrates, is still good advice. But is introspection the best path to self-knowledge? Wilson makes the case for better ways of discovering our unconscious selves. If you want to know who you are or what you feel or what you're like, Wilson advises, pay attention to what you actually do and what other people think about you. Showing us an unconscious more powerful than Freud's, and even more pervasive in our daily life, *Strangers to Ourselves* marks a revolution in how we know ourselves.

This limited-edition collection contains a wealth of information and inspiration for the modern man. Included inside are the following books: *The Art of Manliness*. This book is dedicated to helping men uncover what manliness means in the 21st century, from rediscovering the outdoors to dressing with panache to becoming a good father. *The Art of Manliness: Manvotionals*. This book contains the manliest wisdom of the ages--a myriad of poems, quotes, and essays designed to inspire men to live life to the fullest and realize their complete potential as men. Together, housed in a classic cigar box, they make the perfect gift for any man (or soon-to-be man) who is conscious of leaving his mark on this world. (This \$38 value is priced at only \$29.99.) Also includes 6 drink coasters!

The Pulitzer Prize-winning epic of the Great Depression,

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a book that galvanized—and sometimes outraged—millions of readers. First published in 1939, Steinbeck's Pulitzer Prize-winning epic of the Great Depression chronicles the Dust Bowl migration of the 1930s and tells the story of one Oklahoma farm family, the Joads—driven from their homestead and forced to travel west to the promised land of California. Out of their trials and their repeated collisions against the hard realities of an America divided into Haves and Have-Nots evolves a drama that is intensely human yet majestic in its scale and moral vision, elemental yet plainspoken, tragic but ultimately stirring in its human dignity. A portrait of the conflict between the powerful and the powerless, of one man's fierce reaction to injustice, and of one woman's stoical strength, the novel captures the horrors of the Great Depression and probes into the very nature of equality and justice in America. At once a naturalistic epic, captivity narrative, road novel, and transcendental gospel, Steinbeck's powerful landmark novel is perhaps the most American of American Classics. This Centennial edition, specially designed to commemorate one hundred years of Steinbeck, features french flaps and deckle-edged pages. For more than sixty-five years, Penguin has been the leading publisher of classic literature in the English-speaking world. With more than 1,500 titles, Penguin Classics represents a global bookshelf of the best works throughout history and across genres and disciplines. Readers trust the series to provide authoritative texts enhanced by introductions and notes by distinguished scholars and contemporary authors, as well as up-to-date translations by award-

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winning translators.

It's time to go back to basics! If you're interested in art, but find that it's becoming an increasingly expensive hobby, *The Organic Artist* is just the book for you! *The Organic Artist* encourages you to return to those days when art was made with all-natural materials, like charcoal and birch bark. Immersing you in the natural world, *The Organic Artist* seeks to inspire creativity by connecting you to your organic roots. In addition to offering a wide variety of suggestions for using nature as supplies for art, this book also introduces the concepts of awareness and perception that are foundational to the creative process. Readers will refine drawing skills, as well as increase their appreciation for the visual arts and the natural landscape. Some of the projects and skills covered include the following: making paper and wild ink, working with soapstone, clay, wood, and rawhide, printmaking and stenciling, natural pigments and dyes, camouflage and body painting, and nature journaling.

Katarina the "villainess" has successfully lived through the story of the otome game she was reincarnated into without meeting any of the Catastrophic Bad Ends that were destined for her. Now she is excited for the impending school graduation that she never thought she'd live to see. But suddenly, Keith goes missing! Aided by her friends, our favorite villainess goes out in search for her adopted brother, determined to bring him back home. Meanwhile, men and women alike battle it out for the oblivious Katarina's romantic affections. Who will win in this increasingly tense war of love? Who are the real campers? Through-hiking backpackers

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traversing the Appalachian Trail? The family in an SUV making a tour of national parks and sleeping in tents at campgrounds? People committed to the RV lifestyle who move their homes from state to state as season and whim dictate? Terence Young would say: all of the above. Camping is one of the country's most popular pastimes—tens of millions of Americans go camping every year. Whether on foot, on horseback, or in RVs, campers have been enjoying themselves for well more than a century, during which time camping's appeal has shifted and evolved. In *Heading Out*, Young takes readers into nature and explores with them the history of camping in the United States. Young shows how camping progressed from an impulse among city-dwellers to seek temporary retreat from their exhausting everyday surroundings to a form of recreation so popular that an industry grew up around it to provide an endless supply of ever-lighter and more convenient gear. Young humanizes camping's history by spotlighting key figures in its development and a sampling of the campers and the variety of their excursions. Readers will meet William H. H. Murray, who launched a craze for camping in 1869; Mary Bedell, who car camped around America for 12,000 miles in 1922; William Trent Jr., who struggled to end racial segregation in national park campgrounds before World War II; and Carolyn Patterson, who worked with the U.S. Department of State in the 1960s and 1970s to introduce foreign service personnel to the "real" America through trailer camping. These and many additional characters give readers a reason to don a headlamp, pull up a chair beside the campfire, and discover the

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invigorating and refreshing history of sleeping under the stars.

What Makes a Man, a Man? For centuries, being a man meant living a life of virtue and excellence. But then, through time, the art of manliness was lost. Now, after decades of excess and aimless drift, men are looking for something to help them live an authentic, manly life--a primer that can give their life real direction and purpose. This book holds the answers. To master the art of manliness, a man must live the seven manly virtues: Manliness, Courage, Industry, Resolution, Self-Reliance, Discipline, Honor. Each chapter covers one of the seven virtues and is packed with the best classic advice ever written down for men. From the philosophy of Aristotle to the speeches and essays of Theodore Roosevelt, these pages contain the manly wisdom of the ages--poems, quotes, and essays that will inspire you to live life to the fullest and realize your complete potential. Learn the art. Change your life. Become a man.

Money! You always need it but never have it, right? Well, now you're an up-and-coming adult, so it's time to get a new financial plan all your own. Cash, Cars and College will give you that plan. This short book will provide a step-by-step system for making, saving, and spending money - one that will have you started down the road to real riches before you finish college. These simple steps have been used successfully by hundreds of my young adult students (ages 12 to 20) to create cash and win wealth. So hop on the gravy train for yourself, and enjoy the ride!

The Great Gatsby (1925) is a novel by F. Scott

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Fitzgerald. Published at the height of Fitzgerald's career as a leading writer of American fiction, *The Great Gatsby* was reviewed poorly by contemporary critics, but has since been recognized as a groundbreaking work for its vision of American decadence and decay. Adapted into several influential films and adored by generations of readers and writers, *The Great Gatsby* is not only Fitzgerald's crowning achievement, but one of the finest novels ever written. Nick Carraway is a young veteran and Yale graduate who moves to New York in search of work. He rents a bungalow on Long Island next door to the extravagant mansion of Jay Gatsby, a magnanimous millionaire with a mysterious past. There, he reconnects with his distant cousin Daisy and her husband Tom Buchanan, a flagrant philanderer who brings Nick to the city in order to spend time with Myrtle, his impoverished mistress. Soon, he receives an invitation to a party at the Gatsby mansion, where he gets terribly drunk and meets his neighbor, who swears they served together in the Great War. As time goes by, the two begin a tenuous friendship bolstered by stories of the war and a mutual fondness for alcohol. When Nick discovers that Gatsby and Daisy have a complicated history with one another, he starts to question not only the nature of his neighbor's kindness, but his own desire to make it big in New York. *The Great Gatsby* is a tragic tale of ambition and romance set in the Roaring Twenties, a decade born from war and lost to economic disaster. With a beautifully designed cover and professionally typeset manuscript, this new edition of F. Scott Fitzgerald's *The Great Gatsby* is a classic work of American literature

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reimagined for modern readers.

The inspiration for Chloé Zhao's 2020 Golden Lion award-winning film starring Frances McDormand.

"People who thought the 2008 financial collapse was over a long time ago need to meet the people Jessica Bruder got to know in this scorching, beautifully written, vivid, disturbing (and occasionally wryly funny) book."

—Rebecca Solnit From the beet fields of North Dakota to the campgrounds of California to Amazon's

CamperForce program in Texas, employers have discovered a new, low-cost labor pool, made up largely of transient older adults. These invisible casualties of the Great Recession have taken to the road by the tens of thousands in RVs and modified vans, forming a growing community of nomads. *Nomadland* tells a revelatory tale of the dark underbelly of the American economy—one which foreshadows the precarious future that may await many more of us. At the same time, it celebrates the exceptional resilience and creativity of these Americans who have given up ordinary rootedness to survive, but have not given up hope.

A 2018 Caldecott Honor Book that Kirkus Reviews calls "a must-read for our times," *A Different Pond* is an unforgettable story about a simple event - a long-ago fishing trip. Graphic novelist Thi Bui and acclaimed poet Bao Phi deliver a powerful, honest glimpse into a relationship between father and son - and between cultures, old and new. As a young boy, Bao and his father awoke early, hours before his father's long workday began, to fish on the shores of a small pond in Minneapolis. Unlike many other anglers, Bao and his

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father fished for food, not recreation. A successful catch meant a fed family. Between hope-filled casts, Bao's father told him about a different pond in their homeland of Vietnam. Thi Bui's striking, evocative art paired with Phi's expertly crafted prose has earned this powerful picture books six starred reviews and numerous awards. Dr. John E. Sarno's groundbreaking research on TMS (Tension Myoneural Syndrome) reveals how stress and other psychological factors can cause back pain--and how you can be pain free without drugs, exercise, or surgery. Dr. Sarno's program has helped thousands of patients find relief from chronic back conditions. In this New York Times bestseller, Dr. Sarno teaches you how to identify stress and other psychological factors that cause back pain and demonstrates how to heal yourself--without drugs, surgery or exercise. Find out: Why self-motivated and successful people are prone to Tension Myoneural Syndrome (TMS) How anxiety and repressed anger trigger muscle spasms How people condition themselves to accept back pain as inevitable With case histories and the results of in-depth mind-body research, Dr. Sarno reveals how you can recognize the emotional roots of your TMS and sever the connections between mental and physical pain...and start recovering from back pain today.

"Heading Off Migraine Pain" is an article written by Tamar Nordenberg that originally appeared in the May-June 1998 issue of "FDA Consumer," a magazine published by the U.S. Food and Drug Administration (FDA). Nordenberg discusses the symptoms, treatment, causes of migraine, a neurologic disorder. The FDA

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presents the article online.

Building Chicken Coops For Dummies (9781119543923) was previously published as *Building Chicken Coops For Dummies* (9780470598962). While this version features a new *Dummies* cover and design, the content is the same as the prior release and should not be considered a new or updated product. As the popularity of urban homesteading and sustainable living increases, it's no wonder you're in need of trusted, practical guidance on how to properly house the chickens you're planning (or have already begun) to keep. *Building Chicken Coops For Dummies* gives you the information you need to build the most cost-efficient, safe, and easy-on-the-eye enclosures for your backyard flock. This practical guide gives you easy-to-follow and customizable plans for building the backyard chicken coop that works best for you. You'll get the basic construction know-how and key information you need to design and build a coop tailored to your flock, whether you live in a small city loft, a suburban backyard, or a small rural farm. Includes detailed material lists, instructions, and schematic plans for building a host of different chicken coops Step-by-step guidance on how to build a coop—or design your own Accessible for every level of reader Whether you're just beginning to gain an interest in a back-to-basics lifestyle or looking to add more attractive and efficient coops to your current flock's digs, *Building Chicken Coops For Dummies* gives you everything you need to build a winning coop!

Room For One In The Back Of The Wagon, is the story about a family traveling west along the Oregon Trail and

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the many challenges they face along the way. *Traveling The Oregon Trail With Our Family Bible*, is the story of one young woman and her family heading out West using the Oregon Trail. Along for the ride is an ex-army soldier with a troubled past. *A New Family Is Formed Along The Oregon Trail*, is the story of a young woman who lost her parents at the start of their journey west along the Oregon Trail. *The Western Mail Order Bride: Up From The South With Her Slave*, is a very moving story about a rebellious and not very pleasant young woman sent out west as a mail order bride, and forced by her aunt to take along her sick slave so that the slave can breathe in some better air, and hopefully, get better. In the present book, *How to Win Friends and Influence People*, Dale Carnegie says, "You can make someone want to do what you want them to do by seeing the situation from the other person's point of view and arousing in the other person an eager want." You learn how to make people like you, win people over to your way of thinking, and change people without causing offense or arousing resentment. For instance, "let the other person feel that the idea is his or hers" and "talk about your own mistakes before criticizing the other person." This book is all about building relationships. With good relationships, personal and business successes are easy and swift to achieve. *Twelve Ways to Win People to Your Way of Thinking*

1. The only way to get the best of an argument is to avoid it.
2. Show respect for the other person's opinions. Never say "You're wrong."
3. If you're wrong, admit it quickly and emphatically.
4. Begin in a friendly way.
5. Start with questions to which the other person will answer yes.
6. Let the other person do a great deal of the talking.
7. Let the other person feel the idea is his or hers.
8. Try honestly to

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see things from the other person's point of view. 9. Be sympathetic with the other person's ideas and desires. 10. Appeal to the nobler motives. 11. Dramatize your ideas. 12. Throw down a challenge.

PARENTING NEVER ENDS. From the founders of the #1 site for parents of teens and young adults comes an essential guide for building strong relationships with your teens and preparing them to successfully launch into adulthood *The high school and college years: an extended roller coaster of academics, friends, first loves, first break-ups, driver's ed, jobs, and everything in between.* Kids are constantly changing and how we parent them must change, too. But how do we stay close as a family as our lives move apart? Enter the co-founders of *Grown and Flown*, Lisa Heffernan and Mary Dell Harrington. In the midst of guiding their own kids through this transition, they launched what has become the largest website and online community for parents of fifteen to twenty-five year olds. Now they've compiled new takeaways and fresh insights from all that they've learned into this handy, must-have guide. *Grown and Flown* is a one-stop resource for parenting teenagers, leading up to—and through—high school and those first years of independence. It covers everything from the monumental (how to let your kids go) to the mundane (how to shop for a dorm room).

Organized by topic—such as academics, anxiety and mental health, college life—it features a combination of stories, advice from professionals, and practical sidebars. Consider this your parenting lifeline: an easy-to-use manual that offers support and perspective. *Grown and Flown* is required reading for anyone looking to raise an adult with whom you have an enduring, profound connection.

If you're working with middle schoolers, you know ministry to early teens can be a little nuts sometimes! In this comprehensive guide from two middle school minister

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veterans, you'll find everything you need to understand and effectively minister to middle school students---to meet young teens where they are and lead them toward a life with Jesus. Gillian Flannery's marriage project worked great with her high-school students. But when she was assigned a partner herself, her "marriage" to John Slater quickly ran into trouble. Well organized and readily accessible, *The Complete Book of Discipleship* pulls together into one convenient, comprehensive volume relevant topics to discipleship such as: Spiritual growth Transformation Spiritual disciplines Discipleship in the local church and beyond Indexed for easy reference

The Good Shepherd, Gentle Guide, and Gracious Host is a collection of fifteen discipleship meditations, organized around three metaphors from the Twenty-Third Psalm. Why does the Twenty-Third Psalm connect so profoundly with the human spirit, whether we are grieving, hoping, or suffering? The answer has much to do with the approachable, inviting metaphors for God that are expressed in this psalm--the good shepherd, the gentle guide, and the gracious host, as well as the full range of human emotions that rise up within us when we read them. Each chapter contains a powerful personal story told by one of the Northwest's best storytellers, an inviting meditation from a line of the psalm, the wisdom of Scripture, some words of practical advice, and questions for reflection and discussion. Suited for personal devotions or small discipleship groups, *The Good Shepherd, Gentle Guide, and Gracious Host* invites all of us to an adventure of grace, healing, and hope, seeing God as approachable, good, loving, and kind. As our understanding of God's love and care matures, our spiritual journeys will take on a new character, too. This book will highlight the path ahead, providing fence posts, guide posts, and lamp posts as we make our way home.

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A humorous and vivid collection of stories about the struggle for human connection by two-time Scotiabank Giller Prize nominee Russell Wangersky. As entertaining as they are insightful, the stories in *The Path of Most Resistance* are anchored by the concept of passive aggression in our everyday lives: ordinary people who are quietly, desperately, and indirectly trying to impose their will on the uncaring world around them. From a woman who compulsively shops for luggage in order to sublimate her desire for a divorce to a senior citizen who tries to force his family to visit by refusing to eat, the characters in this collection try to change their lives through oblique resistance. *The Path of Most Resistance* is an observant and compassionate look at the feelings of powerlessness that we all share, and will have readers silently cringing and nodding in recognition of their own bad behaviour.

"After a lifetime of living and eating in Rome, Elizabeth Minchilli is an expert on the city's cuisine. While she's proud to share everything she knows about Rome, she now wants to show her devoted readers that the rest of Italy is a culinary treasure trove just waiting to be explored. Far from being a monolithic gastronomic culture, each region of Italy offers its own specialties. While fava beans mean one thing in Rome, they mean an entirely different thing in Puglia. Risotto in a Roman trattoria? Don't even consider it. Visit Venice and not eat cichetti? Unthinkable. *Eating My Way Through Italy*, celebrates the differences in the world's favorite cuisine"--Provided by publisher.

These contemplative essays, written for seekers and wanderers, explore the complexity of the scripture of

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place, the geography of the heart, the landscape of imagination, and the topography of memory. Thoughtful and rich in spirit, this book discusses a personal relationship to place and prayer. Dark, serious, joyful, and funny, it is a perfect companion on a trek through the woods or in the comfort of your own home.

A true story from Raina Telgemeier, the #1 New York Times bestselling, multiple Eisner Award-winning author of *Smile*, *Sisters*, *Drama*, and *Ghosts!* Raina wakes up one night with a terrible upset stomach. Her mom has one, too, so it's probably just a bug. Raina eventually returns to school, where she's dealing with the usual highs and lows: friends, not-friends, and classmates who think the school year is just one long gross-out session. It soon becomes clear that Raina's tummy trouble isn't going away... and it coincides with her worries about food, school, and changing friendships. What's going on? Raina Telgemeier once again brings us a thoughtful, charming, and funny true story about growing up and gathering the courage to face -- and conquer -- her fears. "[How to Make a Shark Smile] teaches that a gesture as simple as a smile can have a profound effect on others."—Gretchen Rubin, New York Times bestselling author of *The Happiness Project* and *Happier at Home* A story about choosing happiness and the ripple effect of a positive mindset. Includes seven happiness exercises at the back of the book to encourage kids to fit them in every single day! Ripple the dolphin just moved to a new aquarium and is excited to make some friends! But as she swims around, she notices the water is still and quiet. The eels have no zing. The neon fishes don't glow.

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The seahorses aren't horsing around. Everyone's too afraid of a mean shark named Snark! Ripple is determined to show her new friends that they shouldn't be afraid—it's all about mindset. They can choose to be happy! But just as the aquarium begins to liven up, Snark the shark shows up ready to prove Ripple wrong. Can Ripple get Snark to smile too? Bestselling authors and happiness experts Shawn Achor and Amy Blankson invite you to dive in and learn how you can spread joy to those around you with Ripple and her friends. Perfect for: Parents who want to introduce their children to a positive mindset, help them build self-confidence, and set them up for personal and professional success Educators and librarians who need a funny, engaging picture book to include in their growth mindset curriculum and collections

The Business of Design debunks the myth that business sense and creative talent are mutually exclusive and, unlike other lackluster business books, is written and illustrated to captivate a visually thinking audience. For nearly thirty years, consultant Keith Granet has helped design professionals pursue their passion and turn a profit. From billing to branding, client management to marketing and licensing, The Business of Design reveals the tools necessary to create and run a thriving design business in today's ultra-competitive marketplace.

In this tantalizing installment of Ralph Compton's Sundown Riders series, someone—or something—is haunting a struggling ranch Drifter Lucas Avery isn't looking for a new home. He goes wherever the wind blows him, taking jobs as they come and cutting ties when he moves on. But at Ghost Hollow Ranch he finds

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more than just a job--he finds a family that reminds him of the loved ones he lost in the earthquake of '68. Alongside the MacGill clan, Lucas works to repair the quake damage as well as repeated mishaps that might be accidents or deliberate acts of sabotage. Some people think it's the work of the spirits that are known to haunt the hollow. Lucas doesn't know what to believe, but as the attacks escalate, he has to decide whether to put himself on the line to protect people he never planned on caring for.

With self-care, mindfulness and mental health being at the forefront of the popular consciousness, taking control of your health has never felt so important. And learning about herbs and how they can treat and heal ailments and conditions is a good place to start. The Herbal Remedy Handbook is a collection of practical remedies for home care. It is an ailment and recipe-led reference for first-aid, simple conditions such as coughs and colds, and helpful self-management techniques for more complex conditions such as anxiety and eczema. From vinegars and tonics, creams and balms to syrups and teas, all the recipes use easily accessible, bought, foraged or grown ingredients for you to create your own herbal healthkit. An indispensable guide for the beginner or the budding herbalist, The Herbal Remedy Handbook is filled with tried-and-tested recipes that will inspire you to make your own remedies.

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