

Heads Up Psychology Marcus Weeks

The updated edition of the bestselling book that has changed millions of lives with its insights into the growth mindset “Through clever research studies and engaging writing, Dweck illuminates how our beliefs about our capabilities exert tremendous influence on how we learn and which paths we take in life.”—Bill Gates, GatesNotes After decades of research, world-renowned Stanford University psychologist Carol S. Dweck, Ph.D., discovered a simple but groundbreaking idea: the power of mindset. In this brilliant book, she shows how success in school, work, sports, the arts, and almost every area of human endeavor can be dramatically influenced by how we think about our talents and abilities. People with a fixed mindset—those who believe that abilities are fixed—are less likely to flourish than those with a growth mindset—those who believe that abilities can be developed. Mindset reveals how great parents, teachers, managers, and athletes can put this idea to use to foster outstanding accomplishment. In this edition, Dweck offers new insights into her now famous and broadly embraced concept. She introduces a phenomenon she calls false growth mindset and guides people toward adopting a deeper, truer growth mindset. She also expands the mindset concept beyond the individual, applying it to the cultures of groups and organizations. With the right mindset, you can motivate those you lead, teach, and love—to transform their lives and your own.

"This book is a wonderful introduction to one of history's greatest figures: Marcus Aurelius. His life and this book are a clear guide for those facing adversity, seeking tranquility and pursuing excellence." —Ryan Holiday, bestselling author of *The Obstacle is the Way* and *The Daily Stoic* The life-changing principles of Stoicism taught through the story of its most famous proponent. Roman emperor Marcus Aurelius was the last famous Stoic philosopher of the ancient world. *The Meditations*, his personal journal, survives to this day as one of the most loved self-help and spiritual classics of all time. In *How to Think Like a Roman Emperor*, cognitive psychotherapist Donald Robertson weaves the life and philosophy of Marcus Aurelius together seamlessly to provide a compelling modern-day guide to the Stoic wisdom followed by countless individuals throughout the centuries as a path to achieving greater fulfillment and emotional resilience. *How to Think Like a Roman Emperor* takes readers on a transformative journey along with Marcus, following his progress from a young noble at the court of Hadrian—taken under the wing of some of the finest philosophers of his day—through to his reign as emperor of Rome at the height of its power. Robertson shows how Marcus used philosophical doctrines and therapeutic practices to build emotional resilience and endure tremendous adversity, and guides readers through applying the same methods to their own lives. Combining remarkable stories from Marcus's life with insights from modern psychology and the enduring wisdom of his philosophy, *How to Think Like a Roman Emperor* puts a human face on Stoicism and offers a timeless and essential guide to handling the ethical and psychological challenges we face today. The book is a non-fiction-based piece of popular science which unravels the amazing adaptive physiological responses that our bodies undergo as we push it to the limits in extreme sports and natural environments. Each chapter captures the history, geography and physical challenges which our bodies face when we as a species have tried to conquer the great outdoors. From Mt Everest to the South Pole, from a journey to Mars to the bottom of the Mariana trench, the book makes the subject accessible to readers, with a basic knowledge of science, and also tries to bring in the author's own personal experiences and those of many legends from this sphere. For the reader (someone interested in science, particularly the life sciences or those who enjoy the outdoors and partake in extreme sports and outdoor activities), this is aimed to make physiology accessible and relatable, not as a piece of academic text. The reader will come away with a stronger

understanding of human physiology (particularly at the extreme), how the body first deteriorates, then adapts and finally excels when faced with running a marathon, summiting Everest or going to Mars. Its cross functional nature, being a piece of non-fiction / popular science with personal anecdotes and history mixed in, will make for an interesting and memorable reading.

Exploring more than 80 of the big ideas and key theories in the field of sociology in a clear and simple way, this is the perfect introduction to the study of how humans live and interact with each other. The Sociology Book offers a deep dive into a range of societal issues, ranging from government and gender identity to inequalities, globalization, and even the "Disneyfication" of today's world. New globalizing forces make our world increasingly interconnected. Similar issues affect us all: discover the tension between the needs of the individual and society, the changing workplace, and the role of everything from government to mass culture in our lives. To explain each concept, The Sociology Book makes each topic crystal clear using quirky graphics, pithy quotes, and step-by-step summaries. It defines terms such as "liquid modernity" and "communitarianism", and explains the theories of seminal thinkers from Karl Marx and Auguste Comte to Sharon Zukin and Judith Butler. Examining everything from antisocial behavior to how the middle classes monopolize the best jobs, The Sociology Book is an unmissable read for students and anyone interested in human behavior. Series Overview: Big Ideas Simply Explained series uses creative design and innovative graphics along with straightforward and engaging writing to make complex subjects easier to understand. With over 7 million copies worldwide sold to date, these award-winning books provide just the information needed for students, families, or anyone interested in concise, thought-provoking refreshers on a single subject.

"Alison Gopnik, a ... developmental psychologist, [examines] the paradoxes of parenthood from a scientific perspective"--

One boy's search for his father leads him to Puerto Rico in this moving middle-grade novel, for fans of *Ghost* and *See You in the Cosmos*. Marcus Vega is six feet tall, 180 pounds, and the owner of a premature mustache. When you look like this and you're only in the eighth grade, you're both a threat and a target. After a fight at school leaves Marcus facing suspension, Marcus's mom decides it's time for a change of environment. She takes Marcus and his younger brother to Puerto Rico to spend a week with relatives they don't remember or have never met. But Marcus can't focus knowing that his father--who walked out of their lives ten years ago--is somewhere on the island. So begins Marcus's incredible journey, a series of misadventures that take him all over Puerto Rico in search of his elusive namesake. Marcus doesn't know if he'll ever find his father, but what he ultimately discovers changes his life. And he even learns a bit of Spanish along the way.

Who am I? What is the meaning of life? Is there a God? *Heads Up Philosophy*, part of an exciting new series for young adults, explains and explores all these big ideas and more. What is philosophy? It's the issues and theories that are most intriguing and relevant to curious teen minds--questions like: what is knowledge, identity, human nature, right and wrong, faith, freedom, and justice? Combining lively text with cool, graphic illustrations, this book is designed to provoke, entertain, and stimulate young minds.

" ... Explores the big ideas from all areas of psychology including psychoanalysis, intelligence, and mental disorders."--Amazon.com.

Max is sent to bed without supper and imagines sailing away to the land of *Wild Things*, where he is made king.

The goal of an "integral psychology" is to honor and embrace every legitimate aspect of human consciousness under one roof.

This book presents one of the first truly integrative models of consciousness, psychology, and therapy. Drawing on hundreds of sources—Eastern and Western, ancient and modern—Wilber creates a psychological model that includes waves of development, streams of development, states of consciousness, and the self, and follows the course of each from subconscious to self-

conscious to superconscious. Included in the book are charts correlating over a hundred psychological and spiritual schools from around the world, including Kabbalah, Vedanta, Plotinus, Teresa of Ávila, Aurobindo, Theosophy, and modern theorists such as Jean Piaget, Erik Erikson, Jane Loevinger, Lawrence Kohlberg, Carol Gilligan, Erich Neumann, and Jean Gebser. Integral Psychology is Wilber's most ambitious psychological system to date and is already being called a landmark study in human development.

Quick, accessible, compact guide to understanding key political concepts. Contents include: Liberty, Justice, Equality, Human rights, Social contract, Democracy, Monarchy, Anarchism, Capitalism, Socialism, Nationalism and Globalisation.

"What is insanity?" "Can we trust our memories?" "Who needs parents, anyway?" The answers to these and many other burning questions lie in the world of psychology. It is all around us, influencing advertising, politics, and product development, and Heads Up Psychology explains it all. Using engaging graphics, this book explores the big ideas from all areas of psychology, including psychoanalysis, intelligence, and mental disorders, as well as offering biography spreads of key psychologists and case study panels about specific experiments to give everything context. Heads Up Psychology offers big ideas, simply explained for teen readers.

Packed with questionnaires, thoughtful activities, fascinating information, and psychological wisdom, DK's Do You Know Who You Are? is an enjoyable and insightful journey of self-discovery. Learn all about your skills, dreams, desires, fears, likes and dislikes, personality, and more with this new quiz book for young adults who want to discover more about themselves. Questions such as "What do my dreams mean?" "Am I saver or a spender?" and "What's my style decade?" are expertly answered in a format that offers endless fun for teenage girls with an interest in self-analysis and psychology.

Self-help books don't seem to work. Few of the many advantages of modern life seem capable of lifting our collective mood. Wealth—even if you can get it—doesn't necessarily lead to happiness. Romance, family life, and work often bring as much stress as joy. We can't even agree on what "happiness" means. So are we engaged in a futile pursuit? Or are we just going about it the wrong way? Looking both east and west, in bulletins from the past and from far afield, Oliver Burkeman introduces us to an unusual group of people who share a single, surprising way of thinking about life. Whether experimental psychologists, terrorism experts, Buddhists, hardheaded business consultants, Greek philosophers, or modern-day gurus, they argue that in our personal lives, and in society at large, it's our constant effort to be happy that is making us miserable. And that there is an alternative path to happiness and success that involves embracing failure, pessimism, insecurity, and uncertainty—the very things we spend our lives trying to avoid. Thought-provoking, counterintuitive, and ultimately uplifting, *The Antidote* is the intelligent person's guide to understanding the much-misunderstood idea of happiness.

Meditations is a series of personal writings by Marcus Aurelius, Roman Emperor from 161 to 180 AD, recording his private notes to himself and ideas on Stoic philosophy

NEW YORK TIMES BESTSELLER • This instant classic explores how we can change our lives by changing our habits. **NAMED**

ONE OF THE BEST BOOKS OF THE YEAR BY The Wall Street Journal • Financial Times In *The Power of Habit*, award-winning business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist and how they can be changed. Distilling vast amounts of information into engrossing narratives that take us from the boardrooms of Procter & Gamble to the sidelines of the NFL to the front lines of the civil rights movement, Duhigg presents a whole new understanding of human nature and its potential. At its core, *The Power of Habit* contains an exhilarating argument: The key to exercising regularly, losing weight, being more productive, and achieving success is understanding how habits work. As Duhigg shows, by harnessing this new science, we can transform our businesses, our communities, and our lives. With a new Afterword by the author “Sharp, provocative, and useful.”—Jim Collins “Few [books] become essential manuals for business and living. *The Power of Habit* is an exception. Charles Duhigg not only explains how habits are formed but how to kick bad ones and hang on to the good.”—Financial Times “A flat-out great read.”—David Allen, bestselling author of *Getting Things Done: The Art of Stress-Free Productivity* “You’ll never look at yourself, your organization, or your world quite the same way.”—Daniel H. Pink, bestselling author of *Drive* and *A Whole New Mind* “Entertaining . . . enjoyable . . . fascinating . . . a serious look at the science of habit formation and change.”—The New York Times Book Review

An introduction to the life and music of the composer and musician Mozart.

Learn how to train your memory, enhance your mental abilities, and keep your mind agile and alert. This book’s expert tips, clear text, and hard-working illustrations will show you how to improve your concentration, organize your thoughts, and retain and recall information quickly and accurately to make your memory work for you both in personal and professional situations.

How much does a blue whale weigh? How big is big? Using visually dazzling equivalents, *How Many Elephants in a Blue Whale* makes concepts like size, speed, and mass easy to grasp, and fun as well. Get the scoop on how many Eiffel Towers it takes to reach the top of Mount Everest and how fast a cheetah would have to run to outpace a Ferrarri. An irresistibly entertaining way to get a fix on how things in our world are related, this compendium is perfect for trivia lovers and those fascinated by popular science.

Outlines a program developed by Gallup experts and based on a study of more than two million people to help readers discover their distinct talents and strengths and how they can be translated into personal and career successes. 100,000 first printing.

The hidden brain is the voice in our ear when we make the most important decisions in our lives—but we’re never aware of it. The hidden brain decides whom we fall in love with and whom we hate. It tells us to vote for the white candidate and convict the dark-skinned defendant, to hire the thin woman but pay her less than the man doing the same job. It can direct us to safety when disaster strikes and move us to extraordinary acts of altruism. But it can also be manipulated to

turn an ordinary person into a suicide terrorist or a group of bystanders into a mob. In a series of compulsively readable narratives, Shankar Vedantam journeys through the latest discoveries in neuroscience, psychology, and behavioral science to uncover the darkest corner of our minds and its decisive impact on the choices we make as individuals and as a society. Filled with fascinating characters, dramatic storytelling, and cutting-edge science, this is an engrossing exploration of the secrets our brains keep from us—and how they are revealed.

Gallup presents the remarkable findings of its revolutionary study of more than 80,000 managers in *First, Break All the Rules*, revealing what the world's greatest managers do differently. With vital performance and career lessons and ideas for how to apply them, it is a must-read for managers at every level. The greatest managers in the world seem to have little in common. They differ in sex, age, and race. They employ vastly different styles and focus on different goals. Yet despite their differences, great managers share one common trait: They do not hesitate to break virtually every rule held sacred by conventional wisdom. They do not believe that, with enough training, a person can achieve anything he sets his mind to. They do not try to help people overcome their weaknesses. They consistently disregard the golden rule. And, yes, they even play favorites. This amazing book explains why. Gallup presents the remarkable findings of its massive in-depth study of great managers across a wide variety of situations. Some were in leadership positions. Others were front-line supervisors. Some were in Fortune 500 companies; others were key players in small entrepreneurial companies. Whatever their situations, the managers who ultimately became the focus of Gallup's research were invariably those who excelled at turning each employee's talent into performance. In today's tight labor markets, companies compete to find and keep the best employees, using pay, benefits, promotions, and training. But these well-intentioned efforts often miss the mark. The front-line manager is the key to attracting and retaining talented employees. No matter how generous its pay or how renowned its training, the company that lacks great front-line managers will suffer. The authors explain how the best managers select an employee for talent rather than for skills or experience; how they set expectations for him or her — they define the right outcomes rather than the right steps; how they motivate people — they build on each person's unique strengths rather than trying to fix his weaknesses; and, finally, how great managers develop people — they find the right fit for each person, not the next rung on the ladder. And perhaps most important, this research — which initially generated thousands of different survey questions on the subject of employee opinion — finally produced the twelve simple questions that work to distinguish the strongest departments of a company from all the rest. This book is the first to present this essential measuring stick and to prove the link between employee opinions and productivity, profit, customer satisfaction, and the rate of turnover. There are vital performance and career lessons here for managers at every level, and, best of all, the book shows you how to apply them to your own situation.

Religion in Minutes covers everything you need to know about faith and religious practices around the world, condensed into key topics, and focused on the major world religions of Christianity, Judaism, Hinduism, Buddhism, Jainism, Sikhism, and Islam. Each faith is described, including the sacred texts, religious artifacts, rites and ceremonies, practices and traditions, art and architecture. Also includes a map, time line, and history of each religion for a thorough study of the diverse ways people worship around the world. Following the latest research showing that the brain best absorbs information visually, each description is accompanied by illustrations to aid quick comprehension and easy recollection. This convenient and compact reference book is ideal for anyone interested in touching on the major religions of the world.

Looking for a practical, comprehensive overview of Qualitative Research Methods? Want to know the best approach to take for you and your research project? This book takes you through five different qualitative approaches – thematic analysis, interpretative phenomenological analysis, grounded theory, narrative analysis and discourse analysis. Applying them all to a common data set, this book gives you step-by-step guidance on each approach and helps you work out which is the right one for you. Plus, with a whole new part on qualitative data collection – including chapters on interviewing, social media data and visual methodologies – this new edition is the ultimate resource for students engaged in qualitative psychological research or studying methods at any level.

Why does racism exist? Is Big Brother watching us? Why are women paid less than men? Investigate society's hidden truths, from gender and identity politics to consumer culture with this insightful guide. Sociology is the study of how societies are organized and what helps them function or go wrong. Heads Up Sociology explores a range of curious social phenomena, including poverty and class status, white-collar crime, religious beliefs, and internet anxieties. The book helps readers see themselves and their communities in the context of a larger, globalized world. Fascinating biographies offer insight into the lives and work of key researchers such as Karl Marx, Judith Butler, and Howard Becker, while well-illustrated case studies and real-life scenarios bring their ideas to life. Stunning infographics further explain the ebb and flow of power in society. Heads Up Sociology is the ultimate tool to help you get to grips with sociology in time for exams and is an essential read for anyone keen to ask the big questions about the world we live in today.

Does money make the world go round? Can wealth buy happiness? What would happen if a bank simply printed more money? Find out the answers to these questions and much more in Heads Up Money. Using real-life scenarios, you will learn about a variety of topics including supply and demand, free trade, globalization, and financial crises. Packed with colorful graphics and easy-to-follow text, this indispensable book will help you understand money and the role it plays in our world. This comprehensive volume also explores international financial institutions, ethical trade, and how to run an efficient and successful business. Whether you're analyzing the global marketplace, studying booming market trends and how to make use of them, calculating hidden costs, or deciding between investing, spending, or saving, Heads Up Money will help you navigate the tricky waters of economics and financial planning. Written by renowned author Marcus Weeks in consultation with Derek Braddon, Professor of Economics at UWE Bristol Business School, this book is the perfect introduction to the world

of money and finance for teenagers and young adults.

Presents advice for readers on how they can identify their greatest strengths and weaknesses and how this knowledge can be utilized to achieve greater personal and professional success.

A neurologist's insightful and compassionate look into the misunderstood world of psychosomatic disorders, told through individual case histories It's happened to all of us: our cheeks flush red when we say the wrong thing, or our hearts skip a beat when a certain someone walks by. But few of us realize how much more dramatic and extreme our bodies' reactions to emotions can be. Many people who see their doctor have medically unexplained symptoms, and in the vast majority of these cases, a psychosomatic cause is suspected. And yet, the diagnosis of a psychosomatic disorder can make a patient feel dismissed as a hypochondriac, a faker, or just plain crazy. In *IS IT ALL IN YOUR HEAD?* neurologist Suzanne O'Sullivan, MD, takes us on a journey through the world of psychosomatic illness, where we meet patients such as Rachel, a promising young dancer now housebound by chronic fatigue syndrome, and Mary, whose memory loss may be her mind's way of protecting her from remembering her husband's abuse. O'Sullivan reveals the hidden stresses behind their mysterious symptoms, approaching a sensitive topic with patience and understanding. She addresses the taboos surrounding psychosomatic disorders, teaching us that "it's all in your head" doesn't mean that something isn't real, as the body is often the stand-in for the mind when the latter doesn't possess the tools to put words to its sorrow. She encourages us to look with compassion at the ways in which our brains act out, and to question our failure to credit the intimate connection between mind and body.

A New York Times bestseller! A revelatory look at how our environment unconsciously yet dramatically shapes the judgments and decisions we make every day Most of us go through life believing that we are in control of the choices we make—that we think and behave almost independently from the world around us. But as *Drunk Tank Pink* illustrates, the truth is our environment shapes our thoughts and actions in myriad ways without our permission or even our knowledge. Armed with surprising data and endlessly fascinating examples, Adam Alter addresses the subtle but substantial ways in which outside forces influence us—such as color's influence on mood, our bias in favor of names with which we identify, and how sunny days can induce optimism as well as aggression. *Drunk Tank Pink* proves that the truth behind our feelings and actions goes much deeper than the choices we take for granted every day.

What Would Freud Do? uses the key ideas of more than 80 psychological thinkers, past and present, to shine new light onto today's everyday problems. Ever wondered what a great therapist like Freud or Jung would have to say about your horrible boss, your phone-checking addiction or an occasional wish to cheat on your partner? Ever wished someone would explain why you sometimes act like an idiot just when you want to look good, or generally keep doing things you don't really want to do? From Erich Fromm on how to find Mr/Mrs Right, to Jaak Panksepp on road rage and Magda Arnold on how to deal with 'banter', these theorists have intriguing suggestions for ways to see and do things differently. Divided into five sections, including 'What am I like?', and 'Why am I acting like this?', other questions include: '-My family's a nightmare -- shall I cut them off?' '-Is my partner lying to me?' '-Why do I keep buying the same brand all the time?' '-How can I stop people unfriending me on social media?' '-Why do I lie when she says "Does my bum look big in this?"' With Sarah Tomley's enlightening commentary throughout, this book provides the answers to the most deep and meaningful (or, indeed, shallow and meaningless) questions that you have ever pondered. A pocket guide to facing the hurdles and obstacles of life, with the advice of all the greatest psychologists at your fingertips.

Previously published Wiltshire, 1967. Guide to personal health and success

Examines the ways that embracing socially awkward situations, even when they lead to embarrassment and self-consciousness, also provide the opportunity to test oneself and to recognize how people are connected to each other.

Explores the ideas behind one hundred iconic works of art while examining their historical context.

How far would you go to obey orders? Why do many people - even some scientists - believe in miracles? Find out the answers to these questions and much more in this visual guide to applied psychology. Lying at the intersection of biology, philosophy, and medicine, psychology is at the heart of what makes us human. Perfect both for students and people new to the topic, *How Psychology Works* has a unique graphic approach and uses direct, jargon-free language. It explores various approaches that psychologists use to study how people think and behave, such as behaviorism, cognitive psychology, and humanism. This indispensable guide describes a wide range of mental health conditions, including bipolar disorder and obsessive-compulsive disorder. It then takes you through treatments, from cognitive behavioral therapy and psychoanalysis to group therapy and art therapy. This book also explores the role of psychology in everyday situations. Discover what makes you, you - the unique blend of nature and nurture that makes up your sense of who you are - and psychology's role in relationships, sport, work, and education. *How Psychology Works* is a fascinating read that will quickly hone your emotional intelligence and give you perceptive insights into both your own and other people's feelings and behavior.

Heads Up Psychology Penguin

“Brilliant. . . . Lewis has given us a spectacular account of two great men who faced up to uncertainty and the limits of human reason.”
—William Easterly, *Wall Street Journal* Forty years ago, Israeli psychologists Daniel Kahneman and Amos Tversky wrote a series of breathtakingly original papers that invented the field of behavioral economics. One of the greatest partnerships in the history of science, Kahneman and Tversky's extraordinary friendship incited a revolution in Big Data studies, advanced evidence-based medicine, led to a new approach to government regulation, and made much of Michael Lewis's own work possible. In *The Undoing Project*, Lewis shows how their Nobel Prize-winning theory of the mind altered our perception of reality.

Forget what you know about the world of work You crave feedback. Your organization's culture is the key to its success. Strategic planning is essential. Your competencies should be measured and your weaknesses shored up. Leadership is a thing. These may sound like basic truths of our work lives today. But actually, they're lies. As strengths guru and bestselling author Marcus Buckingham and Cisco Leadership and Team Intelligence head Ashley Goodall show in this provocative, inspiring book, there are some big lies--distortions, faulty assumptions, wrong thinking--that we encounter every time we show up for work. Nine lies, to be exact. They cause dysfunction and frustration, ultimately resulting in workplaces that are a pale shadow of what they could be. But there are those who can get past the lies and discover what's real. These freethinking leaders recognize the power and beauty of our individual uniqueness. They know that emergent patterns are more valuable than received wisdom and that evidence is more powerful than dogma. With engaging stories and incisive analysis, the authors reveal the essential truths that such freethinking leaders will recognize immediately: that it is the strength and cohesiveness of your team, not your company's culture, that matter most; that we should focus less on top-down planning and more on giving our people reliable, real-time intelligence; that rather than trying to align people's goals we should strive to align people's sense of purpose and meaning; that people don't want constant feedback, they want helpful attention. This is the real world of work, as it is and as it should be. *Nine Lies About Work* reveals the few core truths that will help you show just how good you are to those who truly rely on you.

“Irresistible is a fascinating and much needed exploration of one of the most troubling phenomena of modern times.” —Malcolm Gladwell,

author of New York Times bestsellers *David and Goliath* and *Outliers* “One of the most mesmerizing and important books I’ve read in quite some time. Alter brilliantly illuminates the new obsessions that are controlling our lives and offers the tools we need to rescue our businesses, our families, and our sanity.” —Adam Grant, New York Times bestselling author of *Originals* and *Give and Take* Welcome to the age of behavioral addiction—an age in which half of the American population is addicted to at least one behavior. We obsess over our emails, Instagram likes, and Facebook feeds; we binge on TV episodes and YouTube videos; we work longer hours each year; and we spend an average of three hours each day using our smartphones. Half of us would rather suffer a broken bone than a broken phone, and Millennial kids spend so much time in front of screens that they struggle to interact with real, live humans. In this revolutionary book, Adam Alter, a professor of psychology and marketing at NYU, tracks the rise of behavioral addiction, and explains why so many of today's products are irresistible. Though these miraculous products melt the miles that separate people across the globe, their extraordinary and sometimes damaging magnetism is no accident. The companies that design these products tweak them over time until they become almost impossible to resist. By reverse engineering behavioral addiction, Alter explains how we can harness addictive products for the good—to improve how we communicate with each other, spend and save our money, and set boundaries between work and play—and how we can mitigate their most damaging effects on our well-being, and the health and happiness of our children. Adam Alter's previous book, *Drunk Tank Pink: And Other Unexpected Forces that Shape How We Think, Feel, and Behave* is available in paperback from Penguin.

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