

## Leap In A Woman Some Waves And The Will To Swim

The New York Times bestselling WORLDWIDE phenomenon Winner of the Goodreads Choice Award for Fiction | A Good Morning America Book Club Pick | Independent (London) Ten Best Books of the Year "A feel-good book guaranteed to lift your spirits."—The Washington Post The dazzling reader-favorite about the choices that go into a life well lived, from the acclaimed author of How To Stop Time and The Comfort Book. Somewhere out beyond the edge of the universe there is a library that contains an infinite number of books, each one the story of another reality. One tells the story of your life as it is, along with another book for the other life you could have lived if you had made a different choice at any point in your life. While we all wonder how our lives might have been, what if you had the chance to go to the library and see for yourself? Would any of these other lives truly be better? In The Midnight Library, Matt Haig's enchanting blockbuster novel, Nora Seed finds herself faced with this decision. Faced with the possibility of changing her life for a new one, following a different career, undoing old breakups, realizing her dreams of becoming a glaciologist; she must search within herself as she travels through the Midnight Library to decide what is truly fulfilling in life, and what makes it worth living in the first place.

Seventeen-year-old Faith shepherds her neglectful, drug-addicted mother through her pregnancy and then kidnaps the baby, taking on the responsibility of being her baby sister's parent while hiding from the authorities.

The inspiring, hilarious memoir of a "Bridget Jones-like writer" (The Washington Post) who transforms her life by learning to run, with stories of miserable defeat, complete victory, and learning to choose the right shoes. When Alexandra Heminsley decided to take up running, she had hopes for a blissful runner's high and immediate physical transformation. After eating three slices of toast with honey and spending ninety minutes creating the perfect playlist, she hit the streets—and failed spectacularly. The stories of her first runs turn on its head the common notion that we are all "born to run"—and exposes the truth about starting to run: it can be brutal. Running Like a Girl tells the story of getting beyond the brutal part, how Alexandra makes running a part of her life, and reaps the rewards: not just the obvious things, like weight loss, health, and glowing skin; but self-confidence and immeasurable daily pleasure, along with a new closeness to her father—a marathon runner—and her brother, with whom she ultimately runs her first marathon. But before her first marathon, she has to figure out the logistics of running: the intimidating questions from a young and arrogant sales assistant when she goes to buy her first running shoes, where to get decent bras for the larger bust, how not to freeze or get sunstroke, and what (and when) to eat before a run. She's figured out what's important (pockets) and what isn't (appearance), and more. For any woman who has ever run, wanted to run, tried to run, or failed to run (even if just around the block), Heminsley's funny, warm, and motivational personal journey from nonathlete extraordinaire to

someone who has completed five marathons is inspiring, entertaining, practical, and fun.

You were created for a purpose, and it's time to make it happen. *Make It Happen* is the story of how I surrendered my fear, took the leap, and got a life. In my case, a perfectly imperfect, fulfilling life as a mama, a working woman, and a grateful wife. This is the story of how I chose to make "it"—a greater purpose than mine—happen, and how you can too. *Make It Happen* is for women who find themselves worried, anxious, and completely overwhelmed by the constant chase for perfection those seeking the courage to jump into a new venture working women who are struggling to "do it all" weary wives and moms looking for relief from burning the candle at both ends anyone who dreams of a life lived not by accident, but on purpose Your time has come to take a leap of faith. Join me as we surrender our fears, end the chase for perfection, and say yes to cultivating the meaningful lives God desires for us. You know all those things you've always wanted to do? You should go do them.

*The Radical Leap* is a business parable originally launched in 2004. In the last 10 years, the book has sold over 100,000 copies and inspires business leaders all over the world to bring Love, Energy, Audacity, and Proof to their work and their life.

The #1 New York Times–bestselling author of *Fear of Flying* brings the seductive Greek poet to life in this “enormously entertaining” tale (Booklist). As she stands poised at the edge of a precipice in the shadow of the sanctuary of Apollo, the greatest love poet who ever was or ever will be recalls the eventful fifty years that have led her to this moment. It was love that seduced her, at age sixteen, into an ill-fated plot with the poet Alcaeus to depose the despot of the island of Lesbos. It was love that made her trade the unwanted marriage bed of an old, despised, and drunken husband for a seemingly endless series of lovers, both male and female. For Sappho, life has always been a banquet to be savored to the fullest, a strange and sensual odyssey that has carried her to the far corners of the ancient world. Devoted to the goddess Aphrodite and granted the gift of immortal song, she has followed her magnificent destiny from Delphi to Egypt, to the land of the Amazons, the realm of the centaurs, and into the stygian depths of Hades itself, often in the company of her companion and friend, the fabulist slave Aesop. Through every grand affair and every wild adventure, she has remained forever true to her heart, her passion, and herself, right up to this, the end of everything. Combining evocative and realistic detail with unabashedly outrageous invention, Erica Jong’s *Sappho’s Leap* is a flawless gem of historical fiction boldly imagined by one of America’s most enthralling storytellers. This ebook features an illustrated biography of Erica Jong including rare photos and never-before-seen documents from the author’s personal collection.

'Remarkable' Observer 'A joy to read' Daily Telegraph 'Soaringly beautiful' Sunday Times Magazine 'Genuine and persuasive' Guardian Alexandra Heminsley thought she could swim. She really did. It may have been because

she could run. It may have been because she wanted to swim; or perhaps because she only ever did ten minutes of breaststroke at a time. But, as she learned one day while flailing around in the sea, she really couldn't. Believing that a life lived fully isn't one with the most money earned, the most stuff bought or the most races won, but one with the most experiences, experienced the most fully, she decided to conquer her fear of the water. From the ignominy of getting into a wetsuit to the triumph of swimming from Kefalonia to Ithaca, in becoming a swimmer, Alexandra learns to appreciate her body and still her mind. As it turns out, the water is never as frightening once you're in, and really, everything is better when you remember to exhale.

Explores the potential mutual benefits of prioritizing trust between the public and the institutions it relies on, documenting the author's visit to a corrupt Latin American city and his trust-related scientific experiments.

The rule-smashing guide for motivated working women who want to stop following someone else's rules and take charge of their own success. You leaned in like a palm tree in a hurricane. You cracked the confidence code. You're determined not to be a nice girl, but a #GirlBoss. You've learned you can't have it all, but you still try anyway. You know all of this. You've read the books, downloaded the apps, vision boarded and journaled your way to oblivion and back, to no avail. Whether you're stuck in middle management, stalled in mid-career, or mulling over a major career change, sometimes the proverbial glass ceiling feels very real indeed—a barrier keeping you from fulfilling your potential. Unlike other books, which focus on fixing you, *Kick Some Glass* empowers you to break through your glass ceiling and guides you toward understanding your context and uncovering what you really want, what your definition of success is, what your values are, and how to set the goals to reach your potential. This is no one-size-fits-all career guide. It's a top-to-bottom, inside-out, do-it-yourself makeover with the focus completely on you. In each chapter, you'll be asked to evaluate specific parts of your work life, home life, personal strengths and weaknesses, past history and present obstacles, both internal and external, so you can:

- Live your intention and design a meaningful life at any stage
- Identify the underlying values that are the core of your being
- Get comfortable with your personal power and understand what it means
- Uncover the conscious and subconscious mental models that are holding you back
- Take calculated risks through planful action with a clear direction
- Let go of things you cannot control or change
- Become more resilient, adaptable, and self-aware
- Make the choices and tradeoffs necessary to fulfill your goals
- Decide if it's time to reinvent your career—and prepare for your next move
- Find that elusive work-life balance that's right for you
- Create your own definition of success—and make it happen for you

Best of all, you'll be able to map out a career course for yourself that is based on your own definition of success, play and win by your own rules, and pay it forward by busting down doors for the next generation of women. In the end, this book will help you uncover who you truly are and approach your professional life in ways that are authentic and most meaningful to you—and no one else. After all, only you hold the answers. It's time to Kick Some Glass.

'One of the best writers around!' Katie Fforde 'Full of down-to-earth humour' Sophie Kinsella Sappho Jones stopped counting birthdays when she reached thirty but, even with her hazy grip on mathematics, she realises that she's on the slippery slope to the big four-oh! With the thought suddenly lodged in her mind that she's a mere cat's whisker away from becoming a single eccentric female living in a country cottage in Wales, she has the urge to do something dramatic before it's too late. The trouble is, as an adventurous woman of a certain age, Sappho's pretty much been there, done that, got the T-shirt. In fact, the only thing she hasn't

tried is motherhood. And with sexy potter Nye on hand as a potential daddy - or at least donor - is it time for her to consider the biggest leap of all? It's either that or buy a cat . . . Wonderfully wry, heart-warming and life-affirming, *A Leap of Faith* is perfect for fans of romantic comedies by Milly Johnson and Jill Mansell. Readers are falling in love with *A Leap of Faith*: \*\*\*\*\* 'A sheer joy to read' \*\*\*\*\* 'Romance, friendship and a mystery all wrapped up in one book' \*\*\*\*\* 'A quirky and fun story with a lot of laughter thrown in' \*\*This novel was originally published in 2001 as *The Urge to Jump*.\*\*

Natalie's passion is dance, and she's looking forward to a summer of perfecting her technique at dance camp. Plus, she's just turned fifteen -- a momentous age that means she's now officially a grown-up. But while her mom doesn't seem to have got the memo, Kevin, her best friend Sasha's older brother, has. Caught up with the excitement of Kevin's attention, their relationship quickly becomes intimate and all-consuming. Over the summer, Natalie goes from being in love and lust with Kevin to realizing that he is not the guy she thought he was. The worst is that she may have lost her friendship with Sasha. When Natalie turns to her single mom for advice, she gets a shock. Her mom has fallen in love with a woman. Losing her virginity, dealing with her new understanding of her mother, and trying to re-negotiate her friendships, Natalie turns to dancing as the only certain thing in a life full of questions. When a new teacher introduces her to modern dance, she gains confidence and a new sense of herself. Girls will be drawn to Leap's frank discussion of first love, first times -- sex, drinking, break-ups -- and the struggle between doing what feels right and doing things to please others.

The Challenge Built to Last, the defining management study of the nineties, showed how great companies triumph over time and how long-term sustained performance can be engineered into the DNA of an enterprise from the very beginning. But what about the company that is not born with great DNA? How can good companies, mediocre companies, even bad companies achieve enduring greatness? The Study For years, this question preyed on the mind of Jim Collins. Are there companies that defy gravity and convert long-term mediocrity or worse into long-term superiority? And if so, what are the universal distinguishing characteristics that cause a company to go from good to great? The Standards Using tough benchmarks, Collins and his research team identified a set of elite companies that made the leap to great results and sustained those results for at least fifteen years. How great? After the leap, the good-to-great companies generated cumulative stock returns that beat the general stock market by an average of seven times in fifteen years, better than twice the results delivered by a composite index of the world's greatest companies, including Coca-Cola, Intel, General Electric, and Merck. The Comparisons The research team contrasted the good-to-great companies with a carefully selected set of comparison companies that failed to make the leap from good to great. What was different? Why did one set of companies become truly great performers while the other set remained only good? Over five years, the team analyzed the histories of all twenty-eight companies in the study. After sifting through mountains of data and thousands of pages of interviews, Collins and his crew discovered the key determinants of greatness -- why some companies make the leap and others don't. The Findings The findings of the Good to Great study will surprise many readers and shed light on virtually every area of management strategy and practice. The findings include: Level 5 Leaders: The research team was shocked to discover the type of leadership required to achieve greatness. The Hedgehog Concept (Simplicity within the Three Circles): To go from good to great requires transcending the curse of competence. A Culture of Discipline: When you combine a culture of discipline with an ethic of entrepreneurship, you get the magical alchemy of great results. Technology Accelerators: Good-to-great companies think differently about the role of technology. The Flywheel and the Doom Loop: Those who launch radical change programs and wrenching restructurings will almost certainly fail to make the leap. "Some of the key concepts discerned in the study," comments Jim Collins, "fly in the face of our modern business culture and will, quite frankly,



upset some people.” Perhaps, but who can afford to ignore these findings?

These shocking, brilliant, and ultimately beautiful stories chronicle the lives of ordinary people in extraordinary situations. Each tale is laced with enough wit, humor, and imagination to keep the reader constantly amazed. From the young son persuaded to donate his heart to his dying mother, to the girl who befriends a man in a dog suit in post-apocalyptic suburbia, to the man and woman conducting a love affair across a park bench, these characters delight and dazzle.

“I really think the inspirational message in this book will help you to reflect on yourself, your strengths and your future. It’s a guide! I think it might help you break some self-limiting beliefs and allow you to become the person you are meant to be.” Mark McGregor, Chief Executive Officer, Leadership Center GmbH. Switzerland Author of “Being On Mission” & “True North”  
“The business world needs the contribution of everyone and women's voices have been under-represented for too long. Use this book to inspire you to step up and contribute at a higher level to your success and the success of your business. The world will be a better place if you do.” John Buckley, Chief Executive Officer, Wilbur Ellis Company, United States. Are you a woman who has dreams to fly high in life? What is stopping you from being a Boss Lady?

#BossLady brims with the author’s experiences and learnings from both her professional and personal life. A book that’s written straight from the heart, it aims to empower women to dream big. The motto of this book is to inspire women to aspire for more and take the next big leap. It is also for men to go the extra mile to support women in their aspirations. If you are a woman, this book is your friend, companion and reference guide, whenever you are in life’s crossroads. It is a short read that will keep you motivated when the world tells you to give up. Every woman has a special spark in her, which needs to be ignited. This is a cause that’s very close to the author’s heart. The author wants every woman to achieve more than she thinks she can. She shares her learnings so that women can start early and march ahead towards success and conquer greater heights.

The New York Times bestselling, “meticulously researched and absorbingly written” (The Washington Post) story of the trailblazers and the ordinary Americans on the front lines of the epic Apollo 11 moon mission. President John F. Kennedy astonished the world on May 25, 1961, when he announced to Congress that the United States should land a man on the Moon by 1970. No group was more surprised than the scientists and engineers at NASA, who suddenly had less than a decade to invent space travel. When Kennedy announced that goal, no one knew how to navigate to the Moon. No one knew how to build a rocket big enough to reach the Moon, or how to build a computer small enough (and powerful enough) to fly a spaceship there. No one knew what the surface of the Moon was like, or what astronauts could eat as they flew there. On the day of Kennedy’s historic speech, America had a total of fifteen minutes of spaceflight experience—with just five of those minutes outside the atmosphere. Russian dogs had more time in space than US astronauts. Over the next decade, more than 400,000 scientists, engineers, and factory workers would send twenty-four astronauts to the Moon. Each hour of space flight would require one million hours of work back on Earth to get America to the Moon on July 20, 1969. “A veteran space reporter with a vibrant touch—nearly every sentence has a fact, an insight, a colorful quote or part of a piquant anecdote” (The Wall Street Journal) and in *One Giant Leap*, Fishman has written the sweeping, definitive behind-the-scenes account of the furious race to complete one of mankind’s greatest achievements. It’s a story filled with surprises—from the item the astronauts almost forgot to take with them (the American flag), to the extraordinary impact Apollo would have back on Earth, and on the way we live today. From the research labs of MIT, where the eccentric and legendary pioneer Charles Draper created the tools to fly the Apollo spaceships, to the factories where dozens of women sewed spacesuits, parachutes, and even computer hardware by hand, Fishman captures the exceptional feats of these ordinary Americans. “It’s been 50 years since Neil Armstrong took that one small step. Fishman explains in dazzling form just how unbelievable it

actually was” (Newsweek).

For fans of *Three Times Lucky* and *The Penderwicks*, this endearing new classic spins together sparkling humor, sizzle-pop writing, and a sassy main character with an unforgettable voice. Gertie Reece Foy is 100% Not-From-Concentrate awesome. She has a daddy who works on an oil rig, a great-aunt who always finds the lowest prices at the Piggly Wiggly, and two loyal best friends. So when her absent mother decides to move away from their small town, Gertie sets out on her greatest mission yet: becoming the best fifth grader in the universe to show her mother exactly what she'll be leaving behind. There's just one problem: Seat-stealing new girl Mary Sue Spivey wants to be the best fifth grader, too. And there is simply not enough room at the top for the two of them. From debut author Kate Beasley, and with illustrations by Caldecott Honor artist Jillian Tamaki, comes a classic tale of hope and homecoming that will empty your heart, then fill it back up again--one laugh at a time. At once inspiring, hilarious, and honest, the new book from Alexandra Heminsley chronicles her endeavor to tackle a whole new element, and the ensuing challenges and joys of open water swimming. “It's a meditative act,” they said. But it was far from meditative for Alexandra Heminsley when yet another wave slammed into her face. It was survival. When she laced up her shoes in *Running Like a Girl*, all she had to do to become a runner was to get out there and run. But swimming was something else entirely. The water was all-consuming, confusing her every move, sabotaging every breath. Determined, Alexandra would learn to adapt, find new strengths, and learn to work with the water. She does not want to stand on the beach looking at the sea any longer. She wants to leap in. In doing so she will learn not just how to accept herself, but how to accept what lay beyond. Soon, she will be able to see water, anywhere in the world and sense not fear but adventure. She will dive into water as she hopes to dive into life. And it has nothing to do with being “sporty” or being the correct shape for a swimsuit. Open water swimming is currently one of the fastest growing sports in the world, and marathon swimming is the only sport where men and women do not race in separate categories. The water welcomes all who are willing and prepared to take part, and as Alexandra shows in her wondrous and funny book, not knowing how to do something is not necessarily a weakness—strength lies within the desire to learn. The time is now to leap in, and revel in what you thought was beyond you, discovering that it was only ever you holding you back.

AN INSTANT NEW YORK TIMES BESTSELLER “A stunning debut.”

—Washington Post “Haunting [and] powerful.” —The New York Times “A modern-day classic.” —Jeffery Deaver, New York Times bestselling author of *The Bone Collector* “Fantastic, I loved it.” —Paula Hawkins, New York Times bestselling author of *The Girl on the Train* She thought she had escaped her past. But there are some things you can't outrun. Lex Gracie doesn't want to think about her family. She doesn't want to think about growing up in her parents' House of Horrors. And she doesn't want to think about her identity as Girl A: the girl who escaped, the eldest sister who freed her older brother and four younger siblings. It's been easy enough to avoid her parents--her father never made it out of the

House of Horrors he created, and her mother spent the rest of her life behind bars. But when her mother dies in prison and leaves Lex and her siblings the family home, she can't run from her past any longer. Together with her sister, Evie, Lex intends to turn the home into a force for good. But first she must come to terms with her siblings--and with the childhood they shared. What begins as a propulsive tale of escape and survival becomes a gripping psychological family story about the shifting alliances and betrayals of sibling relationships--about the secrets our siblings keep, from themselves and each other. Who have each of these siblings become? How do their memories defy or galvanize Lex's own? As Lex pins each sibling down to agree to her family's final act, she discovers how potent the spell of their shared family mythology is, and who among them remains in its thrall and who has truly broken free. For readers of *Room* and *Sharp Objects*, an absorbing and psychologically immersive novel about a young girl who escapes captivity--but not the secrets that shadow the rest of her life.

Thirty years ago, Sara Davidson wrote the phenomenal bestseller *Loose Change*, the definitive book about the boomer generation's coming-of-age. Now this witty social observer has again turned her discerning eye to her contemporaries, with *Leap!*, a no-holds-barred, illuminating, and hopeful look at the choices and challenges we face and the roads open to us. For many years Davidson earned a living as a successful journalist and screenwriter, but in her fifties she saw her life come apart: She could no longer find work, she endured a break-up with her partner, and her children left for college. For the first time ever, she had nothing to do. She felt adrift, but she found that she was not alone. In *Leap!*, Davidson sets out on a passionate quest to learn how to do the coming years well. Drawing on her own experience and that of others, she explores such questions as • How does a high-powered person learn to walk down the ladder gracefully? • How can women continue to be sensual and not touch-deprived? • How do we arrange to grow old with our friends? • What will be the fire at the center of our lives? • Why are we still here? Davidson interviews people from across the country and from all walks of life, including such icons as Carly Simon, Tom Hayden, Tracy Kidder, Jane Fonda, Ram Dass, and Iman, as well as teachers, writers, psychologists, businesspeople, and spiritual leaders. The candid portraits are both inspiring and cautionary. True to character, boomers will approach these years differently from previous generations, and there will be no single path. Some will feel free for the first time to take risks; others will embark upon a spiritual search; some will want to give back, to make the world a better place; others will want to play or make creativity a priority. But they will not fade quietly into the sunset. With *Leap!*, Sara Davidson holds up a mirror for readers, allowing them to see not only themselves and those around them but their potential future. With Davidson as a guide, the possibilities are boundless. A piercing, unflinching new volume offers necessary music for our tumultuous present, from "perhaps the best public poet we have" (*Boston Globe*). In her first volume of new poems in twelve years, Rita Dove investigates the vacillating

moral compass guiding America's, and the world's, experiments in democracy. Whether depicting the first Jewish ghetto in sixteenth-century Venice or the contemporary efforts of Black Lives Matter, a girls' night clubbing in the shadow of World War II or the doomed nobility of Muhammad Ali's conscious objector stance, this extraordinary poet never fails to connect history's grand exploits to the triumphs and tragedies of individual lives. Meticulously orchestrated and musical in its forms, *Playlist for the Apocalypse* collects a dazzling array of voices: an elevator operator simmers with resentment, an octogenarian dances an exuberant mambo, a spring cricket philosophizes with mordant humor on hip hop, critics, and Valentine's Day. Calamity turns all too personal in the book's final section, "Little Book of Woe," which charts a journey from terror to hope as Dove learns to cope with debilitating chronic illness. At turns audaciously playful and grave, alternating poignant meditations on mortality and acerbic observations of injustice, *Playlist for the Apocalypse* takes us from the smallest moments of redemption to catastrophic failures of the human soul. Listen up, the poet says, speaking truth to power; what you'll hear in return is "a lifetime of song."

Fear of childbirth, the increasing use of epidurals and soaring caesarean section rates are the focus of much apprehension, debate, and controversy in contemporary maternity care. Across the world, support in labour has been shown to reduce obstetric interventions and improve outcomes for women and babies, yet women often report feeling unhappy with the support they receive. This textbook provides a clear and practical guide to supporting women in labour, looking at a range of techniques and approaches that promote a safe and positive experience of birth for women and their families. Written by two highly experienced midwifery authors, this text draws on up-to-date research, identifying how evidence can be applied to everyday practice. It includes narratives from women and practitioners, including midwives, doulas, childbirth educators and students. These are used to illustrate a range of situations where the quality of support is central to the quality of the experience and outcome. *Supporting Women for Labour and Birth* encourages readers to reflect on their experiences and examine the evidence provided by both research and the experiences of women and practitioners in order to explore how this could be incorporated into their practice. The only book to deal directly with the practical and emotional issues associated with labour support, it is an ideal text for student midwives and an important reference for practising midwives, doulas and other childbirth practitioners.

Every business faces the existential threat of competitors producing cheaper copies. Even patent filings, market dominance and financial resources can't shield them from copycats. So what can we do -- and, what can we learn from companies that have endured and even prospered for centuries despite copycat competition? In a book of narrative history and practical strategy, IMD professor of management and innovation Howard Yu shows that succeeding in today's marketplace is no longer just a matter of mastering copycat tactics, companies



also need to leap across knowledge disciplines, and to reimagine how a product is made or a service is delivered. This proven tactic can protect a company from being overtaken by new (and often foreign) copycat competitors. Using riveting case studies of successful leaps and tragic falls, Yu illustrates five principles to success that span a wide range of industries, countries, and eras. Learn about how P&G in the 19th century made the leap from handcrafted soaps and candles to mass production of its signature brand Ivory, leaped into the new fields of consumer psychology and advertising, then leaped again, at the risk of cannibalizing its core product, into synthetic detergents and won with Tide in 1946. Learn about how Novartis and other pharma pioneers stayed ahead by making leaps from chemistry to microbiology to genomics in drug discovery; and how forward-thinking companies, including China's largest social media app -- WeChat, Tokyo-based Internet service provider Recruit Holdings, and Illinois-headquartered John Deere are leaping ahead by leveraging the emergence of ubiquitous connectivity, the inexorable rise of intelligent machines, and the rising importance of managerial creativity. Outlasting competition is difficult; doing so over decades or a century is nearly impossible -- unless one leaps. Ultimately, Leap is a manifesto for how pioneering companies can endure and prosper in a world of constant change and inevitable copycats.

Discusses the Buddhist concept of shenpa in order to describe how to become free from the destructive energy experienced during moments of conflict.

A poignant sequence of poems traces the evolution of a divorce while exploring themes of love, sex, sorrow, memory and freedom as reflected by everyday familiarities and the poignancy of former lovers parting, in a collection by the National Book Critics Circle Award-winning author of *The Dead and the Living*. Most of us believe that we will finally feel satisfied and content with our lives when we get the good news we have been waiting for, find a healthy relationship, or achieve one of our personal goals. However, this rarely happens. Good fortune is often followed by negative emotions that overtake us and result in destructive behaviors. "I don't deserve this," "this is too good to be true," or any number of harmful thought patterns prevent us from experiencing the joy and satisfaction we have earned. Sound familiar? This is what New York Times bestselling author Gay Hendricks calls the Upper Limit Problem, a negative emotional reaction that occurs when anything positive enters our lives. The Upper Limit Problem not only prevents happiness, but it actually stops us from achieving our goals. It is the ultimate life roadblock. In *The Big Leap*, Hendricks reveals a simple yet comprehensive program for overcoming this barrier to happiness and fulfillment, presented in a way that engages both the mind and heart. Working closely with more than one thousand extraordinary achievers in business and the arts—from rock stars to Fortune 500 executives—whose stories are featured in these pages, the book describes the four hidden fears that are at the root of the Upper Limit Problem. *The Big Leap* delivers a proven method for first identifying which of these four fears prevents us from reaching our personal upper limit, and then breaking through that limitation to achieve what Hendricks refers to as our Zone of Genius. Hendricks provides a clear path for achieving our true potential and attaining not only financial

success but also success in love and life.

FROM THE BESTSELLING AUTHOR OF THE YEAR OF LIVING DANISHLY - How to make big decisions, be more resilient, and change your life for good. Having spent the last few years in Denmark uncovering the secrets of the happiest country in the world, Helen Russell knows it's time to move back to the UK. She thinks. Maybe. Or maybe that's a terrible idea? Like many of us, she suffers from chronic indecision and a fear of change. So she decides to give herself a year for an experiment: to overhaul every area of her life, learn how to embrace change, and become a lean, mean decision-making machine. From how to cope with changing work lives and evolving relationships, to how we feel about our bodies, money and well-being, Helen investigates the benefits of new beginnings, the secrets of decisive people and what makes changes last - and uncovers the practical life lessons we can all use thrive when change is afoot - and inject some freshness and magic if it's not.

“Doesn't a romantic comedy set on a 1930s Nevada dude ranch teeming with about-to-be-divorced women owe a certain debt to the era's big-screen classics? Then again, it's hard to believe a cinematic version could be any more fun.” — New York Times Book Review The dazzling second novel from the bestselling author of *Be Frank with Me*, a charming story of endings, new beginnings, and the complexities and complications of friendship and love, set in late 1930s Reno. It's 1938 and women seeking a quick, no-questions split from their husbands head to the “divorce capital of the world,” Reno, Nevada. There's one catch: they have to wait six-weeks to become “residents.” Many of these wealthy, soon-to-be divorcees flock to the Flying Leap, a dude ranch that caters to their every need. Twenty-four-year-old Ward spent one year at Yale before his family lost everything in the Great Depression; now he's earning an honest living as a ranch hand at the Flying Leap. Admired for his dashing good looks—“Cary Grant in cowboy boots”—Ward thinks he's got the Flying Leap's clients all figured out. But two new guests are about to upend everything he thinks he knows: Nina, a St Louis heiress and amateur pilot back for her third divorce, and Emily, whose bravest moment in life was leaving her cheating husband back in San Francisco and driving herself to Reno. A novel about divorce, marriage, and everything that comes in between (money, class, ambition, and opportunity), *Better Luck Next Time* is a hilarious yet poignant examination of the ways friendship can save us, love can destroy us, and the family we create can be stronger than the family we come from.

Leap In A Woman, Some Waves and the Will to Swim Windmill Books

Born into a distinguished Arab-American family and raised amid privilege, Lisa Halaby was in the first co-educational freshman class at Princeton, graduating in 1974 with a degree in architecture and urban planning. Then, in 1976, she was introduced, on an airport runway, to King Hussein of Jordan, a direct descendent of the prophet Muhammed. In less than two years, she was his wife, Noor al-Hussein, Queen of Jordan. With eloquence and candour, Noor talks frankly of the many challenges of her life as wife and partner to the monarch, providing both an intimate portrait of the late King Hussein and his quest for peace in the Middle East, and a moving account of the demands his public role as a world statesman placed on the royal couple's private life. Sharing a personal perspective on the past three decades of world history, *Leap of Faith* highlights Queen Noor's views on Islam and the West; the challenges of rearing her family; her work as Queen and humanitarian activist; and her struggles to protect

her husband as he slipped into the illness that would kill him in 1999. Her story is filled with recollections of the world's most powerful and interesting people: Queen Elisabeth, Jimmy Carter, Pierre Trudeau, Yassar Arafat and Anwar Sadat. In the wake of September 11, Noor reflects on the true message of Islam and the ongoing violence in the Middle East from her unique perspective with a deep and abiding understanding of Arab aspirations and history. Leap of Faith is refreshingly candid and clear-eyed, a true love story set against the turbulent politics of the last thirty years.

Until recently, Tess Vigeland was a longtime host with Public Radio's Marketplace; it was a rewarding, high-status job, and Tess was very good at it—but she'd begun to feel restless. Without any definite, clear sense of what she wanted to do next (but an absolute certainty that what she'd been doing was no longer truly satisfying), she walked away from her dream job and into a vast unknown. Suddenly she was no longer "Marketplace's Tess Vigeland," she was just Tess Vigeland. For the multitude of Americans who change jobs mid-career (by choice or circumstance), the growing legions of freelance workers, and the entrepreneurially-minded who see self-employment as an increasingly more appealing and viable option, Tess Vigeland has created a personal and well-researched account of leaping without a net. With her signature humor, she writes honestly about the fear, uncertainty, and risk involved in leaving the traditional workforce—but also the excitement, resources, and possibilities that are on the other side. Part memoir and part field guide, this book offers a funny, thoughtful, and provocative look at how to find happiness, satisfaction, and success when pursuing a career less ordinary.

Can a good company become a great one and, if so, how? After a five-year research project, Collins concludes that good to great can and does happen. In this book, he uncovers the underlying variables that enable any type of organization to 'Engaging and luminous' -Rosalie Ham, author of The Dressmaker '. engrossing and compassionate' -Paddy O'Reilly, author of The Wonders '. tender and surprising' -Kalinda Ashton, author of The Danger Game Joe lives-despite himself. Driven by the need to atone for the neglect of a single tragic summer's night, he works at nothing jobs and, in his spare time, trains his body and mind to conquer the hostile environment that took his love and smashed up his future. So when a breathless girl turns up on the doorstep, why does he let her in? Isn't he done with love and hope? On the other side of the city, graphic designer Elise is watching her marriage bleed out. She retreats to the only place that holds any meaning for her—the tiger enclosure at the zoo—where, for reasons she barely understands, she starts to sketch the beautiful killers. Leap is a beautiful urban fairytale about human and animal nature, and the transformative power of grief. While at its heart is a searing absence, this haunting and addictive novel is propelled by an exhilarating life force, and the eternally hopeful promise of redemptive love. '. a writer who knows how to draw us in by portraying what it is to love and lose in a real sense.' -Georgia Blain, author of The Secret Lives of Men

Peep is afraid of jumping off the curb, but with a little encouragement from his mother and sisters, he finally gives it a try.

One year ago, a remarkable breakthrough changed what it means to be human. Now from a new research center in Puerto Rico, Alison Shaw and her team are about to stun the world, again. Less than a thousand miles away, a mysterious ship is spotted off the quiet coast of Guyana. Strange circumstances attract the attention of the U.S. Navy,

including naval investigators John Clay and Steve Caesare. They soon find that a Chinese crew is making mysterious trips into the jungle under the cover of darkness. Someone has made a surprising discovery beneath the shrouded canopies of South America. One that will change everything. As they race to piece the puzzle together, Clay and Caesare begin to uncover a string of secrets with frightening consequences. The discovery of the century has been made ... and someone is prepared to fight for it. On her 21st birthday Monica Baldwin - daughter of Prime Minister Stanley Baldwin - entered one of the oldest and most strictly enclosed contemplative orders of the Roman Catholic Church. Twenty-eight years later, having realized she did not have a true vocation for the life of a nun, she obtained a special rescript from Rome and left the convent. But the world Monica had known and forsaken in 1914 was very different to the world she found when she emerged into it at the height of the Second World War. This book is the fascinating story of one woman's two very different lives, with lucid descriptions of the world of a novice, the duties of a nun's day, and the spiritual aspects of convent life. These are interwoven with the trials and tribulations of life in a new and alien world, as the author is confronted by fashions, art, interventions, and politics that are totally unfamiliar to her.

On her fourth Leap birthday, when she turns sixteen, Josie has a number of momentous experiences, including taking her driver's test, auditioning for a school play, and celebrating with her family and friends.

The best-selling author of BRINGING UP BÉBÉ investigates life in her forties, and wonders whether her mind will ever catch up with her face. When Pamela Druckerman turns 40, waiters start calling her "Madame," and she detects a disturbing new message in mens' gazes: I would sleep with her, but only if doing so required no effort whatsoever. Yet forty isn't even technically middle-aged anymore. And after a lifetime of being clueless, Druckerman can finally grasp the subtext of conversations, maintain (somewhat) healthy relationships and spot narcissists before they ruin her life. What are the modern forties, and what do we know once we reach them? What makes someone a "grown-up" anyway? And why didn't anyone warn us that we'd get cellulite on our arms? Part frank memoir, part hilarious investigation of daily life, *There Are No Grown-Ups* diagnoses the in-between decade when...

- Everyone you meet looks a little bit familiar.
- You're matter-of-fact about chin hair.
- You can no longer wear anything ironically.
- There's at least one sport your doctor forbids you to play.
- You become impatient while scrolling down to your year of birth.
- Your parents have stopped trying to change you.
- You don't want to be with the cool people anymore; you want to be with your people.
- You realize that everyone is winging it, some just do it more confidently.
- You know that it's ok if you don't like jazz.

Internationally best-selling author and New York Times contributor Pamela Druckerman leads us on a quest for wisdom, self-knowledge and the right pair of pants. A witty dispatch from the front lines of the forties, *There Are No Grown-ups* is a (midlife) coming-of-age story, and a book for anyone trying to find their place in the world.

When high jumper Alice Coachman won the high jump title at the 1941 national championships with "a spectacular leap," African American women had been participating in competitive sport for close to twenty-five years. Yet it would be another twenty years before they would experience something akin to the national fame and recognition that African American men had known since the 1930s, the days of Joe



Louis and Jesse Owens. From the 1920s, when black women athletes were confined to competing within the black community, through the heady days of the late twentieth century when they ruled the world of women's track and field, African American women found sport opened the door to a better life. However, they also discovered that success meant challenging perceptions that many Americans--both black and white--held of them. Through the stories of six athletes--Coachman, Ora Washington, Althea Gibson, Wilma Rudolph, Wyomia Tyus, and Jackie Joyner-Kersey--Jennifer H. Lansbury deftly follows the emergence of black women athletes from the African American community; their confrontations with contemporary attitudes of race, class, and gender; and their encounters with the civil rights movement. Uncovering the various strategies the athletes use to beat back stereotypes, Lansbury explores the fullness of African American women's relationship with sport in the twentieth century.

Jumped In tells the story of the gangs of Los Angeles in the words of the gang members themselves as well as the people who interact with them on a daily basis--trying to arrest them, control them, and help them. There are priests and police officers, murderers and drug dealers, victims and grieving mothers, and other assorted characters, often partnering in unlikely ways. Jorja Leap's work draws upon intimate material, from interviews to eyewitness accounts, telling the deeply personal stories of current and former gang members who span three generations, as well as the dilemmas Leap herself faces as she struggles to adjust to marriage and motherhood--with a husband in the LAPD and a daughter in adolescence. Jumped In is a chronicle of the unexpected lessons gang members taught her when she was busily studying them. Ultimately, it is a book about attachments and commitments, loyalties and betrayals, drugs and guns, sex and devotion. When Leap began studying Los Angeles gang violence in 2002, she set out not so much to provide a solution but to find out what was being done and who was doing it. The stakes couldn't have been higher: a child or teenager is killed by gunfire almost every three hours--nearly eight times a day--and homicide is the primary cause of death of African American males between the ages of fifteen and thirty-four. During her years of research, this petite white woman from UCLA gained the trust of gang interventionists and access to their inner world. She sat in the living rooms, stood at the crime scenes, and drove through the housing projects. Through the oral histories, personal interviews, and eyewitness accounts of current and former gang members, readers come to understand gangs and the forces that pull people into them. First we get the lay of the land: the genealogy and geography of gangs and sub-gangs, territories within territories. But the centerpiece of the book is really the stories of those people who live "la vida loca," as well as the experiences of those trying to make things better. These stories are told in Leap's candid first-person voice, as she introduces us to gangland residents such as Tray, a young father trying to go straight who is nonetheless felled by a bullet, and Joanna, a third-generation gang member, who speaks of forbidding her mother to sell drugs around her baby granddaughter. We also ride along with Leap and Big Mike, a former "original gangster" who now does street peace ministry. We see the successful "Jobs not Jails" program at Homeboy Industries and learn that former gangsters make good paramedics and firefighters, accustomed to dangerous situations as they are. With an anthropologist's eye and a compassionate heart, Leap offers not a prescription for solving the gang problem, but a gritty yet hopeful portrait of violence and redemption.

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