

One Second Ahead Enhance Your Performance At Work With Mindfulness

The Journey Ahead: A New Roadmap to Collaboration in Your Firm takes you on a journey of exploring how your firm can become a team of collaborators creating something larger than any individual instead of just a group of individuals sharing overhead. This book contains industry interviews, case studies, stories, research and tools to guide you and your firm on a road to better collaboration.

A revised and updated edition of the career advancement guide that advocates working smarter, not harder, from one of America's premier career consultants. Do your job, do it well, and you'll be rewarded, right? Actually, probably not. According to career guru Donald Asher, advancement at work is less about skillsets and more about strategy. The revised and expanded edition of WHO GETS PROMOTED, WHO DOESN'T, AND WHY details exactly what puts one employee on the fast track to an exceptional career, while another stays on the treadmill to mediocrity. Whether you're new to the workforce, repairing a recession-damaged career, or feeling stagnant and overlooked at work, this book is your ticket to advancement. Learn: ? why timing is more important than talent ? how corporations actually make promotion decisions ? how to avoid career mistakes you don't even know you're making ? what women in the workforce particularly need to know ? and the twelve proven strategies for promotion regardless of your industry and experience If you want to know how to control your career destiny, the solution is to work smarter, not harder. WHO GETS PROMOTED, WHO DOESN'T, AND WHY will help you do just that.

The founder of Better Life Bags, Rebecca Smith, teaches us how to take little steps, say yes when God calls, and follow the passion He has given us. Let love stretch you. As the founder of one of the most popular custom handbag companies in the country, Rebecca Smith knows a thing or two about business. A highly successful entrepreneur in a world where the focus is on scalability, brand strategy, and global marketing, Rebecca Smith also knows the truth: that every success she's experienced at Better Life Bags has been the result of very small, very ordinary, very obedient steps of faith. Moving from Savannah, Georgia, to Hamtramck, Michigan, was culture shock enough for Rebecca. But trying to feel at home in a city where twenty-six different languages were spoken and most of the inhabitants were immigrants seemed downright impossible. It was only when Rebecca recognized that God had called her to this specific neighborhood at this particular moment in time that his plans began to unfold for her. Stepping forward into the place God had called her - a place that seemed messy and uncomfortable and unfamiliar - Rebecca discovered the true secret to success: when we slow down, pay attention, and trust that still, small voice of God to guide us, we just might change the world. Though Rebecca never set out to build a brand or create an empire, God saw Rebecca's heart for others, and began to multiply her efforts in ways she could have never imagined, creating a company where women from different cultures, faiths, and backgrounds work together for the good of others - for a better life. As you read this inspiring story, you will discover how to hear and follow God's voice for yourself as you slow down, take one small step at a time, and make a difference in the world right where you are.

Explains how such mindfulness practices as meditation and yoga have helped lower stress and increase mental focus for employees, and offers real-world examples of how mindfulness has benefited large corporations.

The #1 New York Times bestseller. Over 3 million copies sold! Tiny Changes, Remarkable Results No matter your goals, Atomic Habits offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to: • make time for new habits (even when life gets crazy); • overcome a lack of motivation and willpower; • design your environment to make success easier; • get back on track when you fall off course; ...and much more. Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

Join the global movement that's making corporations more people-centric to achieve great results. The world is facing a global leadership crisis. Seventy-seven percent of leaders think they do a good job of engaging their people, yet 88 percent of employees say their leaders don't engage enough. There is also a high level of suffering in the workplace: 35 percent of employees would forgo a pay raise to see their leaders fired. This is an enormous waste of human talent--despite the fact that \$46 billion is spent each year on leadership development. Based on extensive research, including assessments of more than 35,000 leaders and interviews with 250 C-level executives, The Mind of the Leader concludes that organizations and leaders aren't meeting employees' basic human needs of finding meaning, purpose, connection, and genuine happiness in their work. But more than a description of the problem, The Mind of the Leader offers a radical, yet practical, solution. To solve the leadership crisis, organizations need to put people at the center of their strategy. They need to develop managers and executives who lead with three core mental qualities: mindfulness, selflessness, and compassion. Using real-world inspirational examples from Marriott, Accenture, McKinsey & Company, LinkedIn, and many more, The Mind of the Leader shows how this new kind of leadership turns conventional leadership thinking upside down. It represents a radical redefinition of what it takes to be an effective leader--and a practical, hard-nosed solution to every organization's engagement and execution problems.

A plan for conquering collaborative overload to drive performance and innovation, reduce burnout, and enhance well-being. Most organizations have created always-on work contexts that are burning people out and hurting performance rather than delivering productivity, innovation and engagement. Collaborative work consumes 85% of employees' time and is drifting earlier into

the morning, later into the night, and deeper into the weekend. The dilemma is that we all need to collaborate more to create effective organizations and vibrant careers for ourselves. But conventional wisdom on teamwork and collaboration has created too much of the wrong kind of collaboration, which hurts our performance, health and overall well-being. In *Beyond Collaboration Overload*, Babson professor Rob Cross solves this paradox by showing how top performers who thrive at work collaborate in a more purposeful way that makes them 18-24% more efficient than their peers. Good collaborators are distinguished by the efficiency and intentionality of their collaboration—not the size of their network or the length of their workday. Through landmark research with more than 300 organizations, in-depth stories, and tools, *Beyond Collaboration Overload* will coach you to reclaim close to a day a week when you: Identify and challenge beliefs that lead you to collaborate too quickly Impose structure in your work to prevent unproductive collaboration Alter behaviors to create more efficient collaboration It then outlines how successful people invest this reclaimed time to: Cultivate a broad network—not a big one—for innovation and scale Energize others—a strong predictor of high performance Connect with others to reduce micro-stressors and enhance physical and mental well-being Cross' framework provides relief from the definitive problem of our age—dysfunctional collaboration at the expense of our performance, health and overall well-being.

NEW YORK TIMES BEST SELLER • A TODAY SHOW #READWITHJENNA BOOK CLUB PICK! • The moving story of an undocumented child living in poverty in the richest country in the world—an incandescent debut from an astonishing new talent “Heartrending, unvarnished, and powerfully courageous, this account of growing up undocumented in America will never leave you.” —Gish Jen, author of *The Resisters* In Chinese, the word for America, Mei Guo, translates directly to “beautiful country.” Yet when seven-year-old Qian arrives in New York City in 1994 full of curiosity, she is overwhelmed by crushing fear and scarcity. In China, Qian’s parents were professors; in America, her family is “illegal” and it will require all the determination and small joys they can muster to survive. In Chinatown, Qian’s parents labor in sweatshops. Instead of laughing at her jokes, they fight constantly, taking out the stress of their new life on one another. Shunned by her classmates and teachers for her limited English, Qian takes refuge in the library and masters the language through books, coming to think of *The Berenstain Bears* as her first American friends. And where there is delight to be found, Qian relishes it: her first bite of gloriously greasy pizza, weekly “shopping days,” when Qian finds small treasures in the trash lining Brooklyn’s streets, and a magical Christmas visit to Rockefeller Center—confirmation that the New York City she saw in movies does exist after all. But then Qian’s headstrong Ma Ma collapses, revealing an illness that she has kept secret for months for fear of the cost and scrutiny of a doctor’s visit. As Ba Ba retreats further inward, Qian has little to hold onto beyond his constant refrain: Whatever happens, say that you were born here, that you’ve always lived here. Inhabiting her childhood perspective with exquisite lyric clarity and unforgettable charm and strength, Qian Julie Wang has penned an essential American story about a family fracturing under the weight of invisibility, and a girl coming of age in the shadows, who never stops seeking the light.

Living in a "perfect" world without social ills, a boy approaches the time when he will receive a life assignment from the Elders, but his selection leads him to a mysterious man known as the Giver, who reveals the dark secrets behind the utopian facade.

NEW YORK TIMES BESTSELLER From the celebrated author of *Inward* comes a new collection of poetry and short prose focused on understanding how past wounds impact our present relationships. In *Clarity & Connection*, Yung Pueblo describes how intense emotions accumulate in our subconscious and condition us to act and react in certain ways. In his characteristically spare, poetic style, he guides readers through the excavation and release of the past that is required for growth. To be read on its own or as a complement to *Inward*, Yung Pueblo’s second work is a powerful resource for those invested in the work of personal transformation, building self-awareness, and deepening their connection with others.

The revolutionary literary vision that sowed the seeds of Objectivism, Ayn Rand's groundbreaking philosophy, and brought her immediate worldwide acclaim. This modern classic is the story of intransigent young architect Howard Roark, whose integrity was as unyielding as granite...of Dominique Francon, the exquisitely beautiful woman who loved Roark passionately, but married his worst enemy...and of the fanatic denunciation unleashed by an enraged society against a great creator. As fresh today as it was then, Rand’s provocative novel presents one of the most challenging ideas in all of fiction—that man’s ego is the fountainhead of human progress... “A writer of great power. She has a subtle and ingenious mind and the capacity of writing brilliantly, beautifully, bitterly...This is the only novel of ideas written by an American woman that I can recall.”—The New York Times

What has your attention right now? Did you know that your freely given attention is the most powerful expression of love? When you’re in command of your attention, you are attuned to the field of love underlying the energy of the universe. Unfortunately, we live in a culture of competing interests and distractions. Unless we regain control of how and to whom we direct this powerful currency, our connection with the people and causes we care most deeply about will continue to suffer. In this book, acclaimed meditation teacher Sarah McLean will show you how to direct your attention toward those aspects of yourself and your life that you most want to flourish, expand, and thrive. Each chapter offers modern practical ways of applying the timeless practices of meditation and mindfulness so that you become more intimately connected to yourself, honor your feelings and desires, and express your unique talents and gifts in the world. As you become practiced in the art of training your attention, and connecting with the source of it, you reclaim the power to purposefully live your life, frame by frame, as each new moment unfolds. You will no longer experience life as something that is happening to you; instead, you will know that life is happening for you.

Transhumanists would have humanity's creation of posthumanity be our governing aim. Susan B. Levin challenges their overarching commitments regarding the mind, brain, ethics, liberal democracy, knowledge, and reality. Her critique unmasks their notion of humanity's self-transcendence via science and technology as pure, albeit seductive, fantasy.

A leading executive coach pinpoints three vital traits necessary to advance your career In *Getting Ahead*, one of the top 50 executive coaches in the United States, Joel Garfinkle reveals his signature model for mastering three skills to take your career to the next level: Perception, Visibility, and Influence. The PVI-model of professional advancement will teach you to: (1) Actively promote yourself as an asset and valuable person inside the organization, (2) Increase your visibility to gain others’ recognition and appreciation for your efforts and (3) Become a person of influence who makes key decisions inside the organization. *Getting Ahead* will put you ahead of the competition to become a known, valued, and desired commodity at your company. For more than two decades, Joel Garfinkle has worked closely with thousands of executives, senior managers, directors, and employees at the world's leading companies, and has authored 300 articles on leadership Offers detailed guidance on how to increase exposure, boost visibility, enhance perceived value for your organization, and ultimately achieve career advancement Explains how to get your name circulating among higher levels of management so others know you, see your results, and acknowledge the impact you bring to the company

NEW EDITION, REVISED AND UPDATED The first edition of Full Steam Ahead!—an international bestseller that was translated into twenty-two languages—pioneered the concept of vision as the vital ingredient for truly satisfying long-term success. In this new edition, Ken Blanchard and Jesse Lyn Stoner offer new content and new resources to help you create and communicate a vision that will radically transform your work and your life. When do we need vision? During times of growth, change, or opportunity—so that we know we're headed in the right direction. We also need vision during times of uncertainty.

One Second Ahead Enhance Your Performance at Work with Mindfulness Springer

Presents the text of Alice Walker's story "Everyday Use"; contains background essays that provide insight into the story; and features a selection of critical response. Includes a chronology and an interview with the author.

There's been a revolution in negotiating tactics. The world's best negotiators have moved beyond *How to Win Friends & Influence People* and *Getting to Yes*. For over twenty years, David Sally has been teaching the art of negotiation at leading business schools and to executives at top companies. Now, he delivers the proven, clear, actionable insights you need to stay competitive in an ever-changing marketplace. *One Step Ahead* offers the fundamental wisdom that elevates the sophisticated negotiator above everyone else. Readers will gain the advantage in everything from determining when to negotiate and deciphering a game strategically, to understanding which personality traits matter, why emotions are not necessarily to be avoided, and how to be tough and fair. You'll learn to be round on the outside and square on the inside, how to command the idiom, why to avoid bumping into the furniture, and how to achieve mastery of the word and the number. While all of life is not a negotiation, Sally says, a negotiation incorporates all of life—*One Step Ahead* is for anyone and everyone who bargains, parents, manages, buys, sells, emotes, and engages. Based on cutting-edge studies and real-world results, and drawing parallels to everything from the NBA to the corner con game to Machiavelli, Xi Jinping, and Barack Obama, *One Step Ahead* upends conventional wisdom to make sure that you have what it takes to stay one step ahead—no matter whom you are facing across the table.

In her first novel since *The Quick and the Dead* (a finalist for the Pulitzer Prize), the legendary writer takes us into an uncertain landscape after an environmental apocalypse, a world in which only the man-made has value, but some still wish to salvage the authentic. "She practices ... camouflage, except that instead of adapting to its environment, Williams's imagination, by remaining true to itself, reveals new colorations in the ecology around her." —A.O. Scott, *The New York Times Book Review* Kristen is a teenager who, her mother believes, was marked by greatness as a baby when she died for a moment and then came back to life. After Kristen's failing boarding school for gifted teens closes its doors, and she finds that her mother has disappeared, she ranges across the dead landscape and washes up at a "resort" on the shores of a mysterious, putrid lake the elderly residents there call "Big Girl." In a rotting honeycomb of rooms, these old ones plot actions to punish corporations and people they consider culpable in the destruction of the final scraps of nature's beauty. What will Kristen and Jeffrey, the precocious ten-year-old boy she meets there, learn from this "gabby seditious lot, in the worst of health but with kamikaze hearts, an army of the aged and ill, determined to refresh, through crackpot violence, a plundered earth"? Rivetingly strange and beautiful, and delivered with Williams's searing, deadpan wit, *Harrow* is their intertwined tale of paradise lost and of their reasons—against all reasonableness—to try and recover something of it. "This book is a message from autistic people to their parents, friends, teachers, coworkers and doctors showing what life is like on the spectrum. It's also my love letter to autistic people. For too long, we have been forced to navigate a world where all the road signs are written in another language." With a reporter's eye and an insider's perspective, Eric Garcia shows what it's like to be autistic across America. Garcia began writing about autism because he was frustrated by the media's coverage of it; the myths that the disorder is caused by vaccines, the narrow portrayals of autistic people as white men working in Silicon Valley. His own life as an autistic person didn't look anything like that. He is Latino, a graduate of the University of North Carolina, and works as a journalist covering politics in Washington D.C. Garcia realized he needed to put into writing what so many autistic people have been saying for years; autism is a part of their identity, they don't need to be fixed. In *We're Not Broken*, Garcia uses his own life as a springboard to discuss the social and policy gaps that exist in supporting those on the spectrum. From education to healthcare, he explores how autistic people wrestle with systems that were not built with them in mind. At the same time, he shares the experiences of all types of autistic people, from those with higher support needs, to autistic people of color, to those in the LGBTQ community. In doing so, Garcia gives his community a platform to articulate their own needs, rather than having others speak for them, which has been the standard for far too long.

A jargon-free guide to how investment funds operate and have broken free of the financial crises to grow and prosper In *One Step Ahead*, Timothy Spangler – author of the award-winning *Forbes.com* blog "Law of the Market" – provides a compelling account of how flexible and entrepreneurial investment firms can prosper in a volatile and rapidly changing financial world. From the Occupy Movement to the purchase of well-known household brands by private equity firms, Spangler investigates how the structures of alternative investment funds enable them to adapt and react nimbly and effectively to today's shifting economic and financial landscape. Unpicking the debates and putting disputes in context, Spangler answers the difficult questions: Are new regulations sufficient to prevent another global financial crash? Have regulators got to grips with the institutional failings that allowed Bernie Madoff to fleece investors? Instead of a hedge fund problem or even a private equity problem do we simply have a public pension plan problem? *One Step Ahead* is the essential, jargon-free guide to understanding how private equity and hedge funds drive financial markets and how they have become vital wealth creation vehicles for both private and public investors in the global economy.

Researchers have found that the accelerated pace of modern office life is taking its toll on productivity, employee engagement, creativity and well-being. Faced with a relentless

flood of information and distractions, our brains try to process everything at once increasing our stress, decreasing our effectiveness and negatively impacting our performance. Ironically, we have become too overworked, unfocused, and busy to stop and ask ourselves the most important question: What can we do to break the cycle of being constantly under pressure, always-on, overloaded with information and in environments filled with distractions? Do we need to accept this as the new workplace reality and continue to survive rather than thrive in modern day work environments? Thankfully, the answer is no. In their new book, ONE SECOND AHEAD: Enhance Your Performance at Work with Mindfulness (Palgrave Macmillan; November 2015), Rasmus Hougaard, Jacqueline Carter, and Gillian Coutts demonstrate that it is possible to train the brain to respond differently to today's constant pressures and distraction. All it takes is one second. They propose that we need to learn to work differently so we are more focused, calm and have less clutter in our mind so we can better manage our time and attention. What if we could hit the 'pause' button on our day, step back, and meet challenges with a sense of clarity and purpose? And what if there was a way not just of 'getting things done,' but ensuring that what does get done are the right things to do? Based on a program in corporate mindfulness designed by Hougaard and the partners of The Potential Project, One Second Ahead provides practical tools and techniques as well as real-world examples and lessons from organizations that have implemented mindfulness on a large scale. Thoroughly tested in a diverse range of industries, this program has resulted in measurable increases in productivity, effectiveness, and job satisfaction. With the new mindset proposed in One Second Ahead, readers will be able to put an end to ineffective multitasking, unproductive meetings, poor communication, and other unhealthy workplace behaviors by applying mindfulness to every day work life. All too often, we think that being mindful requires engaging in a special activity like meditation or yoga. Sure, these activities are beneficial and important to train the mind, but there are many simple things we can do to be mindful all day long. One Second Ahead is a handbook for more mindful work that offers: Practical, easy to apply, tools and techniques to enhance performance and effectiveness in day to day work activities such as meetings, emails, communication, planning, creativity and more Real-world stories of how mindfulness changed the workdays of leaders and front line employees Tips for cultivating mental strategies and routines that can reduce clutter, increase focus, and rewire your brain to enhance presence, patience, kindness and other valuable mind states Simple yet detailed step-by-step instructions for a more systematic approach to mindfulness training to enhance focus and awareness Guidelines for a 10-minute-per-day mindfulness program that can reshape your life both at work and at home; A reproducible planning worksheet and further resources in the Appendix. One Second Ahead can transform daily work life by helping individuals and teams realize more of their potential through greater focus and awareness. The tools and techniques in this book can transform individual and organizational performance one mind at a time.

A researcher and consultant burrows deep inside the heads of one modern two-career couple to examine how each partner processes the workday—revealing how a more nuanced understanding of the brain can allow us to better organize, prioritize, recall, and sort our daily lives. Emily and Paul are the parents of two young children, and professionals with different careers. Emily is the newly promoted vice president of marketing at a large corporation; Paul works from home or from clients' offices as an independent IT consultant. Their days are filled with a bewildering blizzard of emails, phone calls, more emails, meetings, projects, proposals, and plans. Just staying ahead of the storm has become a seemingly insurmountable task. In *Your Brain at Work*, Dr. David Rock goes inside Emily and Paul's brains to see how they function as each attempts to sort, prioritize, organize, and act on the vast quantities of information they receive in one typical day. Dr. Rock is an expert on how the brain functions in a work setting. By analyzing what is going on in their heads, he offers solutions Emily and Paul (and all of us) can use to survive and thrive in today's hyperbusy work environment—and still feel energized and accomplished at the end of the day. In *Your Brain at Work*, Dr. Rock explores issues such as: why our brains feel so taxed, and how to maximize our mental resources why it's so hard to focus, and how to better manage distractions how to maximize the chance of finding insights to solve seemingly insurmountable problems how to keep your cool in any situation, so that you can make the best decisions possible how to collaborate more effectively with others why providing feedback is so difficult, and how to make it easier how to be more effective at changing other people's behavior and much more.

A GOOD MORNING AMERICA BOOK CLUB PICK “Chandler Baker, queen of the feminist thriller, has delivered once again! *The Husbands* is a poignant exploration of what it would take for women to have it all.” —Sally Hepworth, bestselling author of *The Good Sister* To what lengths will a woman go for a little more help from her husband? Nora Spangler is a successful attorney but when it comes to domestic life, she packs the lunches, schedules the doctor appointments, knows where the extra paper towel rolls are, and designs and orders the holiday cards. Her husband works hard, too... but why does it seem like she is always working so much harder? When the Spanglers go house hunting in Dynasty Ranch, an exclusive suburban neighborhood, Nora meets a group of high-powered women—a tech CEO, a neurosurgeon, an award-winning therapist, a bestselling author—with enviably supportive husbands. When she agrees to help with a resident's wrongful death case, she is pulled into the lives of the women there. She finds the air is different in Dynasty Ranch. The women aren't hanging on by a thread. But as the case unravels, Nora uncovers a plot that may explain the secret to having-it-all. One that's worth killing for. Calling to mind a *Stepford Wives* gender-swap, *New York Times* bestselling author of *Whisper Network* Chandler Baker's *The Husbands* imagines a world where the burden of the “second shift” is equally shared—and what it may take to get there. “Utterly engrossing and thoroughly timely, *The Husbands* is both a gripping, well-crafted mystery and an insightful critique of motherhood and marriage in the modern age--working mothers everywhere will feel seen in the best possible way.” —Kimberly McCreight, *New York Times* bestselling author of *A Good Marriage*

“Stylish, smart, and scary as hell.” —Chris Bohjalian, #1 *New York Times* bestselling author "*A nightmarish white-knuckler.*" —O, *The Oprah Magazine* Oliver Park, a recovering

addict from Indiana, finally has everything he ever wanted: sobriety and a loving, wealthy partner in Nathan, a prominent DC trauma surgeon. Despite their difference in age and disparate backgrounds, they've made a perfect life together. With everything to lose, Oliver shouldn't be visiting Haus, a gay bathhouse. But through the entrance he goes, and it's a line crossed. Inside, he follows a man into a private room, and it's the final line. Whatever happens next, Nathan can never know. But then, everything goes wrong, terribly wrong, and Oliver barely escapes with his life. He races home in full-blown terror as the hand-shaped bruise grows dark on his neck. The truth will destroy Nathan and everything they have together, so Oliver does the thing he used to do so well: he lies. What follows is a classic runaway-train narrative, full of the exquisite escalations, edge-of-your-seat thrills, and oh-my-god twists. P. J. Vernon's *Bath Haus* is a scintillating thriller with an emotional punch, perfect for readers curious for their next must-read novel.

When a small-town family is pushed to the brink, how far will they go to protect one of their own? An edgy, propulsive read about what we will do in the name of love and blood Tony has always looked out for his younger brother, Nick. So when he's called to a hospital bed where Nick is lying battered and bruised after a violent sexual assault, his protective instincts flare, and a white-hot rage begins to build. As a small-town New England lawyer, Tony's wife, Julia, has cases involving kids all the time. When Detective Rice gets assigned to this one, Julia feels they're in good hands. Especially because she senses that Rice, too, understands how things can quickly get complicated. Very complicated. After all, one moment Nick was having a drink with a handsome stranger; the next, he was at the center of an investigation threatening to tear not only him, but his entire family, apart. And now his attacker, out on bail, is disputing Nick's version of what happened. As Julia tries to help her brother-in-law, she sees Tony's desire for revenge, to fix things for Nick, getting out of control. Tony is starting to scare her. And before long, she finds herself asking: does she really know what her husband is capable of? Or of what she herself is? Exploring elements of doubt, tragedy, suspense, and justice, *The Damage* is an all-consuming read that marks the explosive debut of an extraordinary new writer.

A neurobiologist reexamines the personal nature of perception in this groundbreaking guide to a new model for our senses. We think of perception as a passive, mechanical process, as if our eyes are cameras and our ears microphones. But as neurobiologist Susan R. Barry argues, perception is a deeply personal act. Our environments, our relationships, and our actions shape and reshape our senses throughout our lives. This idea is no more apparent than in the cases of people who gain senses as adults. Barry tells the stories of Liam McCoy, practically blind from birth, and Zohra Damji, born deaf, in the decade following surgeries that restored their senses. As Liam and Zohra learned entirely new ways of being, Barry discovered an entirely new model of the nature of perception. *Coming to Our Senses* is a celebration of human resilience and a powerful reminder that, before you can really understand other people, you must first recognize that their worlds are fundamentally different from your own.

Leadership is hard. How can you balance compassion for your people with effectiveness in getting the job done? A global pandemic, economic volatility, natural disasters, civil and political unrest. From New York to Barcelona to Hong Kong, it can feel as if the world as we know it is coming apart. Through it all, our human spirit is being tested. Now more than ever, it's imperative for leaders to demonstrate compassion. But in hard times like these, leaders need to make hard decisions—deliver negative feedback, make difficult choices that disappoint people, and in some cases lay people off. How do you do the hard things that come with the responsibility of leadership while remaining a good human being and bringing out the best in others? Most people think we have to make a binary choice between being a good human being and being a tough, effective leader. But this is a false dichotomy. Being human and doing what needs to be done are not mutually exclusive. In truth, doing hard things and making difficult decisions is often the most compassionate thing to do. As founder and CEO of Potential Project, Rasmus Hougaard and his longtime coauthor, Jacqueline Carter, show in this powerful, practical book, you must always balance caring for your people with leadership wisdom and effectiveness. Using data from thousands of leaders, employees, and companies in nearly a hundred countries, the authors find that when leaders bring the right balance of compassion and wisdom to the job, they foster much higher levels of employee engagement, performance, loyalty, and well-being in their people. With rich examples from Netflix, IKEA, Unilever, and many other global companies, as well as practical tools and advice for leaders and managers at any level, *Compassionate Leadership* is your indispensable guide to doing the hard work of leadership in a human way.

When an expert on animal gas tries to cure Walter, his farts keep building up until he floats away and is blown by the wind to a distant place, where he once again proves himself a hero.

In search of answers and action, the award-winning poet and essayist Lisa Wells brings us *Believers*, introducing trailblazers and outliers from across the globe who have found radically new ways to live and reconnect to the Earth in the face of climate change. We find ourselves at the end of the world. How, then, shall we live? Like most of us, Lisa Wells has spent years overwhelmed by increasingly urgent news of climate change on an apocalyptic scale. She did not need to be convinced of the stakes, but she could not find practical answers. She embarked on a pilgrimage, seeking wisdom and paths to action from outliers and visionaries, pragmatists and iconoclasts. *Believers* tracks through the lives of these people who are dedicated to repairing the earth and seemingly undaunted by the task ahead. Wells meets an itinerant gardener and misanthrope leading a group of nomadic activists in rewilding the American desert. She finds a group of environmentalist Christians practicing “watershed discipleship” in New Mexico and another group in Philadelphia turning the tools of violence into tools of farming—guns into ploughshares. She watches the world's greatest tracker teach others how to read a trail, and visits botanists who are restoring land overrun by invasive species and destructive humans. She talks with survivors of catastrophic wildfires in California as they try to rebuild in ways that acknowledge the fires will come again. Through empathic, critical portraits, Wells shows that these trailblazers are not so far beyond the rest of us. They have had the same realization, have accepted that we are living through a global catastrophe, but are trying to answer the next question: How do you make a life at the end of the world? Through

this miraculous commingling of acceptance and activism, this focus on seeing clearly and moving forward, Wells is able to take the devastating news facing us all, every day, and inject a possibility of real hope. Believers demands transformation. It will change how you think about your own actions, about how you can still make an impact, and about how we might yet reckon with our inheritance.

Do your job, do it well, and you'll be rewarded, right? Actually, probably not. According to career guru Donald Asher advancement at work is less about skill sets and more about strategy. WHO GETS PROMOTED, WHO DOESN'T, AND WHY details exactly what puts one employee on the fast track to an exceptional career, while another stays on the treadmill to mediocrity. Whether you're new to the workforce or feeling stagnant and overlooked, this book is your ticket to advancement. Learn: why timing is more important than talent how corporations really make promotion decisions how to avoid career mistakes you don't even know you're making and the ten proven strategies for advancement regardless of your industry and experience If you want to know how to begin controlling your own destiny, the solution is not to work harder but to work smarter. WHO GETS PROMOTED, WHO DOESN'T, AND WHY can help you do just that! Reviews Kennedy-Krannich Top 10 career book pick of the year: "A brilliant book by a top career consultant offers startling new conclusions (timing is more important than talent, for example) based on interviews with hundreds of fast-track careerists who reveal how corporations really make promotion decisions."-Los Angeles Times Syndicate "A little book with a big message . . . Must-reading for anyone who is interested in building their career."-About.com "I doubled my income with the tips in this book!"-Adele Liss, public relations executive, San Francisco From the Trade Paperback edition.

Turbocharge your professional success and accelerate your career. This practical guide cuts the fluff and gives you real, tangible, actionable steps you can take to build your own world-class network. Even if you think the terms "personal branding" or "networking" sound sleazy, How to Get Ahead teaches you how to earn more, learn more, get more done, and set yourself up for long-term career success. THIS PROVEN, SIX-STEP SYSTEM TEACHES YOU HOW TO: • Stop spinning your wheels and set professional goals that you can actually achieve. • Identify, reach out to, and learn from mentors, teachers, and advisors to shave years off your learning and avoid painful mistakes. • Eliminate overwhelm and burnout through a personalized project management system Identify and signal your skills and expertise to unleash your own personal brand. • Discover The "Seven Deadly Sins of Networking" that kill your chances of building a world-class network— and how to avoid them. • Tap into your own personal network and get introductions influential people—even if you hate "networking." • Make people want to work with you — even if you hate "pitching." Whether you're an employee, a business owner, an academic, a student, or an aspiring "digital nomad," this book gives you the steps to set up your own system for professional success.

Introduces the parts and functions of different kinds of earthmoving machinery.

A NEW YORK TIMES TOP 10 BOOK OF 2021 LONGLISTED FOR THE 2021 NATIONAL BOOK AWARD IN FICTION ONE OF BARACK OBAMA'S FAVORITE 2021 READS AN INSTANT NATIONAL BESTSELLER A BEST BOOK OF 2021 FROM Washington Post, Vogue, Time, Oprah Daily, New York Times "Intimacies is a haunting, precise, and morally astute novel that reads like a psychological thriller.... Katie Kitamura is a wonder." —Dana Spiotta, author of Wayward and Eat the Document "One of the best novels I've read in 2021." – Dwight Garner, The New York Times A novel from the author of A Separation, an electrifying story about a woman caught between many truths. An interpreter has come to The Hague to escape New York and work at the International Court. A woman of many languages and identities, she is looking for a place to finally call home. She's drawn into simmering personal dramas: her lover, Adriaan, is separated from his wife but still entangled in his marriage. Her friend Jana witnesses a seemingly random act of violence, a crime the interpreter becomes increasingly obsessed with as she befriends the victim's sister. And she's pulled into an explosive political controversy when she's asked to interpret for a former president accused of war crimes. A woman of quiet passion, she confronts power, love, and violence, both in her personal intimacies and in her work at the Court. She is soon pushed to the precipice, where betrayal and heartbreak threaten to overwhelm her, forcing her to decide what she wants from her life.

The complexity and relentless pace of our world places exceptional demands on leaders today. They work incredibly hard and yet feel that they are not meeting their own expectations of excellence. They feel disconnected from their own values and overburdened. By the thousands, they seek out books on leadership skills, time management, and "getting things done," but the techniques these volumes offer, useful as they are, don't often don't speak to the leader's fundamental sense that something is missing. Janice Marturano, a senior executive with decades of experience in Fortune 500 corporations, explains how Mindful Leadership training integrates the practice of mindfulness-meditation and self-awareness-with the practical tools of management, enabling leaders to bring a wider range of their capacities to the challenges at hand. We already know from scientific research that mindfulness practices enhance mental health and improve clarity and focus. FINDING THE SPACE shows how this training has specific value for leaders. This is not a new "leadership system" to add to the burden of already overworked people. It brings the concepts of mindfulness into the everyday life of anyone in a leadership role, through specific exercises that address practical issues-the calendar, schedule, phone usage, meetings, to-do list, and strategic planning, as well as interpersonal challenges such as listening and working with difficult colleagues. Leaders who have experienced mindfulness training report that it provides a "transformative experience" with significant improvements in innovation, self-awareness, listening, and making better decisions. In FINDING THE SPACE TO LEAD, Marturano masterfully lays out her proven techniques for promoting mindfulness in the busy executive's working life.

The Death of Ivan Ilyich was first published in 1886. It is a novella by Leo Tolstoy. It is one of Tolstoy's most celebrated pieces of late fiction. This work stems in part from Tolstoy's anguished intellectual and spiritual struggles which led to his conversion to Christianity. Central to the story is an examination on the nature of both life and death, and how man can come to terms with death's very inevitability. The novella was acclaimed by Vladimir Nabokov and Mahatma Gandhi as the greatest in the whol

This biography answers such questions as: Why was Nelson Mandela in jail for 27 years? How did his persistence help bring peace to South Africa? How did he become the first black president of South Africa?

A much-needed "people skills" primer and master class in all facets of workplace communication Do you know how to ask for help at work without sounding dumb? Do you know how to get valuable and useful feedback from your colleagues? Have you mastered your professional elevator pitch so that every time you meet someone, they remember and are impressed by you? If you answered "no" to any of these questions, you need Great on the Job. In 2008, Jodi Glickman launched Great on the Job, a communications consulting firm whose distinguished client list includes Harvard Business School, Wharton, The Stern School of Business, Merrill Lynch, and Citigroup. Now, Glickman's three-step training program is available in book form for the first time. With case studies, micro strategies, and example language,

readers will learn communication skills that can be practiced and implemented immediately. In today's economy, it's not typically the smartest, hardest working or most technically savvy who succeed. Instead, the ability to communicate well is often the most important precursor to success in the workplace. So whether you're a star performer or a struggling novice, Great on the Job will give you the building blocks you need for every conversation you'll have at work.

A New York Times Best Seller A February IndieNext Pick Named A Most Anticipated Book of 2019 by BuzzFeed, Nylon, The A. V. Club, CBC Books, and The Rumpus. And a Winter's Most Anticipated Book by Vanity Fair and The Week Starred Reviews: Kirkus and Booklist "Warm, immediate and intensely personal."—New York Times How does one pay homage to A Tribe Called Quest? The seminal rap group brought jazz into the genre, resurrecting timeless rhythms to create masterpieces such as The Low End Theory and Midnight Marauders. Seventeen years after their last album, they resurrected themselves with an intense, socially conscious record, We Got It from Here . . . Thank You 4 Your Service, which arrived when fans needed it most, in the aftermath of the 2016 election. Poet and essayist Hanif Abdurraqib digs into the group's history and draws from his own experience to reflect on how its distinctive sound resonated among fans like himself. The result is as ambitious and genre-bending as the rap group itself. Abdurraqib traces the Tribe's creative career, from their early days as part of the Afrocentric rap collective known as the Native Tongues, through their first three classic albums, to their eventual breakup and long hiatus. Their work is placed in the context of the broader rap landscape of the 1990s, one upended by sampling laws that forced a reinvention in production methods, the East Coast–West Coast rivalry that threatened to destroy the genre, and some record labels' shift from focusing on groups to individual MCs. Throughout the narrative Abdurraqib connects the music and cultural history to their street-level impact. Whether he's remembering The Source magazine cover announcing the Tribe's 1998 breakup or writing personal letters to the group after bandmate Phife Dawg's death, Abdurraqib seeks the deeper truths of A Tribe Called Quest; truths that—like the low end, the bass—are not simply heard in the head, but felt in the chest.

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