

Strangers To Ourselves Discovering The Adaptive Unconscious

“A mock self-help book designed not to help but to provoke . . . to inveigle us into thinking about who we are and how we got into this mess.” (Los Angeles Times Book Review). Filled with quizzes, essays, short stories, and diagrams, *Lost in the Cosmos* is National Book Award–winning author Walker Percy’s humorous take on a familiar genre—as well as an invitation to serious contemplation of life’s biggest questions. One part parody and two parts philosophy, *Lost in the Cosmos* is an enlightening guide to the dilemmas of human existence, and an unrivaled spin on self-help manuals by one of modern America’s greatest literary masters.

A tour of the human unconsciousness as defined by contemporary psychology explains that it is comprised of sophisticated mental processes, identifying a gap between self-knowledge and reality, and warning about the dangers of too much introspection. (Psychology & Self-Help) *Can We Map Success?* Successful people typically don’t plan their success. Instead they develop a unique philosophy or attitude that works for them. They stumble across strategies which are shortcuts to success, and latch onto them. Events hand them opportunities they could not have anticipated. Often their peers with equal or greater talent fail while they succeed. It is too easy to attribute success to inherent, unstoppable genius. Bestselling author and serial entrepreneur Richard Koch charts a map of success, identifying the nine key attitudes and strategies can propel anyone to new heights of accomplishment: *Self-belief Olympian Expectations Transforming Experiences One Breakthrough Achievement Make Your Own Trail Find and Drive Your Personal Vehicle Thrive on Setbacks Acquire Unique Intuition Distort Reality* With this book, you can embark on a journey towards a new, unreasonably successful future.

"A fine achievement."--Peter Singer, author of *The Life You Can Save* and *The Most Good You Can Do* A sweeping psychological history of human goodness -- from the foundations of evolution to the modern political and social challenges humanity is now facing. How did humans, a species of self-centered apes, come to care about others? Since Darwin, scientists have tried to answer this question using evolutionary theory. In *The Kindness of Strangers*, psychologist Michael E. McCullough shows why they have failed and offers a new explanation instead. From the moment nomadic humans first settled down until the aftermath of the Second World War, our species has confronted repeated crises that we could only survive by changing our behavior. As McCullough argues, these choices weren't enabled by an evolved moral sense, but with moral invention -- driven not by evolution's dictates but by reason. Today's challenges -- climate change, mass migration, nationalism -- are some of humanity's greatest yet. In revealing how past crises shaped the foundations of human concern, *The Kindness of Strangers* offers clues for how we can adapt our moral thinking to survive these challenges as well.

Based on Stanford University psychologist Kelly McGonigal's wildly popular course "The Science of Willpower," *The Willpower Instinct* is the first book to explain the science of self-control and how it can be harnessed to improve our health, happiness, and productivity. Informed by the latest research and combining cutting-edge insights from psychology, economics, neuroscience, and medicine, *The Willpower Instinct* explains exactly what willpower is, how it works, and why it matters. For example, readers will learn: • Willpower is a mind-body response, not a virtue. It is a biological function that can be improved through mindfulness, exercise, nutrition, and sleep. • Willpower is not an unlimited resource. Too much self-control can actually be bad for your health. • Temptation and stress hijack the brain's systems of self-control, but the brain can be trained for greater willpower • Guilt and shame

over your setbacks lead to giving in again, but self-forgiveness and self-compassion boost self-control. • Giving up control is sometimes the only way to gain self-control. • Willpower failures are contagious—you can catch the desire to overspend or overeat from your friends—but you can also catch self-control from the right role models. In the groundbreaking tradition of *Getting Things Done*, *The Willpower Instinct* combines life-changing prescriptive advice and complementary exercises to help readers with goals ranging from losing weight to more patient parenting, less procrastination, better health, and greater productivity at work.

A counterintuitive approach to fostering greater innovation, collaboration, and engagement Most of us assume our success relies on a network of friends and close contacts. But innovative thinking requires a steady stream of fresh ideas and new possibilities, which strangers are more likely to introduce. Our survival instincts naturally cause us to look upon strangers with suspicion and distrust, but in *The Necessity of Strangers*, Alan Gregerman offers the provocative idea that engaging with strangers is an opportunity, not a threat, and that engaging with the right strangers is essential to unlocking our real potential. *The Necessity of Strangers* reveals how strangers challenge us to think differently about ourselves and the problems we face. Shows how strangers can help us innovate better, get the most out of each other, and achieve genuine collaboration Presents principles for developing a "stranger-centric" mindset to develop new markets and stronger customer relationships, leverage the full potential of partnerships, and become more effective leaders Includes practical guidance and a toolkit for being more open, creating new ideas that matter, finding the right strangers in all walks of life, and tapping the real brilliance in yourself To stay competitive, you and your business need access to more new ideas, insights, and perspectives than ever before. *The Necessity of Strangers* offers an essential guide to discovering the most exciting opportunities you haven't met yet.

Every day we make choices. Coke or Pepsi? Save or spend? Stay or go? Whether mundane or life-altering, these choices define us and shape our lives. Sheena Iyengar asks the difficult questions about how and why we choose: Is the desire for choice innate or bound by culture? Why do we sometimes choose against our best interests? How much control do we really have over what we choose? Sheena Iyengar's award-winning research reveals that the answers are surprising and profound. In our world of shifting political and cultural forces, technological revolution, and interconnected commerce, our decisions have far-reaching consequences. Use *The Art of Choosing* as your companion and guide for the many challenges ahead.

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

In this survey of research and theory about social cognition, Ziva Kunda reviews basic processes in social cognition, including the representation of social concepts, rules of inference, memory, hot cognition and automatic processing.

This informative volume presents the first comprehensive review of research and theory on dual-process models of social information processing. These models distinguish between qualitatively different modes of information processing in making decisions and solving problems (e.g., associative versus rule-based, controlled versus uncontrolled, and affective versus cognitive modes). Leading contributors review the basic assumptions of these approaches and review the ways they have been applied and tested in such areas as attitudes, stereotyping, person perception, memory, and judgment. Also examined are the relationships between different sets of processing

modes, the factors that determine their utilization, and how they work in combination to affect responses to social information.

What happens when media and politics become forms of entertainment? As our world begins to look more and more like Orwell's 1984, Neil's Postman's essential guide to the modern media is more relevant than ever. "It's unlikely that Trump has ever read *Amusing Ourselves to Death*, but his ascent would not have surprised Postman." -CNN Originally published in 1985, Neil Postman's groundbreaking polemic about the corrosive effects of television on our politics and public discourse has been hailed as a twenty-first-century book published in the twentieth century. Now, with television joined by more sophisticated electronic media—from the Internet to cell phones to DVDs—it has taken on even greater significance. *Amusing Ourselves to Death* is a prophetic look at what happens when politics, journalism, education, and even religion become subject to the demands of entertainment. It is also a blueprint for regaining control of our media, so that they can serve our highest goals. "A brilliant, powerful, and important book. This is an indictment that Postman has laid down and, so far as I can see, an irrefutable one." —Jonathan Yardley, *The Washington Post Book World*

What does it mean to be human? Why do we feel and behave in the ways that we do? The classic answer is that we have a special kind of intelligence. But to understand what we are as humans, we also need to know what we are like motivationally. And what is central to this story, what is special about human motivation, is that humans want to share with others their inner experiences about the world--share how they feel, what they believe, and what they want to happen in the future. They want to create a shared reality with others. People have a shared reality together when they experience having in common a feeling about something, a belief about something, or a concern about something. They feel connected to another person or group by knowing that this person or group sees the world the same way that they do--they share what is real about the world. In this work, Dr. Higgins describes how our human motivation for shared reality evolved in our species, and how it develops in our children as shared feelings, shared practices, and shared goals and roles. Shared reality is crucial to what we believe--sharing is believing. It is central to our sense of self, what we strive for and how we strive. It is basic to how we get along with others. It brings us together in fellowship and companionship, but it also tears us apart by creating in-group "bubbles" that conflict with one another. Our shared realities are the best of us, and the worst of us.

What is race and why does it matter? Why does the presence of Others make us so afraid? America's foremost novelist reflects on themes that preoccupy her work and dominate politics: race, fear, borders, mass movement of peoples, desire for belonging. Ta-Nehisi Coates provides a foreword to Toni Morrison's most personal work of nonfiction to date.

In twelve essays—eight of which appear here in English for the first time—the internationally known analyst Marie-Louise von Franz explores important aspects of psychotherapy from a Jungian perspective. She draws on her many years of practical experience in psychotherapy, her intimate knowledge of Jung's methods and theories, and her wide-ranging interests in fields such as mythology, alchemy, science, and religion to illumine these varied topics: • Projection • Transference • Dream interpretation • Self-realization • Group psychology • Personality types • Active

imagination • The therapeutic use of hallucinogenic drugs • The choice of psychotherapy as a profession • The role of religious experience in psychological healing

Strangers to Ourselves Harvard University Press

A compelling history of America's famous Jewish shopkeeping families shows how the Filenes, Gimbels, Marcuses, and others created renowned retail empires out of small pushcart beginnings, powerfully evoking the social changes that were transforming America early in the century. Reprint.

An exploration of self-knowledge looks at current research on how people perceive their own thoughts, feelings, traits, and behavior, with coverage encompassing the mental, behavioral, biological, and social structures that underlie self-knowledge.

In this revised and expanded edition of *The Redemptive Self*, McAdams shows how redemptive stories promote psychological health and civic engagement among contemporary American adults.

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

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

"When she learns that her mother is sick in Ohio, Mim confronts her demons on a thousand-mile odyssey from Mississippi that redefines her notions of love, loyalty, and what it means to be sane"--

How does the situation we're in influence the way we behave and think?

Professors Ross and Nisbett eloquently argue that the context we find ourselves in substantially affects our behavior in this timely reissue of one of social psychology's classic textbooks. With a new foreword by Malcolm Gladwell, author of *The Tipping Point*.

This brilliant, New York Times bestselling novel from the author of the Newbery Medal winner *When You Reach Me* explores multiple perspectives on the bonds and limits of friendship. Long ago, best friends Bridge, Emily, and Tab made a pact: no fighting. But it's the start of seventh grade, and everything is changing.

Emily's new curves are attracting attention, and Tab is suddenly a member of the Human Rights Club. And then there's Bridge. She's started wearing cat ears and is the only one who's still tempted to draw funny cartoons on her homework. It's also the beginning of seventh grade for Sherm Russo. He wonders: what does it mean to fall for a girl—as a friend? By the time Valentine's Day approaches, the girls have begun to question the bonds—and the limits—of friendship. Can they grow up without growing apart? "Sensitively explores togetherness, aloneness, betrayal and love." —The New York Times A Boston Globe–Horn Book Honor Book for Fiction Named a Best Book of the Year by The New York Times, The Washington Post, The Wall Street Journal, The Boston Globe, The Guardian, NPR, and more!

This book, written by distinguished authors, presents a detailed, rigorous and scientific approach to social psychology aimed at students and faculty alike.

A smart and funny book by a prominent Harvard psychologist, which uses groundbreaking research and (often hilarious) anecdotes to show us why we're so lousy at predicting what will make us happy – and what we can do about it. Most of us spend our lives steering ourselves toward the best of all possible futures, only to find that tomorrow rarely turns out as we had expected. Why? As Harvard psychologist Daniel Gilbert explains, when people try to imagine what the future will hold, they make some basic and consistent mistakes. Just as memory plays tricks on us when we try to look backward in time, so does imagination play tricks when we try to look forward. Using cutting-edge research, much of it original, Gilbert shakes, cajoles, persuades, tricks and jokes us into accepting the fact that happiness is not really what or where we thought it was. Among the unexpected questions he poses: Why are conjoined twins no less happy than the general population? When you go out to eat, is it better to order your favourite dish every time, or to try something new? If Ingrid Bergman hadn't gotten on the plane at the end of Casablanca, would she and Bogey have been better off? Smart, witty, accessible and laugh-out-loud funny, *Stumbling on Happiness* brilliantly describes all that science has to tell us about the uniquely human ability to envision the future, and how likely we are to enjoy it when we get there.

The National Book Award Finalist and New York Times bestseller that became a guide and balm for a country struggling to understand the election of Donald Trump "A generous but disconcerting look at the Tea Party. . . . This is a smart, respectful and compelling book." —Jason DeParle, The New York Times Book Review When Donald Trump won the 2016 presidential election, a bewildered nation turned to *Strangers in Their Own Land* to understand what Trump voters were thinking when they cast their ballots. Arlie Hochschild, one of the most influential sociologists of her generation, had spent the preceding five years immersed in the community around Lake Charles, Louisiana, a Tea Party stronghold. As Jedediah Purdy put it in the *New Republic*, "Hochschild is fascinated by how people make sense of their lives. . . . [Her] attentive, detailed portraits . . . reveal a gulf between Hochschild's 'strangers in their own land' and a new elite." Already a favorite common read book in communities and on campuses across the country and called "humble and important" by David Brooks and "masterly" by Atul Gawande, Hochschild's book has been lauded by Noam Chomsky, New Orleans mayor Mitch Landrieu, and countless others. The paperback edition features a new afterword by the author reflecting on the election of Donald Trump and the other events that have unfolded both in Louisiana and around the country since the hardcover edition was published, and also includes a readers' group guide at the back of the book.

Have you ever wondered why a trumpeter of family values would suddenly turn around and cheat on his wife? Why jealousy would send an otherwise level-headed person into a violent

rage? What could drive a person to blow a family fortune at the blackjack tables? Or have you ever pondered what might make Mr. Right leave his beloved at the altar, why hypocrisy seems to be rampant, or even why, every once in awhile, even you are secretly tempted, to lie, cheat, or steal (or, conversely, help someone you never even met)? This book answers these questions and more, and in doing so, turns the prevailing wisdom about who we are upside down. Our character, argue psychologists DeSteno and Valdesolo, isn't a stable set of traits, but rather a shifting state that is subject to the constant push and pull of hidden mechanisms in our mind. And it's the battle between these dueling psychological forces that determine how we act at any given point in time. Drawing on the surprising results of the clever experiments concocted in their own laboratory, DeSteno and Valdesolo shed new scientific light on so many of the puzzling behaviors that regularly grace the headlines. For example, you'll learn: • Why Tiger Woods just couldn't resist the allure of his mistresses even though he had a picture-perfect family at home. And why no one, including those who knew him best, ever saw it coming. • Why even the shrewdest of investors can be tempted to gamble their fortunes away (and why risky financial behavior is driven by the same mechanisms that compel us to root for the underdog in sports). • Why Eliot Spitzer, who made a career of crusading against prostitution, turned out to be one of the most famous johns of all time. • Why Mel Gibson, a noted philanthropist and devout Catholic, has been repeatedly caught spewing racist rants, even though close friends say he doesn't have a racist bone in his body. • And why any of us is capable of doing the same, whether we believe it or not! A surprising look at the hidden forces driving the saint and sinner lurking in us all, *Out of Character* reveals why human behavior is so much more unpredictable than we ever realized.

"There are few academics who write with as much grace and wisdom as Timothy Wilson. *REDIRECT* is a masterpiece." -Malcolm Gladwell What if there were a magic pill that could make you happier, turn you into a better parent, solve a number of your teenager's behavior problems, reduce racial prejudice, and close the achievement gap in education? There is no such pill, but story editing - the scientifically based approach described in *REDIRECT* - can accomplish all of this. The world-renowned psychologist Timothy Wilson shows us how to redirect the stories we tell about ourselves and the world around us, with subtle prompts, in ways that lead to lasting change. Fascinating, groundbreaking, and practical, *REDIRECT* demonstrates the remarkable power small changes can have on the ways we see ourselves and our environment, and how we can use this in our everyday lives.

Anyone who has ever entrusted a troubling secret to a journal, or mourned a broken heart with a friend, knows the feeling of relief that expressing painful emotions can bring. This book presents astonishing evidence that personal self-disclosure is not only good for our emotional health, but boosts our physical health as well. Psychologist James W. Pennebaker has conducted controlled clinical research that sheds new light on the powerful mind body connection. This book interweaves his findings with insightful case studies on secret-keeping, confession, and the hidden price of silence. Filled with information and encouragement, *Opening Up* explains: *Why suppressing inner problems takes a devastating toll on health *How long-buried trauma affects the immune system *How writing about your problems can improve your health *Why it's never too late to heal old emotional wounds *When self-disclosure may be risky--and how to know whom to trust

Violet Bell is a reasonably normal American teenager. Or at least she tries to be. In *To Know a Stranger*, Violet finds herself stuck in an Airbnb in Montreal with her parents after a tumultuous junior year of high school. Her parents decide that Violet needs to broaden her horizons and sign her up to volunteer at the *Juste Pour Rire* Comedy Festival where she meets Piper, a free-spirited Romanian elementary school teacher. Stationed at an isolated post at the festival, Violet and Piper begin to swap stories and reflect on their lives. As Violet listens to Piper and opens up about herself, she begins to discover that she does not need to live her life within the

strict confines she sets for herself. Before parting ways, the two embark on an adventure that changes Violet's life forever. *To Know A Stranger* is a subtle reminder to all readers that age, nationality, or even life experiences are not the barriers we think they are. Sometimes all we need in life is the chance to tell our own story.?

Know Thyself: The Value and Limits of Self-Knowledge takes the reader on tour of the nature, value, and limits of self-knowledge. Mitchell S. Green calls on classical sources like Plato and Descartes, 20th-century thinkers like Freud, recent developments in neuroscience and experimental psychology, and even Buddhist philosophy to explore topics at the heart of who we are. The result is an unvarnished look at both the achievements and drawbacks of the many attempts to better know one's own self. Key topics in this volume include: Knowledge – what it means to know, the link between wisdom and knowledge, and the value of living an "examined life" Personal identity – questions of dualism (the idea that our mind is not only our brain), bodily continuity, and personhood The unconscious — including the kind posited by psychoanalysis as well as the form proposed by recent research on the so-called adaptive unconscious Free will – if we have it, and the recent arguments from neuroscience challenging it Self-misleading – the ways we willfully deceive ourselves, and how this relates to empathy, peer disagreement, implicit bias, and intellectual humility Experimental psychology – considerations on the automaticity of emotion and other cognitive processes, and how they shape us This book is designed to be used in conjunction with the free 'Know Thyself' MOOC (massive open online course) created through collaboration of the University of Connecticut's Project on Humility and Conviction in Public Life, and the University of Edinburgh's Eidyn research centre, and hosted on the Coursera platform (<https://www.coursera.org/learn/know-thyself>). The book is also suitable as a text for interdisciplinary courses in the philosophy of mind or self-knowledge, and is highly recommended for anyone looking for a short overview of this fascinating topic.

The Breakfast Club meets The Silver Linings Playbook in this powerful, provocative, and heartfelt novel about twelve endearing strangers who come together to make the most of their final days, from New York Times bestselling and award-winning author J. Michael Straczynski. Mark Antonelli, a failed young writer looking down the barrel at thirty, is planning a cross-country road trip. He buys a beat-up old tour bus. He hires a young army vet to drive it. He puts out an ad for others to join him along the way. But this will be a road trip like no other: His passengers are all fellow disheartened souls who have decided that this will be their final journey—upon arrival in San Francisco, they will find a cliff with an amazing view of the ocean at sunset, hit the gas, and drive out of this world. The unlikely companions include a young woman with a chronic pain sensory disorder and another who was relentlessly bullied at school for her size; a bipolar, party-loving neo-hippie; a gentle coder with a literal hole in his heart and blue skin; and a poet dreaming of a better world beyond this one. We get to know them through access to their texts, emails, voicemails, and the daily journal entries they write as the price of admission for this trip. By turns tragic, funny, quirky, charming, and deeply moving, *Together We Will Go* explores the decisions that brings these characters together, and the relationships that grow between them, with some discovering love and affection for the first time. But as they cross state lines and complications to the initial plan arise, it becomes clear that this is a novel as much about the will to live as the choice to end it. The final, unforgettable moments as they hurtle toward the decisions awaiting them will be remembered for a lifetime.

This broad and innovative self-development guide shows readers how they can use scientific findings from contemporary positive psychology to enhance their lives.

Containing dozens of practical exercises and real-life examples, it helps bring positive psychology findings from the lab into day-to-day life. Divided into six parts and covering a wide array of themes, this book is designed to help people with or without mental health problems enhance their well-being. It answers questions like: what is well-being? What are the main determinants of well-being, and how can we sustain it? There are also chapters on physical exercise, progressive muscle relaxation and mindfulness meditation, savouring pleasures, creative solution-finding and developing compassionate relationships. This non-technical and highly accessible book will be of interest to those from all backgrounds with an interest in self-development, as well as mental health workers and related professionals.

The phenomena of effortless attention and action and the challenges they pose to current cognitive models of attention and action.

An Instant NEW YORK TIMES BESTSELLER A LOS ANGELES TIMES, BOSTON GLOBE, WALL STREET JOURNAL, and NATIONAL INDIE BESTSELLER Named A BEST BOOK OF THE YEAR by *Elle * Real Simple * Kirkus Reviews * BookPage * "Memoir gold: a profound and exquisitely rendered exploration of identity and the true meaning of family." --People Magazine "Beautifully written and deeply moving--it brought me to tears more than once."--Ruth Franklin, The New York Times Book Review From the acclaimed, best-selling memoirist, novelist and host of the hit podcast Family Secrets, comes a memoir about the staggering family secret uncovered by a genealogy test: an exploration of the urgent ethical questions surrounding fertility treatments and DNA testing, and a profound inquiry of paternity, identity, and love. In the spring of 2016, through a genealogy website to which she had casually submitted her DNA for analysis, Dani Shapiro received the stunning news that her beloved deceased father was not her biological father. Over the course of a single day, her entire history--the life she had lived--crumbled beneath her. Inheritance is a book about secrets. It is the story of a woman's urgent quest to unlock the story of her own identity, a story that had been scrupulously hidden from her for more than fifty years. It is a book about the extraordinary moment we live in, a moment in which science and technology have outpaced not only medical ethics but also the capacities of the human heart to contend with the consequences of what we discover. Dani Shapiro's memoir unfolds at a breakneck pace--part mystery, part real-time investigation, part rumination on the ineffable combination of memory, history, biology, and experience that makes us who we are. Inheritance is a devastating and haunting interrogation of the meaning of kinship and identity, written with stunning intensity and precision.

A brilliant new novel from one of India's greatest writers She is an oncologist whose days are driven by the desire to alleviate pain. He is a rising star in the musical world, whose life is governed by his art. Yet, all it takes is one meeting for everything to change. Set in Mumbai, Shashi Deshpande's new novel tells the story of an unlikely love between two unusual people. Tender and tempestuous by turns, it draws you into the conflicts, languid pleasures and sharp sorrows of falling in love with a stranger who can never entirely be yours.

From the USA TODAY bestselling author of Sweet Thing and Nowhere But Here comes a love story about a Craigslist "missed connection" post that gives two people a second chance at love fifteen years after they were separated in New York City. To the Green-eyed Lovebird: We met fifteen years ago, almost to the day, when I moved my

stuff into the NYU dorm room next to yours at Senior House. You called us fast friends. I like to think it was more. We lived on nothing but the excitement of finding ourselves through music (you were obsessed with Jeff Buckley), photography (I couldn't stop taking pictures of you), hanging out in Washington Square Park, and all the weird things we did to make money. I learned more about myself that year than any other. Yet, somehow, it all fell apart. We lost touch the summer after graduation when I went to South America to work for National Geographic. When I came back, you were gone. A part of me still wonders if I pushed you too hard after the wedding... I didn't see you again until a month ago. It was a Wednesday. You were rocking back on your heels, balancing on that thick yellow line that runs along the subway platform, waiting for the F train. I didn't know it was you until it was too late, and then you were gone. Again. You said my name; I saw it on your lips. I tried to will the train to stop, just so I could say hello. After seeing you, all of the youthful feelings and memories came flooding back to me, and now I've spent the better part of a month wondering what your life is like. I might be totally out of my mind, but would you like to get a drink with me and catch up on the last decade and a half? M

Discusses the foreigner in Greek tragedy, in the Bible, and in literature from the Middle Ages to the present day

Do you have a real relationship with God, or do you just have a religion? Do you know God, or do you just know about God? In *How Big Is Your God?* Paul Coutinho, SJ, challenges us to grow stronger and deeper in our faith and in our relationship with God—a God whose love knows no bounds. To help us on our way, Coutinho introduces us to people in various world religions—from Hindu friends to Buddhist teachers to St. Ignatius of Loyola—who have shaped his spiritual life and made possible his deep, personal relationship with God.

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