

The Obstacle Is Way

****Instant New York Times Bestseller, Los Angeles Times Bestseller, USA Today Bestseller, Publishers Weekly Bestseller**** The woman behind the icon known as Elvira, Mistress of the Dark, the undisputed Queen of Halloween, reveals her full story, filled with intimate bombshells, told by the bombshell herself. On Good Friday in 1953, at only 18 months old, 25 miles from the nearest hospital in Manhattan, Kansas, Cassandra Peterson reached for a pot on the stove and doused herself in boiling water. Third-degree burns covered 35% of her body, and the prognosis wasn't good. But she survived. Burned and scarred, the impact stayed with her and became an obstacle she was determined to overcome. Feeling like a misfit led to her love of horror. While her sisters played with Barbie dolls, Cassandra built model kits of Frankenstein and Dracula, and idolized Vincent Price. Due to a complicated relationship with her mother, Cassandra left home at 14, and by age 17 she was performing at the famed Dunes Hotel in Las Vegas. Run-ins with the likes of Frank Sinatra, Sammy Davis Jr., and Tom Jones helped her grow up fast. Then a chance encounter with her idol Elvis Presley, changed the course of her life forever, and led her to Europe where she worked in film and traveled Italy as lead singer of an Italian pop band. She eventually made her way to Los Angeles, where she joined the famed comedy improv group, The Groundlings, and worked alongside Phil Hartman and Paul "Pee-wee" Reubens, honing her comedic skills. Nearing age 30, a struggling actress considered past her prime, she auditioned at local LA channel KHJ as hostess for the late night vintage horror movies. Cassandra improvised, made the role her own, and got the job on the spot. Yours Cruelly, Elvira is an unforgettably wild memoir. Cassandra doesn't shy away from revealing exactly who she is and how she overcame seemingly insurmountable odds. Always original and sometimes outrageous, her story is loaded with twists, travails, revelry, and downright shocking experiences. It is the candid, often funny, and sometimes heart-breaking tale of a Midwest farm girl's long strange trip to become the world's sexiest, sassiest Halloween icon.

How to turn your biggest failure into your biggest success. We've all heard the old saying is that life is 10% what happens to you and 90% what you make of it. That should be an empowering life philosophy, but we don't always live into it. Ryan Holiday wants to change that and that's why *The Obstacle is the Way* examines the strength and resilience of Stoic historical figures in order to chart a path to success through adversity. By demonstrating how some of the early stoics learned to triumph because of their tribulations, Holiday demonstrates a tried and true path to success that anyone can follow. Do you want more free book summaries like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. **DISCLAIMER:** This book summary is meant as a preview and not a replacement for the original work. If you like this summary please consider purchasing the original book to get the full experience as the original author intended it to be. If you are the original author of any book on QuickRead and want us to remove it, please contact us at hello@quickread.com

Learn How to Make a Breakthrough in Any Area of your Life Today Are you tired of making promises to yourself that you just can't keep? Sick of saying you want a better job, more money, a better relationship, to lose weight, or just about anything else, but not following through and achieving those goals? Well, you're not alone. According to a 2014 University of Scranton Study, only 8% of us who set out to achieve our long-term goals, actually do so. When a goal is new and fresh in our minds, it's exciting. But, when it comes down to it, after that initial excitement wears off, we fail to make the sacrifices required for achieving our long-term hopes and dreams. So what gives? Understand How to End this Ceaseless Cycle with a Breakthrough A breakthrough is described as a sudden advance, or a person's first notable success in some area of their lives. From finances, to health, relationships, and beyond, learn just what it takes to make your own personal or professional breakthroughs today. Making a breakthrough isn't hard, but without first understanding some guiding principles and techniques, we can all be a little bit lost in the dark. But it doesn't have to be that way. In this book, you'll learn just what the 8% that do achieve their long-term goals know. Download Today: Breakthrough - Live an Inspired Life, Overcome your Obstacles, and Accomplish your Dreams Understand how to end the cycle of giving up, and stop putting off the life you truly deserve to live. You can make a breakthrough today if you apply some proven techniques to your life. Here's What You'll Discover in this Book How to Understand and Overcome your Fear of Failure How to Handle Criticism and Focus on Growth & Contribution How to Identify your Core Values and Ensure they're Aligned with your Goals How to Find your Inspiration and Stay Inspired During the Plateaus How to Get & Stay Focused without Losing your Motivation How to Stop Procrastination Dead in its Tracks How to Overcome Obstacles by Defining their Root Causes How to Take Action and Make a Breakthrough in Any Area And more... Ready to Learn More? Scroll up and hit the buy button and download this volume right now.

Instant New York Times Advice & Business Bestseller, USA Today Bestseller, and Wall Street Journal #1 Bestseller! A New York Times Noteworthy Pick and a "stellar work" by Publishers Weekly From the bestselling authors of *The Daily Stoic* comes an inspiring guide to the lives of the Stoics, and what the ancients can teach us about happiness, success, resilience and virtue. Nearly 2,300 years after a ruined merchant named Zeno first established a school on the Stoa Poikile of Athens, Stoicism has found a new audience among those who seek greatness, from athletes to politicians and everyone in between. It's no wonder; the philosophy and its embrace of self-mastery, virtue, and indifference to that which we cannot control is as urgent today as it was in the chaos of the Roman Empire. In *Lives of the Stoics*, Holiday and Hanselman present the fascinating lives of the men and women who strove to live by the timeless Stoic virtues of Courage. Justice. Temperance. Wisdom. Organized in digestible, mini-biographies of all the well-known--and not so well-known--Stoics, this book vividly brings home what Stoicism was like for the people who loved it and lived it, dusting off powerful lessons to be learned from their struggles and successes. More than a mere history book, every example in these pages, from Epictetus to Marcus Aurelius--slaves to emperors--is designed to help the reader apply philosophy in their own lives. Holiday and Hanselman unveil the core values and ideas that unite figures from Seneca to Cato to Cicero across the centuries. Among them are the idea that self-rule is the greatest empire, that character is fate; how Stoics benefit from preparing not only for success, but failure; and learn to love, not merely accept, the hand they are dealt in life. A treasure of valuable insights and stories, this book can be visited again and again by any reader in search of inspiration from the past.

The Obstacle Is the Way The Timeless Art of Turning Trials into Triumph Penguin

From the team that brought you *The Obstacle Is the Way* and *Ego Is the Enemy*, a beautiful daily devotional of Stoic meditations—an instant Wall Street Journal and USA Today Bestseller. Why have history's greatest minds—from George Washington to Frederick the Great to Ralph Waldo Emerson, along with today's top performers from Super Bowl-winning football coaches to CEOs and celebrities—embraced the wisdom of the ancient Stoics? Because they realize that the most valuable wisdom is timeless and that philosophy is for living a better life, not a classroom exercise. *The Daily Stoic* offers 366 days of Stoic insights and exercises, featuring all-new translations from the Emperor Marcus Aurelius, the playwright Seneca, or slave-turned-philosopher Epictetus, as well as lesser-known luminaries like Zeno, Cleanthes, and Musonius Rufus. Every day of the year you'll find one of their pithy, powerful quotations, as well as historical anecdotes, provocative commentary, and a helpful glossary of Greek terms. By following these teachings over the course of a year (and, indeed, for years to come) you'll find the serenity, self-knowledge, and resilience you need to live well.

#1 Wall Street Journal Bestseller *The Obstacle is the Way* has become a cult classic, beloved by men and women around the world who apply its wisdom to become more successful at whatever they do. Its many fans include a former governor and movie star (Arnold Schwarzenegger), a hip hop icon (LL Cool J), an Irish tennis pro (James McGee), an NBC sportscaster (Michele Tafoya), and the coaches and players of winning teams like the New England Patriots, Seattle Seahawks, Chicago Cubs, and University of Texas men's basketball team. The book draws its inspiration from stoicism, the ancient Greek

philosophy of enduring pain or adversity with perseverance and resilience. Stoics focus on the things they can control, let go of everything else, and turn every new obstacle into an opportunity to get better, stronger, tougher. As Marcus Aurelius put it nearly 2000 years ago: "The impediment to action advances action. What stands in the way becomes the way." Ryan Holiday shows us how some of the most successful people in history—from John D. Rockefeller to Amelia Earhart to Ulysses S. Grant to Steve Jobs—have applied stoicism to overcome difficult or even impossible situations. Their embrace of these principles ultimately mattered more than their natural intelligence, talents, or luck. If you're feeling frustrated, demoralized, or stuck in a rut, this book can help you turn your problems into your biggest advantages. And along the way it will inspire you with dozens of true stories of the greats from every age and era.

THESE HABITS WILL MAKE YOU EXTRAORDINARY. Twenty years ago, author Brendon Burchard became obsessed with answering three questions: 1. Why do some individuals and teams succeed more quickly than others and sustain that success over the long term? 2. Of those who pull it off, why are some miserable and others consistently happy on their journey? 3. What motivates people to reach for higher levels of success in the first place, and what practices help them improve the most After extensive original research and a decade as the world's leading high performance coach, Burchard found the answers. It turns out that just six deliberate habits give you the edge. Anyone can practice these habits and, when they do, extraordinary things happen in their lives, relationships, and careers. Which habits can help you achieve long-term success and vibrant well-being no matter your age, career, strengths, or personality? To become a high performer, you must seek clarity, generate energy, raise necessity, increase productivity, develop influence, and demonstrate courage. The art and science of how to do all this is what this book is about. Whether you want to get more done, lead others better, develop skill faster, or dramatically increase your sense of joy and confidence, the habits in this book will help you achieve it faster. Each of the six habits is illustrated by powerful vignettes, cutting-edge science, thought-provoking exercises, and real-world daily practices you can implement right now. If you've ever wanted a science-backed, heart-centered plan to living a better quality of life, it's in your hands. Best of all, you can measure your progress. A link to a free professional assessment is included in the book.

The cult classic that predicted the rise of fake news—revised and updated for the post-Trump, post-Gawker age. Hailed as "astonishing and disturbing" by the Financial Times and "essential reading" by TechCrunch at its original publication, former American Apparel marketing director Ryan Holiday's first book sounded a prescient alarm about the dangers of fake news. It's all the more relevant today. Trust Me, I'm Lying was the first book to blow the lid off the speed and force at which rumors travel online—and get "traded up" the media ecosystem until they become real headlines and generate real responses in the real world. The culprit? Marketers and professional media manipulators, encouraged by the toxic economics of the news business. Whenever you see a malicious online rumor costs a company millions, politically motivated fake news driving elections, a product or celebrity zooming from total obscurity to viral sensation, or anonymously sourced articles becoming national conversation, someone is behind it. Often someone like Ryan Holiday. As he explains, "I wrote this book to explain how media manipulators work, how to spot their fingerprints, how to fight them, and how (if you must) to emulate their tactics. Why am I giving away these secrets? Because I'm tired of a world where trolls hijack debates, marketers help write the news, opinion masquerades as fact, algorithms drive everything to extremes, and no one is accountable for any of it. I'm pulling back the curtain because it's time the public understands how things really work. What you choose to do with this information is up to you."

A practical approach to breaking free of the hindrances in life that drag you down--in order to live more mindfully, effectively, and compassionately. There are five obstacles that stand in the way of true happiness. Recognizing these obstacles and moving past them can be difficult, especially when we find ourselves caught up in work, family life, and other time-consuming activities. However, there is a way! In this guide, Mitch Abblett--a licensed clinical psychologist and consultant--outlines just what these obstacles are and how they infect everyday life. Drawing on Buddhism, psychology, and experiences from his personal practice, Abblett creates a unique teaching on how the five negative qualities found in Buddhist tradition can be studied in modern day and used to combat the negativities that keep us from living our lives to the fullest. These qualities--desire, hostility, sluggishness, worry, and doubt--are explained in full, with helpful charts, teachings, exercises, and anecdotes to give the reader all the tools they need to combat what's dragging them down the most. Abblett uses the negative qualities as a frame for engaging readers in contemplating their own lives and learning to lean into their experience, approaching it with the warmth and helpfulness of a true friend.

When a young girl ventures through a hidden door, she finds another life with shocking similarities to her own. Coraline has moved to a new house with her parents and she is fascinated by the fact that their 'house' is in fact only half a house! Divided into flats years before, there is a brick wall behind a door where once there was a corridor. One day it is a corridor again and the intrepid Coraline wanders down it. And so a nightmare-ish mystery begins that takes Coraline into the arms of counterfeit parents and a life that isn't quite right. Can Coraline get out? Can she find her real parents? Will life ever be the same again?

Transforming Business, Organizational Culture, and Self In business and life, there are often moments when one simply can't seem to find a way forward. Searching in the past for solutions to persistent problems results in frustration and confusion. Issues in corporate teamwork and individual relationships can feel overwhelming and even insurmountable. There's a lack of control and a sense of being stuck. B State provides a clear roadmap from point A to point B to rapidly achieve measurable, breakthrough results. It's about a true transformation that removes old mindsets and silos, while replacing inefficient behaviors with desired habits to quickly create the highest performing culture for groundbreaking business outcomes. Equipped with over 30 years of professional and academic expertise, author, speaker, and change agent Mark Samuel helps companies (and the individuals that comprise them) achieve their B State, enabling them to make the necessary changes they didn't think were possible. His strategies for finding and enacting solutions to complex challenges use real life examples to help readers embrace accountability and envision their success in order to achieve the transformation they need. This book focuses readers on where they want to go, and it helps them get there fast. ?Written for business executives, managers, supervisors, and leaders at all levels, this is a book about how to not just do business but also live life. It brings about the dynamic forward launch readers are looking for, creating results that are

both unprecedented and sustainable.

If men and women are equally capable of genius, why have there been no female artists of the stature of Leonardo, Titian or Poussin? In seeking to answer this question, Germaine Greer introduces us to major but underestimated figures in the history of Western painting--Angelica Kauffmann, Natalia Goncharova, Suzanne Valadon, Berthe Morisot, Kathe Köllwitz--and produces a brilliantly incisive and richly illustrated study. She explains the obstacles as both external and surmountable and internal and insurmountable in the race for achievement.

Instant #1 New York Times Bestseller & Wall Street Journal Bestseller In *The Obstacle Is the Way* and *Ego Is the Enemy*, bestselling author Ryan Holiday made ancient wisdom wildly popular with a new generation of leaders in sports, politics, and technology. In his new book, *Stillness Is the Key*, Holiday draws on timeless Stoic and Buddhist philosophy to show why slowing down is the secret weapon for those charging ahead. All great leaders, thinkers, artists, athletes, and visionaries share one indelible quality. It enables them to conquer their tempers. To avoid distraction and discover great insights. To achieve happiness and do the right thing. Ryan Holiday calls it stillness--to be steady while the world spins around you. In this book, he outlines a path for achieving this ancient, but urgently necessary way of living. Drawing on a wide range of history's greatest thinkers, from Confucius to Seneca, Marcus Aurelius to Thich Nhat Hanh, John Stuart Mill to Nietzsche, he argues that stillness is not mere inactivity, but the doorway to self-mastery, discipline, and focus. Holiday also examines figures who exemplified the power of stillness: baseball player Sadaharu Oh, whose study of Zen made him the greatest home run hitter of all time; Winston Churchill, who in balancing his busy public life with time spent laying bricks and painting at his Chartwell estate managed to save the world from annihilation in the process; Fred Rogers, who taught generations of children to see what was invisible to the eye; Anne Frank, whose journaling and love of nature guided her through unimaginable adversity. More than ever, people are overwhelmed. They face obstacles and egos and competition. *Stillness Is the Key* offers a simple but inspiring antidote to the stress of 24/7 news and social media. The stillness that we all seek is the path to meaning, contentment, and excellence in a world that needs more of it than ever. The instant Wall Street Journal, USA Today, and international bestseller "While the history books are filled with tales of obsessive visionary geniuses who remade the world in their image with sheer, almost irrational force, I've found that history is also made by individuals who fought their egos at every turn, who eschewed the spotlight, and who put their higher goals above their desire for recognition." —from the prologue Many of us insist the main impediment to a full, successful life is the outside world. In fact, the most common enemy lies within: our ego. Early in our careers, it impedes learning and the cultivation of talent. With success, it can blind us to our faults and sow future problems. In failure, it magnifies each blow and makes recovery more difficult. At every stage, ego holds us back. *Ego Is the Enemy* draws on a vast array of stories and examples, from literature to philosophy to history. We meet fascinating figures such as George Marshall, Jackie Robinson, Katharine Graham, Bill Belichick, and Eleanor Roosevelt, who all reached the highest levels of power and success by conquering their own egos. Their strategies and tactics can be ours as well. In an era that glorifies social media, reality TV, and other forms of shameless self-promotion, the battle against ego must be fought on many fronts. Armed with the lessons in this book, as Holiday writes, "you will be less invested in the story you tell about your own specialness, and as a result, you will be liberated to accomplish the world-changing work you've set out to achieve."

Legions of self-help authors rightly urge personal development as the key to happiness, but they typically fail to focus on its most important objective: hardiness. Though that which doesn't kill us can make us stronger, as Nietzsche tells us, few authors today offer any insight into just how to springboard from adversity to strength. It doesn't just happen automatically, and it takes practice. New scientific research suggests that resilience isn't something with which only a fortunate few of us have been born, but rather something we can all take specific action to develop. To build strength out of adversity, we need a catalyst. What we need, according to Dr. Alex Lickerman, is wisdom—wisdom that adversity has the potential to teach us. Lickerman's underlying premise is that our ability to control what happens to us in life may be limited, but we have the ability to establish a life-state to surmount the suffering life brings us. *The Undefeated Mind* distills the wisdom we need to create true resilience into nine core principles, including: --A new definition of victory and its relevance to happiness --The concept of the changing of poison into medicine --A way to view prayer as a vow we make to ourselves. --A method of setting expectations that enhances our ability to endure disappointment and minimizes the likelihood of quitting --An approach to taking personal responsibility and moral action that enhances resilience --A process to managing pain—both physical and emotional—that enables us to push through obstacles that might otherwise prevent us from attaining our goals --A method of leveraging our relationships with others that helps us manifest our strongest selves Through stories of patients who have used these principles to overcome suffering caused by unemployment, unwanted weight gain, addiction, rejection, chronic pain, retirement, illness, loss, and even death, Dr. Lickerman shows how we too can make these principles function within our own lives, enabling us to develop for ourselves the resilience we need to achieve indestructible happiness. At its core, *The Undefeated Mind* urges us to stop hoping for easy lives and focus instead on cultivating the inner strength we need to enjoy the difficult lives we all have.

The stoics lived a long time ago, but they had some startling insights into the human condition - insights which endure to this day. The philosophical tradition, founded in Athens by Zeno of Citium in 301 BC, endured as an active movement for almost 500 years, and contributions from dazzling minds such as Cicero, Seneca and Marcus Aurelius helped create a body of thought with an extraordinary goal - to provide a rational, healthy way of living in harmony with the nature of the universe and in respect of our relationships with each other. In many ways a precursor to Cognitive Behavioural Therapy (CBT), Stoicism provides an armamentarium of strategies and techniques for developing psychological resilience, while celebrating all in life which is beautiful and important. By learning what stoicism is, you can revolutionise your life and learn how to seize the day, live happily and be a better person. This simple, empowering book shows

how to use this ancient wisdom to make practical, positive changes to your life. Using thought-provoking case studies, highlighting key ideas and things to remember and providing tools for self-assessment, it demonstrates that Stoicism is a proven, profound pathway to happiness.

A modern guru who shows the way to turn problems into opportunities - in business and marketing, Ryan Holiday has done it all, seen it all, and now he's here to show you the way.

Ralph de la Vega, President and CEO of AT&T Mobility and Consumer Markets, shares the lessons learned in business and in life along the journey from Cuba to Corporate America. Ralph de la Vega arrived in the United States from Cuba in 1962. He was alone. He was scared. He was 10. Separated from his parents by Cuban authorities just moments before they were to board a plane to Miami, de la Vega was baptized early—and abruptly—in the waters of adversity. It would be four long years before his mother, father, and sister gained legal passage to America. But while the boy would never have chosen such circumstance, it's the man who can look back and say he would not have changed it. In *Obstacles Welcome*, de la Vega recounts his journey as a young Cuban immigrant to president and CEO of AT&T Mobility and Consumer Markets, a subsidiary of AT&T Inc. (NYSE: T). A frontliner in the converging worlds of technology and communications, de la Vega takes readers behind the scenes of the Internet revolution, shares insights from the nation's top technology companies, and chronicles the incredible obstacles intrinsic to successfully merging the largest wireless operations in U.S. history—those of Cingular Wireless and AT&T Wireless. *Obstacles Welcome* is an innovation manifesto for those committed to bigger thinking and greater results both professionally and personally. He clearly defines how to: * Create a detailed action plan to boost success * Identify and take calculated risks without fear * Create a values-centric, decisive leadership style * Transform vision into measurable results * Recognize opportunities and overcome obstacles * Communicate well and build alignment * Unlearn thinking that hinders innovation * Dream big and throw off mental limits once and for all

Opening a powerful cache of business strategy and in-the-trenches wisdom, de la Vega illustrates that within each obstacle we encounter, there's an opportunity that carries the potential to transform our thinking, our organizations, our communities, and our world. PRAISE FOR OBSTACLES WELCOME “. . . [T]hrough his compelling story, Ralph shows how to turn almost any challenge into the opportunity of a lifetime. This is great insight for any professional or any young person aspiring to learn how to overcome obstacles and accept new challenges.” — Randall Stephenson, Chairman & CEO, AT&T, Inc. “I recommend this book to those looking to improve their opportunities, as well as those providing leadership in this diverse society.” — Ambassador Andrew Young, former U.S. Ambassador to the United Nations, former Mayor of Atlanta, former president of the National Council of Churches “His journey is an inspirational story of leadership vision and the ability to achieve success in the face of enormous challenges and obstacles.” — Gerry Czarnecki, President, CEO & Managing Partner, O2Media “This book is a must-read for anyone not afraid to make your dreams come true, regardless of where you are in your professional or personal life.” — Ernest Bromley, Chairman and CEO, Bromley Communications, LLC “Without a doubt, this is one of the most inspiring books and one of the best business publications that I've read in my 40-plus years in the communications business.” — John Graham, Chairman, Fleishman-Hillard Inc. “Ralph de la Vega tells an All-American story for our times.” — Henry Cisneros, Executive Chairman, CityView; former U.S. Secretary of Housing and Urban Development; former Mayor of San Antonio

John Reynolds Gardiner's classic action-packed adventure story about a thrilling dogsled race has captivated readers for more than thirty years. Based on a Rocky Mountain legend, *Stone Fox* tells the story of Little Willy, who lives with his grandfather in Wyoming. When Grandfather falls ill, he is no longer able to work the farm, which is in danger of foreclosure. Little Willy is determined to win the National Dogsled Race—the prize money would save the farm and his grandfather. But he isn't the only one who desperately wants to win. Willy and his brave dog Searchlight must face off against experienced racers, including a Native American man named Stone Fox, who has never lost a race. Exciting and heartwarming, this novel has sold millions of copies and was named a New York Times Outstanding Children's Book.

Wisdom and inspiration to help you achieve your goals. A former Navy SEAL and current motivational speaker, Don Mann specializes in helping others achieve success in every aspect of life—personal and professional—by using techniques employed by Navy SEALs. In *Overcoming Obstacles*, Mann zeroes in on finding ways to conquer the obstacles that readers face in their lives, no matter what they may be. This volume includes three subsections dedicated to helping the reader surmount life's difficulties: Identifying the Obstacles in Your Life Getting Out of Your Own Way Finding Success Featuring practical advice, inspirational quotes, engaging stories, and interesting anecdotes, *Overcoming Obstacles* will give readers the tools they need to triumph in the face of adversity.

A deadly plague has devastated Earth, killing all the adults. Lisa and her younger brother Todd are struggling to stay alive in a world where no one is safe. Other children along Grand Avenue need help as well. They band together to find food, shelter, and protection from dangerous gangs invading their neighborhood. When Tom Logan and his army start making threats, Lisa comes up with a plan and leads her group to a safer place. But how far is she willing to go to protect what's hers?

A beautiful daily journal to lead your journey in the art of living--and an instant WSJ bestseller! For more than two thousand years, Stoic philosophy has been the secret operating system of wise leaders, artists, athletes, brilliant thinkers, and ordinary citizens. With the acclaimed, bestselling books *The Obstacle Is the Way*, *Ego Is the Enemy* and *The Daily Stoic*, Ryan Holiday and Stephen Hanselman have helped to bring the Stoicism of Marcus Aurelius, Seneca, and Epictetus to hundreds of thousands of new readers all over the world. Now Holiday and Hanselman are back with *The Daily Stoic Journal*, a beautifully designed hardcover journal that features space for morning and evening notes, along with advice for integrating this ancient philosophy into our 21st century lives. Each week readers will discover a specific powerful Stoic practice, explained and presented with related quotations to inspire deeper reflection and application, and each day they will answer a powerful question to help gauge their progress. Created with a durable, Smyth-sewn binding and featuring a helpful introduction explaining the various Stoic tools of self-management, as well as resources for further reading, this is a lasting companion volume for people who already love *The Daily Stoic* and its popular daily emails and social media accounts. It can also be used as a stand-alone journal, even if you haven't read the previous books. For anyone seeking inner peace, clarity, and effectiveness in our crazy world, this book will help them immensely for the next year—and for the rest of their lives.

Learn the #1 Secret of the Most Successful Pros: Daily Practice Eric Maisel knows from experience and observation that the single most crucial element of success for any endeavor is a regular, daily practice. Dr. Maisel, a preeminent creativity coach, therapist, and acclaimed author, shows how and why to implement a daily practice and addresses common challenges. His

experience working with bestselling writers, entrepreneurs, musicians, actors, visual artists, recovering addicts, and rehabilitation patients shows as he outlines various ways to approach a daily practice and goes on to help you build a version of this important discipline that suits your life and goals. Real-world stories and practical examples will help you make measurable progress and build satisfaction in your most cherished pursuits.

The #1 New York Times Bestseller Jessica reveals for the first time her inner monologue and most intimate struggles. Guided by the journals she's kept since age fifteen, and brimming with her unique humor and down-to-earth humanity, *Open Book* is as inspiring as it is entertaining. This was supposed to be a very different book. Five years ago, Jessica Simpson was approached to write a motivational guide to living your best life. She walked away from the offer, and nobody understood why. The truth is that she didn't want to lie. Jessica couldn't be authentic with her readers if she wasn't fully honest with herself first. Now America's Sweetheart, preacher's daughter, pop phenomenon, reality tv pioneer, and the billion-dollar fashion mogul invites readers on a remarkable journey, examining a life that blessed her with the compassion to help others, but also burdened her with an almost crippling need to please. *Open Book* is Jessica Simpson using her voice, heart, soul, and humor to share things she's never shared before. First celebrated for her voice, she became one of the most talked-about women in the world, whether for music and fashion, her relationship struggles, or as a walking blonde joke. But now, instead of being talked about, Jessica is doing the talking. Her book shares the wisdom and inspirations she's learned and shows the real woman behind all the pop-culture clichés — “chicken or fish,” “Daisy Duke,” “football jinx,” “mom jeans,” “sexual napalm...” and more. *Open Book* is an opportunity to laugh and cry with a close friend, one that will inspire you to live your best, most authentic life, now that she is finally living hers.

Percy is confused. When he awoke after his long sleep, he didn't know much more than his name. His brain-fuzz is lingering, even after the wolf Lupa told him he is a demigod and trained him to fight. Somehow Percy managed to make it to the camp for half-bloods, despite the fact that he had to continually kill monsters that, annoyingly, would not stay dead. But the camp doesn't ring any bells with him. Hazel is supposed to be dead. When she lived before, she didn't do a very good job of it. When the Voice took over her mother and commanded Hazel to use her “gift” for an evil purpose, Hazel couldn't say no. Now, because of her mistake, the future of the world is at risk.

Your willingness to overcome your obstacles inspire me. Your commitment to work at your absolute best moves me. Your readiness to acknowledge your weakness encourages me to give even more of my life to helping people free themselves from their self-made prisons. May your passions be ignited. May your life and that of those around you become magically abundant. This book is the first in 'THE OBSTACLE IS YOU' series. The letters of my readers have moved me deeply and encouraged me to distill everything that I have learned about the art of living into a series of life lessons. Hence, I set about compiling the best information I have to give into a book that I genuinely believe will transform your life. How to Love Yourself? Do you ever feel like life is slipping by so fast that you might not get the chance to live with meaning and the happiness you deserve? If so, then this very special book will be the guiding light that leads you to a brilliant new way of living. In this extremely easy to read yet wisdom rich manual, I offer eleven simple solutions to life's most complex problems, ranging from methods to succeed to powerful ways to enjoy the journey while you create a legacy that lasts. The words in this book are heartfelt and written in high hope that you will not only connect with the wisdom that I have respectfully offered but also act on it to create lasting improvements in every area of your life. Amidst my own trials and tribulations I have learned that it is not enough to know what to do, we must act immediately on the knowledge in order to create the lives we so dearly want. So, as you turn the pages of this first book in 'THE OBSTACLE IS YOU' series, I hope you will discover a wealth of wisdom that will immensely enrich the quality of your physical, emotional and spiritual life. Please do write to me to share how you have integrated the lessons in this book into the way you live. I will do my very best to respond to your mails with a personal note. I wish you peace, prosperity and many happy days spent engaged in a worthy purpose.

Have you ever not done something because you were afraid to try? Have you ever had feelings of not being adequate? Do you find that you engage in self-sabotage, to make sure things don't work out? Have you experienced fear of failure or fear of success? Do you feel that life has burdened you with obstacles you can't overcome? Fear is a bully, and needs to be confronted. It will try and keep you from achieving your goals by telling you limiting thoughts about yourself that aren't true. The problem is that all too often we believe that negative voice that comes from your subconscious mind, but the important thing to know is that your subconscious mind does not know the difference between fact and fiction. It believes whatever you tell it! So if you tell your mind you're a winner that's what you will draw into your life. Conversely if you tell it you're a loser, you will draw THAT into your life. It's the power behind "The Power of Positive Thinking!" In the case of the author of this book, the second of his motivational and inspirational books, Dr. Gurian had to fight fear on a daily basis to overcome many obstacles in his own life, when his fear told him he would never accomplish anything. Besides stuttering, he faced obstacles like severe learning disabilities, Meniere's syndrome, a sleep disorder, depression, feelings of inferiority, the pain of divorce, a heart attack, fear of traveling, Covid 19 double pneumonia, and more. In this book you will learn: ?How to overcome the fear that's been stopping you from achieving your goals. ?How to examine your thinking and find the thoughts that are holding you back. ?How to see if you are engaging in self-sabotage. ?How to reprogram your mind to think positively. ?How to challenge yourself to confront things that make you uncomfortable. ?How to find and release negative thoughts you may be holding about yourself. ?How to stay positive when it seems that nothing is going right.

"Cato, history's most famous foe of authoritarian power, was the pivotal political man of Rome; an inspiration to our Founding Fathers; and a cautionary figure for our times. He loved Roman republicanism, but saw himself as too principled for the mere politics that might have saved it. His life and lessons are urgently relevant in the harshly divided America—and world—of today. With erudition and verve, Rob Goodman and Jimmy Soni turn their life of Cato into the most modern of biographies, a blend of *The Decline and Fall of the Roman Empire* and *Game Change*."—Howard Fineman, Editorial Director of The Huffington Post Media Group, NBC and MSNBC News Analyst, and New York Times bestselling author of *The Thirteen American Arguments* "A truly outstanding piece of work. What most impresses me is the book's ability to reach through the confusing dynastic politics of the late Roman Republic to present social realities in a way intelligible to the modern reader. *Rome's Last Citizen* entertainingly restores to life the stoic Roman who inspired George Washington, Patrick Henry and Nathan Hale. This is more than a biography: it is a study of how a reputation lasted through the centuries from the end of one republic to the start of another."—David Frum, DailyBeast columnist, former White House speech writer, and New York Times bestselling author of *The Right Man* Marcus Porcius Cato: aristocrat who walked barefoot and slept on the ground with his troops, political

heavyweight who cultivated the image of a Stoic philosopher, a hardnosed defender of tradition who presented himself as a man out of the sacred Roman past—and the last man standing when Rome's Republic fell to tyranny. His blood feud with Caesar began in the chamber of the Senate, played out on the battlefields of a world war, and ended when he took his own life rather than live under a dictator. Centuries of thinkers, writers, and artists have drawn inspiration from Cato's Stoic courage. Saint Augustine and the early Christians were moved and challenged by his example. Dante, in his Divine Comedy, chose Cato to preside over the souls who arrive in Purgatory. George Washington so revered him that he staged a play on Cato's life to revive the spirit of his troops at Valley Forge. Now, in Rome's Last Citizen, Rob Goodman and Jimmy Soni deliver the first modern biography of this stirring figure. Cato's life is a gripping tale that resonates deeply with our own turbulent times. He grappled with terrorists, a debt crisis, endemic political corruption, and a huge gulf between the elites and those they governed. In many ways, Cato was the ultimate man of principle—he even chose suicide rather than be used by Caesar as a political pawn. But Cato was also a political failure: his stubbornness sealed his and Rome's defeat, and his lonely end casts a shadow on the recurring hope that a singular leader can transcend the dirty business of politics. Rome's Last Citizen is a timeless story of an uncompromising man in a time of crisis and his lifelong battle to save the Republic.

From the bestselling author of *The 48 Laws of Power* and *The Laws of Human Nature*, a vital work revealing that the secret to mastery is already within you. Each one of us has within us the potential to be a Master. Learn the secrets of the field you have chosen, submit to a rigorous apprenticeship, absorb the hidden knowledge possessed by those with years of experience, surge past competitors to surpass them in brilliance, and explode established patterns from within. Study the behaviors of Albert Einstein, Charles Darwin, Leonardo da Vinci and the nine contemporary Masters interviewed for this book. The bestseller author of *The 48 Laws of Power*, *The Art of Seduction*, and *The 33 Strategies of War*, Robert Greene has spent a lifetime studying the laws of power. Now, he shares the secret path to greatness. With this seminal text as a guide, readers will learn how to unlock the passion within and become masters. The instant New York Times, Wall Street Journal, and USA Today Bestseller! Ryan Holiday's bestselling trilogy—*The Obstacle Is the Way*, *Ego is the Enemy*, and *Stillness is the Key*—captivated professional athletes, CEOs, politicians, and entrepreneurs and helped bring Stoicism to millions of readers. Now, in the first book of an exciting new series on the cardinal virtues of ancient philosophy, Holiday explores the most foundational virtue of all: Courage. Almost every religion, spiritual practice, philosophy and person grapples with fear. The most repeated phrase in the Bible is "Be not afraid." The ancient Greeks spoke of phobos, panic and terror. It is natural to feel fear, the Stoics believed, but it cannot rule you. Courage, then, is the ability to rise above fear, to do what's right, to do what's needed, to do what is true. And so it rests at the heart of the works of Marcus Aurelius, Aristotle, and CS Lewis, alongside temperance, justice, and wisdom. In *Courage Is Calling*, Ryan Holiday breaks down the elements of fear, an expression of cowardice, the elements of courage, an expression of bravery, and lastly, the elements of heroism, an expression of valor. Through engaging stories about historic and contemporary leaders, including Charles De Gaulle, Florence Nightingale, and Dr. Martin Luther King Jr., Holiday shows you how to conquer fear and practice courage in your daily life. You'll also delve deep into the moral dilemmas and courageous acts of lesser-known, but equally as important, figures from ancient and modern history, such as Helvidius Priscus, a Roman Senator who stood his ground against emperor Vespasian, even in the face of death; Frank Serpico, a former New York City Police Department Detective who exposed police corruption; and Frederick Douglass and a slave named Nelly, whose fierce resistance against her captors inspired his own crusade to end slavery. In a world in which fear runs rampant—when people would rather stand on the sidelines than speak out against injustice, go along with convention than bet on themselves, and turn a blind eye to the ugly realities of modern life—we need courage more than ever. We need the courage of whistleblowers and risk takers. We need the courage of activists and adventurers. We need the courage of writers who speak the truth—and the courage of leaders to listen. We need you to step into the arena and fight.

One of the most remarkable books of contemporary Mexican literature, *The Obstacles* is the story of young writers coming of age in a world dominated entirely by their own fictions. It tells, in alternating chapters, the stories of two teenagers, Ricardo and Elias, who are characters in each others' novels. Blurring our notions of reality and fiction, Eloy Urroz takes the reader into a world where characters invent characters and challenge their creators. And the book's conclusion -- in which a surprising connection between Ricardo and Elias is revealed -- shows that not even fiction can be controlled in a world of such incredible unpredictability.

The world is changing. Markets have crashed. Jobs have disappeared. Industries have been disrupted and are being remade before our eyes. Everything we aspired to for "security," everything we thought was "safe," no longer is: College. Employment. Retirement. Government. It's all crumbling down. In every part of society, the middlemen are being pushed out of the picture. No longer is someone coming to hire you, to invest in your company, to sign you, to pick you. It's on you to make the most important decision in your life: Choose Yourself. New tools and economic forces have emerged to make it possible for individuals to create art, make millions of dollars and change the world without "help." More and more opportunities are rising out of the ashes of the broken system to generate real inward success (personal happiness and health) and outward success (fulfilling work and wealth). This book will teach you to do just that. With dozens of case studies, interviews and examples—including the author, investor and entrepreneur James Altucher's own heartbreaking and inspiring story—*Choose Yourself* illuminates your personal path to building a bright, new world out of the wreckage of the old.

"A must read for anyone looking to take his performance to the next level, be it in athletics or in life."—Dean Karnazes, author of *Ultra Marathon Man* "If there's anyone out there who has taken extreme to a new level, it's Joe De Sena—in adventure racing, in business, and ultimately in the business of adventure! *Spartan Up!* is must-read."—Robyn Benincasa, world champion adventure racer and New York Times best-selling author of *How Winning Works* What do marathoners do when 26.2 miles just isn't enough anymore? They try obstacle racing, combining the endurance challenges of a marathon with the mind- and body-bending rigors of overcoming obstacles along the way. At the heart of this phenomenon is Joe De Sena, the driving force behind the Spartan Race. De Sena overcame his own obstacles—working his way from Queens to Wall Street to legendary extreme athlete—by adhering to a simple philosophy: commit to a goal, put in the work, and get it done. From that philosophy, as played out now for millions across trails, through mud, and up mountainsides, the Spartan Race was born. Filled with unforgettable stories of Spartan racers as well as hard-won truths learned along the course, *Spartan Up!* will help you reach your full potential in whatever you set out to do. "Have you ever wanted to be more, been stuck in a funk, or simply wanted make life poignant? Look no further because *Spartan Up!* is your catalyst. Loaded with real life inspiration and lessons, Joe De Sena uses his

supercharged success in life, business, and sports to deliver the nuggets. This is an easy and juicy read; succinct, powerful, and relevant.” —Ian Adamson, world champion adventure racer and author of Runner’s World Guide to Adventure Racing

An NPR Book Concierge Best Book of 2018! A Sunday Times of London Pick of the Paperbacks A stunning story about how power works in the modern age--the book the New York Times called "one helluva page-turner" and The Sunday Times of London celebrated as "riveting...an astonishing modern media conspiracy that is a fantastic read." Pick up the book everyone is talking about. In 2007, a short blogpost on Valleywag, the Silicon Valley-vertical of Gawker Media, outed PayPal founder and billionaire investor Peter Thiel as gay. Thiel's sexuality had been known to close friends and family, but he didn't consider himself a public figure, and believed the information was private. This post would be the casus belli for a meticulously plotted conspiracy that would end nearly a decade later with a \$140 million dollar judgment against Gawker, its bankruptcy and with Nick Denton, Gawker's CEO and founder, out of a job. Only later would the world learn that Gawker's demise was not incidental--it had been masterminded by Thiel. For years, Thiel had searched endlessly for a solution to what he'd come to call the "Gawker Problem." When an unmarked envelope delivered an illegally recorded sex tape of Hogan with his best friend's wife, Gawker had seen the chance for millions of pageviews and to say the things that others were afraid to say. Thiel saw their publication of the tape as the opportunity he was looking for. He would come to pit Hogan against Gawker in a multi-year proxy war through the Florida legal system, while Gawker remained confidently convinced they would prevail as they had over so many other lawsuits--until it was too late. The verdict would stun the world and so would Peter's ultimate unmasking as the man who had set it all in motion. Why had he done this? How had no one discovered it? What would this mean--for the First Amendment? For privacy? For culture? In Holiday's masterful telling of this nearly unbelievable conspiracy, informed by interviews with all the key players, this case transcends the narrative of how one billionaire took down a media empire or the current state of the free press. It's a study in power, strategy, and one of the most wildly ambitious--and successful--secret plots in recent memory. Some will cheer Gawker's destruction and others will lament it, but after reading these pages--and seeing the access the author was given--no one will deny that there is something ruthless and brilliant about Peter Thiel's shocking attempt to shake up the world.

As a young boy, the odds were never in his favor. He was stranded on a tiny island in the Bahamas waiting for a boat to pick him up. He risked his life as this small boat snuck into America through a corner of the Bermuda Triangle. Feeling like a wimpy kid in his new country and overwhelmed with many challenges, he did not believe in himself and wa

How the world's leading innovators push their ideas to fruition again and again Edison famously said that genius is 1 percent inspiration, 99 percent perspiration. Ideas for new businesses, solutions to the world's problems, and artistic breakthroughs are common, but great execution is rare. According to Scott Branson, the capacity to make ideas happen can be developed by anyone willing to develop their organizational habits and leadership capability. That's why he founded Behance, a company that helps creative people and teams across industries develop these skills. Branson has spent six years studying the habits of creative people and teams that are especially productive--the ones who make their ideas happen time and time again. After interviewing hundreds of successful creatives, he has compiled their most powerful--and often counterintuitive--practices, such as:

- Generate ideas in moderation and kill ideas liberally
- Prioritize through nagging
- Encourage fighting within your team

While many of us obsess about discovering great new ideas, Branson shows why it's better to develop the capacity to make ideas happen--a capacity that endures over time.

Bestselling author Sherman Alexie tells the story of Junior, a budding cartoonist growing up on the Spokane Indian Reservation. Determined to take his future into his own hands, Junior leaves his troubled school on the rez to attend an all-white farm town high school where the only other Indian is the school mascot. Heartbreaking, funny, and beautifully written, *The Absolutely True Diary of a Part-Time Indian*, which is based on the author's own experiences, coupled with poignant drawings by Ellen Forney that reflect the character's art, chronicles the contemporary adolescence of one Native American boy as he attempts to break away from the life he was destined to live. With a forward by Markus Zusak, interviews with Sherman Alexie and Ellen Forney, and four-color interior art throughout, this edition is perfect for fans and collectors alike.

From Ashima Shiraishi, one of the world's youngest and most skilled climbers, comes a true story of strength and perseverance--in rock climbing and in life. To a rock climber, a boulder is called a "problem," and you solve it by climbing to the top. There are twists and turns, falls and scrapes, and obstacles that seem insurmountable until you learn to see the possibilities within them. And then there is the moment of triumph, when there's nothing above you but sky and nothing below but a goal achieved. Ashima Shiraishi draws on her experience as a world-class climber in this story that challenges readers to tackle the problems in their own lives and rise to greater heights than they would have ever thought possible.

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