

## Unworthy How To Stop Hating Yourself

NEW YORK TIMES BESTSELLER Greg Gutfeld wants to be your new guru, and he hates himself for it. Before Greg Gutfeld was a Fox News star and a New York Times bestselling author, he was a self-help writer for health magazines who had no idea what he was talking about. But now, after years of experience, he finally feels qualified to guide people on the journey of life—call this book punishment for his sins, and a huge reward for you! In *The Plus*, Greg teaches you how to brainwash yourself into better behavior, retaining the pluses in your life and eliminating the minuses. His approach to self-help is simple, and perfect for cynics; it's not about positive thinking in the short term, it's about positive being in the long term. With tough love and more than a little political incorrectness, he delivers sage wisdom such as: -If you aren't getting happier as you're getting older, you're doing it wrong. -Resist the media's command to expand destructive narratives. -If you're in the same place you were three years ago, wake up. -Don't tweet when drinking. Modern life grows emptier and emptier as society becomes increasingly polarized, and even those who don't subscribe to New Age beliefs are seeking comfort and meaning. In *The Plus*, Greg shows how skeptics too can advance themselves for the betterment of their lives and the healing of their communities.

Sci-fi action meets steamy paranormal romance in Gini Koch's Alien novels, as Katherine "Kitty" Katt faces off against aliens, conspiracies, and deadly secrets. • "Futuristic high-jinks and gripping adventure." —RT Reviews Despite not having run for office, nor wanting to remain in office, Representative Jeff Martini is being wooed as the vice presidential running mate for a charismatic senator who seems likely to win the campaign. While the Diplomatic Corps has to deal with the pressures of a political campaign sure to uncover secrets they don't want shared with the world, Ambassador Kitty Katt-Martini has other worries—handling the reemergence of her most potent nemesis, thought dead and buried. Is this the way love is supposed to feel? • Does the man you love assume the right to control how you live and behave? • Have you given up important activities or people to keep him happy? • Is he extremely jealous and possessive? • Does he switch from charm to anger without warning? • Does he belittle your opinions, your feelings, or your accomplishments? • Does he withdraw love, money, approval, or sex to punish you? • Does he blame you for everything that goes wrong in the relationship? • Do you find yourself "walking on eggs" and apologizing all the time? If the questions here reveal a familiar pattern, you may be in love with a misogynist — a man who loves you, yet causes you tremendous pain because he acts as if he hates you. In this superb self-help guide, Dr. Susan Forward draws on case histories and the voices of men and women trapped in these negative relationships to help you understand your man's destructive pattern and the part you play in it. She shows how to break the pattern, heal the hurt, regain your self-respect, and either rebuild your relationship or find the courage to love a truly loving man. BONUS: This edition contains an excerpt from Susan Forward's *Toxic Parents*.

Revised and updated, the classic guide to understanding borderline personality disorder includes the latest research on the neurobiological, genetic and developmental roots of the disorder as well as connections with substance abuse, PTSD, ADHD and eating disorders. Original.

Therese Borchard may be one of the frankest, funniest people on the planet. That, combined with her keen writing abilities has made her Beliefnet blog, *Beyond Blue*, one of the most trafficked blogs on the site. *BEYOND BLUE*, the book, is part memoir/part self-help. It describes Borchard's experience of living with manic depression as well as providing cutting-edge research and information on dealing with mood disorders. By exposing her vulnerability, she endears herself immediately to the reader and then reduces even the most depressed to laughter as she provides a companion on the journey to recovery and the knowledge that the reader is not alone. Comprised of four sections and twenty-one chapters, *BEYOND BLUE* covers a wide range of topics from codependency to addiction, poor body image to postpartum depression, from alternative medicine to psychopharmacology, managing anxiety to applying lessons from therapy. Because of her laser wit and Erma Bombeck sense of humor, every chapter is entertaining as well as serious. *UnworthyHow to Stop Hating Yourself* Penguin

In a competition of the most hated memes of modern times, "Hipster" has now caught up with "Hitler." Artists James Carr and Archana Kumar thought, why not combine the two? After all, Hitler was indeed a hipster of his time, a failed artist in Vienna scrounging up extra dollars or kroner painting quick architecture scenes for the tourists. In their heavily trafficked website, "hipsterhitler.com," these comic artists posit a new sort of history in which Hitler, wears Silverlake-trendy glasses, thrift store sweaters, and outspoken T-shirts, and the reader begins to quickly understand the history of Hitler in a new and strangely engaging way. The Feral House book of *Hipster Hitler* includes a few dozen pages of comics heretofore unseen online.

*Hate/Smile - The Greatest Story Never Told* is an autobiography of Neal Studzinski. Neal is the epitome of resilience, faith, self-belief, and perseverance. Suffering from bipolar disorder, Neal picks himself up each time his mental illness attempts at knocking him down. Read the book to know how Neal withstands adversities and bounces back from his challenging mental disorder and other problems in life. Neal Studzinski is a multi-talented creative mind who has shown his prowess as a marketing professional, entrepreneur, front-end web developer, and writer. A business graduate from Baker College of Clinton Township, MI, Studzinski went to high school on 8 Mile and hung out with Eminem and his roommates: Robert Claus (Chedda' Bob), Mike (Manix) & Matt (Butterfingers) Ruby, and the late James Deel (Chaos Kid). He learned to walk the walk at a young age hanging out with those guys. He already knew how to talk the talk. "It will be difficult for you to believe some of the events that took place in my life, luckily I have witnesses for most of it and I'm taking the time to document it in my debut book; an Autobiography *Hate/Smile - The Greatest Story Never Told* "

*All the Year Round* was a weekly Victorian journal specializing in literature published throughout the United Kingdom. *All the Year Round* was created and edited by Charles Dickens and featured many of his famous novels including *A Tale of*

Two Cities as well as other Victorian literary achievements. This particular installment is from December 14, 1867 to June 6, 1868, and includes No. 451 to No. 476.

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.

Rufus identifies a rather striking social trend: many people are stuck in the wrong relationship, career, or town, or just with bad habits they can't seem to quit. Many even say they want to change, but face a complex network of causes for immobilization.

Vampire Queen Betsy Taylor discovers that it is not all marital bliss in the suburbs as her husband, Sinclair, takes up reading "The Book of the Dead," and a pack of once-feral vampires decides to pay an unwelcome visit.

A fifteen-year project. Hundreds of women. Varying ages, backgrounds and cultures. One set of questions. The mission: To expose self-loathing and help women overcome the silent debilitating epidemic of self-judgment. Read their stories, think about your own and expand your view. PRAISE FOR THE SELF-LOATHING PROJECT "The Self-Loathing Project is an honest and eye-opening view, describing how so many of us feel as women. Each of us has something we are carrying around. Some of the stories were heart-wrenching, some of them inspiring, but all of them moved me in a way that made me feel bonded to each and every one of these brave women. It felt like I was sitting in a living room listening to a group of friends just tell their stories and I wanted to wrap each one of them in a hug. I believe we can all relate to every message. A wonderful read."-Jenn Lefebvre, blogger and influencer, A Healthy Makeover "This book really touches on something important to all women-and the author has given it a voice and a space for discussion. The variety of ages is impressive, as is the variety of responses and candor of these women. I particularly like how the author bookended the interviews with upbeat, clarifying content. Her introduction sets the tone for what the reader is about to experience while her closing chapters and supplemental material bring the interviews together with understanding and hope. An amazing collection that is well curated and crafted."-Viqui Dill, blogger and musician, Happiest when Folks Sing Along with Me At the Institute for Dimensional Studies, shifters learn how to transcend space and time in order to fight supernatural threats. Insecure, awkward, and frizzy, fourteen-year-old Faedra Madison Mae has little to offer except for this one ability. As Faedra hones her talent, she becomes increasingly entangled in her training and longs for the time when her life was still her own. Suave, brilliant, and handsome, Dominic Archer has everything going for him. He deserves to be hated for his exasperating perfection. Too good to be true or trusted, he is the one guy Faedra would like to avoid. But he is the only shifter who can keep up, and the best have no choice but to work together. If Faedra can summon the strength to survive brutal mentors, elusive bad guys, pushy roommates, and all the dangers of multidimensional warfare, hopefully she can handle this one egotistical boy. In this provoking, intense novel, a shifter extraordinaire destined to alter the course of history must shatter her perception of the world in order to save it.

Witty, passionate and fast-paced, this sparkling debut Regency romance is a must-read for any fan of Georgette Heyer, Julia Quinn or Loretta Chase. 'Secrets and scars that run deep ... a delightful Regency twist on Beauty and the Beast!' -Alison Stuart, author of The Postmistress She's running from her past; he's hiding from his. Miss Ellen Burney doesn't have a penny to her name. Determined to escape scandal, she flees to London and becomes Miss Smith: spinster and lady's companion. London offers security in anonymity. So long as Ellen can rein in her overactive imagination and become the perfect picture of propriety. Calum Callaghan spent ten years in the Royal Navy fighting Napoleon and has the scars to prove it. Now he's a duke, but all of London thinks he murdered his brother. Heartbroken and battle weary, he's locked himself away for four long years, a prisoner in his own townhouse. That is, until Cal's grandmother comes to stay with him for the London Season, her new lady's companion in tow. A lady's companion with a passion for life and love that can hardly be contained by even the most spinsterish of lace caps. She's fooling nobody, especially not this grumpy duke. 'Charming characters, witty banter, a delightful romp from a sparkling new voice in historical romance.' -Allison Butler, author of the Borderland Brides series

'Earth-shatteringly brilliant, Jeffrey will soothe your soul' Bustle Too short. Too weird. Too quiet. Not true. Let Internet superstar Jeffrey Marsh help you end those negative thoughts and discover how wonderful you are. Making the case for self-acceptance and self-compassion, How To Be You is Jeffrey's practical self-respect guide. Blending wisdom gleaned from their own life growing up gay, non-binary and fabulous in a small rural town with stories of hero/ines who have transcended the stereotypes of race, age and gender, they help you understand that you are not alone. With inspirational words of wisdom, workbook pages and colouring charts to help you on your journey, How to Be You shows you how to deepen your relationship with yourself and find the courage to live your life the way you want.

New York Times bestselling lead singer of Slipknot and Stone Sour's hilarious trawl through the endless backwaters of human stupidity Corey Taylor has had it. Had it with the vagaries of human behavior and life in this postmodern digital blanked-out waiting room that passes for a world. Reality TV, awful music, terrible drivers, megamalls, airports, family reunions, bad fashion choices, other people's monstrous children, and badly-behaved "adult" human beings are warping life in the twenty-first century into an often-unbearable endurance test of one's patience, fortitude, and faith. Funny, profane, blasphemous, and above all right on target, You're Making Me Hate You is pure Corey Taylor unleashed, exposing the underbelly of human depravity in all its ragged glory.

"Self-loathing is a dark land studded with booby traps. Fumbling through its dark underbrush, we cannot see what our trouble actually is: that we are mistaken about ourselves. That we were told lies long ago that we, in love and loyalty and fear, believed. Will we believe ourselves to death?" —from Unworthy As someone who has struggled with low self-esteem her entire life, Anneli Rufus knows only too well how the world looks through the eyes of those who are not comfortable in their own skin. In Unworthy, Rufus boldly explores how a lack of faith in ourselves can turn us into our own worst enemies. Drawing on extensive research, enlightening interviews, and her own poignant experiences, Rufus considers the question: What personal, societal, biological, and historical factors coalesced to spark this secret epidemic, and what can be done to put a stop to it? She reveals the underlying sources of low self-esteem and leads us through strategies for positive change.

Using extensive research, interviews, and the author's own experiences, explores how a lack of self-esteem can turn people into their own

worst enemies, and details what can be done to stop this epidemic.

An essential defense of the people the world loves to revile--the loners--yet without whom it would be lost The Buddha. Rene Descartes. Emily Dickinson. Greta Garbo. Bobby Fischer. J. D. Salinger: Loners, all--along with as many as 25 percent of the world's population. Loners keep to themselves, and like it that way. Yet in the press, in films, in folklore, and nearly everywhere one looks, loners are tagged as losers and psychopaths, perverts and pity cases, ogres and mad bombers, elitists and wicked witches. Too often, loners buy into those messages and strive to change, making themselves miserable in the process by hiding their true nature--and hiding from it. Loners as a group deserve to be reassessed--to claim their rightful place, rather than be perceived as damaged goods that need to be "fixed." In Party of One Anneli Rufus--a prize-winning, critically acclaimed writer with talent to burn--has crafted a morally urgent, historically compelling tour de force--a long-overdue argument in defense of the loner, then and now. Marshalling a polymath's easy erudition to make her case, assembling evidence from every conceivable arena of culture as well as interviews with experts and loners worldwide and her own acutely calibrated analysis, Rufus rebuts the prevailing notion that aloneness is indistinguishable from loneliness, the fallacy that all of those who are alone don't want to be, and wouldn't be, if only they knew how.

The story of one man's triumph over a legendary monster, Beowulf marks the beginning of Anglo-Saxon literature as we know it today. This Enriched Classic includes: • A concise introduction that gives readers important background information • A timeline of significant events that provides the book's historical context • An outline of key themes and plot points to help readers form their own interpretations • Detailed explanatory notes • Critical analysis and modern perspectives on the work • Discussion questions to promote lively classroom and book group interaction • A list of recommended related books and films to broaden the reader's experience Enriched Classics offer readers affordable editions of great works of literature enhanced by helpful notes and insightful commentary. The scholarship provided in Enriched Classics enables readers to appreciate, understand, and enjoy the world's finest books to their full potential. Series edited by Cynthia Brantley Johnson

Amoral, cunning, ruthless, and instructive, this multi-million-copy New York Times bestseller is the definitive manual for anyone interested in gaining, observing, or defending against ultimate control – from the author of The Laws of Human Nature. In the book that People magazine proclaimed “beguiling” and “fascinating,” Robert Greene and Joost Elffers have distilled three thousand years of the history of power into 48 essential laws by drawing from the philosophies of Machiavelli, Sun Tzu, and Carl Von Clausewitz and also from the lives of figures ranging from Henry Kissinger to P.T. Barnum. Some laws teach the need for prudence (“Law 1: Never Outshine the Master”), others teach the value of confidence (“Law 28: Enter Action with Boldness”), and many recommend absolute self-preservation (“Law 15: Crush Your Enemy Totally”). Every law, though, has one thing in common: an interest in total domination. In a bold and arresting two-color package, The 48 Laws of Power is ideal whether your aim is conquest, self-defense, or simply to understand the rules of the game.

Experience the life-changing magic of self-love! You need love from yourself as much as from others. When you have low self-esteem, low confidence or even self-hatred, it's impossible to live life to the fullest. It's time to build your self-love and transform your attitude, emotions and overall outlook on life! This helpful workbook allows you to become aware of your own unique needs and goals while discovering how to better accept and love your true self. It includes a variety of constructive and actionable tips, tricks and exercises, including: • Interactive Activities explore a variety of fun and creative ways to love yourself • Reflection Prompts unpack your experiences and connect them to new lessons • Helpful Advice deepen your understanding of self-love and utilize it in the real world Self-love allows you not only to see your true self, but to truly accept who you are wholeheartedly. With this acceptance comes the freedom and confidence to live your life to its fullest. It's time to conquer self-doubt and self-sabotage. It's time to love yourself!

Using extensive research, interviews and her own experiences, the author, who has struggled with low self-esteem her entire life, explores how a lack of faith in ourselves can turn us into our own worst enemies and what can be done to stop this secret epidemic.--Publisher's description.

“Marie Kondo, but for your brain.” —HelloGiggles “Compelling from front to back. Highly recommend.” —Marc Andreessen Reading this book could change your life. The Courage to Be Disliked, already an enormous bestseller in Asia with more than 3.5 million copies sold, demonstrates how to unlock the power within yourself to be the person you truly want to be. Is happiness something you choose for yourself? The Courage to Be Disliked presents a simple and straightforward answer. Using the theories of Alfred Adler, one of the three giants of nineteenth-century psychology alongside Freud and Jung, this book follows an illuminating dialogue between a philosopher and a young man. Over the course of five conversations, the philosopher helps his student to understand how each of us is able to determine the direction of our own life, free from the shackles of past traumas and the expectations of others. Rich in wisdom, The Courage to Be Disliked will guide you through the concepts of self-forgiveness, self-care, and mind decluttering. It is a deeply liberating way of thinking, allowing you to develop the courage to change and ignore the limitations that you might be placing on yourself. This plainspoken and profoundly moving book unlocks the power within you to find lasting happiness and be the person you truly want to be. Millions have already benefited from its teachings, now you can too.

Easy to Hate. Hard to love. Harper Love causes hurt, hurt causes hate. I've learned this the hard way. I fell for a guy who is made up of angry bones, a dark heart, and eyes that can see my soul. One night changed everything. Now when he looks into my heart, he pulls out the weakness and he uses it to his advantage. He taunts me, breaks me down, and is trying to destroy my first year away at college. So why can't I stay away? Why am I so drawn to the boy who used to be my friend-the guy who broke my heart, and the man who wants to destroy me? Axel All it took was one night for me to see Harper for what she really is-a fake. An imposter who cut me open, forced me to bare my soul, then tossed me aside without even sewing up my black heart. She was the first girl to ever stir emotion inside of me. It's been a year, but I still feel the sting of what she did to me. No matter how hard I try, I can't escape her. Now we are away at college and she thinks she's still part of this group we've had since we were kids. Little does she know, she's been cut, and it's her turn to feel the pain.

#1 NEW YORK TIMES BESTSELLER • A timely and important book that challenges everything we think we know about cultivating true belonging in our communities, organizations, and culture, from the #1 bestselling author of Rising Strong, Daring Greatly, and The Gifts of Imperfection Look for Brené Brown's new podcast, Dare to Lead, as well as her ongoing podcast Unlocking Us! REESE'S BOOK CLUB PICK “True belonging doesn't require us to change who we are. It requires us to be who we are.” Social scientist Brené Brown, PhD, MSW, has sparked a global conversation about the experiences that bring meaning to our lives—experiences of courage, vulnerability, love, belonging, shame, and empathy. In Braving the Wilderness, Brown redefines what it means to truly belong in an age of increased polarization. With her trademark mix of research, storytelling, and honesty, Brown will again change the cultural conversation while mapping a clear path to true belonging. Brown argues that we're experiencing a spiritual crisis of disconnection, and introduces four practices of true belonging that challenge everything we believe about ourselves and each other. She writes, “True belonging requires us to believe in and belong to ourselves so fully that we can find sacredness both in being a part of something and in standing alone when necessary. But in a culture that's rife with perfectionism and pleasing, and with the erosion of civility, it's easy to stay quiet, hide in our ideological bunkers, or fit in rather than show up as our true selves and brave the wilderness of uncertainty and criticism. But true belonging is not something we negotiate or accomplish with others; it's a daily practice that demands integrity and authenticity. It's a personal commitment that we carry in our hearts.” Brown offers us the clarity and courage we need to find our way back to ourselves and to each other. And that path cuts right through the wilderness. Brown writes, “The wilderness is an untamed, unpredictable place of solitude and searching. It is a place as

dangerous as it is breathtaking, a place as sought after as it is feared. But it turns out to be the place of true belonging, and it's the bravest and most sacred place you will ever stand."

Examines the nature, forms, and dynamics of self-hate and compassion, regarded as the strongest anti-therapeutic and therapeutic forces, respectively, and reevaluates society's more important destructive cultural values and conventions

Haters Going to Hate by Mae Barrett [-----]

Jetta is in the center of a war. With her magical power, she could save everyone, save her country . . . or she could destroy it all. Heidi Heilig blends traditional storytelling with ephemera for a lush, page-turning commercial fantasy for fans of Tomi Adeyemi and Leigh Bardugo. The final book in the acclaimed Shadow Players trilogy. Jetta's home is spiraling into civil war. Le Trépas—the deadly necromancer—has used his blood magic to wrest control of the country, and Jetta has been without treatment for her malheur for weeks. Meanwhile, Jetta's love interest, brother, and friend are intent on infiltrating the palace to stop the Boy King and find Le Trépas to put an end to the unleashed chaos. The sweeping conclusion to Heidi Heilig's ambitious trilogy takes us to new continents, introduces us to new gods, flings us into the middle of palace riots and political intrigue, and asks searching questions about power and corruption. Acclaimed author Heidi Heilig creates a rich world inspired by Southeast Asian cultures and French colonialism. Told from Jetta's first-person point-of-view, as well as with chapters written as play scripts and ephemera such as songs, myths, and various forms of communication, On This Unworthy Scaffold is a satisfying finale to the epic fantasy trilogy. It will thrill readers who love Claire Legrand's Furyborn, Laini Taylor's Strange the Dreamer, and N. K. Jemisin's The Fifth Season.

The pair of psychologists behind a popular class at Stanford University called "Fail Fast, Fail Often" discuss how people who aren't worried about making mistakes tend to live happier, more successful lives and learn more from their experiences and opportunities. Original.

He smiled coldly, as if he was surrounded by evil spirits. Anyone who heard this would shudder in fear. "Who gave you this scar on your chest?" "What does it have to do with you?" "What if I want to pursue the matter?" "Hmph ..." If you want to pursue this Young Master's matter, you have to ... Unless you have two legs! Eh? You really have two legs! " His eyes were wide open as he pretended to be surprised. Then, he loudly refuted: "Mosquitoes... It really is a mosquito bite. Ahhh, don't come over, save me ... "

Describes the state of postwar development policy in Africa that has channeled billions of dollars in aid but failed to either reduce poverty or increase growth, offering a hopeful vision of how to address the problem.

Why not tap into your own wisdom instead of looking to other people for the answers to your biggest questions? This book will show you how to find the answers within yourself, simply, quickly and with lasting effect. You know that sinking feeling when you realize you've just done that thing you said you wouldn't do anymore? There's a pivotal moment in each decision you make, in which you either turn toward yourself and your own Truth, or you turn away. The direction you turn in that pivotal moment will lead to you feeling great or being frustrated, scared or ashamed. "What stops most of my clients from following their truth is that they don't know how to and they don't believe in themselves." - Eilat Aviram Society says you need to be a certain way. This trains you to stop listening to your own Truth and instead listen to what society, your family and the media says you should do with your life. You often override the little voice inside you that tells you which way is best to go or which is the best choice for you in a given moment. When you override or turn away from your inner wisdom like that, it leads to unhappy situations, circumstances and relationships. No matter how bad things are for you, using this simple process can help you quickly transform your life. Eilat is a clinical psychologist who has helped heal clients with this method for over 23 years. Even her toughest clients who have struggled for years with debilitating conditions were finally able to breakthrough to healing once they started listening to their own Truth. You will learn to ask yourself one simple question. The simplicity of this question will return to you the wisest and best answer that comes from within you. This answer will never fail you. You are moments away from starting to read this book. Before you know it, you'll start asking the key question and getting the exact answers you need to make great decisions that feel good to you. You'll know the method within the first 5 pages and by chapter 3, you will be able to use this easy-to-apply technique. In just a few hours, you can start the process of healing your mind, body, health, sex, money, food issues and improve your work and parenting. You have nothing to lose by starting this process except all the negative crap that you no longer want in your life. You may gain, for the first time, a real connection to your true self who will never let you down. Listening to your Truth is loving yourself. Imagine feeling comfortable and safe to live free from the constraints of what everyone else and society says you should be doing with your life. "...so simple you don't expect it to be as powerful as it is!" Christine Kloser, Author, The Transformation Quadrant "You have a way of lifting veils, of shifting perspectives, of connecting mind, body and soul. " Elizabeth Nadler-Nir, Founder of The Reading Gym Reading this book feels like a wise, loving friend is speaking directly to you. It's full of therapy stories showing how regular people have overcome obstacles. The explanations of the neuroscience behind this method are easy to understand. It is multi-media rich with video meditations, downloadable exercises, chapter summaries and checklists that will support your process of transformation. Learn to: Make different choices Love yourself more Feel more satisfied at work Understand your money patterns Experience more peace in parenting Have better health, sex and relationships Enjoy food more and find your ideal

BONUS: This edition contains an excerpt from Dr. Susan Forward's Men Who Hate Women and the Women Who Love Them. When you were a child... Did your parents tell you were bad or worthless? Did your parents use physical pain to discipline you? Did you have to take care of your parents because of their problems? Were you frightened of your parents? Did your parents do anything to you that had to be kept secret? Now that you are an adult... Do your parents still treat you as if you were a child? Do you have intense emotional or physical reactions after spending time with your parents? Do your parents control you with threats or guilt? Do they manipulate you with money? Do you feel that no matter what you do, it's never good enough for your parents? In this remarkable self-help guide, Dr. Susan Forward drawn on case histories and the real-life voices of adult children of toxic parents to help you free yourself from the frustrating patterns of your relationship with your parents -- and discover an exciting new world of self-confidence, inner strength, and emotional independence.

Do you thrust unsolicited partisan articles upon your spouse? Are you convinced that you can change your coworker's mind, if you could only argue forcefully enough? Have you gone from befriending to "defriending" the people once closest to you? Don't give up hope; Dr. Jeanne Safer is here to help. Since the election of Donald J. Trump, political disagreements have been ravaging our personal relationships like never before. This already widespread phenomenon will continue to grow unless we learn to fight it. From friends to relatives to lovers, no relationship is immune to this crisis. I Love You, but I Hate Your Politics draws from interviews with every type of politically mixed couple, as well as Dr. Safer's own experiences as a die-hard liberal happily married to a stalwart conservative. The result is a practical guide to maintaining respect and intimacy in our increasingly divided world. I Love You, but I Hate Your Politics is sure to educate and entertain anyone who has felt the strain of ideological differences in their personal life. No matter which side of the fence you're on, Dr. Safer offers frank, practical advice for salvaging and strengthening your bonds with your loved ones. This book is required reading for any politically minded friend, relative, or significant other in the Trump era.

"A dynamic story line that grips from the first chapter and doesn't let go." --Midwest Book Review, Diane Donovan (regarding Once Gone) "A masterpiece of thriller and mystery! The author did a magnificent job developing characters with a psychological side that is so well described that we feel inside their minds, follow their fears and cheer for their success. The plot is very intelligent and will keep you entertained throughout the book. Full of twists, this book will keep you awake until the turn of the last page." --Books and Movie Reviews, Roberto Mattos (re Once Gone) Women are turning up dead in the rural outskirts of Virginia, killed in grotesque ways, and when the FBI is called in, they are stumped. A serial killer is out there, his frequency increasing, and they know there is only one agent good enough to crack this case: Special

Agent Riley Paige. Riley is on paid leave herself, recovering from her encounter with her last serial killer, and, fragile as she is, the FBI is reluctant to tap her brilliant mind. Yet Riley, needing to battle her own demons, comes on board, and her hunt leads her through the disturbing subculture of doll collectors, into the homes of broken families, and into the darkest canals of the killer's mind. As Riley peels back the layers, she realizes she is up against a killer more twisted than she could have imagined. In a frantic race against time, she finds herself pushed to her limit, her job on the line, her own family in danger, and her fragile psyche collapsing. Yet once Riley Paige takes on a case, she will not quit. It obsesses her, leading her to the darkest corners of her own mind, blurring the lines between hunter and hunted. After a series of unexpected twists, her instincts lead her to a shocking climax that even Riley could not have imagined. A dark psychological thriller with heart-pounding suspense, *ONCE GONE* marks the debut of a riveting new series—and a beloved new character—that will leave you turning pages late into the night. Book #2 in the Riley Paige series is also now available!

A masterful and unsettling history of "Indian Removal," the forced migration of Native Americans across the Mississippi River in the 1830s and the state-sponsored theft of their lands. In May 1830, the United States formally launched a policy to expel Native Americans from the East to territories west of the Mississippi River. Justified as a humanitarian enterprise, the undertaking was to be systematic and rational, overseen by Washington's small but growing bureaucracy. But as the policy unfolded over the next decade, thousands of Native Americans died under the federal government's auspices, and thousands of others lost their possessions and homelands in an orgy of fraud, intimidation, and violence. *Unworthy Republic* reveals how expulsion became national policy and describes the chaotic and deadly results of the operation to deport 80,000 men, women, and children. Drawing on firsthand accounts and the voluminous records produced by the federal government, Saunt's deeply researched book argues that Indian Removal, as advocates of the policy called it, was not an inevitable chapter in U.S. expansion across the continent. Rather, it was a fiercely contested political act designed to secure new lands for the expansion of slavery and to consolidate the power of the southern states. Indigenous peoples fought relentlessly against the policy, while many U.S. citizens insisted that it was a betrayal of the nation's values. When Congress passed the act by a razor-thin margin, it authorized one of the first state-sponsored mass deportations in the modern era, marking a turning point for native peoples and for the United States. In telling this gripping story, Saunt shows how the politics and economics of white supremacy lay at the heart of the expulsion of Native Americans; how corruption, greed, and administrative indifference and incompetence contributed to the debacle of its implementation; and how the consequences still resonate today.

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