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Red Blood on White Snow

From the author of *How Emotions Are Made*, a myth-busting primer on the brain, in the tradition of *Seven Brief Lessons on Physics* and *Astrophysics for People in a Hurry*

The Archangel Experiment

'This will start a revolution for women.' CONSTANCE HALL
As young girls, most of us were given the talk about how to manage our periods. It's the beginning of a tedious bloody

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grind, one of the last great taboos. But the truth is, the menstrual cycle has benefits - big, fantastic, daily, monthly, even lifelong, benefits. Every month, you have four hormonal phases that keep coming around. Each phase bears its own gifts and ways of making us feel: a time to dream, a time to do, a time to give and a time to take. Once you know what these phases are, you can predict them, plan for them and use them over and over again. In fact, harnessing your period superpowers will make you unstoppable (until you choose to stop, that is). Period Queen takes the worst thing about being a woman and turns it into the best thing. Author and period preacher Lucy Peach urges us to stop treating periods like nature's consolation prize for being a woman, banishing the notion that hormones reduce us to being random emotional rollercoasters. Become an expert in recognising what you need at different times of the month and learn how every cycle gives you a chance to cultivate the most important relationship of your life: the one with your precious self. It's pretty bloody amazing.

Searching for Hassan

Out of the 100 million women—almost 11 million in the United States alone—who are on the pill, roughly 60 percent take it for non-contraceptive reasons like painful periods, endometriosis, PCOS, and acne. While the birth control pill is widely prescribed as a quick-fix solution to a variety of women's health conditions, taking it can also result in other more serious and dangerous health consequences. Did you know that women on the pill are more likely to be prescribed an antidepressant? That they are at significantly increased risk for autoimmune disease, heart attack, thyroid and adrenal disorders, and even breast and cervical cancer? That the pill

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can even cause vaginal dryness, unexplained hair loss, flagging libido, extreme fatigue, and chronic infection. As if women didn't have enough to worry about, that little pill we're taking to manage our symptoms is only making things worse. Jolene Brighten, ND, author of the groundbreaking new book **BEYOND THE PILL**, specializes in treating women's hormone imbalances caused by the pill and shares her proven 30-day program designed to reverse the myriad of symptoms women experience every day—whether you choose to stay on the pill or not. The first book of its kind to target the birth control pill and the scientifically-proven symptoms associated with taking it, **BEYOND THE PILL** is an actionable plan for taking control, and will help readers:

- Locate the root cause of their hormonal issues, like estrogen dominance, low testosterone, and low progesterone
- Discover a pain-free, manageable period free of cramps, acne, stress, or PMS without the harmful side effects that come with the pill
- Detox the liver, support the adrenals and thyroid, heal the gut, reverse metabolic mayhem, boost fertility, and enhance mood
- Transition into a nutrition and supplement program, with more than 30 hormone-balancing recipes

Featuring simple diet and lifestyle interventions, **BEYOND THE PILL** is the first step to reversing the risky side effects of the pill, finally finding hormonal health, and getting your badass self back.

Clueless in Academe

Babies who love science can be anything! Move over Wonder Woman and Superman--here come Aerospace Engineer and Particle Physicist! Baby loves to explore the world of science! What's next for Baby after learning about physics, engineering, computers, and the natural world? Becoming a scientist of course! In this fun look at several scientific

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careers, parents and children can talk about different science fields and the everyday heroes that work in them. Beautiful, visually stimulating illustrations complement age-appropriate language to encourage baby's sense of wonder. Parents and caregivers may learn a thing or two as well.

Mind to Matter

This timely and compelling anthology is a rousing call-to-action for all of us to help transform the world into a just, peaceful, and thriving one—featuring creative and practical solutions to the many crises facing humanity today. Humanity is currently facing a series of interconnected emergencies that threaten our very survival—from climate change to economic inequality and beyond. And yet, at the same time, a global shift towards harnessing our collective power to create a life-affirming future is flourishing. Featuring chapters by forty-three leading-edge contributors, such as Gregg Braden, Lynne McTaggart, Bruce Lipton, Jean Houston, Michael Bernard Beckwith, Ervin Laszlo, Joan Borysenko, Larry Dossey, and many more, *Our Moment of Choice* provides eye-opening and inspirational visions for a unified, peaceful, and thriving world. The time has come for all humanity to be united in purpose. This is our collective moment of choice, upon which our future depends.

Predictive Analytics

Secrets of Infinity examines infinity as it has been studied since antiquity in an entertaining and practical way.

Beyond the Pill

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Navigating the rocky shores of self-doubt with charm and vulnerability, 100 Demon Dialogues is a collection of comics for anyone who's ever wanted to talk back to the little voice in their head that says "You're no good".

Seven and a Half Lessons about the Brain

This New York Times and USA TODAY bestseller is the perfect tool for children facing new social and emotional challenges in an increasingly disconnected world! This how-to book from two psychology experts--packed with fun graphics and quizzes--will help kids transform stress, worry, and anxiety. Give it to fans of The Confidence Code for Girls and Raina Telgemeier's Guts. Now more than ever, kids need to feel empowered as they work through anxiety, overwhelm, and uncertainty brought on by the world around them. With its helpful, hands-on suggestions and tips, SUPERPOWERED will be embraced by every kid with insecurities, worries, and anxious thoughts. Renee Jain (founder of GoZen!) and Dr. Shefali Tsabary (New York Times bestselling author and Oprah contributor) make readers the superheroes of their own stories. They introduce a toolkit of easy-to-understand methods for recognizing anxious behaviors, identifying the root causes of worried thinking, and realizing that strength can be found in reclaiming one's inner superpowers. With the help of humorous artwork and interactive elements, readers find their P.O.W.E.R. (an acronym that inspires mindfulness and resilience practices) and gain lasting mental strength.

Period Power

This work contains interviews with performance artists who talk about how certain childhood experiences have influenced

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and resurfaced in their work as an adult. The discussions focus on the relationship between art and life.

Little Soldiers

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.

The Influential Product Manager

Co-founder of the software company ClickFunnels Russell Brunson reveals the secret for positioning yourself as the expert that your future customers need. *Expert Secrets* is about gaining the confidence to become a leader in your field and turn a calling into a career. Part of his 'Secrets' box set, this is a must-read for any ambitious online entrepreneur.

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100 Demon Dialogues

Who wants to be rescued by a hot Alien Warrior Lord Super hero? Curvy, intelligent and determined Kyra must find a way to escape a failing space station after a collision with space junk. She needs a miracle. Rescued off the failing space station by 'foreign' astronauts, she discovers that not only are Aliens real, but they're also the inspiration for our Superheroes. Add a dash of gorgeous Warrior Lord of the Star Ship Fleet that rescued her and she's destined to find love in the stars.

Performance Artists Talking in the Eighties

'Maisie Hill has written a bloody brilliant book (pun intended). Everything you need to know about periods and how they affect you and your life is here. It's revolutionary' - Miranda Sawyer 'Thank GOODNESS for Maisie Hill! Flipping open the lid on a vital conversation. It's about time we claimed the power of our periods!' - Gemma Cairney, broadcaster & co-founder of Boom Shakalaka Productions 'This is such an important book. Maisie's insights and cycle strategy have changed my life and my cycle. Period Power is written with such intelligence, humour and a deep understanding of women's health. If you have a period you need to read this book.' - Anna Jones, author of The Modern Cook's Year A profound and practical blueprint for aligning daily life with your menstrual cycle. Period Power is the handbook to periods and hormones that will leave you wondering why the hell nobody told you this sooner. The hormones of the menstrual cycle profoundly influence our energy, mood and behaviour, but all too often we're taught that our hormones make us unreliable, moody bitches, or that it's our lot in life to put up

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with 'women's problems'. Maisie Hill, a women's health practitioner, knows the power of working with the menstrual cycle and refuses to accept this theory. Instead, Maisie believes that our hormones are there to serve us and, if utilized correctly, can be used to help you get what you want out of life. Yes, we are hormonal, and that's a very good thing. This revolutionary book reveals everything you need to know about taking control of your menstrual cycle and outlines The Cycle Strategy to help us perform at our best, throughout our cycle. In *Period Power* you will discover how to: - maximise your natural superpowers each month while making adjustments for the darker days, and use Maisie's favourite tips to improve them - identify your personal patterns, powers and pitfalls for each phase of the menstrual cycle - plan your month to perform at your best in all aspects of your life - figure out if you have a hormonal imbalance and what to do about it. *Period Power* is a no-nonsense guide with all the tools you need to improve your menstrual health.

From Poverty to Power

The challenges to humanity posed by the digital future, the first detailed examination of the unprecedented form of power called "surveillance capitalism," and the quest by powerful corporations to predict and control our behavior. In this masterwork of original thinking and research, Shoshana Zuboff provides startling insights into the phenomenon that she has named surveillance capitalism. The stakes could not be higher: a global architecture of behavior modification threatens human nature in the twenty-first century just as industrial capitalism disfigured the natural world in the twentieth. Zuboff vividly brings to life the consequences as surveillance capitalism advances from Silicon Valley into

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every economic sector. Vast wealth and power are accumulated in ominous new "behavioral futures markets," where predictions about our behavior are bought and sold, and the production of goods and services is subordinated to a new "means of behavioral modification." The threat has shifted from a totalitarian Big Brother state to a ubiquitous digital architecture: a "Big Other" operating in the interests of surveillance capital. Here is the crucible of an unprecedented form of power marked by extreme concentrations of knowledge and free from democratic oversight. Zuboff's comprehensive and moving analysis lays bare the threats to twenty-first century society: a controlled "hive" of total connection that seduces with promises of total certainty for maximum profit--at the expense of democracy, freedom, and our human future. With little resistance from law or society, surveillance capitalism is on the verge of dominating the social order and shaping the digital future--if we let it.

Dearie

Strangers in Port-au-Prince are united in the corruption, fear, and revolt of Duvalier-era Haiti in "the most interesting novel of [Greene's] career" (The Nation). Haiti, under the rule of Papa Doc and his menacing paramilitary, the Tontons Macoute, has long been abandoned by tourists. Now it is home to corrupt capitalists, foreign ambassadors and their lonely wives—and a small group of enterprising strangers rocking into port on the Dutch cargo ship, Medea: a well-meaning pair of Americans claiming to bring vegetarianism to the natives; a former jungle fighter in World War II Burma and current confidence man; and an English hotelier returning home to the Trianon, an unsalable shell of an establishment on the hills above the capital. Each is embroiled in a charade.

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But when they're unsuspectingly bound together in this nightmare republic of squalid poverty, torrid love affairs, and impending violence, their masks will be stripped away. "While Mr. Greene . . . specialized in chronicling the moral and political murkiness he encountered in the third world . . . nowhere did he produce a more topical or damning work of fiction than [in *The Comedians*]" (The New York Times). Banned in Haiti, and condemned by Papa Doc Duvalier, it was adapted by Greene into a 1967 film starring Elizabeth Taylor and Richard Burton.

Stop Walking on Eggshells

An in-depth critique of the Bush administration and the Iraq war argues that when America's immense military power is used unwisely by neo-conservative radicals that dominate the national security process, it can fracture global stability.

Big Miracle

A Wharton professor and tech entrepreneur examines how algorithms and artificial intelligence are starting to run every aspect of our lives, and how we can shape the way they impact us Through the technology embedded in almost every major tech platform and every web-enabled device, algorithms and the artificial intelligence that underlies them make a staggering number of everyday decisions for us, from what products we buy, to where we decide to eat, to how we consume our news, to whom we date, and how we find a job. We've even delegated life-and-death decisions to algorithms--decisions once made by doctors, pilots, and judges. In his new book, Kartik Hosanagar surveys the brave new world of algorithmic decision-making and reveals the

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potentially dangerous biases they can give rise to as they increasingly run our lives. He makes the compelling case that we need to arm ourselves with a better, deeper, more nuanced understanding of the phenomenon of algorithmic thinking. And he gives us a route in, pointing out that algorithms often think a lot like their creators--that is, like you and me. Hosanagar draws on his experiences designing algorithms professionally--as well as on history, computer science, and psychology--to explore how algorithms work and why they occasionally go rogue, what drives our trust in them, and the many ramifications of algorithmic decision-making. He examines episodes like Microsoft's chatbot Tay, which was designed to converse on social media like a teenage girl, but instead turned sexist and racist; the fatal accidents of self-driving cars; and even our own common, and often frustrating, experiences on services like Netflix and Amazon. *A Human's Guide to Machine Intelligence* is an entertaining and provocative look at one of the most important developments of our time and a practical user's guide to this first wave of practical artificial intelligence.

Superpowered

New York Times Book Review Editor's Choice; Real Simple Best of the Month; Library Journal Editors' Pick In the spirit of *Battle Hymn of the Tiger Mother*, *Bringing up Bébé*, and *The Smartest Kids in the World*, a hard-hitting exploration of China's widely acclaimed yet insular education system—held up as a model of academic and behavioral excellence—that raises important questions for the future of American parenting and education. When students in Shanghai rose to the top of international rankings in 2009, Americans feared that they were being "out-educated" by the rising super

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power. An American journalist of Chinese descent raising a young family in Shanghai, Lenora Chu noticed how well-behaved Chinese children were compared to her boisterous toddler. How did the Chinese create their academic super-achievers? Would their little boy benefit from Chinese school? Chu and her husband decided to enroll three-year-old Rainer in China's state-run public school system. The results were positive—her son quickly settled down, became fluent in Mandarin, and enjoyed his friends—but she also began to notice troubling new behaviors. Wondering what was happening behind closed classroom doors, she embarked on an exploratory journey, interviewing Chinese parents, teachers and education professors, and following students at all stages of their education. What she discovered is a military-like education system driven by high-stakes testing, with teachers posting rankings in public, using bribes to reward students who comply, and shaming to isolate those who do not. At the same time, she uncovered a years-long desire by government to alleviate its students' crushing academic burden and make education friendlier for all. The more she learns, the more she wonders: Are Chinese children—and her son—paying too high a price for their obedience and the promise of future academic prowess? Is there a way to appropriate the excellence of the system but dispense with the bad? What, if anything, could Westerners learn from China's education journey? Chu's eye-opening investigation challenges our assumptions and asks us to consider the true value and purpose of education.

Our Moment of Choice

Draws on the iconic culinary figure's personal diaries and letters to present a one-hundredth birthday commemoration

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that offers insight into her role in shaping women's views and influencing American approaches to cooking.

Things You Think about When You Bite Your Nails

In *The Dream Stitcher*, main characters Goldye and Maude are connected by a thread that stretches across decades. The novel moves between two time periods and places, America in 2008 and World War II in Warsaw, Poland.

Rejection Proof

Offers a look at the causes and effects of poverty and inequality, as well as the possible solutions. This title features research, human stories, statistics, and compelling arguments. It discusses about the world we live in and how we can make it a better place.

The Astonishing Maybe

New research and new discoveries in epigenetics, neuroscience, electromagnetism, psychology, public health and quantum physics are demonstrating that thoughts can indeed be profoundly creative. In *Mind to Matter*, award-winning author Dawson Church examines the scientific facts behind the popular concept of 'manifesting' and reviews its possibilities and its limits. As we discover how the universe operates synchronistically, we come to understand that while we have individual local minds, we also participate in a universal nonlocal mind. *Mind to Matter* shows us that as we take charge of our individual power to create, we have the potential, as a species, to catalyse a transformation of our whole world.

The Comedians

This “astonishing and deeply poignant” (The Washington Post) memoir of one man’s search for a beloved family friend explores the depth of Iranian culture and the sweep of its history, and transcends today’s news headlines to remind us of the humanity that connects us all. Growing up in Tehran in the 1960s, Terence Ward and his brothers were watched over by Hassan, the family’s cook, housekeeper, and cultural guide. After an absence of thirty years and much turmoil in Iran, Ward embarks on a quixotic pilgrimage with his family in search of their lost friend. However, as they set out on this improbable quest with no address or phone number, their only hope lies in their mother’s small black and white photograph taken decades before. Crossing the vast landscape of ancient Persia, Ward interweaves its incredibly rich past, while exploring modern Iran’s deep conflicts with its Arab neighbors and our current administration. Searching for Hassan puts a human face on the long-suffering people of the Middle East with this inspirational story of an American family who came to love and admire Iran and its culture through their deep affection for its people. The journey answers the question, “How far would you go for a friend?” Including a revised preface and epilogue, this new and updated edition continues to demonstrate that Searching for Hassan is as relevant and timely as ever in shaping conversations and ways of thinking about different cultures both in the US and around the world.

Wonder Guy

Transform your mind, open your heart, and help the world by uncovering and celebrating the authentic you! Wild dance

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parties, vegan cake, and meaningful spirituality. Stop trying to put yourself into a box of what spirituality “should” look like—because, honey, being yourself is spiritual. This is what Sah D’Simone shares in *Spiritually Sassy*, a guide for a generation that celebrates diversity, authenticity, and freedom both in life and on the spiritual path. A queer, brown, flamboyant, immigrant spiritual seeker, Sah is a voice for anyone who wants to grow in creative ways. To be of service and make an impact on the world. To embrace their fierce, funny, and fabulous selves—even the parts they might feel ashamed of or figure just aren’t “spiritual” enough. With *Spiritually Sassy*, Sah distills the art of living well in our modern world into eight radical yet totally attainable steps. By incorporating scientifically backed principles of modern psychology with time-tested Buddhist techniques—and a heavy dose of sassy sauce—Sah will help you unblock your heart, befriend your mind, and live your truth out loud. In other words, he’ll help you find your sass. Highlights include:

- Clear out old ways of thinking to make room for a new story that reflects your fabulous heart—and quiets your inner critic
- Overcome imposter syndrome and know you are worthy of love, abundance, and joy
- Get out of your own way in a big way
- Uncover your true self to become spiritual—and sassy
- Get real about your dreams and goals, and learn powerful manifestation practices to help make them happen
- Embrace your superpowers—the gifts and talents that help you live your purpose
- The importance of looking beyond yourself to your community, your tribe, and how you give back

Plus—tons of practices for meditation, breath work, mantra, movement, journaling, working with your mind, and more “It is my mission in life to help you find your sass, whatever that means for you,” writes Sah, “so it can radiate out and touch everything you do.” *Spiritually Sassy* isn’t a quick fix, spiritual bypassing, or entitlement. It’s a life-embracing path to

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awakening in modern times. Dive in to uncover your most radically authentic and spiritual self—and get sassy.

Rescued By Tordin

Discusses the signs and symptoms of borderline personality disorder and explains how the families and friends of patients can cope with BPD behavior while taking care of themselves.

The 48 Laws of Power

Gerald Graff argues that our schools and colleges make the intellectual life seem more opaque, narrowly specialized, and beyond normal learning capacities than it is or needs to be. Left clueless in the academic world, many students view the life of the mind as a secret society for which only an elite few qualify. In a refreshing departure from standard diatribes against academia, Graff shows how academic unintelligibility is unwittingly reinforced not only by academic jargon and obscure writing, but by the disconnection of the curriculum and the failure to exploit the many connections between academia and popular culture. Finally, Graff offers a wealth of practical suggestions for making the culture of ideas and arguments more accessible to students, showing how students can enter the public debates that permeate their lives.

Ten Things Every Child with Autism Wishes You Knew

Every parent, teacher, social worker, therapist, and physician should have this succinct and informative book in their back pocket. Framed with both humor and compassion, the book

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defines the top ten characteristics that illuminate the minds and hearts of children with autism.

Talking to My Daughter about the Economy

****Includes over 30 downloadable Guided Meditations!! Skip the middle man and get connected directly to your own private League of Luminaries! Like Star Trek's com badges and universal translator, or today's obsession, the smart phone, The Archangel Experiment offers you your own personal hotline to angelic wisdom and guidance. No matter your issue, there is at least one expert Arch who can help! Have you wondered about who the Archangels are and what purpose they serve? You might be surprised to learn that they fulfill their purpose by helping you fulfill yours! Many books have been written on these fascinating, mystical symbols of the Divine, relating history, stories and folklore, with the occasional prayer or mantra thrown in for good measure. Rarely do these books offer a clear, viable road map or toolkit for really getting to know them on a first name basis, and learning how they can help you directly. The Archangel Experiment is a Divinely inspired set of experiments (guided meditations, creative analysis, movement, hands-on craft options, and group experiments) designed to allow you personal access to 18 Archangels, including a free download of over 30 recorded guided meditations to accompany your experience. Develop your unique relationship with each of them in a way that works for you. You'll never be left wondering where to turn to for assistance again!**

Period Queen

Yanis Varoufakis, the bestselling author of Adults in the

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Room, uses personal stories and famous myths to explain what economics is and why it has the power to change our world. Why is there so much inequality? In this intimate and accessible book, world famous economist Yanis Varoufakis sets out to answer his daughter Xenia's deceptively simple question. Drawing on memories of her childhood and a variety of well-known tales - from Oedipus and Faust to Frankenstein and The Matrix -- Talking To My Daughter About the Economy explains everything you need to know in order to understand why economics is the most important drama of our times. It is a book that helps to make sense of a troubling world while inspiring us to make it a better one.

America Alone

"Mesmerizing & fascinating" —The Seattle Post-Intelligencer
"The Freakonomics of big data." —Stein Kretsinger, founding executive of Advertising.com Award-winning | Used by over 30 universities | Translated into 9 languages An introduction for everyone. In this rich, fascinating — surprisingly accessible — introduction, leading expert Eric Siegel reveals how predictive analytics (aka machine learning) works, and how it affects everyone every day. Rather than a “how to” for hands-on techies, the book serves lay readers and experts alike by covering new case studies and the latest state-of-the-art techniques. Prediction is booming. It reinvents industries and runs the world. Companies, governments, law enforcement, hospitals, and universities are seizing upon the power. These institutions predict whether you're going to click, buy, lie, or die. Why? For good reason: predicting human behavior combats risk, boosts sales, fortifies healthcare, streamlines manufacturing, conquers spam, optimizes social networks, toughens crime fighting, and wins

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elections. How? Prediction is powered by the world's most potent, flourishing unnatural resource: data. Accumulated in large part as the by-product of routine tasks, data is the unsalted, flavorless residue deposited en masse as organizations churn away. Surprise! This heap of refuse is a gold mine. Big data embodies an extraordinary wealth of experience from which to learn. Predictive analytics (aka machine learning) unleashes the power of data. With this technology, the computer literally learns from data how to predict the future behavior of individuals. Perfect prediction is not possible, but putting odds on the future drives millions of decisions more effectively, determining whom to call, mail, investigate, incarcerate, set up on a date, or medicate. In this lucid, captivating introduction — now in its Revised and Updated edition — former Columbia University professor and Predictive Analytics World founder Eric Siegel reveals the power and perils of prediction: What type of mortgage risk Chase Bank predicted before the recession. Predicting which people will drop out of school, cancel a subscription, or get divorced before they even know it themselves. Why early retirement predicts a shorter life expectancy and vegetarians miss fewer flights. Five reasons why organizations predict death — including one health insurance company. How U.S. Bank and Obama for America calculated the way to most strongly persuade each individual. Why the NSA wants all your data: machine learning supercomputers to fight terrorism. How IBM's Watson computer used predictive modeling to answer questions and beat the human champs on TV's Jeopardy! How companies ascertain untold, private truths — how Target figures out you're pregnant and Hewlett-Packard deduces you're about to quit your job. How judges and parole boards rely on crime-predicting computers to decide how long convicts remain in prison. 182 examples from Airbnb, the BBC, Citibank, ConEd, Facebook, Ford,

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Google, the IRS, LinkedIn, Match.com, MTV, Netflix, PayPal, Pfizer, Spotify, Uber, UPS, Wikipedia, and more. How does predictive analytics work? This jam-packed book satisfies by demystifying the intriguing science under the hood. For future hands-on practitioners pursuing a career in the field, it sets a strong foundation, delivers the prerequisite knowledge, and whets your appetite for more. A truly omnipresent science, predictive analytics constantly affects our daily lives. Whether you are a consumer of it — or consumed by it — get a handle on the power of Predictive Analytics.

Your Score

A funny and wise guide and workbook for conquering fears, from the existential to the everyday, and defeating the monster those fears can become: anxiety This is a book about fear. About how it works, how it takes hold over us, and how it dogs us from childhood (the monsters under the bed) to adulthood (careers, relationships, accidentally sending that risky text to the wrong person--all the things that make us want to bite our nails). But this is also a book about that monster our fear can warp into when it grows too powerful, a phenomenon we are all too familiar with and that more and more of us are struggling against: anxiety. Author and illustrator Amalia Andrade had her own battle with anxiety, and not only did she make it out the other side, she learned sometimes it's the very thing that almost sinks you that can save you. Through the lessons, exercises, and often hilarious personal stories Amalia shares in these pages, together you will learn how to make those feelings your friends and turn your fears into superpowers. A PENGUIN LIFE TITLE

Expert Secrets

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An entertaining and inspiring account of conquering the fear of rejection, offering a completely new perspective on how to turn a no into a yes. Jia Jiang came to the United States with the dream of being the next Bill Gates. But despite early success in the corporate world, his first attempt to pursue his entrepreneurial dream ended in rejection. Jia was crushed, and spiraled into a period of deep self doubt. But he realized that his fear of rejection was a bigger obstacle than any single rejection would ever be, and he needed to find a way to cope with being told no without letting it destroy him. Thus was born his "100 days of rejection" experiment, during which he willfully sought rejection on a daily basis--from requesting a lesson in sales from a car salesman (no) to asking a flight attendant if he could make an announcement on the loud speaker (yes) to his famous request to get Krispy Kreme doughnuts in the shape of Olympic rings (yes, with a viral video to prove it). Jia learned that even the most preposterous wish may be granted if you ask in the right way, and shares the secret of successful asking, how to pick targets, and how to tell when an initial no can be converted into something positive. But more important, he learned techniques for steeling himself against rejection and ways to develop his own confidence--a plan that can't be derailed by a single setback. Filled with great stories and valuable insight, Rejection Proof is a fun and thoughtful examination of how to overcome fear and dare to live more boldly. From the Hardcover edition.

Spiritually Sassy

This book is a comprehensive and practical guide to the core skills, activities, and behaviors that are required of product managers in modern technology companies. Product

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management is one of the fastest growing and most sought-after roles by job seekers and companies alike. The availability of trained and experienced talent can barely keep up with the accelerating demand for new and improved technology products. People from nontechnical and technical backgrounds alike are eager to master this exciting new role. The Influential Product Manager teaches product managers how to behave at each stage of the product life cycle to achieve the best outcome for the customer. Product managers are under pressure to drive spectacular results, often without wielding much direct power or authority. If you don't know how to influence people at all levels of the organization, how will you create the best possible product? This comprehensive entry-level textbook distills over twenty years of hard-won field experience and industry knowledge into lessons that will empower new product managers to act like pros right out of the gate. With teaching experience both from UC Berkeley and Lynda.com, the author boils down the most complex topics into principles that are easy to memorize and apply. This book methodically documents the tools product managers everywhere use to align their teams with market needs and organizational goals. From setting priorities to capturing requirements to navigating trade-offs, this book makes it easy. Not only will your product succeed, you'll succeed, too, when you read the final chapter on advancing your career. Let your product's success become your success!

Favela

A meek teenager discovers she's immortal and is unleashed in a hidden world where demons and mystical creatures exist, with the sole purpose of taking earth's resources. Arcs exist

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to protect mortals and immortals, but not without a fight. Imogen Truman is a seventeen year old dealing with the death of her father and of becoming an adult. She travels to Australia, Brazil, India, France and UK, to discover she is immortal. A 500 year old Arc-Hector Slorick trains her to defeat ancient human like beast known as Paignons. The Paignon King, Von Strickenstein wants to strip her of her powers. She finds herself falling in love with an aristocrat-Rupert De Guais and is faced with elements of conflict, love, seduction, betrayal, innocence and death. She soon realises that she is very different from other Arcs, but just how different? A compelling action, urban fantasy story with teenage metaphors entwined with Brazilian jiu-jitsu and mixed martial arts. **DON'T WAIT TO BE SAVED!**

Secrets of Infinity

Friendship, heartbreak, and defining what family means are rarely as sensitively, beautifully portrayed in middle-grade fiction. Shaunta Grimes is an extraordinary new talent. Gideon hates the idea of moving to Nevada from the East Coast. It's so empty and hot in his new neighborhood. Only one person his age lives nearby: the girl next door, Roona. Gid notices right away that Roona is . . . different. She wears roller skates and a blanket as a cape when she needs to feel strong. What he doesn't bargain for, however, is how far outside his comfort zone Roona will take him as she enlists his help in finding her long-gone father. For a kid who's not allowed to ride his bike more than a few blocks from home, this will be an adventure of a lifetime.

A Human's Guide to Machine Intelligence

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Now a major motion picture starring Drew Barrymore, Ted Danson, Kristen Bell, Tim Blake Nelson, John Krasinski, and Vinessa Shaw—an account of the dramatic rescue of three gray whales trapped under the ice in Alaska in 1988. Set in Cold War – era 1988, *Big Miracle* tells the real story behind the remarkable, bizarre, and oftentimes uproarious event that mesmerized the world for weeks. On October 7, an Inuit hunter near Barrow, Alaska, found three California Gray whales imprisoned in the Arctic ice. In the past, as was nature's way, trapped whales always died. Not this time. Tom Rose, who was covering the event for a Japanese TV station, compellingly describes how oil company executives, environmental activists, Inupiat people, small business people, and the U.S. military boldly worked together to rescue the whales. He also tells the stories of some of the more than 150 international journalists who brought the story to the world's attention. The rescue was followed by millions of people around the world as Ronald Reagan and Mikhail Gorbachev joined the forces of their two nations to help free the whales.

The Dream Stitcher

Sometimes it takes true love and fairy godmother magic to save the world. Science major Greg Roberts is all formulas and logic. Neither will win him the heart of his lifelong true love, girl next door, Gloria Torkenson. When the Fairy Godmother's Local Union offers to give him super-powers, Greg accepts, hoping to earn a shot at Gloria's love. After her friend is murdered and her fiancé brushes off her shock and mourning, Gloria begins to see her engagement for what it is: a desperate bid for security. It's Greg who is at her side, comforting her when she needs it most. His natural

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thoughtfulness and newly emerged confidence capture her attention. But Gloria's desire for stability makes it hard to trust her heart. With a dark fairy creating chaos, and her minions endangering Gloria, can Greg's gifted super powers be enough to save the world? 86,000 Words

Family Don't End with Blood

Janice Perlman wrote the first in-depth account of life in the favelas, a book hailed as one of the most important works in global urban studies in the last 30 years. Now, in *Favela*, Perlman carries that story forward to the present. Re-interviewing many longtime favela residents whom she had first met in 1969--as well as their children and grandchildren--Perlman offers the only long-term perspective available on the favelados as they struggle for a better life. Perlman discovers that while educational levels have risen, democracy has replaced dictatorship, and material conditions have improved, many residents feel more marginalized than ever. The greatest change is the explosion of drug and arms trade and the high incidence of fatal violence that has resulted. Yet the greatest challenge of all is job creation--decent work for decent pay. If unemployment and under-paid employment are not addressed, she argues, all other efforts will fail to resolve the fundamental issues. *Foreign Affairs* praises Perlman for writing "with compassion, artistry, and intelligence, using stirring personal stories to illustrate larger points substantiated with statistical analysis."

Baby Loves Scientists

How a Show, and the Support of Its Fandom, Changed—and Saved—Lives *Supernatural*, a three-time People's Choice

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Award winner for Favorite Sci-Fi/Fantasy TV Show and Tumblr's 2015 Most Reblogged "Live Action TV," has made a name for itself by supporting and encouraging its fans to "always keep fighting," and a memorable line from early in the show's run, "Family don't end with blood," became an inspiring mantra for many who found community in the fandom. In 25 powerful chapters written by Supernatural's actors and fans, including series lead Jared Padalecki, plus special messages from Jensen Ackles, Misha Collins, and Mark Sheppard, *Family Don't End with Blood: Cast and Fans On How Supernatural Has Changed Lives* examines the far reach of the show's impact for more than a decade.

Supernatural has inspired fans to change their lives, from getting "sober for Sam" to escaping a cult to pursuing life-long dreams. But fans aren't the only ones who have been changed. The actors who bring the show to life have also found, in the show and its community, inspiration, courage, and the strength to keep going when life seemed too hard. Including essays and special messages from Supernatural's cast: Jared Padelecki ("Sam Winchester") Jensen Ackles ("Dean Winchester") Misha Collins ("Castiel") Mark Sheppard ("Crowley") Jim Beaver ("Bobby Singer") Ruth Connell ("Rowena MacLeod") Osric Chau ("Kevin Tran") Rob Benedict ("Chuck Shurley aka God") Kim Rhodes ("Sheriff Jody Mills") Briana Buckmaster ("Sheriff Donna Hanscum") Matt Cohen ("Young John Winchester") Gil McKinney ("Henry Winchester") Rachel Miner ("Meg Masters") Collected and edited by Lynn S. Zubernis, a clinical psychologist, professor, and passionate Supernatural fangirl, *Family Don't End with Blood* provides an insightful and often uplifting look into the way international fan communities become powerful, positive forces in the lives of so many. In keeping with the show's message to "always keep fighting," a portion of the proceeds from the book will be donated to RANDOM ACTS, a nonprofit

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founded by Misha Collins, and AT TITUDES IN REVERSE, whose mission is to educate young people about mental health and suicide prevention.

The Age of Surveillance Capitalism

A road map for how to navigate the confusing, secretive world of consumer credit, and how to upgrade and correct your score.

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