

## The Data Detective Ten Easy Rules To Make Sense Of Statistics

Connect  
Transaction Man  
Civilized to Death  
A World Without Email  
What Is Life?: Five Great Ideas in Biology  
How to Make the World Add Up  
The Great Pretender  
Out of My Skull  
Humanocracy  
The Undercover Economist Strikes Back  
Marketing for Scientists  
Money  
Change  
Women  
Rowing North  
The Logic of Life  
Into the Wild  
What We Need to Do Now  
Entitled  
Chatter  
Living in Data  
Bunker  
The Lonely  
Century  
Messy  
Contemporary Popular Writers  
A Peculiar Indifference  
Breath  
AP® World History Crash Course Book + Online  
Digital  
Humanitarians  
50 Inventions That Shaped the Modern Economy  
Counting: How We Use Numbers to Decide What Matters  
Work  
Mate  
Marry  
Love  
The Data Detective  
One Billion Americans  
Rebel Ideas  
Nobody's Normal: How Culture Created the Stigma of Mental Illness  
The Scavenger's Guide to Haute Cuisine  
Clean  
X+y  
Adapt  
The Meat  
Eater  
Guide to Wilderness Skills and Survival

### Connect

Deborah Stone's mind-altering insight is that the numbers we use to capture the human experience are themselves a form of creative storytelling. They shouldn't end the conversation, but spark a deeper and richer one. Counting deserves five stars for showing why five stars can never tell the whole story. Jacob S. Hacker, co-author of *Let Them Eat Tweets: How the Right Rules in an Age of Extreme Inequality* What do people do when they count? What do numbers really mean? We all know that people can lie with statistics, but in this groundbreaking work, eminent political scientist Deborah Stone uncovers a much deeper problem. With help from Dr. Seuss and Cookie Monster, she explains why numbers can't be objective: in order to count, one must first decide what counts. Every number is the ending to a story built on cultural assumptions, social conventions, and personal judgments. And yet, in this age of big data and metric mania, numbers shape almost every facet of our lives: whether we get hired, fired, or promoted; whether we get into college or out of prison; how our opinions are gathered and portrayed to politicians; or how government designs health and safety regulations. In warm and playful prose, *Counting* explores what happens when we measure nebulous notions like merit, race, poverty, pain, or productivity. When so much rides on numbers, they can become instruments of social welfare, justice, and democracy—or not. The citizens of Flint, Michigan, for instance, used numbers to prove how their household water got contaminated and to force their government to take remedial action. In stark contrast, the Founding Fathers finessed an intractable conflict by counting each slave as three-fifths of a person in the national census. They set a terrible precedent for today's politicians who claim to solve moral and political dilemmas with arithmetic. Suffused with moral reflection and ending with a powerful epilogue on COVID-19's dizzying statistics, *Counting* will forever change our relationship with numbers.

### Transaction Man

In April 1992 a young man from a well-to-do family hitchhiked to Alaska and walked alone into the wilderness north of Mt. McKinley. His name was Christopher Johnson McCandless. He had given \$25,000 in savings to charity, abandoned his car and most of his possessions, burned

all the cash in his wallet, and invented a new life for himself. Four months later, his decomposed body was found by a moose hunter. How McCandless came to die is the unforgettable story of *Into the Wild*. Immediately after graduating from college in 1991, McCandless had roamed through the West and Southwest on a vision quest like those made by his heroes Jack London and John Muir. In the Mojave Desert he abandoned his car, stripped it of its license plates, and burned all of his cash. He would give himself a new name, Alexander Supertramp, and, unencumbered by money and belongings, he would be free to wallow in the raw, unfiltered experiences that nature presented. Craving a blank spot on the map, McCandless simply threw the maps away. Leaving behind his desperate parents and sister, he vanished into the wild. Jon Krakauer constructs a clarifying prism through which he reassembles the disquieting facts of McCandless's short life. Admitting an interest that borders on obsession, he searches for the clues to the drives and desires that propelled McCandless. Digging deeply, he takes an inherently compelling mystery and unravels the larger riddles it holds: the profound pull of the American wilderness on our imagination; the allure of high-risk activities to young men of a certain cast of mind; the complex, charged bond between fathers and sons. When McCandless's innocent mistakes turn out to be irreversible and fatal, he becomes the stuff of tabloid headlines and is dismissed for his naiveté, pretensions, and hubris. He is said to have had a death wish but wanting to die is a very different thing from being compelled to look over the edge. Krakauer brings McCandless's uncompromising pilgrimage out of the shadows, and the peril, adversity, and renunciation sought by this enigmatic young man are illuminated with a rare understanding--and not an ounce of sentimentality. Mesmerizing, heartbreaking, *Into the Wild* is a tour de force. The power and luminosity of Jon Krakauer's storytelling blaze through every page. From the Trade Paperback edition.

## Civilized to Death

When outdoorsman, avid hunter, and nature writer Steven Rinella stumbles upon Auguste Escoffier's 1903 milestone *Le Guide Culinaire*, he's inspired to assemble an unusual feast: a forty-five-course meal born entirely of Escoffier's esoteric wild game recipes. Over the course of one unforgettable year, he steadily procures his ingredients--fishing for stingrays in Florida, hunting mountain goats in Alaska, flying to Michigan to obtain a fifteen-pound snapping turtle--and encountering one colorful character after another. And as he introduces his vegetarian girlfriend to a huntsman's lifestyle, Rinella must also come to terms with the loss of his lifelong mentor--his father. An absorbing account of one man's relationship with family, friends, food, and the natural world, *The Scavenger's Guide to Haute Cuisine* is a rollicking tale of the American wild and its spoils. Praise for *The Scavenger's Guide to Haute Cuisine* "If Jack Kerouac had hung out with Julia Child instead of Neal Cassady, this book might have been written fifty years ago. . . . Steven Rinella brings bohemian flair and flashes of poetic sensibility to his picaresque tale of a man, a cookbook, and the culinary open road." *The Wall Street Journal* "If you rue the "depersonalization of food production," or you're tired of chemical ingredients, [Rinella] will make you howl." *Los Angeles Times* "A walk on the wild side of hunting and gathering, sure to repel a few professional food sissies but attract many more with its sheer in-your-face energy and fine storytelling." *Jim Harrison, author of Legends of the Fall* "[A] warped, wonderful memoir of cooking and eating . . . [Rinella] recounts these madcap wilderness adventures with delicious verve and charm." *Men's Journal*

## A World Without Email

A crucial guide to life before—and after—Tinder, IVF, and robots. What will happen to our notions of marriage and parenthood as reproductive technologies increasingly allow for newfangled ways of creating babies? What will happen to our understanding of gender as medical advances enable individuals to transition from one set of sexual characteristics to another, or to remain happily perched in between? What will happen to love and sex and romance as our relationships migrate from the real world to the Internet? Can people fall in love with robots? Will they? In short, what will happen to our most basic notions of humanity as we entangle our lives and emotions with the machines we have created? In *Work Mate Marry Love*, Harvard Business School professor and former Barnard College president Debora L. Spar offers an incisive and provocative account of how technology has transformed our intimate lives in the past, and how it will do so again in the future. Surveying the course of history, she shows how marriage as we understand it resulted from the rise of agriculture, and that the nuclear family emerged with the industrial revolution. In their day, the street light, the car, and later the pill all upended courtship and sex. Now, as we enter an era of artificial intelligence and robots, how will our deepest feelings and attachments evolve? In the past, the prevailing modes of production produced a world dominated by heterosexual, mostly-monogamous, two-parent families. In the future, however, these patterns are almost certain to be reshaped, creating entirely new norms for sex and romance, and for the construction of families and the raising of children. Steering clear of both techno-euphoria and alarmism, Spar offers a bold and inclusive vision of how our lives might be changed for the better.

## What Is Life?: Five Great Ideas in Biology

A provocative, eye-opening, example-laden exploration of our current and future relationship with data In the fall of 2009, the data artist Jer Thorp wrote a pair of algorithms to inscribe names on the 9/11 Memorial in Manhattan. The project involved designing a layout that allowed for “meaningful adjacencies”—family members, business partners, coworkers—to be etched into the bronze in close proximity. Thorp presented his results in competition against another team, a group of financial analysts who had also been working on the problem. The analysts were confident they’d found the most highly optimized solution—a maximum of about 93 percent of the adjacencies could be satisfied—when Thorp, a long-haired artist working on an old broken laptop, presented his layout: it was 99.99 percent solved. The analysts, it turned out, had looked at the data but not at how the data was to be represented. But Thorp considered each name as a unique unit in a real system. He’d solved a data problem by honoring the people from whom the data came, as well as the world in which that data would live. The memorial project represents Thorp’s approach to data as a rich medium for personal and community growth. This human-centered approach has defined his work, from *The New York Times* to the Museum of Modern Art to the Library of Congress; from a submarine at the bottom of the Gulf of Mexico to a boat in the middle of Africa’s Okavango Delta; from Manchester’s town hall to an abandoned school in St. Louis’s north side. In *Living in Data*, Thorp proves that thinking about data in a human context makes us better problem solvers and builds a healthier relationship between us and our data—one that puts our well-being front and center—and that there is a path forward beyond the extractive, impersonal nature of the “big data” era.

## How to Make the World Add Up

Contains brief entries for over three hundred contemporary authors

## The Great Pretender

A preventative medicine physician and staff writer for The Atlantic explains the surprising and unintended effects of our hygiene practices in this informative and entertaining introduction to the new science of skin microbes and probiotics. Keeping skin healthy is a booming industry, and yet it seems like almost no one agrees on what actually works. Confusing messages from health authorities and ineffective treatments have left many people desperate for reliable solutions. An enormous alternative industry is filling the void, selling products that are often of questionable safety and totally unknown effectiveness. In *Clean*, doctor and journalist James Hamblin explores how we got here, examining the science and culture of how we care for our skin today. He talks to dermatologists, microbiologists, allergists, immunologists, aestheticians, bar-soap enthusiasts, venture capitalists, Amish people, theologians, and straight-up scam artists, trying to figure out what it really means to be clean. He even experiments with giving up showers entirely, and discovers that he is not alone. Along the way he realizes that most of our standards of cleanliness are less related to health than most people think. A major part of the picture has been missing: a little-known ecosystem known as the skin microbiome—the trillions of microbes that live on our skin and in our pores. These microbes are not dangerous; they’re more like an outer layer of skin that no one knew we had, and they influence everything from acne, eczema, and dry skin to how we smell. The new goal of skin care will be to cultivate a healthy biome—and to embrace the meaning of “clean” in the natural sense. This can mean doing much less, saving time, money, energy, water, and plastic bottles in the process. Lucid, accessible, and deeply researched, *Clean* explores the ongoing, radical change in the way we think about our skin, introducing readers to the emerging science that will be at the forefront of health and wellness conversations in coming years.

## Out of My Skull

From “one of the great (greatest?) contemporary popular writers on economics” (Tyler Cowen) comes a smart, lively, and encouraging rethinking of how to use statistics. Today we think statistics are the enemy, numbers used to mislead and confuse us. That’s a mistake, Tim Harford says in *The Data Detective*. We shouldn’t be suspicious of statistics—we need to understand what they mean and how they can improve our lives: they are, at heart, human behavior seen through the prism of numbers and are often “the only way of grasping much of what is going on around us.” If we can toss aside our fears and learn to approach them clearly—understanding how our own preconceptions lead us astray—statistics can point to ways we can live better and work smarter. As “perhaps the best popular economics writer in the world” (*New Statesman*), Tim Harford is an expert at taking complicated ideas and untangling them for millions of readers. In *The Data Detective*, he uses new research in science and psychology to set out ten strategies for using statistics to erase our biases and replace them with new ideas that use virtues like patience, curiosity, and good sense to better understand ourselves and the world. As a result, *The Data Detective*

is a big-idea book about statistics and human behavior that is fresh, unexpected, and insightful.

### Humanocracy

Originally published in 2013 by Little, Brown Book Group.

### The Undercover Economist Strikes Back

An Amazon Best History Book of 2019 "A splendid and beautifully written illustration of the tremendous importance public policy has for the daily lives of ordinary people." —Ryan Cooper, Washington Monthly Over the last generation, the United States has undergone seismic changes. Stable institutions have given way to frictionless transactions, which are celebrated no matter what collateral damage they generate. The concentration of great wealth has coincided with the fraying of social ties and the rise of inequality. How did all this come about? In *Transaction Man*, Nicholas Lemann explains the United States—and the world's—great transformation by examining three remarkable individuals who epitomized and helped create their eras. Adolf Berle, Franklin Delano Roosevelt's chief theorist of the economy, imagined a society dominated by large corporations, which a newly powerful federal government had forced to become benign and stable institutions, contributing to the public good by offering stable employment and generous pensions. By the 1970s, the corporations' large stockholders grew restive under this regime, and their chief theoretician, Harvard Business School's Michael Jensen, insisted that firms should maximize shareholder value, whatever the consequences. Today, Silicon Valley titans such as the LinkedIn cofounder and venture capitalist Reid Hoffman hope "networks" can reknit our social fabric. Lemann interweaves these fresh and vivid profiles with a history of the Morgan Stanley investment bank from the 1930s through the financial crisis of 2008, while also tracking the rise and fall of a working-class Chicago neighborhood and the family-run car dealerships at its heart. Incisive and sweeping, *Transaction Man* is the definitive account of the reengineering of America and the enormous impact it has had on us all.

### Marketing for Scientists

REA's Crash Course® for the AP® World History Exam - Gets You a Higher Advanced Placement® Score in Less Time 2nd Edition - Updated for the 2017 Exam Crash Course is perfect for the time-crunched student, the last-minute studier, or anyone who wants a refresher on the subject. Are you crunched for time? Have you started studying for your Advanced Placement® World History exam yet? How will you memorize everything you need to know before the test? Do you wish there was a fast and easy way to study for the exam AND boost your score? If this sounds like you, don't panic. REA's Crash Course for AP® World History is just what you need. Our Crash Course gives you: Targeted, Focused Review - Study Only What You Need to Know Written by an AP® World History teacher, the targeted review chapters prepare students for the test by only focusing on the important topics and themes tested on the new 2017 AP® World History exam. The easy-to-read review chapters in outline format cover everything AP® students need to know for the exam: The Ancient Near East, The Middle

Ages, Early Modern Europe, Asia, World War I & II, The Cold War, and more. The author also includes must-know key terms all AP® students should know before test day. Expert Test-taking Strategies Our experienced AP® World History teacher shares detailed question-level strategies and explains the best way to answer the multiple-choice and essay questions you'll encounter on test day. By following our expert tips and advice, you can boost your overall point score! Take REA's FREE Practice Exam After studying the material in the Crash Course, go to the online REA Study Center and test what you've learned. Our free practice exam features timed testing, detailed explanations of answers, and automatic scoring analysis. The exam is balanced to include every topic and type of question found on the actual AP® exam, so you know you're studying the smart way. Whether you're cramming for the test at the last minute, looking for extra review, or want to study on your own in preparation for the exams - this is the study guide every AP® World History student must have. When it's crucial crunch time and your Advanced Placement® exam is just around the corner, you need REA's Crash Course for AP® World History!

### Money

Usually when we're bored, we try to distract ourselves. But soon enough, boredom returns. James Danckert and John Eastwood argue that we can learn to handle boredom more effectively by recognizing what research shows: boredom indicates unmet psychological needs. Boredom, therefore, can motivate us to change what isn't working in our lives.

### Change

The UK has declared a 'climate emergency' and pledged to become carbon neutral by 2050. So how do we get there? Drawing on actions, policies and technologies already emerging around the world, Chris Goodall sets out the ways to achieve this. His proposals include: -Building a huge over-capacity of wind and solar energy, storing the excess as hydrogen. -Using hydrogen to fuel our trains, shipping, boilers and heavy industry, while electrifying buses, trucks and cars. -Farming - and eating - differently, encouraging plant-based alternatives to meat -paying farmers to plant and maintain woodlands. -Making fashion sustainable and aviation pay its way, funding synthetic fuels and genuine offsets. -Using technical solutions to capture CO2 from the air, and biochar to lock carbon in the soil. *What We Need To Do Now* is an urgent, practical and inspiring book that signals a green new deal for Britain.

### Women Rowing North

The Nobel Prize-winning scientist's elegant explanation of the fundamental ideas in biology and their uses today. The renowned biologist Paul Nurse has spent his career revealing how living cells work. In *What Is Life?*, he takes up the challenge of describing what it means to be alive in a way that every reader can understand. It is a shared journey of discovery; step-by-step Nurse illuminates five great ideas that underpin biology—the Cell, the Gene, Evolution by Natural Selection, Life as Chemistry, and Life as Information. He introduces the scientists who made the most important advances, and, using his personal experiences in and out of the lab, he shares with us the challenges, the

lucky breaks, and the thrilling eureka moments of discovery. Nurse writes with delight at life's richness and with a sense of the urgent role of biology in our time. To survive the challenges that face us all today—climate change, pandemic, loss of biodiversity and food security—it is vital that we all understand what life is.

### The Logic of Life

In this groundbreaking book, Tim Harford, the Undercover Economist, shows us a new and inspiring approach to solving the most pressing problems in our lives. When faced with complex situations, we have all become accustomed to looking to our leaders to set out a plan of action and blaze a path to success. Harford argues that today's challenges simply cannot be tackled with ready-made solutions and expert opinion; the world has become far too unpredictable and profoundly complex. Instead, we must adapt. Deftly weaving together psychology, evolutionary biology, anthropology, physics, and economics, along with the compelling story of hard-won lessons learned in the field, Harford makes a passionate case for the importance of adaptive trial and error in tackling issues such as climate change, poverty, and financial crises—as well as in fostering innovation and creativity in our business and personal lives. Taking us from corporate boardrooms to the deserts of Iraq, *Adapt* clearly explains the necessary ingredients for turning failure into success. It is a breakthrough handbook for surviving—and prospering—in our complex and ever-shifting world.

### Into the Wild

An urgent exploration of men's entitlement and how it serves to police and punish women, from the acclaimed author of *Down Girl* "Kate Manne is a thrilling and provocative feminist thinker. Her work is indispensable."--Rebecca Traister In this bold and stylish critique, Cornell philosopher Kate Manne offers a radical new framework for understanding misogyny. Ranging widely across the culture, from Harvey Weinstein and the Brett Kavanaugh hearings to "Cat Person" and the political misfortunes of Elizabeth Warren, Manne's book shows how privileged men's sense of entitlement--to sex, yes, but more insidiously to admiration, care, bodily autonomy, knowledge, and power--is a pervasive social problem with often devastating consequences. In clear, lucid prose, Manne argues that male entitlement can explain a wide array of phenomena, from mansplaining and the undertreatment of women's pain to mass shootings by incels and the seemingly intractable notion that women are "unelectable." Moreover, Manne implicates each of us in toxic masculinity: It's not just a product of a few bad actors; it's something we all perpetuate, conditioned as we are by the social and cultural mores of our time. The only way to combat it, she says, is to expose the flaws in our default modes of thought while enabling women to take up space, say their piece, and muster resistance to the entitled attitudes of the men around them. With wit and intellectual fierceness, Manne sheds new light on gender and power and offers a vision of a world in which women are just as entitled as men to our collective care and concern.

### What We Need to Do Now

An award-winning psychologist reveals the hidden power of our inner voice and shows how we can harness it to live a healthier, more satisfying, and more productive life. "This book is going to fundamentally change some of the most important conversations in your life—the ones you have with yourself." Adam Grant, bestselling author of *Give and Take* One of the best new books of January 2021—The Washington Post, BBC, CNN Underscored, Shape, Behavioral Scientist, PopSugar — Kirkus Reviews and Publishers Weekly starred reviews — Next Big Idea Club Finalist Tell a stranger that you talk to yourself, and you're likely to get written off as eccentric. But the truth is that we all have a voice in our head. When we talk to ourselves, we often hope to tap into our inner coach but find our inner critic instead. When we're facing a tough task, our inner coach can buoy us up: Focus—you can do this. But, just as often, our inner critic sinks us entirely: "I'm going to fail. They'll all laugh at me. What's the use?" In *Chatter*, acclaimed psychologist Ethan Kross explores the silent conversations we have with ourselves. Interweaving groundbreaking behavioral and brain research from his own lab with real-world case studies—from a pitcher who forgets how to pitch, to a Harvard undergrad negotiating her double life as a spy—Kross explains how these conversations shape our lives, work, and relationships. He warns that giving in to negative and disorienting self-talk—what he calls "chatter"—can tank our health, sink our moods, strain our social connections, and cause us to fold under pressure. But the good news is that we're already equipped with the tools we need to make our inner voice work in our favor. These tools are often hidden in plain sight—in the words we use to think about ourselves, the technologies we embrace, the diaries we keep in our drawers, the conversations we have with our loved ones, and the cultures we create in our schools and workplaces. Brilliantly argued, expertly researched, and filled with compelling stories, *Chatter* gives us the power to change the most important conversation we have each day: the one we have with ourselves.

### Entitled

Ideas are everywhere, but those with the greatest problem-solving, business-transforming, and life-changing potential are often hard to identify. Even when we recognize good ideas, applying them to everyday obstacles—whether in the workplace, our homes, or our civic institutions—can seem insurmountable. According to Matthew Syed, it doesn't have to be this way. In *Rebel Ideas*, Syed argues that our brainpower as individuals isn't enough. To tackle problems from climate change to economic decline, we'll need to employ the power of "cognitive diversity." Drawing on psychology, genetics, and beyond, Syed uses real-world scenarios including the failings of the CIA before 9/11 and a communication disaster at the peak of Mount Everest to introduce us to the true power of thinking differently. *Rebel Ideas* will strengthen any kind of team, while including advice on how, as individuals, we can embrace the potential of an "outsider mind-set" as our greatest asset. Matthew Syed is the Sunday Times bestselling author of *Black Box Thinking*, *Bounce*, and *The Greatest*. He writes an award-winning newspaper column in *The Times* and is the host of the hugely successful BBC podcast *Flintoff, Savage and the Ping Pong Guy*.

### Chatter

A compassionate and captivating examination of evolving attitudes toward mental illness throughout history and the fight to end the stigma. For centuries, scientists and society cast moral judgments on anyone deemed mentally ill, confining many to asylums. In *Nobody's Normal*,

anthropologist Roy Richard Grinker chronicles the progress and setbacks in the struggle against mental-illness stigma—from the eighteenth century, through America's major wars, and into today's high-tech economy. *Nobody's Normal* argues that stigma is a social process that can be explained through cultural history, a process that began the moment we defined mental illness, that we learn from within our communities, and that we ultimately have the power to change. Though the legacies of shame and secrecy are still with us today, Grinker writes that we are at the cusp of ending the marginalization of the mentally ill. In the twenty-first century, mental illnesses are fast becoming a more accepted and visible part of human diversity. Grinker infuses the book with the personal history of his family's four generations of involvement in psychiatry, including his grandfather's analysis with Sigmund Freud, his own daughter's experience with autism, and culminating in his research on neurodiversity. Drawing on cutting-edge science, historical archives, and cross-cultural research in Africa and Asia, Grinker takes readers on an international journey to discover the origins of, and variances in, our cultural response to neurodiversity. Urgent, eye-opening, and ultimately hopeful, *Nobody's Normal* explains how we are transforming mental illness and offers a path to end the shadow of stigma.

### Living in Data

What would actually make America great: more people. If the most challenging crisis in living memory has shown us anything, it's that America has lost the will and the means to lead. We can't compete with the huge population clusters of the global marketplace by keeping our population static or letting it diminish, or with our crumbling transit and unaffordable housing. The winner in the future world is going to have more—more ideas, more ambition, more utilization of resources, more people. Exactly how many Americans do we need to win? According to Matthew Yglesias, one billion. From one of our foremost policy writers, *One Billion Americans* is the provocative yet logical argument that if we aren't moving forward, we're losing. Vox founder Yglesias invites us to think bigger, while taking the problems of decline seriously. What really contributes to national prosperity should not be controversial: supporting parents and children, welcoming immigrants and their contributions, and exploring creative policies that support growth—like more housing, better transportation, improved education, revitalized welfare, and climate change mitigation. Drawing on examples and solutions from around the world, Yglesias shows not only that we can do this, but why we must. Making the case for massive population growth with analytic rigor and imagination, *One Billion Americans* issues a radical but undeniable challenge: Why not do it all, and stay on top forever?

### Bunker

"An economist takes on the most urgent social issue of our time, exploring the evolution of the global loneliness crisis, the sweeping impact of social isolation during the coronavirus, and the opportunities a post-Covid world presents to reverse these trends—by finding new ways to reconnect with each other, our communities, and even our democracy. Even before the global pandemic brought terms like "social distancing" into the vernacular, loneliness was well on its way to becoming the defining trait of the twenty-first century. Today, nearly half of adults in the United States report feeling lonely, and more than twenty percent of millennials say they have "no friends at all." All around us,

the fabric of community is unraveling. And technology isn't the lone culprit. Rather, the crisis stems from the dismantling of civic institutions, the radical reorganization of the workplace, mass urban migration, and decades of neoliberal policies that placed self-interest above the collective good. On one hand, the prolonged period spent under lockdown has accelerated these trends: from remote work to contactless commerce to the hollowing out of shared public spaces. On the other, it has sharpened our awareness of the toll isolation takes on our families, our communities, and our mental health. This is not merely a mental health crisis. Loneliness increases our risk of heart disease, cancer, and dementia. Statistically, it's as bad for our health as smoking fifteen cigarettes a day. It's also an economic crisis, costing us billions annually. And it's a political crisis, as feelings of marginalization fuel divisiveness and extremism around the world. In *The Lonely Century*, readers accompany Hertz as she "rents a friend" in Manhattan, attends a "how to read a face" class at an Ivy League university, and meets Japanese nursing home residents who knit bonnets for their robot caregivers. Along the way, she urges us to ask ourselves what kind of world we want to create, post-pandemic: one where we retreat further into our self-isolating bubbles and remain ever-fearful of others, or one where we are more committed to reconnecting with one another, and with the democratic process itself. From compassionate AI to new models for urban living to the ingenuity unleashed in finding new ways to stay connected in the era of social distancing, *The Lonely Century* offers a hopeful vision for how to heal our fractured communities and restore connection in our lives. In the wake of Covid-19, this is not only more urgent, but more possible than ever"--

### The Lonely Century

Factfulness meets *How to Be Right* in this major new book from globally bestselling economist Tim Harford 'Tim Harford is our most likeable champion of reason and rigour clear, clever and always highly readable' *Times Books of the Year* 'If you aren't in love with stats before reading this book, you will be by the time you're done. Powerful, persuasive, and in these truth-defying times, indispensable' Caroline Criado Perez, author of *Invisible Women* 'Nobody makes the statistics of everyday life more fascinating and enjoyable than Tim Harford' Bill Bryson 'Fabulously readable, lucid, witty and authoritative . . . Every politician and journalist should be made to read this book, but everyone else will get so much pleasure and draw so much strength from the joyful way it dispels the clouds of deceit and delusion' Stephen Fry 'Wise, humane and, above all, illuminating. Nobody is better on statistics and numbers - and how to make sense of them' Matthew Syed **THE SUNDAY TIMES BUSINESS BESTSELLER** When was the last time you read a grand statement, accompanied by a large number, and wondered whether it could really be true? Statistics are vital in helping us tell stories - we see them in the papers, on social media, and we hear them used in everyday conversation - and yet we doubt them more than ever. But numbers - in the right hands - have the power to change the world for the better. Contrary to popular belief, good statistics are not a trick, although they are a kind of magic. Good statistics are not smoke and mirrors; in fact, they help us see more clearly. Good statistics are like a telescope for an astronomer, a microscope for a bacteriologist, or an X-ray for a radiologist. If we are willing to let them, good statistics help us see things about the world around us and about ourselves - both large and small - that we would not be able to see in any other way. In *How to Make the World Add Up*, Tim Harford draws on his experience as both an economist and presenter of the BBC's radio show 'More or Less'. He takes us deep into the world of disinformation and obfuscation, bad research and misplaced motivation to find those priceless jewels of data and analysis that make communicating with

numbers worthwhile. Harford's characters range from the art forger who conned the Nazis to the stripper who fell in love with the most powerful congressman in Washington, to famous data detectives such as John Maynard Keynes, Daniel Kahneman and Florence Nightingale. He reveals how we can evaluate the claims that surround us with confidence, curiosity and a healthy level of scepticism. Using ten simple rules for understanding numbers - plus one golden rule - this extraordinarily insightful book shows how if we keep our wits about us, thinking carefully about the way numbers are sourced and presented, we can look around us and see with crystal clarity how the world adds up.

### Messy

In *The Logic of Life*, bestselling author Tim Harford quite simply makes sense of this world. Life often seems to defy logic. The receptionist is clearly smarter than the boss who earns fifty times her salary. Arbitrary lines starkly divide the desirable districts of the city from the dangerous ones. Voters flock to the polling booths to elect candidates who'll rip them off to favour special interests. None of it makes logical sense - or does it? Economist and acclaimed author Tim Harford thinks it does. By weaving stories from locations as diverse as a Vegas casino to a barroom speed date, Harford aims to persuade you that people are, in fact, surprisingly logical. When a street prostitute agrees to unprotected sex, or a teenage criminal embarks on a burglary - perhaps especially when a racist employer disregards a black job applicant - we would seem to be a million miles from rational behaviour. Harford shows that, discomfitingly, we are not. It turns out that the unlikeliest of people are complying with the logic of economics and responding to future costs and benefits, often without realizing it; and socially tragic outcomes can have their roots in individually rational decisions. Brilliantly reasoned, always entertaining and often provocative, *The Logic of Life* is a book to help you understand yourself and the world around you. From the Hardcover edition.

### Contemporary Popular Writers

From New York Times bestselling author Cal Newport comes a bold vision for liberating workers from the tyranny of the inbox--and unleashing a new era of productivity. Modern knowledge workers communicate constantly. Their days are defined by a relentless barrage of incoming messages and back-and-forth digital conversations--a state of constant, anxious chatter in which nobody can disconnect, and so nobody has the cognitive bandwidth to perform substantive work. There was a time when tools like email felt cutting edge, but a thorough review of current evidence reveals that the "hyperactive hive mind" workflow they helped create has become a productivity disaster, reducing profitability and perhaps even slowing overall economic growth. Equally worrisome, it makes us miserable. Humans are simply not wired for constant digital communication. We have become so used to an inbox-driven workday that it's hard to imagine alternatives. But they do exist. Drawing on years of investigative reporting, author and computer science professor Cal Newport makes the case that our current approach to work is broken, then lays out a series of principles and concrete instructions for fixing it. In *A World without Email*, he argues for a workplace in which clear processes--not haphazard messaging--define how tasks are identified, assigned and reviewed. Each person works on fewer things (but does them better), and aggressive investment in support reduces the ever-increasing burden of administrative tasks. Above all

else, important communication is streamlined, and inboxes and chat channels are no longer central to how work unfolds. The knowledge sector's evolution beyond the hyperactive hive mind is inevitable. The question is not whether a world without email is coming (it is), but whether you'll be ahead of this trend. If you're a CEO seeking a competitive edge, an entrepreneur convinced your productivity could be higher, or an employee exhausted by your inbox, *A World Without Email* will convince you that the time has come for bold changes, and will walk you through exactly how to make them happen.

### A Peculiar Indifference

**NEW YORK TIMES BESTSELLER** — An indispensable guide to surviving everything from an extended wilderness exploration to a day-long boat trip, with hard-earned advice from the host of the show *MeatEater* as seen on Netflix. For anyone planning to spend time outside, *The MeatEater Guide to Wilderness Skills and Survival* is the perfect antidote to the sensationalism of the modern survival genre. Informed by the real-life experiences of renowned outdoorsman Steven Rinella, its pages are packed with tried-and-true tips, techniques, and gear recommendations. Among other skills, readers will learn about old-school navigation and essential satellite tools, how to build a basic first-aid kit and apply tourniquets, and how to effectively purify water using everything from ancient methods to cutting-edge technologies. This essential guide delivers hard-won insights and know-how garnered from Rinella's own experiences and mistakes and from his trusted crew of expert hunters, anglers, emergency-room doctors, climbers, paddlers, and wilderness guides—with the goal of making any reader feel comfortable and competent while out in the wild.

### Breath

A transformative guide to building more fulfilling relationships with colleagues, friends, partners, and family, based on the landmark *Interpersonal Dynamics* ("Touchy-Feely") course at Stanford's Graduate School of Business — Carole Robin and David Bradford are masters at helping people bring IQ and EQ together to satisfy both and be successful. — Ray Dalio, founder of Bridgewater and author of *Principles: Life and Work* The ability to create strong relationships with others is crucial to living a full life and becoming more effective at work. Yet many of us find ourselves struggling to build solid personal and professional connections or unable to handle challenges that inevitably arise when we grow closer to others. When we find ourselves in an exceptional relationship—the kind of relationship in which we feel fully understood and supported for who we are—it can seem like magic. But the truth is that the process of building and sustaining these relationships can be described, learned, and applied. David Bradford and Carole Robin taught interpersonal skills to MBA candidates for a combined seventy-five years in their legendary Stanford Graduate School of Business course *Interpersonal Dynamics* (affectionately known to generations of students as "Touchy-Feely") and have coached and consulted hundreds of executives for decades. In *Connect*, they show readers how to take their relationships from shallow to exceptional by cultivating authenticity, vulnerability, and honesty, while being willing to ask for and offer help, share a commitment to growth, and deal productively with conflict. Filled with relatable scenarios and research-backed insights, *Connect* is an important resource for anyone hoping to improve existing relationships and build new ones at any stage of life.

## AP® World History Crash Course Book + Online

From a Pulitzer Prize finalist, a devastating exploration of the racial disparities in violent death and injury in America and a blueprint for ending this fundamental social injustice About 170,000 black Americans have died in homicides just since the year 2000. Violence takes more years of life from black men than cancer, stroke, and diabetes combined; a young black man in the United States has a fifteen times greater chance of dying from violence than his white counterpart. Even black women suffer violent death at a higher rate than white men, despite homicide's usual gender patterns. Yet while the country has been rightly outraged by the recent spate of police killings of black Americans, the shocking amount of "everyday" violence that plagues African American communities receives far less attention, and has nearly disappeared as a target of public policy. As acclaimed criminologist Elliott Currie makes clear, this pervasive violence is a direct result of the continuing social and economic marginalization of many black communities in America. Those conditions help perpetuate a level of preventable trauma and needless suffering that has no counterpart anywhere in the developed world. Compelling and accessible, drawing on a rich array of both classic and contemporary research, *A Peculiar Indifference* describes the dimensions and consequences of this enduring emergency, explains its causes, and offers an urgent plea for long-overdue social action to end it.

## Digital Humanitarians

Based on the series produced for the BBC World Service Who thought up paper money? How did the contraceptive pill change the face of the legal profession? Why was the horse collar as important for human progress as the steam engine? How did the humble spreadsheet turn the world of finance upside-down? The world economy defies comprehension. A continuously-changing system of immense complexity, it offers over ten billion distinct products and services, doubles in size every fifteen years, and links almost every one of the planet's seven billion people. It delivers astonishing luxury to hundreds of millions. It also leaves hundreds of millions behind, puts tremendous strains on the ecosystem, and has an alarming habit of stalling. Nobody is in charge of it. Indeed, no individual understands more than a fraction of what's going on. How can we make sense of this bewildering system on which our lives depend? From the tally-stick to Bitcoin, the canal lock to the jumbo jet, each invention in Tim Harford's fascinating new book has its own curious, surprising and memorable story, a vignette against a grand backdrop. Step by step, readers will start to understand where we are, how we got here, and where we might be going next. Hidden connections will be laid bare: how the barcode undermined family corner shops; why the gramophone widened inequality; how barbed wire shaped America. We'll meet the characters who developed some of these inventions, profited from them, or were ruined by them. We'll trace the economic principles that help to explain their transformative effects. And we'll ask what lessons we can learn to make wise use of future inventions, in a world where the pace of innovation will only accelerate.

## 50 Inventions That Shaped the Modern Economy

The urge to tidiness seems to be rooted deep in the human psyche. Many of us feel threatened by anything that is vague, unplanned,

scattered around or hard to describe. We find comfort in having a script to rely on, a system to follow, in being able to categorise and file away. We all benefit from tidy organisation - up to a point. A large library needs a reference system. Global trade needs the shipping container. Scientific collaboration needs measurement units. But the forces of tidiness have marched too far. Corporate middle managers and government bureaucrats have long tended to insist that everything must have a label, a number and a logical place in a logical system. Now that they are armed with computers and serial numbers, there is little to hold this tidy-mindedness in check. It's even spilling into our personal lives, as we corral our children into sanitised play areas or entrust our quest for love to the soulless algorithms of dating websites. Order is imposed when chaos would be more productive. Or if not chaos, then . . . messiness. The trouble with tidiness is that, in excess, it becomes rigid, fragile and sterile. In *Messy*, Tim Harford reveals how qualities we value more than ever - responsiveness, resilience and creativity - simply cannot be disentangled from the messy soil that produces them. This, then, is a book about the benefits of being messy: messy in our private lives; messy in the office, with piles of paper on the desk and unread spreadsheets; messy in the recording studio, the laboratory or in preparing for an important presentation; and messy in our approach to business, politics and economics, leaving things vague, diverse and uncomfortably made-up-on-the-spot. It's time to rediscover the benefits of a little mess.

### Counting: How We Use Numbers to Decide What Matters

AN INSTANT NEW YORK TIMES BESTSELLER No matter what you eat, how much you exercise, how skinny or young or wise you are, none of it matters if you're not breathing properly. There is nothing more essential to our health and well-being than breathing: take air in, let it out, repeat twenty-five thousand times a day. Yet, as a species, humans have lost the ability to breathe correctly, with grave consequences. Journalist James Nestor travels the world to figure out what went wrong and how to fix it. The answers aren't found in pulmonology labs, as we might expect, but in the muddy digs of ancient burial sites, secret Soviet facilities, New Jersey choir schools, and the smoggy streets of São Paulo. Nestor tracks down men and women exploring the hidden science behind ancient breathing practices like Pranayama, Sudarshan Kriya, and Tummo and teams up with pulmonary tinkerers to scientifically test long-held beliefs about how we breathe. Modern research is showing us that making even slight adjustments to the way we inhale and exhale can jump-start athletic performance; rejuvenate internal organs; halt snoring, asthma, and autoimmune disease; and even straighten scoliotic spines. None of this should be possible, and yet it is. Drawing on thousands of years of medical texts and recent cutting-edge studies in pulmonology, psychology, biochemistry, and human physiology, *Breath* turns the conventional wisdom of what we thought we knew about our most basic biological function on its head. You will never breathe the same again.

### Work Mate Marry Love

A thought-provoking, chilling, and eerily prescient look at "prepper" communities around the world that are building bunkers against a possible apocalypse. Currently, 3.7 million Americans call themselves preppers. Millions more prep without knowing it. Bradley Garrett, who began writing this book years before the 2020 Covid-19 pandemic, argues that prepping is a rational response to global, social, and political systems

that are failing to produce credible narratives of continued stability. Left with a sense of foreboding fueled by disease outbreaks, increasing government dysfunctionality, eroding critical infrastructure, nuclear brinksmanship, and an accelerating climate crisis, people all over the world are responding predictably—by hunkering down. For this book, Garrett traveled across four continents to meet those who are constructing panic rooms, building underground backyard survival chambers, stockpiling supplies, preparing go bags, hiding inflatable rafts, rigging mobile “bugout” vehicles, and burrowing deep into the earth. He has returned with a brilliant, original and never less than deeply disturbing story from the frontlines of the way we live now: an illuminating reflection on our age of disquiet and dread that brings our times into new and sharper focus. The “bunker,” Garrett shows, is all around us: in malls, airports, gated communities, the vehicles we drive. Most of all, he reveals, it’s in our minds.

### The Data Detective

It's a tough time to be a scientist: universities are shuttering science departments, federal funding agencies are facing flat budgets, and many newspapers have dropped their science sections altogether. But according to Marc Kuchner, this antiscience climate doesn't have to equal a career death knell—it just means scientists have to be savvier about promoting their work and themselves. In *Marketing for Scientists*, he provides clear, detailed advice about how to land a good job, win funding, and shape the public debate. As an astrophysicist at NASA, Kuchner knows that “marketing” can seem like a superficial distraction, whether your daily work is searching for new planets or seeking a cure for cancer. In fact, he argues, it's a critical component of the modern scientific endeavor, not only advancing personal careers but also society's knowledge. Kuchner approaches marketing as a science in itself. He translates theories about human interaction and sense of self into methods for building relationships—one of the most critical skills in any profession. And he explains how to brand yourself effectively—how to get articles published, give compelling presentations, use social media like Facebook and Twitter, and impress potential employers and funders. Like any good scientist, Kuchner bases his conclusions on years of study and experimentation. In *Marketing for Scientists*, he distills the strategies needed to keep pace in a Web 2.0 world.

### One Billion Americans

The New York Times bestselling coauthor of *Sex at Dawn* explores the ways in which “progress” has perverted the way we live—how we eat, learn, feel, mate, parent, communicate, work, and die—in this “engaging, extensively documented, well-organized, and thought-provoking” (Booklist) book. Most of us have instinctive evidence the world is ending—balmy December days, face-to-face conversation replaced with heads-to-screens zomboidism, a world at constant war, a political system in disarray. We hear some myths and lies so frequently that they feel like truths: Civilization is humankind’s greatest accomplishment. Progress is undeniable. Count your blessings. You’re lucky to be alive here and now. Well, maybe we are and maybe we aren’t. *Civilized to Death* counters the idea that progress is inherently good, arguing that the “progress” defining our age is analogous to an advancing disease. Prehistoric life, of course, was not without serious dangers and disadvantages. Many babies died in infancy. A broken bone, infected wound, snakebite, or difficult pregnancy could be life-threatening. But

ultimately, Christopher Ryan questions, were these pre-civilized dangers more murderous than modern scourges, such as car accidents, cancers, cardiovascular disease, and a technologically prolonged dying process? *Civilized to Death* will make you see our so-called progress in a whole new light (Book Riot) and adds to the timely conversation that "the way we have been living is no longer sustainable, at least as long as we want to the earth to outlive us" (Psychology Today). Ryan makes the claim that we should start looking backwards to find our way into a better future.

### Rebel Ideas

The co-host of the popular NPR podcast Planet Money provides a well-researched, entertaining, somewhat irreverent look at how money is a made-up thing that has evolved over time to suit humanity's changing needs. Money only works because we all agree to believe in it. In *Money*, Jacob Goldstein shows how money is a useful fiction that has shaped societies for thousands of years, from the rise of coins in ancient Greece to the first stock market in Amsterdam to the emergence of shadow banking in the 21st century. At the heart of the story are the fringe thinkers and world leaders who reimagined money. Kublai Khan, the Mongol emperor, created paper money backed by nothing, centuries before it appeared in the west. John Law, a professional gambler and convicted murderer, brought modern money to France (and destroyed the country's economy). The cypherpunks, a group of radical libertarian computer programmers, paved the way for bitcoin. One thing they all realized: what counts as money (and what doesn't) is the result of choices we make, and those choices have a profound effect on who gets more stuff and who gets less, who gets to take risks when times are good, and who gets screwed when things go bad. Lively, accessible, and full of interesting details (like the 43-pound copper coins that 17th-century Swedes carried strapped to their backs), *Money* is the story of the choices that gave us money as we know it today.

### Nobody's Normal: How Culture Created the Stigma of Mental Illness

'A remarkable and important guide to effecting change in our individual lives, businesses, societies - and beyond' JONAH BERGER, bestselling author of *Contagious* How did movements like the Arab Spring and Black Lives Matter take off when they did? How did Lord Kitchener recruit 2,000,000 volunteers at the start of World War I? Why did Twitter take hold while Google+ has failed? What surprising lessons can we learn from Covid 19? From the spread of Covid-19 to the rise of political polarization, from implicit bias to genetically modified food, from NASA to Netflix - it's time to think differently about how change works. Professor Damon Centola is the world expert in the new science of networks. His ground-breaking research across areas as disparate as voting, health, technology and finance has highlighted powerful and highly effective new ways to ensure lasting change. In this book, Centola distils over a decade of deep experience into a fascinating new theory that challenges previous assumptions that new ideas are either contagious or not. Change shows that beliefs and behaviours are not transmitted from person to person in the simple way that a virus is. The real story of social change is more complex and much more interesting. When we are exposed to a new idea, our social networks guide our responses in striking and surprising ways. Drawing on deep-yet-accessible research and fascinating examples, *Change* presents a paradigm-shifting new science for understanding

what drives change, recognising our blind spots and how we can change the world around us.

## The Scavenger's Guide to Haute Cuisine

A Wall Street Journal Bestseller In a world of unrelenting change and unprecedented challenges, we need organizations that are resilient and daring. Unfortunately, most organizations, overburdened by bureaucracy, are sluggish and timid. In the age of upheaval, top-down power structures and rule-choked management systems are a liability. They crush creativity and stifle initiative. As leaders, employees, investors, and citizens, we deserve better. We need organizations that are bold, entrepreneurial, and as nimble as change itself. Hence this book. In *Humanocracy*, Gary Hamel and Michele Zanini make a passionate, data-driven argument for excising bureaucracy and replacing it with something better. Drawing on more than a decade of research and packed with practical examples, *Humanocracy* lays out a detailed blueprint for creating organizations that are as inspired and ingenious as the human beings inside them. Critical building blocks include: Motivation: Rallying colleagues to the challenge of busting bureaucracy Models: Leveraging the experience of organizations that have profitably challenged the bureaucratic status quo Mindsets: Escaping the industrial age thinking that frustrates progress Mobilization: Activating a pro-change coalition to hack outmoded management systems and processes Migration: Embedding the principles of humanocracy—ownership, markets, meritocracy, community, openness, experimentation, and paradox—in your organization's DNA If you've finally run out of patience with bureaucratic bullshit . . . If you want to build an organization that can outrun change . . . If you're committed to giving every team member the chance to learn, grow, and contribute . . . . . then this book's for you. Whatever your role or title, *Humanocracy* will show you how to launch an unstoppable movement to equip and empower everyone in your organization to be their best and to do their best. The ultimate prize: an organization that's fit for the future and fit for human beings.

Clean

X+y

From the New York Times bestselling author of *Reviving Ophelia*, a guide to wisdom, authenticity, and bliss for women as they age. Women growing older contend with ageism, misogyny, and loss. Yet as Mary Pipher shows, most older women are deeply happy and filled with gratitude for the gifts of life. Their struggles help them grow into the authentic, empathetic, and wise people they have always wanted to be. In *Women Rowing North*, Pipher offers a timely examination of the cultural and developmental issues women face as they age. Drawing on her own experience as daughter, sister, mother, grandmother, caregiver, clinical psychologist, and cultural anthropologist, she explores ways women can cultivate resilient responses to the challenges they face. "If we can keep our wits about us, think clearly, and manage our emotions skillfully," Pipher writes, "we will experience a joyous time of our lives. If we have planned carefully and packed properly, if we have good maps and guides, the journey can be transcendent."

## Adapt

The overflow of information generated during disasters can be as paralyzing to humanitarian response as the lack of information. This flash flood of information—social media, satellite imagery and more is often referred to as Big Data. Making sense of this data deluge during disasters is proving an impossible challenge for traditional humanitarian

## The MeatEater Guide to Wilderness Skills and Survival

"One of America's most courageous young journalists" and the author of the #1 New York Times bestselling memoir *Brain on Fire* investigates the shocking mystery behind the dramatic experiment that revolutionized modern medicine (NPR). Doctors have struggled for centuries to define insanity--how do you diagnose it, how do you treat it, how do you even know what it is? In search of an answer, in the 1970s a Stanford psychologist named David Rosenhan and seven other people--sane, healthy, well-adjusted members of society--went undercover into asylums around America to test the legitimacy of psychiatry's labels. Forced to remain inside until they'd "proven" themselves sane, all eight emerged with alarming diagnoses and even more troubling stories of their treatment. Rosenhan's watershed study broke open the field of psychiatry, closing down institutions and changing mental health diagnosis forever. But, as Cahalan's explosive new research shows in this real-life detective story, very little in this saga is exactly as it seems. What really happened behind those closed asylum doors?

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