

Unlocking Greatness The Unexpected Journey From The Life You Have To The Life You Want

The Sports Gene Attitude Celebrating Life The Science of Getting Rich The Thriver's Toolbox The Art of Game Design Mister Owita's Guide to Gardening The Mask of Masculinity Work Clean The Silmarillion The Gift The Hidden Habits of Genius Overachievement The Other 90% Trisha's Transformation Dangerous Waters Black Widow Mindfulness Short Vort Life with the Afterlife The Great Partnership The 6 Constant Mitzvos Searching for Heather Dean: My Extraordinary Career as a Celebrity Interviewer and Why I Left It Living in the Presence To Be a Jewish Woman Lost Connections Influence Redefined Unlocking Greatness The Big Epiphany Chasing the Bright Side Mother Teresa, CEO Navigating Early Surfacing The Neshamah Breakout Churches The Sefiros and the Self Einstein's Compass Success Mindsets The Positive Habit The Eagle and the Condor

The Sports Gene

Heather Dean was an ambitious Manhattan-based journalist who interviewed A-list celebrities like Oprah, Brad Pitt, and Madonna on a daily basis for MTV, E! Entertainment Television, AP Radio, and more-until she walked away from it all. Her life was a whirlwind of interviewing celebrities for such international outlets as MTV, E! Entertainment Television, and AP Radio during the day and attending movie premieres, parties, and comedy clubs at night. Then one day all that comes to a halt and she begins to question whether it's all worth it. Here is the true story of how a young woman's dream to work in television was achieved and why she left it to realize new dreams she hadn't known awaited her. Praise for Searching for Heather Dean: "A fascinating and inspiring journey of personal transformation-a wonderful blend of memoir and adventure." -Dr. David Lieberman, award-winning author and international speaker "Heather Dean takes the reader on a journey I can truly relate to, looking beyond the dizzying allure of broadcasting into her own self and what truth she finds there. She weaves her fun memories of all the biggest celebrities together with her thought-provoking search for a meaningful life." -Jamie Geller, best-selling author, founder, and CEO of Kosher Network International "Heather Dean writes with wit and insight, describing her journey from New York to Jerusalem, from celebrity interviewer to media advocate for Torah. In the process, she gives a compelling view of the key points of inflection and inspiration that shaped her new direction." -Michael Medved, bestselling author of The American Miracle and syndicated radio host

Attitude

Celebrating Life

The first organizational book inspired by the culinary world, taking mise-en-place outside the kitchen. Every day, chefs across the globe churn out enormous amounts of high-quality work with efficiency using a system called mise-en-place--a French culinary term that means "putting in place" and signifies an entire lifestyle of readiness and engagement. In Work Clean, Dan Charnas reveals how to apply mise-en-place outside the kitchen, in any kind of work. Culled from dozens of interviews with culinary professionals and executives, including world-renowned chefs like Thomas Keller and Alfred Portale, this essential guide offers a simple system to focus your actions and accomplish your work. Charnas spells out the 10 major

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principles of mise-en-place for chefs and non chefs alike: (1) planning is prime; (2) arranging spaces and perfecting movements; (3) cleaning as you go; (4) making first moves; (5) finishing actions; (6) slowing down to speed up; (7) call and callback; (8) open ears and eyes; (9) inspect and correct; (10) total utilization. This journey into the world of chefs and cooks shows you how each principle works in the kitchen, office, home, and virtually any other setting.

The Science of Getting Rich

From the publisher of *The Help* comes a moving true story of a unique friendship between two people who had nothing-and ultimately everything-in common. Carol Wall was at a crossroads. Her children had flown the nest, her beloved parents were ageing and becoming increasingly reliant on her and she had overcome a serious illness. Her neglected garden was the least of her worries. Until one day she notices an African man working in her neighbour's garden and realises he is responsible for its spectacular transformation. His name is Giles Owita. He comes from Kenya. And he's very good at gardening. Before long Mr Owita is transforming not only Carol's neglected garden, but her life. Although they appear to have nothing in common, a powerful bond grows between them. But both hold long-buried secrets that will change their friendship forever. This is the story of a woman who at mid-life finds there is so much more to learn and a man whose grace in facing life's challenges is a lesson for us all. 'Deeply personal, poetic, and brimming with humanity, this is a book of lasting grace.' Steve Lopez, New York Times bestselling author of *The Soloist*

The Thriver's Toolbox

Were you ever advised to "just relax" before making a big speech? Don't. From Texas A&M professor and celebrity advisor, Dr. John Eliot, this insightful guide takes a sledgehammer to what most of us think we know about doing our best. Eliot explains how mainstream psychology moves us in the wrong direction when it comes to stress management and performance enhancement; techniques like visualization and goal setting, based on pseudoscience rather than empirical evidence, often get in our way rather than propel us forward. Drawing on field-tested experiments and extensive research in neuropsychology, Eliot shares why these "common sense" strategies tend to come up short for the majority of people—and how, instead, great accomplishments are more likely to result from "Putting All Your Eggs in One Basket", "Thinking Like a Squirrel", and "Embracing Butterflies As a Good Thing". These counterintuitive practices not only trigger your full natural talent, but also teach you how to thrive under pressure, not dread it. *OVERACHIEVEMENT* incorporates Eliot's work with Fortune 500 companies, Olympic athletes, renowned surgeons, military pilots, and Grammy-winning musicians, providing you with a powerful combination of inspiring stories and life-changing tools, offering the skills needed to overcome stress and rise above your peers in the boardroom, on the playing field, or in the normal day-to-day of life.

The Art of Game Design

Surfacing is the inspiring story of Siri Lindley, one of the world's best triathlon coaches and a world champion. But before Siri came to dominate the sport of triathlon, she was controlled by deep-seated insecurity that sabotaged her races and forced her to hide her sexuality. When her stunningly beautiful mother caught the attention of an NFL superstar, Siri's idyllic childhood was ripped apart. A whirlwind of glitzy dinner parties and world travel pulled her mother away, and Siri grew up feeling forgotten. As her intense loneliness gave way to anger,

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she lashed out against her New England life of privilege. Sports set Siri free. Shy and painfully self-aware, Siri came to life when she played field hockey, lacrosse, and ice hockey, and became a starter in all three sports at Brown University. When she fell short of making the national lacrosse team, she felt directionless once again until a friend invited her to watch her race a triathlon—and ignited the fire for Siri's life work. Siri failed early and often before she found her formula for success. Brutal swim starts, bike equipment failures at key races, crushing workouts—these were nothing compared to the performance anxiety that reared up from the depths of Siri's early years. It took eccentric Australian coach Brett Sutton to tear up her script of self-doubt and transform Siri Lindley into a world champion. Once she had proved herself to the world, Siri turned inward to stare down the demons that kept her from finding love as a gay woman. Today, Siri guides her own triathletes to win world championships at Kona and around the world. Surfacing is a breathtakingly honest book that shares Siri Lindley's daring journey. Siri proves it's never too late to rewrite your own story and change the thoughts, habits, and behaviors that hold you back. Surfacing will inspire you as it shows how to stop being your own worst enemy and start uncovering your own potential.

Mister Owita's Guide to Gardening

Everyone wants to be rich, but do you know that there is a SCIENCE OF GETTING RICH. This book explains in simple steps how you can first ready yourself to earn more, without hassles or worries. From the simplest question of who all can actually get rich, to the small steps taken – like developing a will power, showing gratitude, getting into the right business – have been explained in detail, in everyday terms. Read on, and find out the secret behind changing your life and the way you earn.

The Mask of Masculinity

THE INTERNATIONAL BESTSELLER 'A book that could actually make us happy' SIMON AMSTELL 'This amazing book will change your life' ELTON JOHN 'One of the most important texts of recent years' BRITISH JOURNAL OF GENERAL PRACTICE 'Brilliant, stimulating, radical' MATT HAIG 'The more people read this book, the better off the world will be' NAOMI KLEIN 'Wonderful' HILLARY CLINTON 'Eye-opening' GUARDIAN 'Brilliant for anyone wanting a better understanding of mental health' ZOE BALL 'A game-changer' DAVINA MCCALL 'Extraordinary' DR MAX PEMBERTON 'Beautiful' RUSSELL BRAND Depression and anxiety are now at epidemic levels. Why? Across the world, scientists have uncovered evidence for nine different causes. Some are in our biology, but most are in the way we are living today. Lost Connections offers a radical new way of thinking about this crisis. It shows that once we understand the real causes, we can begin to turn to pioneering new solutions – ones that offer real hope.

Work Clean

We are each so much more than we can imagine. This true story brings you along on the intimate path of spiritual initiation. It evokes Native American and Incan myths, and legends of the lost continent of Lemuria. In Peru, the author discovers that an Andean shaman is her Soul's twin flame. With the help of spirit guides and mystical visions, she brings ancient knowledge and spiritual power to light. You will laugh and cry and learn. Book jacket.

The Silmarillion

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Star of Kindred Spirits and paranormal investigator Amy Bruni shares stories from her years of experiences with ghosts, organized around thirteen truths that guide her approach to the supernatural. Amy Bruni, co-star of Kindred Spirits and one of the world's leading paranormal investigators, has learned a lot about ghosts over her years of research and first-hand experience. Now, in *Life with the Afterlife*, she shares the insight she has gleaned and how it has shaped her unique approach to interacting with the spirits of the dead and those who encounter them. From her earliest supernatural encounters as a child, through her years appearing on *Ghost Hunters* and the creation of her company *Strange Escapes*, which offers paranormal excursions to some of America's most notoriously haunted destinations, and into her current work on *The Travel Channel's Kindred Spirits*, this book is full of astonishing and deeply moving stories of Amy's efforts to better understand the dead but not yet departed. With Amy's bright humor and fierce compassion for both those who are haunted and those who are haunting, *Life with the Afterlife* is an eye-opening look at what connects us as people, in life and beyond.

The Gift

The Hidden Habits of Genius

In Thom Rainer's latest book, *Breakout Churches*, he shows you how churches that were once healthy but had stagnated in growth have broken out to become great churches impacting lives and entire communities. *Breakout Churches* tells the story of these churches and their pastors. And, using a statistical approach, it identifies key patterns and characteristics common to churches that experienced turnarounds.

Overachievement

To Be a Jewish Woman is a clearly written, comprehensive book that gives the reader a wealth of information and insights. It presents historical, halachic (Jewish legal), philosophical and psychological observations about traditional Jewish views about women's issues. In addition, it is an invaluable source of information for women considering a Torah-observant lifestyle as well as for those immersed in one. The relevance of its discussions about women's roles in modern society, the synagogue, and family help the reader to find meaningful ways to achieve self-actualization in a changing world.

The Other 90%

One flicker of hope. That's all it takes to catapult yourself into the life you've always imagined. Success is not born out of skill, school, where we're from, who we know, or what we scored on the SAT. None of us were born ready. None of us started life knowing how to fly a plane or launch a company or knit a sweater for our dog. But we are born with something more important than skills. We're born with optimism—the initial seed for success. Optimism fuels the belief that you can be the one to create the good the world needs. But you've got to hone it. And practice it. And determine to live from it. In *Chasing the Bright Side*, Jess Ekstrom shares her own inspirational story of how optimism helped her overcome multiple challenges, and the dynamic ways her mind-set propelled her as a young entrepreneur, international speaker, and philanthropist. Do you have dreams for yourself and the world that are tucked away in your box of somedays? What would happen if today was the day you opened the box? And what if that

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box was the key to a better tomorrow? Jess's journey will inspire you embrace the power of optimism in your own life, and help you reimagine your purpose so you create good in the world while fulfilling your own dreams—right where you are.

Trisha's Transformation

The Thriver's Toolbox is a literary adventure exploring what it takes and what it means to be a Thriver. In Book I of this ground-breaking series, we discover the steps toward becoming the best versions of ourselves, and how to thrive through both the positive and the challenging aspects of life. By strengthening our minds, igniting our spirits, and building our self-reliance, we discover that we can indeed become confident captains of our lives and create a greater experience for ourselves and for those around us. Based on the teachings of life coach Ralph Sarway, Isaac J. Kassin effectively and efficiently outlines a set of 10 powerful tools and techniques that enable us to grow in life and business. By understanding and enacting these principles, anyone can learn to recognize their unrealized greatness and change the way they live life forever. The Thriver's Toolbox is an enjoyable and useful read for those looking to up their game-and thrive-through practical and accessible wisdom.

Dangerous Waters

Jay Wright is one of the most admired and successful coaches in college basketball, but until now, his story has never been told. In this book, he will explain how he guided Villanova to the mountaintop by staying hungry, staying humble, and encouraging all of his players to think of themselves as leaders. Building his book around chapters themed to the core principles of the Wildcats' championship program, Wright will teach readers how these ideas can lead to success both on and off the court-and tell a riveting, inside sports story in the process.

Black Widow

When most people think of Mother Teresa, they think of a saint—a spiritual hero of extraordinary humanitarian accomplishments, a Nobel Peace Prize winner. But Mother Teresa was also the leader of one of the world's largest and most successful organizations: the Missionaries of Charity. Since founding it in 1948 she has raised millions of dollars and, with over a million volunteers in more than 100 countries, it remains one of the most recognized brands in the world. How did one nun who never received any formal education in business build such an impressive global organization? Frank, realistic, and firmly grounded in practicality, Mother Teresa's leadership style helped to inspire and organize people across the world. This book shares ten essential leadership principles drawn from Mother Teresa's example and applies them to today's business world. Authors Ruma Bose, an entrepreneur who volunteered with Mother Teresa, and Lou Faust, a leading business expert, are the first to examine her in this light—as a leader whose management style and dedication to a singular vision led to one of the world's most unlikely success stories. Mother Teresa may have been a saint, but her spectacular success was not a product of divine providence. Her genius was the simplicity of her vision and her dedication to its implementation. It was in the way she treated her people, refusing to distance herself from the everyday work of a typical sister of the Missionaries of Charity. It was in how she handled tough choices—like accepting donations from brutal Haitian dictator François “Papa Doc” Duvalier. These were the principles that made her the great leader of a global organization, and they can be applied by anyone in any organization—no sainthood required.

Mindfulness

Growth is the sum total of actions you take on a daily basis with the aim of unleashing the giant within you. But, what if you make the wrong choice, what then? The Big Epiphany offers insight into the art of confident pursuit and the pursuit of confidence. At the tender age of 22, I was suddenly diagnosed with a life altering autoimmune disease that changed my entire outlook on life. My thought process and actions over many years brought about the 'unexpected' result of ill health. At that moment, rather than falling victim to the disease I brought upon myself, I took an unorthodox, uncomfortable and unwarranted path to changing my life. Follow along on a personal journey of overcoming the greatest obstacle in my life and learn ways in which YOU can finally become the Rockstar you truly are. Success, confidence, optimism, radical work ethic and habit building are but some of the golden eggs you will find within the pages of this book. It's time to unlock the greatness within you!

Short Vort

Life with the Afterlife

The Great Partnership

With her signature warmth, hilarity, and tendency to overshare, Leslie Gray Streeter gives us real talk about love, loss, grief, and healing in your own way that "will make you laugh and cry, sometimes on the same page" (James Patterson). Leslie Gray Streeter is not cut out for widowhood. She's not ready for hushed rooms and pitying looks. She is not ready to stand graveside, dabbing her eyes in a classy black hat. If she had her way she'd wear her favorite curve-hugging leopard print dress to Scott's funeral; he loved her in that dress! But, here she is, having lost her soulmate to a sudden heart attack, totally unsure of how to navigate her new widow lifestyle. ("New widow lifestyle." Sounds like something you'd find products for on daytime TV, like comfy track suits and compression socks. Wait, is a widow even allowed to make jokes?) Looking at widowhood through the prism of race, mixed marriage, and aging, Black Widow redefines the stages of grief, from coffin shopping to day-drinking, to being a grown-ass woman crying for your mommy, to breaking up and making up with God, to facing the fact that life goes on even after the death of the person you were supposed to live it with. While she stumbles toward an uncertain future as a single mother raising a baby with her own widowed mother (plot twist!), Leslie looks back on her love story with Scott, recounting their journey through racism, religious differences, and persistent confusion about what kugel is. Will she find the strength to finish the most important thing that she and Scott started? Tender, true, and endearingly hilarious, Black Widow is a story about the power of love, and how the only guide book for recovery is the one you write yourself.

The 6 Constant Mitzvos

"Odyssey-like adventure of two boys' incredible quest on the Appalachian Trail where they deal with pirates, buried secrets, and extraordinary encounters"--

Searching for Heather Dean: My Extraordinary Career as a Celebrity Interviewer and Why I Left It

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This practical and inspirational guide to healing from the award-winning, New York Times bestselling author of *The Choice* shows us how to stop destructive patterns and imprisoning thoughts to find freedom and enjoy life. Edith Eger's powerful first book *The Choice* told the story of her survival in the concentration camps, her escape, healing, and journey to freedom. Oprah Winfrey says, "I will be forever changed by Dr. Eger's story." Thousands of people around the world have written to Eger to tell her how *The Choice* moved them and inspired them to confront their own past and try to heal their pain; and to ask her to write another, more "how-to" book. Now, in *The Gift*, Eger expands on her message of healing and provides a hands-on guide that gently encourages us to change the thoughts and behaviors that may be keeping us imprisoned in the past. Eger explains that the worst prison she experienced is not the prison that Nazis put her in but the one she created for herself, the prison within her own mind. She describes the twelve most pervasive imprisoning beliefs she has known—including fear, grief, anger, secrets, stress, guilt, shame, and avoidance—and the tools she has discovered to deal with these universal challenges. Accompanied by stories from Eger's own life and the lives of her patients each chapter includes thought-provoking questions and takeaways, such as: -Would you like to be married to you? -Are you evolving or revolving? -You can't heal what you can't feel. Filled with empathy, insight, and humor, *The Gift* captures the vulnerability and common challenges we all face and provides encouragement and advice for breaking out of our personal prisons to find healing and enjoy life.

Living in the Presence

A Study of the Human Soul in Jewish Thought

To Be a Jewish Woman

A renowned author and rabbi discusses the relationship between science and religion and the importance of the coexistence of both in that religion is the search for meaning and science is the search for explanation. 20,000 first printing.

Lost Connections

Chef Trisha Lewis was just days from her 30th birthday when she reached rock bottom. Tired of feeling depressed and uncomfortable in her own skin she began to her overhaul her life – giving up smoking, joining a gym and transforming her diet. She soon gained over 100,000 followers on Instagram – Trisha's Transformers, inspiring them with her relatability, can-do attitude, honesty and openness about the highs and lows of her quest to lose weight. Here, Trisha tells her story of transformation and journey to self-love and for the first time shares the recipes that have led to her incredible eight-stone weight-loss. As a trained chef Trisha ensures that her meals maintain the flavours she loves while supporting weight-loss, proving her mantra – you can beat the bulge and still indulge!

Influence Redefined

In our frantic, fast paced society, we need constant guidance to remind us that we can only find the peace of mind we sorely lack by looking inward. Judaism, like many other spiritual traditions, offers a unique path to cultivating fulfillment and presence of mind. In cultivating peace of mind, we do not aim to achieve transcendence. Rather, our goal is to enter fully into whatever is occurring in our lives and meet it with full presence. But being a better Jew and a

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happier person are not mutually exclusive. On the contrary, they are mutually interdependent. From the moment we wake to the moment we fall asleep, biblical commandments provide us with guidelines that encourage us to be aware of the present moment. A Guide to Jewish Mindfulness provides concise and clear instructions on how to cultivate peace of mind in order to attain a life of greater commitment and inspiration for the present moment.

Unlocking Greatness

The New York Times bestseller – with a new afterword about early specialization in youth sports. The debate is as old as physical competition. Are stars like Usain Bolt, Michael Phelps, and Serena Williams genetic freaks put on Earth to dominate their respective sports? Or are they simply normal people who overcame their biological limits through sheer force of will and obsessive training? In this controversial and engaging exploration of athletic success and the so-called 10,000-hour rule, David Epstein tackles the great nature vs. nurture debate and traces how far science has come in solving it. Through on-the-ground reporting from below the equator and above the Arctic Circle, revealing conversations with leading scientists and Olympic champions, and interviews with athletes who have rare genetic mutations or physical traits, Epstein forces us to rethink the very nature of athleticism.

The Big Epiphany

Do you feel confident you're a leader with influence? You may be surprised to discover you're not as influential as you think you are. Your team is only as strong as your influence, and many leaders today are mistaken about what it means to be influential. An outdated influence paradigm, along with technological devices and distractions, is making it increasingly challenging for leaders to reach those they need to influence in order to be successful. In fact, many leaders are unwillingly and unknowingly sabotaging themselves and their influence. In her thought-provoking *Influence Redefined*, Stacey Hanke introduces her powerful Influence Model, a step-by-step method for improving communication and producing the ideal type of influence—one that moves people to action long after an interaction is over. She dispels the most common influence myths and instructs leaders on how to stop sabotaging themselves in order to leave a positive, lasting impression. Using a results-based definition of influence for individuals and organizations, Hanke successfully shows leaders how they can develop influence as a skill through self-awareness, consistency, a positive reputation, adaptability, and impact. With insights from dozens of executives and business leaders, as well as practical how-tos and action steps, *Influence Redefined* will help leaders multiply and expand their influence every day, Monday to Monday®. Through Stacey Hanke, Inc., the author has provided keynotes, mentoring and training on communicating with influence to thousands of leaders across industries. She is the author of *Yes You Can!* and has appeared in the *New York Times* and *SmartMoney*. Hanke was recognized as one of the National Speakers Association's "Top 6 Under 40."

Chasing the Bright Side

Love, calmness, confidence, gratitude, hope and happiness: the six emotions that tip the balance of our mindset in favour of a positive outlook rather than a negative one. Wouldn't it be great to feel more of these positive emotions? Now you can with Fiona Brennan's ultimate manual for the mind. With a chapter on each emotion, and practical steps on how to cultivate them, the plan utilises mindfulness, habit loops, positive psychology and neuroscience to help

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soothe anxiety and stress. It will show you how to train your brain to embrace negative thoughts with courage and love before transforming them into positive ones. Accompanied by audio-hypnotherapy meditations that take just a few minutes a day, split between morning and evening, it will transform your mental health as you doze off peacefully to the sleep-time audio and start the day happy with the seven-minute morning ritual. Take control of your emotional health and build your ladder to happiness so that you flourish as you develop *The Positive Habit*. 'Life-changing! Manifest the habit of happiness and success.' Jack Canfield, author of *Chicken Soup for the Soul*

Mother Teresa, CEO

A number-one New York Times bestseller when it was originally published, *THE SILMARILLION* is the core of J.R.R. Tolkien's imaginative writing, a work whose origins stretch back to a time long before *THE HOBBIT*. Tolkien considered *THE SILMARILLION* his most important work, and, though it was published last and posthumously, this great collection of tales and legends clearly sets the stage for all his other writing. The story of the creation of the world and of the the First Age, this is the ancient drama to which the characters in *THE LORD OF THE RINGS* look back and in whose events some of them, such as Elrond and Galadriel, took part. The three Silmarils were jewels created by Feanor, most gifted of the Elves. Within them was imprisoned the Light of the Two Trees of Valinor before the Trees themselves were destroyed by Morgoth, the first Dark Lord. Thereafter, the unsullied Light of Valinor lived on only in the Silmarils, but they were seized by Morgoth and set in his crown, which was guarded in the impenetrable fortress of Angband in the north of Middle-earth. *THE SILMARILLION* is the history of the rebellion of Feanor and his kindred against the gods, their exile from Valinor and return to Middle-earth, and their war, hopeless despite all their heroism, against the great Enemy. This second edition features a letter written by J.R.R. Tolkien describing his intentions for the book, which serves as a brilliant exposition of his conception of the earlier Ages of Middle-earth.

Navigating Early

"An unusually engaging book on the forces that fuel originality across fields." --Adam Grant
Looking at the 14 key traits of genius, from curiosity to creative maladjustment to obsession, Professor Craig Wright, creator of Yale University's popular "Genius Course," explores what we can learn from brilliant minds that have changed the world. Einstein. Beethoven. Picasso. Jobs. The word genius evokes these iconic figures, whose cultural contributions have irreversibly shaped society. Yet Beethoven could not multiply. Picasso couldn't pass a 4th grade math test. And Jobs left high school with a 2.65 GPA. What does this say about our metrics for measuring success and achievement today? Why do we teach children to behave and play by the rules, when the transformative geniuses of Western culture have done just the opposite? And what is genius, really? Professor Craig Wright, creator of Yale University's popular "Genius Course," has devoted more than two decades to exploring these questions and probing the nature of this term, which is deeply embedded in our culture. In *The Hidden Habits of Genius*, he reveals what we can learn from the lives of those we have dubbed "geniuses," past and present. Examining the lives of transformative individuals ranging from Charles Darwin and Marie Curie to Leonardo Da Vinci and Andy Warhol to Toni Morrison and Elon Musk, Wright identifies more than a dozen drivers of genius—characteristics and patterns of behavior common to great minds throughout history. He argues that genius is about more than intellect and work ethic—it is far more complex—and that the famed "eureka" moment is a Hollywood fiction. Brilliant insights that change the world are never sudden, but rather, they are

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the result of unique modes of thinking and lengthy gestation. Most importantly, the habits of mind that produce great thinking and discovery can be actively learned and cultivated, and Wright shows us how. This book won't make you a genius. But embracing the hidden habits of these transformative individuals will make you more strategic, creative, and successful, and, ultimately, happier.

Surfacing

Determined to focus on work rather than books, as his father had, twelve-year-old Patrick Waters leaves Belfast as a steward on the Titanic, but the very wealthy Harry Widener arranges to tutor him, drawing Patrick into association with thieves seeking Harry's very rare edition of Francis Bacon's Essays.

The Neshamah

For centuries, it has been assumed that there are vast limits to human capacity. Now, although a host of scientific discoveries prove this wrong, a mindset of limits persists, blocking us from our greatest possibilities and leaving us feeling bombarded by stress, change, and uncertainty. No matter how hard we work, no matter how much we give, we're still not getting what we hoped for. There is another way. Dr. Robert Cooper, a neuroscience pioneer and leadership advisor, urges us to take a radically different view of human capacity. We are mostly unused potential, he says, employing less than 10 percent of our brilliance or hidden talents. In easy-to-follow steps, he explains how to develop and apply the art and science of your hidden capacity. The art is the motivation and inspiration coming from the wonderful stories that are the heart of The Other 90%. Dr. Cooper draws on his wide-ranging insights and experiences to show how it's possible to make a difference in yourself and others. However, inspiration without a way to turn vision into reality is an empty vessel. Combining art with science, Dr. Cooper provides extraordinary help in the form of specific, little-known practical ways to use the latest research in neuroscience, performance psychology, and work physiology for excelling in a pressure-filled world. He shows you how to: * Increase energy at work -- and have more energy for personal and family life. * Activate the brain's "alertness switches" to defeat pressure and stress. * Use not only the brain in your head but the ones in your heart and gut. * Motivate exceptional ingenuity and performance in yourself and others. The most exciting breakthroughs will not come from advances in technology but from a deeper realization of what it means to be most human and alive. Many of the choices that can dramatically change our lives are simple and practical -- yet few people know what these choices are or how to apply them in work and life. The Other 90% is your guide to new territory and new challenges. From the Hardcover edition.

Breakout Churches

A guide to successfully getting the life you want by changing your perspective and discovering your ideal self. More often than not, our own mental obstacles are holding us back from the joy, fulfillment, and meaning that we all crave, but by retooling our perspectives, we gain the ability to see the path toward the life we truly desire. Charlie Harary, business executive, professor, speaker, and radio host, combines the wisdom of science, spirituality, and personal growth in practical and understandable terms so you can take the life you have and make it the life you want. Everyone has the extraordinary capacity to transform their life. And it's easier to do than you might think—in order to get what you want, to achieve that sense of greater life satisfaction,

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all you need to do is learn how to best use the resources you already have. Based on the latest research into the brain's neuroplasticity, analysis of ancient wisdom, and exploration of the practices of today's greatest achievers, Harary offers guidance and inspiration so you can break through the clutter and confusion of your life and find your true purpose.

The Sefiros and the Self

Einstein's Compass

At 30 years old, Lewis Howes was outwardly thriving but unfulfilled inside. He was a successful athlete and businessman, achieving goals beyond his wildest dreams, but he felt empty, angry, frustrated, and always chasing something that was never enough. His whole identity had been built on misguided beliefs about what "masculinity" was. Howes began a personal journey to find inner peace and to uncover the many masks that men – young and old – wear. In *The Mask of Masculinity*, Howes exposes the ultimate emptiness of the Material Mask, the man who chases wealth above all things; the cowering vulnerability that hides behind the Joker and Stoic Masks of men who never show real emotion; and the destructiveness of the Invincible and Aggressive Masks worn by men who take insane risks or can never back down from a fight. He teaches men how to break through the walls that hold them back and shows women how they can better understand the men in their lives. It's not easy, but if you want to love, be loved and live a great life, then it's an odyssey of self-discovery that all modern men must make. This book is a must-read for every man – and for every woman who loves a man.

Success Mindsets

The Positive Habit

Anyone can master the fundamentals of game design - no technological expertise is necessary. *The Art of Game Design: A Book of Lenses* shows that the same basic principles of psychology that work for board games, card games and athletic games also are the keys to making top-quality videogames. Good game design happens when you view your game from many different perspectives, or lenses. While touring through the unusual territory that is game design, this book gives the reader one hundred of these lenses - one hundred sets of insightful questions to ask yourself that will help make your game better. These lenses are gathered from fields as diverse as psychology, architecture, music, visual design, film, software engineering, theme park design, mathematics, writing, puzzle design, and anthropology. Anyone who reads this book will be inspired to become a better game designer - and will understand how to do it.

The Eagle and the Condor

How did Albert Einstein come up with his wondrous theories of light and time? In *Einstein's Compass: A YA Time Traveler Adventure*, a young Albert is given a supernatural compass that allows him to travel through time and space, and find wisdom in other dimensions, including the lost city of Atlantis. But evil forces seek the power of the compass, including a monstrous, shape-shifting dragon from a different age. Can the compass protect Albert from such villainy?

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