

This Book Will Save Your Life Am Homes

The Next Best Thing I Can Save the Ocean! Simple Acts to Save Our Planet How Math Can Save Your Life Jesus Wants to Save Christians Emergency Your Art Will Save Your Life To Save a Life This Book Could Save Your Life How To Save A Life Dreams That Can Save Your Life Don't Unplug How to Save the World All We Can Save The Life You Can Save This Song Will Save Your Life How to Save Your Planet One Object at a Time This Book is Worth €25,000 This Book Will Save Your Life The Mistress's Daughter Sick Souls, Healthy Minds Will Save You Writing to Save Your Life My Chemical Romance Here for It The Wrong Way to Save Your Life The Safety of Objects The Sovereign Individual 101 Poems That Could Save Your Life Save Your Own Damn Life Spy Secrets That Can Save Your Life Learning to Save the Future Rock and Roll Will Save Your Life The Soil Will Save Us This Book Will Pay for Itself Smart Health Choices This Book Will Change Your Life Again! Poetry Will Save Your Life The Princess Will Save You How Are You Going to Save Yourself

The Next Best Thing

Jill's life lost all meaning when her dad died. Friends, boyfriend, college - nothing matters any more. Then her mom drops a bombshell: she's going to adopt a baby. Mandy is desperate for her life to change. Seventeen, pregnant and leaving home, she is sure of only one thing - her baby must never have a life like

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hers, whatever it takes. As their worlds change around them, Jill and Mandy must learn both how to hold on and how to let go, finding that nothing is as easy - or as difficult - as it seems. Heart-achingly beautiful, moving and funny, *How to Save a Life* has been named a Publishers Weekly Best Book of 2011, a School Library Journal Best Book of 2011 and an American Library Association 2012 Top Ten Best Fiction for Young Adults. "A rich tapestry of love and survival that will resonate with even the most cynical readers." - Booklist

I Can Save the Ocean!

The "fierce and eloquent" (New York Times) memoir by the award-winning author of *May We Be Forgiven* and *This Book Will Save Your Life* The acclaimed writer A. M. Homes was given up for adoption before she was born. Her biological mother was a twenty-two-year-old single woman who was having an affair with a much older married man with a family of his own. *The Mistress's Daughter* is the ruthlessly honest account of what happened when, thirty years later, her birth parents came looking for her. Homes relates how they initially made contact and what happened afterwards, and digs through the family history of both sets of her parents in a twenty-first-century electronic search for self. Daring, heartbreaking, and startlingly funny, Homes's memoir is a brave and profoundly moving consideration of identity and family. "A compelling, devastating, and furiously good book written with an honesty few of us would risk."
—Zadie Smith "I fell in love with it from the first page

and read compulsively to the end." —Amy Tan

Simple Acts to Save Our Planet

The New York Times bestseller that reveals the safety, security, and survival techniques that 99% of Americans don't know—but should. When Jason Hanson joined the CIA in 2003, he never imagined that the same tactics he used as a CIA officer for counter intelligence, surveillance, and protecting agency personnel would prove to be essential in every day civilian life. In addition to escaping handcuffs, picking locks, and spotting when someone is telling a lie, he can improvise a self-defense weapon, pack a perfect emergency kit, and disappear off the grid if necessary. He has also honed his "positive awareness"—a heightened sense of his surroundings that allows him to spot suspicious and potentially dangerous behavior—on the street, in a taxi, at the airport, when dining out, or in any other situation. In his engaging and empowering book *Spy Secrets That Can Save Your Life*, Jason shares this know-how with readers, revealing how to:

- prevent home invasions, carjackings, muggings, and other violent crimes
- run counter-surveillance and avoid becoming a soft target
- recognize common scams at home and abroad
- become a human lie detector in any setting, including business negotiations
- gain peace of mind by being prepared for anything instead of uninformed or afraid

With the skill of a trained operative and the relatability of a suburban dad, Jason Hanson brings his top-level training to everyday Americans in this must-have guide to staying safe in

an increasingly dangerous world. From the Hardcover edition.

How Math Can Save Your Life

A follow-up to *This Book Will Change Your Life* presents an all-new hilarious compilation of 365 subversive and inventive suggestions for turning one's life upside down, including such offbeat expressions as taking part in Claim You're Jesus Day, Bake Naked Day, Let children rule the world, Speak Only Esperanto Day, and Speed-read War and Peace. Original.

Jesus Wants to Save Christians

Prozac has side effects, drinking gives you hangovers, therapy's expensive. For quick and effective relief -- or at least some literary comfort -- from everyday and exceptional problems, try a poem. Over the ages, people have turned to poets as ambassadors of the emotions, because they give voice and definition to our troubles, and by so doing, ease them. No matter how bad things get, poets have been there, too, and they can help you get over the rough spots. This is the first poetry anthology designed expressly for the self-help generation. The poems listed include classics by Emily Dickinson, Lord Byron, Ogden Nash, and Lucretius, to name just a few, along with newer works by such current practitioners as Seamus Heaney and Wendy Cope. This book has a cure or consolation for nearly every affliction, ancient or modern. And no side effects-except pleasure.

Emergency

You want to change the world. You want your work to have meaning. Maybe you're even audacious enough to want saving the world to be fun. What if saving the Earth were a game? Not just any game, but the greatest game we've ever played. This workbook helps social and environmental change professionals learn how to implement powerful techniques from the fields of game design, behavioral psychology, design, data science, and storytelling, that are not only proven to have impact, but also can make your project fun. In a 10-step framework of exercises, tutorials, and case studies, *How to Save the World* will teach you the art of changing the world--and it's often not what you think. Did you know that just by putting a sign above a recycling bin that showed people the number of cans inside increased the recycling rate by 67 percent? Or when people standing in line at a café were told that other customers before them had ordered a vegetarian meal, that this simple intervention doubled the total rate of vegetarian meal orders? As you implement these academically researched and measurement-driven techniques, *How to Save the World* will drive you to dig into your creativity and unearth your greatest ideas that shift the numbers on the causes you most care about, so you can experience the joy and satisfaction of seeing your work really, actually change the world every single day.

Your Art Will Save Your Life

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How to make lots of money, keep yourself safe, and even save the world-all by using a little simple math Forget the dull, boring math you learned in school. This book shows you the powerful things math can do for you, with applications no teacher ever taught you in algebra class. How can you make money off credit card companies? Will driving a hybrid save you money in the long run? How do you know when he or she is "the one"? From financial decisions to your education, job, health, and love life, you'll learn how the math you already know can help you get a lot more out of life. Gives you fun, practical advice for using math to improve virtually every area of daily life Includes straightforward explanations and easy-to-follow examples Written by the author of the successful guide, How Math Explains the World Filled with practical, indispensable guidance you can put to work every day, this book will safeguard your wallet and enrich every aspect of your life. You can count on it!

To Save a Life

The breakthrough story collection that established A. M. Homes as one of the most daring writers of her generation Originally published in 1990 to wide critical acclaim, this extraordinary first collection of stories by A. M. Homes confronts the real and the surreal on even terms to create a disturbing and sometimes hilarious vision of the American dream. Included here are "Adults Alone," in which a couple drops their kids off at Grandma's and gives themselves over to ten days of Nintendo, porn videos,

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and crack; "A Real Doll," in which a girl's blond Barbie doll seduces her teenaged brother; and "Looking for Johnny," in which a kidnapped boy, having failed to meet his abductor's expectations, is returned home. These stories, by turns satirical, perverse, unsettling, and utterly believable, expose the dangers of ordinary life even as their characters stay hidden behind the disguises they have so carefully created.

This Book Could Save Your Life

You are what you eat. Food and diet have an enormous influence on your health and well-being, but eating the right amount of the right things - and not too much of the wrong things - isn't easy. But, as in most walks of life, knowledge is power. This book will empower you to eat healthily, lose weight, and sort the fads from the science facts. This is the New Scientist take on a "New Year, New You" book: an eye-opening and myth-busting guide to everything from sugar to superfoods, from fasting to eating like a caveman and from veganism to your gut microbiome. Forget faddy diet books or gimmicky exercise programs, this is what is scientifically proven to make you live longer and to be healthier and happier.

How To Save A Life

This Book Will Pay for Itself! can help. Most of us really do have enough money to cover our monthly expenses and still have enough for a few guilty pleasures! —Find out where your money is going by creating a sound budget. —Learn how to find great

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bargains and sales on everything from music to vacations. —Know when you should really buy something and when you should just walk away. Author Andrew Thies is not a professional financial adviser—he's a commercial artist—but his lifestyle speaks for itself! On a salary of less than 30k per year, Andrew has gone to Europe several times in the last five years, owns his own condo, put himself through school, and still have money in the bank! He can obviously handle his money! You too can learn the difference between types of sales and how to use them to your advantage, the secret to clothes shopping without ever paying retail prices, and tips on saving money at the movies.

Dreams That Can Save Your Life

For the first time in history, eradicating world poverty is within our reach. Yet around the world, a billion people struggle to live each day on less than many of us pay for bottled water. In *The Life You Can Save*, Peter Singer uses ethical arguments, illuminating examples, and case studies of charitable giving to show that our current response to world poverty is not only insufficient but morally indefensible. *The Life You Can Save* teaches us to be a part of the solution, helping others as we help ourselves.

Don't Unplug

'an unpreachy guide [] free of jargon and full of often surprising information.' *The Times* Change starts at home. In the office. Change starts with you. Your

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family. Your friends. Change starts with everyday things. One object at a time. Sometimes it can feel overwhelming thinking about all that needs to be done to save our planet. This book is the antidote to that feeling. Easy to read and easy to do - here's all the information and inspiration you need to make a difference, simply by making smart choices about everyday objects, tasks and habits. Environmental scientist Dr Tara Shine guides you from room to room and occasion to occasion with environmentally friendly solutions, backed by science. From swapping bottled soap to bars, to replacing cling film with a simple plate, you will reduce your environmental footprint in an instant, while saving money. This book busts persistent myths and will once and for all show that living sustainably can be both fun and convenient. Besides, it will not only have a positive impact on the environment, but your wellbeing too! 'Dr. Tara Shine is an enlightened big-picture thinker, and with this book she shows that she is equally and delightfully adept at bringing details into focus. This book is all about realising the power you have as an individual by informing yourself, asking questions and making smart choices. By getting becoming active and joining the conversation, you become empowered and you do something about the problem we face rather than feeling powerless in its presence.'

Christiana Figueres, Former Executive Secretary of the United Nations Framework Convention on Climate Change

How to Save the World

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Featuring all new material not included in the print edition, including: two deleted chapters, the contents of Neil's Bugout Bag, a disaster survival cheat sheet on how to survive 35 catastrophic events, and ten emergency-preparedness myths that can kill you. Terrorist attacks. Natural disasters. Domestic crackdowns. Economic collapse. Riots. Wars. Disease. Starvation. What can you do when it all hits the fan? You can learn to be self-sufficient and survive without the system. ****I've started to look at the world through apocalypse eyes.**** So begins Neil Strauss's harrowing new book: his first full-length worksince the international bestseller *The Game*, and one of the most original-and provocative-narratives of the year. After the last few years of violence and terror, of ethnic and religious hatred, of tsunamis and hurricanes—and now of world financial meltdown—Strauss, like most of his generation, came to the sobering realization that, even in America, anything can happen. But rather than watch helplessly, he decided to do something about it. And so he spent three years traveling through a country that's lost its sense of safety, equipping himself with the tools necessary to save himself and his loved ones from an uncertain future. With the same quick wit and eye for cultural trends that marked *The Game*, *The Dirt*, and *How to Make Love Like a Porn Star*, *Emergency* traces Neil's white-knuckled journey through today's heart of darkness, as he sets out to move his life offshore, test his skills in the wild, and remake himself as a gun-toting, plane-flying, government-defying survivor. It's a tale of paranoid fantasies and crippling doubts, of shady lawyers and dangerous cult leaders, of billionaire gun nuts and

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survivalist superheroes, of weirdos, heroes, and ordinary citizens going off the grid. It's one man's story of a dangerous world—and how to stay alive in it. Before the next disaster strikes, you're going to want to read this book. And you'll want to do everything it suggests. Because tomorrow doesn't come with a guarantee

All We Can Save

Two renowned investment advisors and authors of the bestseller *The Great Reckoning* bring to light both currents of disaster and the potential for prosperity and renewal in the face of radical changes in human history as we move into the next century. *The Sovereign Individual* details strategies necessary for adapting financially to the next phase of Western civilization. Few observers of the late twentieth century have their fingers so presciently on the pulse of the global political and economic realignment ushering in the new millennium as do James Dale Davidson and Lord William Rees-Mogg. Their bold prediction of disaster on Wall Street in *Blood in the Streets* was borne out by Black Tuesday. In their ensuing bestseller, *The Great Reckoning*, published just weeks before the coup attempt against Gorbachev, they analyzed the pending collapse of the Soviet Union and foretold the civil war in Yugoslavia and other events that have proved to be among the most searing developments of the past few years. In *The Sovereign Individual*, Davidson and Rees-Mogg explore the greatest economic and political transition in centuries -- the shift from an industrial to an

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information-based society. This transition, which they have termed "the fourth stage of human society," will liberate individuals as never before, irrevocably altering the power of government. This outstanding book will replace false hopes and fictions with new understanding and clarified values.

The Life You Can Save

Since her debut in 1989, A. M. Homes has been among the boldest and most original voices of her generation, acclaimed for the psychological accuracy and unnerving emotional intensity of her storytelling. Her ability to explore how extraordinary the ordinary can be is at the heart of her touching and funny new novel, her first in six years. *This Book Will Save Your Life* is a vivid, uplifting, and revealing story about compassion, transformation, and what can happen if you are willing to lose yourself and open up to the world around you.

This Song Will Save Your Life

Using her background as a journalist, professor of journalism, author and storyteller, Michele Weldon masterfully outlines the steps for you to tell your own story. Whether you intend to write a memoir or essays for publication, or articulate your story for yourself, using the trademarked method of Scribotherapy, Weldon offers insights, lessons and examples of writing to forge a clear path to telling your story. The author of four nonfiction books and several book chapters, a columnist and popular

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keynote speaker, Weldon is the owner of her own Writing To Save Your Life memoir workshops. With this writing pedigree, Weldon is positioned to instruct and inspire anyone who wishes to embark on a personal writing journey or to polish skills already in practice.

How to Save Your Planet One Object at a Time

“A survival guide for the creatives among us.”
—Nicole Georges, author of *Fetch: How a Bad Dog Brought Me Home* As a teenager visiting the Andy Warhol Museum, Beth Pickens realized the importance of making art. As an adult, she has dedicated her life to empowering working artists. Intimate yet practical, *Your Art Will Save Your Life* helps artists build a sustainable practice while navigating the world of MFAs, residencies, and institutional funding.

This Book is Worth €25,000

An exploration of dreams as a spiritual source of healing and inner guidance for your health and well-being • Shares stories--confirmed by pathology reports--from subjects in medical research projects whose dreams diagnosed illness and helped heal their lives • Explores medical studies and ongoing research on the diagnostic power of precognitive dreams, including Dr. Burk's own medical research • Includes an introduction to dream journaling and interpretation techniques Your dreams can provide inner guidance

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filled with life-saving information. Since ancient Egypt and Greece, people have relied on the art of dreaming to diagnose illness and get answers to personal life challenges. Now, dreams are making a grand reappearance in the medical arena as recent scientific research and medical pathology reports validate the diagnostic abilities of precognitive dreams. Are we stepping back into the future as modern medical tests show dreams can be early warning signs of cancer and other diseases? Showcasing the important role of dreams and their power to detect and heal illness, Dr. Larry Burk and Kathleen O'Keefe-Kanavos share amazing research and true stories of physical and emotional healings triggered by dreams. The authors explore medical studies and ongoing research on the diagnostic power of precognitive dreams, including Dr. Burk's own research on dreams that come true and can be medically validated. They share detailed stories--all confirmed by pathology reports--from subjects in medical research projects whose dreams diagnosed illness and helped heal their lives, including Kathleen's own story as a three-time breast cancer survivor whose dreams diagnosed her cancer even when it was missed by her doctors. Alongside these stories of survival and faith, the authors also include an introduction to dream journaling and interpretation, allowing the reader to develop trust in their dreams as a spiritual source of healing and inner guidance.

This Book Will Save Your Life

Book only - based on the screenplay of the theatrical

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movie. Includes additional scenes not shown in the film. Addresses real-life challenges of teens and their choices. Communicates the concept that we are never more like Jesus than when we are reaching out to the lonely and hurting. Powerful novel that makes a heart impact.

The Mistress's Daughter

This is not a typical self help book. This is a book of action. This is a book that is going to light a fire under your ass. In this refreshingly entertaining do it yourself-self help book, life coach, podcaster and inspirational speaker, Jessica Jeboult, will show you how to save your own damn life. By upholding the 4 commitments outlined in this book, you will track where your life needs improvement and learn the tools and strategies to successfully implement a solution immediately. Through hilariously inspiring stories, sage advice and simple, user friendly exercises, you will learn how to: -improve your health-override self doubt-live a life you're proud of-cultivate fulfilling relationships-build an endless source of confidence-love your job and career -take action You will get the cheat codes to living a happy, healthy, productive life filled with love. "Anything I can do, you can do too. If you want to take control of your life, let's get to work!

Sick Souls, Healthy Minds

Journalist and bestselling author Kristin Ohlson makes an elegantly argued, passionate case for "our great

green hope"—a way in which we can not only heal the land but also turn atmospheric carbon into beneficial soil carbon—and potentially reverse global warming. Thousands of years of poor farming and ranching practices—and, especially, modern industrial agriculture—have led to the loss of up to 80 percent of carbon from the world's soils. That carbon is now floating in the atmosphere, and even if we stopped using fossil fuels today, it would continue warming the planet. As the granddaughter of farmers and the daughter of avid gardeners, Ohlson has long had an appreciation for the soil. A chance conversation with a local chef led her to the crossroads of science, farming, food, and environmentalism and the discovery of the only significant way to remove carbon dioxide from the air—an ecological approach that tends not only to plants and animals but also to the vast population of underground microorganisms that fix carbon in the soil. Ohlson introduces the visionaries—scientists, farmers, ranchers, and landscapers—who are figuring out in the lab and on the ground how to build healthy soil, which solves myriad problems: drought, erosion, air and water pollution, and food quality, as well as climate change. Her discoveries and vivid storytelling will revolutionize the way we think about our food, our landscapes, our plants, and our relationship to Earth.

I Will Save You

So much of what we hear about personal finance is confusing and time-consuming but here Ireland's leading personal finance experts have made it as

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simple as possible to help you save up to €25,000. Charlie Weston and Karl Deeter see every day how too many of us pay over the odds, get ripped off or simply don't maximise the money we have. Here they share the financial hacks and money-saving tips and tricks they have picked up through years of working as personal finance experts. Each chapter covers a single common personal finance topic, explaining how you can make better choices in this area, the amount you can expect to save over a year, the time it will take to follow the tip and a star rating for the complexity or hassle factor.

Writing to Save Your Life

Blockbuster #1 New York Times bestselling author Jennifer Weiner returns with an irresistible story about a young woman trying to make it in Hollywood... Actors aren't the only ones trying to make it in Hollywood....At twenty-three, Ruth Saunders left her childhood home in Massachusetts and headed west with her seventy-year-old grandma in tow, hoping to make it as a screenwriter. Six years later, she hits the jackpot when she gets *The Call*: the sitcom she wrote, *The Next Best Thing*, has gotten the green light, and Ruthie's going to be the showrunner. But her dreams of Hollywood happiness are threatened by demanding actors, number-crunching executives, an unrequited crush on her boss, and her grandmother's impending nuptials. Set against the fascinating backdrop of Los Angeles show business culture, with an insider's ear for writer's room showdowns and an eye for bad backstage behavior and set politics, Jennifer Weiner's

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new novel is a rollicking ride on the Hollywood roller coaster, a heartfelt story about what it's like for a young woman to love, and lose, in the land where dreams come true.

My Chemical Romance

This book aims to help consumers and practitioners develop the skills to assess health advice - and hopefully to make decisions that will improve the quality of their care. For some people, making better-informed decisions could be life saving. We hope that it will be useful if you are struggling to come to terms with an illness or injury, and the best ways of managing it. Or you may simply want to lead a healthier life, and may be wondering how to make sense of the often conflicting flood of health information that deluges us every day, through the media, and from our friends and health practitioners.

Here for It

"R. Eric Thomas didn't know he was different until the world told him so. Everywhere he went--whether it was his rich, mostly white, suburban high school, his conservative black church, or his Ivy League college in a big city--he found himself on the outside looking in. In essays by turns hysterical and heartfelt, Eric redefines what it means to be an 'other' through the lens of his own life experience"--Publisher marketing.

The Wrong Way to Save Your Life

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"In his diaries, the American philosopher and psychologist William James, for whom the personal and the philosophical were never far apart, recounted how in his late twenties he was confronted with existential despair regarding the issue of free will: do humans have the capacity to act freely and meaningfully? James famously decided that his "first act of free will is to believe in free will," and declared that, "if you can change your mind, you can change your life." This belief in the efficacy of ideas on our practical beliefs and actions would lead to James becoming one of the founders of the first truly distinctively American philosophy, Pragmatism. In this book philosopher John Kaag offers an account of the life, thought, and relevance of James's philosophy for today. He argues that his brand of pragmatism was first and foremost a philosophy geared towards saving a life; namely, James's own, but with important resources and lessons for saving ours as well. James believed that philosophy was meant to articulate, and help answer, a single existential question, one which lent itself to the title of one of his most famous essays: "Is life worth living?" Through examination of an array of existentially loaded topics covered in his works-truth, God, evil, suffering, death, and the meaning of life-James concluded that it is up to us to make life worth living. He said that our beliefs, the truths that guide our lives, matter-their value and veracity turn on the way they play out practically for ourselves and our communities. For James, philosophy was about making life meaningful, and for some of us, liveable. This is the core of his "pragmatic maxim," that truth should be judged on the bases of its practical consequences. Kaag shows how James put

this maxim into use in his philosophy and his life and how we can do so in our own. In his perhaps most famous and enduring work, *The Varieties of Religious Experience*, James devoted two chapters to exploring what he saw as two distinct types of personality, "the sick-souled" and "the healthy-minded." James himself, as Kaag shows, tended more toward the sick-souled side of the spectrum. But both types fascinated James and he thought both provided important sources for understanding not just religious experience, but for how we can think about our own orientation to the world and perhaps reorient ourselves in the process"--

The Safety of Objects

The band My Chemical Romance emerged in the aftermath of the 9/11 atrocities to become the standardbearer for a new fusion of punk, glam and emo. This book tells the definitive story of this groundbreaking group, charting their rise to the apex of the postmillennial rock pantheon.

The Sovereign Individual

Drooling fanatic, n. 1. One who drools in the presence of beloved rock stars. 2. Any of a genus of rock-and-roll wannabes/geeks who walk around with songs constantly ringing in their ears, own more than 3,000 albums, and fall in love with at least one record per week. With a life that's spanned the phonographic era and the digital age, Steve Almond lives to Rawk. Like you, he's secretly longed to live the life of a rock star, complete with insane talent, famous friends, and

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hotel rooms to be trashed. Also like you, he's content (sort of) to live the life of a rabid fan, one who has converted his unrequited desires into a (sort of) noble obsession. *Rock and Roll Will Save Your Life* traces Almond's passion from his earliest (and most wretched) rock criticism to his eventual discovery of a music-crazed soul mate and their subsequent production of two little superfans. Along the way, Almond reflects on the delusional power of songs, the awkward mating habits of drooling fanatics, and why Depression Songs actually make us feel so much better. The book also includes:

- sometimes drunken interviews with America's finest songwriters
- a recap of the author's terrifying visit to Graceland while stoned
- a vigorous and credibility-shattering endorsement of Styx's Paradise Theater
- recommendations you will often choose to ignore
- a reluctant exegesis of the Toto song "Africa"
- obnoxious lists sure to piss off rock critics

But wait, there's more. Readers will also be able to listen to a special free mix designed by the author, available online at www.stevenalmond.com, for the express purpose of eliciting your drool. For those about to rock—we salute you! From the Hardcover edition.

101 Poems That Could Save Your Life

Chris Dancy, the world's most connected person, inspires readers with practical advice to live a happier and healthier life using technology. In 2002, Chris Dancy was overweight, unemployed, and addicted to technology. He chain-smoked cigarettes, popped pills, and was angry and depressed. But when he

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discovered that his mother kept a record of almost every detail of his childhood, an idea began to form. Could knowing the status of every aspect of his body and how his lifestyle affected his health help him learn to take care of himself? By harnessing the story of his life, could he learn to harness his own bad habits? With a little tech know-how combined with a healthy dose of reality, every app, sensor, and data point in Dancy's life was turned upside down and examined. Now he's sharing what he knows. That knowledge includes the fact that changing the color of his credit card helps him to use it less often, and that nostalgia is a trigger for gratitude for him. A modern-day story of rebirth and redemption, Chris' wisdom and insight will show readers how to improve their lives by paying attention to the relationship between how we move, what we eat, who we spend time with, and how it all makes us feel. But Chris has done all the hard work: *Don't Unplug* shows us how we too can transform our lives.

Save Your Own Damn Life

From an important new American writer comes this powerful collection of personal essays on fear, creativity, art, faith, academia, the Internet, and justice. In this poignant and inciting collection of literary essays, Megan Stielstra tells stories to ward off fears both personal and universal as she grapples toward a better way to live. In her titular piece “The Wrong Way To Save Your Life,” she answers the question of what has value in our lives—a question no longer rhetorical when the apartment above her

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family's goes up in flames. "Here is My Heart" sheds light on Megan's close relationship with her father, whose continued insistence on climbing mountains despite a series of heart attacks leads the author to dissect deer hearts in a poetic attempt to interrogate her own feelings about mortality. Whether she's imagining the implications of open-carry laws on college campuses, recounting the story of going underwater on the mortgage of her first home, or revealing the unexpected pains and joys of marriage and motherhood, Stielstra's work informs, impels, enlightens, and embraces us all. The result is something beautiful—this story, her courage, and, potentially, our own. Intellectually fierce and viscerally intimate, Megan Stielstra's voice is witty, wise, warm, and above all, achingly human. "Stielstra is a masterful essayist."—Roxane Gay, author of *Bad Feminist* and *Hunger*

Spy Secrets That Can Save Your Life

From a critically acclaimed New York Times bestselling author and poet comes "a delightfully hybrid book: part anthology, part critical study, part autobiography" (Chicago Tribune) that is organized around fifty-one remarkable poems by poets such as Robert Frost, Emily Dickinson, Wallace Stevens, and Sylvia Plath. For Jill Bialosky, certain poems stand out like signposts at pivotal moments in a life: the death of a father, adolescence, first love, leaving home, the suicide of a sister, marriage, the birth of a child, the day in New York City the Twin Towers fell. As Bialosky narrates these moments, she illuminates the ways in

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which particular poems offered insight, compassion, and connection, and shows how poetry can be a blueprint for living. In *Poetry Will Save Your Life*, Bialosky recalls when she encountered each formative poem, and how its importance and meaning evolved over time, allowing new insights and perceptions to emerge. While Bialosky's personal stories animate each poem, they touch on many universal experiences, from the awkwardness of girlhood, to crises of faith and identity, from braving a new life in a foreign city to enduring the loss of a loved one, from becoming a parent to growing creatively as a poet and artist. Each moment and poem illustrate "not only how to read poetry, but also how to love poetry" (Christian Science Monitor). "An emotional, sometimes-wrenching account of how lines of poetry can be lifelines" (Kirkus Reviews), *Poetry Will Save Your Life* is an engaging and entirely original examination of a life while celebrating the enduring value of poetry, not as a purely cerebral activity, but as a means of conveying personal experience and as a source of comfort and intimacy. In doing so the book brilliantly illustrates the ways in which poetry can be an integral part of life itself and can, in fact, save your life.

Learning to Save the Future

Max the Little Green Monster doesn't like cleaning up after himself, but when he learns how his carelessness and littering may have harmed the beautiful ocean, he goes on a quest to clean and protect the beach.

Rock and Roll Will Save Your Life

Seventeen-year-old Kidd Ellison runs away to work for the summer at a beach campsite in California where his hard work and good looks lead to friendship and love but painful past memories surface in menacing ways.

The Soil Will Save Us

The Princess Will Save You is a YA fantasy adventure inspired by The Princess Bride, in which a princess must rescue her stable boy true love, from the acclaimed author of Sea Witch, Sarah Henning. When a princess's commoner true love is kidnapped to coerce her into a political marriage, she doesn't give in—she goes to rescue him. When her warrior father, King Sendoa, mysteriously dies, Princess Amarande of Ardenia is given what would hardly be considered a choice: Marry a stranger at sixteen or lose control of her family's crown. But Amarande was raised to be a warrior—not a sacrifice. In an attempt to force her choice, a neighboring kingdom kidnaps her true love, stable boy Luca. With her kingdom on the brink of civil war and no one to trust, she'll need all her skill to save him, her future, and her kingdom. "Full of inconceivable wit, daring adventure, and cunning political machinations! It's as if Sarah Henning looked into my soul that yearned for a book like The Princess Bride and said—as you wish. And yes, this is a kissing book." —Ashley Poston, author of Heart of Iron "The Princess Will Save You is everything we love about YA fantasy, complete with first love, sweeping adventure,

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and a fierce heroine who holds her own. There's something for everyone in this book." —Adrienne Young, New York Times bestselling author of *The Sky in the Deep* "An action-packed adventure with a fierce heroine that is sure to enthrall! Sarah Henning has created a fantasy narrative that weaves together love and betrayal, pirates and swordplay. Sure to please anyone who grew up loving tales of princesses." —Emily Lloyd-Jones, author of *The Bone Houses* At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

This Book Will Pay for Itself

"Two powerful phenomena are simultaneously unfolding on Earth: the rise of the climate movement and the rise of women and girls. The People's Climate March and the Women's March. School strikes for climate and the #MeToo movement. Rebellions against extinction and declarations that time's up. More than concurrent, the two trends are deeply connected. From sinking islands to drought-ridden savannas, the global warming crisis places an outsized burden on women, largely because of gender inequalities. In many parts of the world, women hold traditional roles as the primary caregivers in families and communities, and as the main providers of food and fuel, they are more vulnerable when flooding and drought occur; the U.N. estimates 80% of those who have been displaced by climate change are women. Women are on the front line of the climate-change battle, and are uniquely situated to be agents of change--to find ways to mitigate the causes of global

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warming and adapt to its impacts on the ground. Today, across the world, from boardrooms and policy positions to local communities, from science to activism, women everywhere are using their voices to take leadership and call for action on climate change. This anthology is a collection and celebration of these diverse voices, asking critical questions and providing invaluable insight and solutions. Curated by two climate leaders, this book leads us away from the brink and toward the possibility of a life-giving future"--

Smart Health Choices

There is a church not too far from us that recently added a \$25 million addition to their building. Our local newspaper ran a front-page story not too long ago about a study revealing that one in five people in our city lives in poverty. This is a book about those two numbers. It's a book about faith and fear, wealth and war, poverty, power, safety, terror, Bibles, bombs, and homeland insecurity. It's about empty empires and the truth that everybody's a priest, it's about oppression, occupation, and what happens when Christians support, animate and participate in the very things Jesus came to set people free from. It's about what it means to be a part of the church of Jesus in a world where some people fly planes into buildings while others pick up groceries in Hummers.

This Book Will Change Your Life Again!

Mainstream economists and Silicon Valley

entrepreneurs claim that unfettered capitalism and digital technology can unlock a future of unbounded prosperity, create endless high paying jobs, and solve the world's vast social and ecological problems. Realizing this future of abundance purportedly rests in the transformation of human potential into innovative human capital through new 21st century forms of education. In this new book Alex Means challenges this view. Stagnating economic growth and runaway inequality have emerged as the 'normal' condition of advanced capitalism. Simultaneously, there has been a worldwide educational expansion and a growing surplus of college-educated workers relative to their demand in the world economy. This surplus is complicated by an emerging digital revolution driven by artificial intelligence and machine learning that generates worker displacing innovations and immaterial forms of labor and valorization. Learning to Save the Future argues that rather than fostering mass intellectuality, educational development is being constrained by a value structure subordinated to 21st century capitalism and technology. Human capabilities from creativity, design, engineering, to communication are conceived narrowly as human capital, valued in terms of economic productivity and growth. Similarly, global problems such as the erosion of employment and climate change are conceived as educational problems to be addressed through business solutions and the digitalization of education. This thought-provoking account provides a cognitive map of this condition, offering alternatives through critical analyses of education and political economy, technology and labor, creativity and value, power and ecology.

Poetry Will Save Your Life

Four young men struggle to liberate themselves from the burden of being black and male in America in an assured debut "as up-to-the-minute as a Kendrick Lamar track and as ruefully steeped in eternal truths as a Gogol tale" (Kirkus, starred review). Bound together by shared experience but pulled apart by their changing fortunes, four young friends coming of age in the postindustrial enclave of Pawtucket, Rhode Island, struggle to liberate themselves from the legacies left to them as black men in America. With potent immediacy and bracing candor, this provocative debut follows a decade in the lives of Dub, Rolls, Rye, and Gio as they each grapple with the complexity of their family histories, the newfound power of sex and drugs, and the ferocity of their desires. Gio proves himself an unforgettable narrator, beautifully flawed and unstintingly honest, as he recounts both the friends' conflicts and their triumphs. Whether it's a fraught family cookout, a charged altercation on the block, a raucous night in high-society Manhattan gone wrong, or the troubled efforts of a drug hustler to go clean, JM Holmes brings the thump and the heat of his scenes to life with the kind of ease that makes us not just eavesdroppers but participants. *How Are You Going to Save Yourself* illuminates in breathtaking detail an entire world—one that has been underrepresented in American fiction. At times funny, often uncomfortable, occasionally disturbing, these stories fearlessly engage with issues of race, sex, drugs, class, and family. Holmes's blistering and timely new voice, richly infused with

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the unmistakable rhythms of hip-hop that form the sound track to his characters' lives, delivers an indelible fiction that has never been more vital and necessary.

The Princess Will Save You

Making friends has never been Elise Dembowski's strong suit. All throughout her life, she's been the butt of every joke and the outsider in every conversation. When a final attempt at popularity fails, Elise nearly gives up. Then she stumbles upon a warehouse party where she meets Vicky, a girl in a band who accepts her; Char, a cute, yet mysterious disc jockey; Pippa, a carefree spirit from England; and most importantly, a love for DJing. Told in a refreshingly genuine and laugh-out-loud funny voice, Leila Sales' **THIS SONG WILL SAVE YOUR LIFE** is an exuberant novel about identity, friendship, and the power of music to bring people together.

How Are You Going to Save Yourself

Simple Acts to Save Our Planet shows you how to be more active in saving our planet every day by performing some "Simple Acts of Kindness"—for the Earth. Treat the environment with kindness with these easy, manageable activities that range from simple home updates, to gardening basics, to supporting the local community. You'll learn simple techniques to help protect the planet every day, like starting a compost pile to reduce food waste, utilizing travel mugs and reusable containers, and choosing eco-

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friendly products. By working to implement these simple strategies into your everyday life, you can take an active stand to protect the environment now— and make a real difference for the future.

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