

Bad Seed Play Script

Coronet Theatre, The Playwrights' Company presents Nancy Kelly in Maxwell Anderson's "Bad Seed," adapted from the novel by William March, staged by Reginald Denham, setting and lighting by George Jenkins, costumes by Sal Anthony.

The New York Times bestselling WORLDWIDE phenomenon Winner of the Goodreads Choice Award for Fiction | A Good Morning America Book Club Pick | Independent (London) Ten Best Books of the Year "A feel-good book guaranteed to lift your spirits."—The Washington Post The dazzling reader-favorite about the choices that go into a life well lived, from the acclaimed author of How To Stop Time and The Comfort Book. Somewhere out beyond the edge of the universe there is a library that contains an infinite number of books, each one the story of another reality. One tells the story of your life as it is, along with another book for the other life you could have lived if you had made a different choice at any point in your life. While we all wonder how our lives might have been, what if you had the chance to go to the library and see for yourself? Would any of these other lives truly be better? In *The Midnight Library*, Matt Haig's enchanting blockbuster novel, Nora Seed finds herself faced with this decision. Faced with the possibility of changing her life for a new one, following a different career, undoing old breakups, realizing her dreams of becoming a glaciologist; she must search within herself as she travels through the Midnight Library to decide what is truly fulfilling in life, and what makes it worth living in the first place.

First published in 1943, *The Little Prince* by Antoine de Saint-Exupéry has been translated into more than 250 languages, becoming a global phenomenon. The Sahara desert is the scenery of Little Prince's story. The narrator's plane has crashed there and he has scarcely some food and water to survive. Trying to comprehend what caused the crash, the Little Prince appears. The serious blonde little boy asks to draw him a sheep. The narrator consents to the strange fellow's request. They soon become friends and the Little Prince informs the pilot that he is from a small planet, the asteroid 325, talks to him about the baobabs, his planet volcanoes and the mysterious rose that grew on his planet. He also talks to him about their friendship and the lie that evoked his journey to other planets. Often puzzled by the grown-ups' behavior, the little traveler becomes a total and eternal symbol of innocence and love, of responsibility and devotion. Through him we get to see how insightful children are and how grown-ups aren't. Children use their heart to feel what's really important, not the eyes. Heart-breaking, funny and thought-provoking, it is an enchanting and endlessly wise fable about the human condition and the power of imagination. A book about both childhood and adulthood, it can be read as a parable, a war story, a classic children's fairy-tale, and many more things besides: *The Little Prince* is a book for everyone; after all, all grown-ups were children once.

A computer with human-like qualities of artificial intelligence develops criminal obsessions and takes over the completely automated home of Susan Harris

The inspiration for the film starring Tilda Swinton and John C. Reilly, this resonant story of a mother's unsettling quest to understand her teenage son's deadly violence, her own ambivalence toward motherhood, and the explosive link between them remains terrifyingly prescient. Eva never really wanted to be a mother. And certainly not the mother of a boy who murdered seven of his fellow high school students, a cafeteria worker, and a much-adored teacher in a school shooting two days before his sixteenth birthday. Neither nature nor nurture exclusively shapes a child's character. But Eva was always uneasy with the sacrifices and social demotion of motherhood. Did her internalized dislike for her own son shape him into the killer he's become? How much is her fault? Now, two years later, it is time for her to come to terms with Kevin's horrific rampage, all in a series of startlingly direct correspondences with her estranged husband, Franklin. A piercing, unforgettable, and penetrating exploration of violence and responsibility, a book that the *Boston Globe* describes as "impossible to put down," is a stunning examination of how tragedy affects a town, a marriage, and a family.

Acclaimed author Karen Hesse's Newbery Medal-winning novel-in-verse explores the life of fourteen-year-old Billie Jo growing up in the dust bowls of Oklahoma.

Feeling fried? Peel yourself on the couch and meet your new pal-tato! The winning fourth picture book from the #1 New York Times bestselling creators of *The Bad Seed*, *The Good Egg*, and *The Cool Bean*, Jory John and Pete Oswald, will get you and your kids moving! The Couch Potato has everything he needs within reach of his sunken couch cushion. But when the electricity goes out, Couch Potato is forced to peel himself away from the comforts of his living room and venture outside. And when he does, he realizes fresh air and sunshine could be just the things he needs... Readers of all ages will laugh along as their new best spuddy learns that balancing screen time and playtime is the root to true happiness. Check out Jory John and Pete Oswald's other funny, bestselling books for kids 4-8 and anyone who wants a laugh: *The Bad Seed* *The Good Egg* *The Good Egg Presents: The Great Eggscapes!* *That's What Dinosaurs Do*

NATIONAL BESTSELLER WINNER OF THE BOOKER PRIZE "A must-read about modern Britain and womanhood . . . An impressive, fierce novel about the lives of black British families, their struggles, pains, laughter, longings and loves . . . Her style is passionate, razor-sharp, brimming with energy and humor. There is never a single moment of dullness in this book and the pace does not allow you to turn away from its momentum." —Booker Prize Judges Bernardine Evaristo is the winner of the 2019 Booker Prize and the first black woman to receive this highest literary honor in the English language. *Girl, Woman, Other* is a magnificent portrayal of the intersections of identity and a moving and hopeful story of an interconnected group of Black British women that paints a vivid portrait of the state of contemporary Britain and looks back to the legacy of Britain's colonial history in Africa and the Caribbean. The twelve central characters of this multi-voiced novel lead vastly different lives: Amma is a newly acclaimed playwright whose work often explores her Black lesbian identity; her old friend Shirley is a teacher, jaded after decades of work in London's funding-deprived schools; Carole, one of Shirley's former

students, is a successful investment banker; Carole's mother Bummi works as a cleaner and worries about her daughter's lack of rootedness despite her obvious achievements. From a nonbinary social media influencer to a 93-year-old woman living on a farm in Northern England, these unforgettable characters also intersect in shared aspects of their identities, from age to race to sexuality to class. Sparklingly witty and filled with emotion, centering voices we often see othered, and written in an innovative fast-moving form that borrows technique from poetry, *Girl, Woman, Other* is a polyphonic and richly textured social novel that shows a side of Britain we rarely see, one that reminds us of all that connects us to our neighbors, even in times when we are encouraged to be split apart.

THE STORY: A darkly comic adaptation of Robert Louis Stevenson's *Strange Case of Dr. Jekyll and Mr. Hyde*. In Victorian England, repressed impulses burst their corsets as Dr. Jekyll's experiments in the nature of evil threaten to reveal the b

A #1 New York Times bestseller! An Amazon Best Books of the Year 2019 selection! From the bestselling creators of *The Bad Seed*, a timely story about not having to be Grade A perfect! Meet the good egg. He's a verrrrrry good egg indeed. But trying to be so good is hard when everyone else is plain ol' rotten. As the other eggs in the dozen behave badly, the good egg starts to crack from all the pressure of feeling like he has to be perfect. So, he decides enough is enough! It's time for him to make a change... Dynamic duo Jory John and Pete Oswald hatch a funny and charming story that reminds us of the importance of balance, self-care, and accepting those we love (even if they are sometimes a bit rotten). Perfect for reading aloud and shared story time!

Don't miss the first and bestselling book in the beloved *Pete the Cat* series! *Pete the Cat* goes walking down the street wearing his brand-new white shoes. Along the way, his shoes change from white to red to blue to brown to WET as he steps in piles of strawberries, blueberries, and other big messes! But no matter what color his shoes are, Pete keeps movin' and groovin' and singing his song...because it's all good. *Pete the Cat: I Love My White Shoes* asks the reader questions about the colors of different foods and objects—kids love to interact with the story. The fun never stops—download the free groovin' song. Don't miss Pete's other adventures, including *Pete the Cat: Rocking in My School Shoes*, *Pete the Cat and His Four Groovy Buttons*, *Pete the Cat Saves Christmas*, *Pete the Cat and His Magic Sunglasses*, *Pete the Cat and the Bedtime Blues*, *Pete the Cat and the New Guy*, *Pete the Cat and the Cool Cat Boogie*, *Pete the Cat and the Missing Cupcakes*, *Pete the Cat and the Perfect Pizza Party*, and *Pete the Cat: Crayons Rock!*

THE STORY: Richard Sherman roams restlessly around his empty apartment, bemoaning the fact that his wife of seven years, and their son, have just walked out on him. Then, without warning, a gigantic flower pot tumbles down from an overhead balcony,

The companion to the #1 blockbuster bestseller, *The Day the Crayons Quit!* "Highly anticipated (yes, even for adults)" —*Entertainment Weekly* I'm not sure what it is about this kid Duncan, but his crayons sure are a colorful bunch of characters! Having soothed the hurt feelings of one group who threatened to quit, Duncan now faces a whole new group of crayons asking to be rescued. From Maroon Crayon, who was lost beneath the sofa cushions and then broken in two after Dad sat on him; to poor Turquoise, whose head is now stuck to one of Duncan's stinky socks after they both ended up in the dryer together; to Pea Green, who knows darn well that no kid likes peas and who ran away—each and every crayon has a woeful tale to tell and a plea to be brought home to the crayon box. Praise for *The Day the Crayons Came Home* "Mr. Daywalt's text blends with Mr. Jeffers's illustrations to make a picture book that will have children clamoring for more crayon adventures."—*The Wall Street Journal* * "A masterwork of humor and design . . . Sure to be as popular as *The Day the Crayons Quit*."—*Booklist*, starred review * "A brilliant, colorful tale that begs to be read aloud and a must-have for all collections."—*School Library Journal*, starred review * "Once again, Daywalt and Jeffers create rich emotional lives and personalities for their colorful cast, and it's hard to imagine a reader who won't be delighted."—*Publishers Weekly*, starred review "Drew Daywalt and Oliver Jeffers once again offer perceptive and frequently hilarious insights...*The Day the Crayons Came Home* will have readers of all ages chuckling—and will inspire kids' empathy and imagination in equal measure."—*BookPage* Praise for *The Day the Crayons Quit* The #1 New York Times bestselling phenomenon—over two years on the bestseller list! Winner of the E.B. White Read-Aloud Award Amazon's 2013 Best Picture Book of the Year A Barnes & Noble Best Book of 2013 Goodreads' 2013 Best Picture Book of the Year * "Hilarious . . . Move over, *Click, Clack, Moo*; we've got a new contender for the most successful picture-book strike."—BCCB, starred review "Jeffers . . . elevates crayon drawing to remarkable heights."—*Booklist* "Fresh and funny."—*The Wall Street Journal* "This book will have children asking to have it read again and again."—*Library Media Connection* * "This colorful title should make for an uproarious storytime."—*School Library Journal*, starred review * "These memorable personalities will leave readers glancing apprehensively at their own crayon boxes."—*Publishers Weekly*, starred review "Utterly original."—*San Francisco Chronicle*

THE STORY: Mio, believing that his father was innocent of the crime for which he was executed, pursues his long search for proof of his innocence. Following new evidence, his path crosses that of Miriamne, a strange creature who lives with her fami

When sixteen-year-old Rashad is mistakenly accused of stealing, classmate Quinn witnesses his brutal beating at the hands of a police officer who happens to be the older brother of his best friend. Told through Rashad and Quinn's alternating viewpoints.

Eight year old Tina Denmark knows she was born to play Pippi Longstocking and she will do anything to win the part in her school musical. Anything includes murdering the leading lady! This aggressively outrageous musical hit garnered rave reviews during its long Off Broadway run which opened with Brittany Spears in the title role.

Winner of the Pulitzer Prize for Drama and winner of the New York Drama Critics Circle Award for Best Play, this modern American classic is about family, and the legacy of slavery in America. August Wilson has already given the American theater such spell-binding plays about the black experience in 20th-century America as *Ma Rainey's Black Bottom*, *Joe Turner's Come and Gone*, and the Pulitzer Prize-winning *Fences*. In his second Pulitzer Prize-winner, *The Piano Lesson*, Wilson has fashioned perhaps his most haunting and dramatic work. At the heart of the play stands the ornately carved upright piano which, as the Charles family's prized, hard-won possession, has been gathering dust in the parlor of Berniece Charles's Pittsburgh home. When Boy Willie, Berniece's exuberant brother, bursts into her life with his dream of buying the same Mississippi land that his family had worked as slaves, he plans to sell their antique piano for the hard cash he needs to stake his future. But Berniece refuses to sell, clinging

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to the piano as a reminder of the history that is their family legacy. This dilemma is the real "piano lesson," reminding us that blacks are often deprived both of the symbols of their past and of opportunity in the present.

Now reissued – William March's 1954 classic thriller that's as chilling, intelligent and timely as ever before. This paperback reissue includes a new P.S. section with author interviews, insights, features, suggested reading and more. What happens to ordinary families into whose midst a child serial killer is born? This is the question at the center of William March's classic thriller. After its initial publication in 1954, the book went on to become a million-copy bestseller, a wildly successful Broadway show, and a Warner Brothers film. The spine-tingling tale of little Rhoda Penmark had a tremendous impact on the thriller genre and generated a whole perdurable crop of creepy kids. Today, *The Bad Seed* remains a masterpiece of suspense that's as chilling, intelligent, and timely as ever before.

The critically acclaimed, award-winning, modern classic *Speak* is now a stunning graphic novel. "Speak up for yourself—we want to know what you have to say." From the first moment of her freshman year at Merryweather High, Melinda knows this is a big fat lie, part of the nonsense of high school. She is friendless—an outcast—because she busted an end-of-summer party by calling the cops, so now nobody will talk to her, let alone listen to her. Through her work on an art project, she is finally able to face what really happened that night: She was raped by an upperclassman, a guy who still attends Merryweather and is still a threat to her. With powerful illustrations by Emily Carroll, Laurie Halse Anderson's *Speak: The Graphic Novel* comes alive for new audiences and fans of the classic novel. This title has Common Core connections.

A little boy has a series of adventures and misadventures with a bunch of wild animals.

Young Cassie Logan endures humiliation and witnesses the racism of the KKK as they embark on a cross-burning rampage, before she fully understands the importance her family attributes to having land of their own.

Simon Basset, the irresistible Duke of Hastings, has hatched a plan to keep himself free from the town's marriage-minded society mothers. He pretends to be engaged to the lovely Daphne Bridgerton. After all, it isn't as if the brooding rogue has any real plans to marry - though there is something about the alluring Miss Bridgerton that sets Simon's heart beating a bit faster. And as for Daphne, surely the clever debutante will attract some very worthy suitors now that it seems a duke has declared her desirable. But as Daphne waltzes across ballroom after ballroom with Simon, she soon forgets that their courtship is a complete sham. And now she has to do the impossible and keep herself from losing her heart and soul completely to the handsome hell-raiser who has sworn off marriage forever!

From legendary playwright August Wilson comes the powerful, stunning dramatic bestseller that won him critical acclaim, including the Tony Award for Best Play and the Pulitzer Prize. Troy Maxson is a strong man, a hard man. He has had to be to survive. Troy Maxson has gone through life in an America where to be proud and black is to face pressures that could crush a man, body and soul. But the 1950s are yielding to the new spirit of liberation in the 1960s, a spirit that is changing the world Troy Maxson has learned to deal with the only way he can, a spirit that is making him a stranger, angry and afraid, in a world he never knew and to a wife and son he understands less and less. This is a modern classic, a book that deals with the impossibly difficult themes of race in America, set during the Civil Rights Movement of the 1950s and 60s. Now an Academy Award-winning film directed by and starring Denzel Washington, along with Academy Award and Golden Globe winner Viola Davis.

#1 New York Times bestselling author Dean Koontz delivers terrifying thrills in this novel about a man caught in a never-ending nightmare. Frank Pollard is afraid to fall asleep. Every morning he awakes, he discovers something strange—like blood on his hands—a bizarre mystery that tortures his soul. Two investigators have been hired to follow the haunted man. But only one person—a young man with Down's syndrome—can imagine where their journeys might end. That terrible place from which no one ever returns...

AN INSTANT NEW YORK TIMES BESTSELLER! AN AMAZON BEST BOOKS OF THE MONTH (DECEMBER 2019) SELECTION! The "too-cool-for-school" third picture book from the #1 New York Times bestselling creators of *The Bad Seed* and *The Good Egg*, Jory John and Pete Oswald Everyone knows the cool beans. They're sooooo cool. And then there's the uncool has-bean . . . Always on the sidelines, one bean unsuccessfully tries everything he can to fit in with the crowd—until one day the cool beans show him how it's done. With equal measures of humor, wit, and charm, the #1 New York Times bestselling duo Jory John and Pete Oswald craft another incredible picture book, reminding us that it's cooler to be kind. Check out John and Oswald's other books for children: *The Bad Seed* *The Good Egg* *That's What Dinosaurs Do*

Witness for the prosecution, by A. Christie.--Dial "M" for murder, by F. Knott.--Sleuth, by A. Shaffer.--The letter, by W. S. Maugham.--Child's play, by R. Marasco.--Arsenic and old lace, by J. Kesselring.--Angel Street, by P. Hamilton.--Bad seed, by M. Anderson.--Dangerous corner, by J. B. Priestley.--Dracula, by H. Deane and J. L. Balderston.

Examines the complexities and contradictions that arise when the monsters in the movies are children. Since the 1950s, children have provided some of horror's most effective and enduring villains, from dainty psychopath Rhoda Penmark of *The Bad Seed* (1956) and spectacularly possessed Regan MacNeil of *The Exorcist* (1973) to psychic ghost-girl Samara of *The Ring* (2002) and adopted terror Esther of *Orphan* (2009). Using a variety of critical approaches, including those of cinema studies, cultural studies, gender studies, and psychoanalysis, *Bad Seeds and Holy Terrors* offers the first full-length study of these child monsters. In doing so, the book highlights horror as a topic of analysis that is especially pertinent socially and politically, exposing the genre as a site of deep ambivalence toward—and even hatred of—children. "This is impeccably well researched and presented. It holds its own at the top of film studies scholarship. Sprightly in its survey across key areas of cultural anxiety and able to draw on a range of lucid examples, Lennard produces sophisticated and complex extended analyses where necessary. A pleasure to read." — Linda Ruth Williams, University of Southampton, United Kingdom

The publication of the King James version of the Bible, translated between 1603 and 1611, coincided with an extraordinary flowering of English literature and is universally acknowledged as the greatest influence on English-language literature in history. Now, world-class literary writers introduce the book of the King James Bible in a series of beautifully designed, small-format volumes. The introducers' passionate, provocative, and personal engagements with the spirituality and the language of the text make the Bible come alive as a stunning work of literature and remind us of its overwhelming contemporary relevance.

Daemon, a "luminal," is a snarky, self-destructive, genetically engineered interstellar assassin who travels through wormholes to carry out hits on enemies of the Imperium. A bad seed, really. But when he betrays his orders because of a chance reunion with a childhood crush and becomes a target himself, he decides to take on the biggest hit of them all - to kill God (aka the universal sentient Internet who has proclaimed herself the ultimate deity.)

Are germs gross, or great? Sick Simon learns how to be health-conscious during cold and flu season in this clever picture book from the author-illustrator of *The Great Lollipop Caper*. Simon is going to have the best week ever. Who cares if he has a cold? He goes to school anyway, and sneezes everywhere, and coughs on everyone, and touches everything. Germs call him a hero! Everyone else calls him...Sick Simon. When will it end? How far will he go? Will the germs take over, or can Sick Simon learn to change his ways?

THE STORY: When murder roars through a small Missouri town, Ruth Hoch begins her own quest to find truth and honesty amid small town jealousies, religion, greed and lies. This tornado of a play propels

you through its events like a page-turning mys

Alex North (1910-1991) was one of America's most renowned film composers. His musical scores enhanced more than 60 major motion pictures--A Streetcar Named Desire, Cleopatra and Who's Afraid of Virginia Woolf among them. He had 15 Oscar nominations, and received the Lifetime Achievement Oscar. This book begins with his early life in Pennsylvania, and moves through his studies at Juilliard and in Russia and Mexico, his early experiences in modern dance, documentaries, and theater, and his major work in film. The book also offers analyses of North's musical scores for Streetcar, Spartacus, The Misfits, Under the Volcano, and Prizzi's Honor. Appendices include a bibliography, a filmography, a listing of other North compositions, a discography, and a listing of awards.

A dog looking for a home sends letters to prospective owners on Butternut Street, with surprising results in this heart-tugging dog adoption story told through letters Full color.

#1 NEW YORK TIMES BESTSELLER • ONE OF TIME MAGAZINE'S 100 BEST YA BOOKS OF ALL TIME The extraordinary, beloved novel about the ability of books to feed the soul even in the darkest of times. When Death has a story to tell, you listen. It is 1939. Nazi Germany. The country is holding its breath. Death has never been busier, and will become busier still. Liesel Meminger is a foster girl living outside of Munich, who scratches out a meager existence for herself by stealing when she encounters something she can't resist--books. With the help of her accordion-playing foster father, she learns to read and shares her stolen books with her neighbors during bombing raids as well as with the Jewish man hidden in her basement. In superbly crafted writing that burns with intensity, award-winning author Markus Zusak, author of I Am the Messenger, has given us one of the most enduring stories of our time. "The kind of book that can be life-changing." —The New York Times "Deserves a place on the same shelf with The Diary of a Young Girl by Anne Frank." —USA Today DON'T MISS BRIDGE OF CLAY, MARKUS ZUSAK'S FIRST NOVEL SINCE THE BOOK THIEF.

Maggie the Cat fights for the lives of her damaged and drinking husband Brick, herself, and their unborn children in the revised version of Williams' acclaimed dramatization of Big Daddy's birthday and deathday party and family gathering

From the World's No. 1 Storyteller, James and the Giant Peach is a children's classic that has captured young reader's imaginations for generations. One of TIME MAGAZINE's 100 Best Fantasy Books of All Time After James Henry Trotter's parents are tragically eaten by a rhinoceros, he goes to live with his two horrible aunts, Spiker and Sponge. Life there is no fun, until James accidentally drops some magic crystals by the old peach tree and strange things start to happen. The peach at the top of the tree begins to grow, and before long it's as big as a house. Inside, James meets a bunch of oversized friends—Grasshopper, Centipede, Ladybug, and more. With a snip of the stem, the peach starts rolling away, and the great adventure begins! Roald Dahl is the author of numerous classic children's stories including Charlie and the Chocolate Factory, Matilda, The BFG, and many more! "James and the Giant Peach remains a favorite among kids and parents alike nearly 60 years after it was first published, thanks to its vivid imagery, vibrant characters and forthright exploration of mature themes like death and hope." —TIME Magazine

NEW YORK TIMES BESTSELLER • The beloved author of The Handmaid's Tale reimagines Shakespeare's final, great play, The Tempest, in a gripping and emotionally rich novel of passion and revenge. "A marvel of gorgeous yet economical prose, in the service of a story that's utterly heartbreaking yet pierced by humor, with a plot that retains considerable subtlety even as the original's back story falls neatly into place."—The New York Times Book Review Felix is at the top of his game as artistic director of the Makeshiweg Theatre Festival. Now he's staging a Tempest like no other: not only will it boost his reputation, but it will also heal emotional wounds. Or that was the plan. Instead, after an act of unforeseen treachery, Felix is living in exile in a backwoods hovel, haunted by memories of his beloved lost daughter, Miranda. And also brewing revenge, which, after twelve years, arrives in the shape of a theatre course at a nearby prison. Margaret Atwood's novel take on Shakespeare's play of enchantment, retribution, and second chances leads us on an interactive, illusion-ridden journey filled with new surprises and wonders of its own. Praise for Hag-Seed "What makes the book thrilling, and hugely pleasurable, is how closely Atwood hews to Shakespeare even as she casts her own potent charms, rap-composition included. . . . Part Shakespeare, part Atwood, Hag-Seed is a most delicate monster—and that's 'delicate' in the 17th-century sense. It's delightful."—Boston Globe "Atwood has designed an ingenious doubling of the plot of The Tempest: Felix, the usurped director, finds himself cast by circumstances as a real-life version of Prospero, the usurped Duke. If you know the play well, these echoes grow stronger when Felix decides to exact his revenge by conjuring up a new version of The Tempest designed to overwhelm his enemies."—Washington Post "A funny and heartwarming tale of revenge and redemption . . . Hag-Seed is a remarkable contribution to the canon."—Bustle

The #1 New York Times bestseller. Over 3 million copies sold! Tiny Changes, Remarkable Results No matter your goals, Atomic Habits offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to: • make time for new habits (even when life gets crazy); • overcome a lack of motivation and willpower; • design your environment to make success easier; • get back on track when you fall off course; ...and much more. Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

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