

Breaking Mad The Insiders Guide To Conquering Anxiety

Breaking Bad: Critical Essays on the Contexts, Politics, Style, and Reception of the Television Series, edited by David P. Pierson, examines the social contexts, cultural politics, and visual, aural, and narrative style of AMC's original series Breaking Bad. This collection of critical essays explores such topics as neo-liberalism, spatiality and temporality, modern science and its principles, the representation of masculinity, Latinos, and disabilities, the function of narrative teasers and songs, and the role of emotions as dramatic action in the series.

Jenna Fischer's Hollywood journey began at the age of 22 when she moved to Los Angeles from her hometown of St. Louis. With a theater degree in hand, she was determined, she was confident, she was ready to work hard. So, what could go wrong? Uh, basically everything. The path to being a professional actor was so much more vast and competitive than she'd imagined. It would be eight long years before she landed her iconic role on The Office, nearly a decade of frustration, struggle, rejection and doubt. If only she'd had a handbook for the aspiring actor. Or, better yet, someone to show her the way—an established actor who could educate her about the business, manage her expectations, and reassure her in those moments of despair. Jenna wants to be that person for you. With amusing candor and wit, Fischer spells out the nuts and bolts of getting established in the profession, based on her own memorable and hilarious experiences. She tells you how to get the right headshot, what to look for in representation, and the importance of joining forces with other like-minded artists and creating your own work—invaluable advice personally acquired from her many years of struggle. She provides helpful hints on how to be gutsy and take risks, the tricks to good auditioning and callbacks, and how not to fall for certain scams (auditions in a guy's apartment are probably not legit—or at least not for the kind of part you're looking for!). Her inspiring, helpful guidance feels like a trusted friend who's made the journey, and has now returned to walk beside you, pointing out the pitfalls as you blaze your own path towards the life of a professional actor.

The Great Escape for the Great War: the astonishing true story of two World War I prisoners who pulled off one of the most ingenious escapes of all time. “Fox unspools Jones and Hill’s delightfully elaborate scheme in nail-biting episodes that advance like a narrative Rube Goldberg machine.”—The New York Times Book Review Imprisoned in a remote Turkish POW camp during World War I, having survived a two-month forced march and a terrifying shootout in the desert, two British officers, Harry Jones and Cedric Hill, join forces to bamboozle their iron-fisted captors. To stave off despair and boredom, Jones takes a handmade Ouija board and fakes elaborate séances for his fellow prisoners. Word gets around, and one day an Ottoman official approaches Jones with a query: Could Jones contact the spirit world to find

a vast treasure rumored to be buried nearby? Jones, a trained lawyer, and Hill, a brilliant magician, use the Ouija board—and their keen understanding of the psychology of deception—to build a trap for their captors that will ultimately lead them to freedom. A gripping nonfiction thriller, *The Confidence Men* is the story of one of the only known con games played for a good cause—and of a profound but unlikely friendship. Had it not been for “the Great War,” Jones, the Oxford-educated son of a British lord, and Hill, a mechanic on an Australian sheep ranch, would never have met. But in pain, loneliness, hunger, and isolation, they formed a powerful emotional and intellectual alliance that saved both of their lives. Margalit Fox brings her “nose for interesting facts, the ability to construct a taut narrative arc, and a Dickens-level gift for concisely conveying personality” (Kathryn Schulz, New York) to this tale of psychological strategy that is rife with cunning, danger, and moments of high farce that rival anything in *Catch-22*.

This book is a follow up to the author's successful first book on the show. In this, he writes about the final three seasons. The author's passionate introspection contains cast profiles and commentary from the stars on each episode.

This book looks at the cult television classic, *Gilmore Girls*, created by Amy Sherman-Palladino (*The Marvelous Mrs. Maisel*). The authors focus on the representation of women, mother-daughter dynamics, and how literature, movies, and music were as essential as dialogue and plot to this endearing series.

The go-to mental health guide for kids! Exam stress? Friendship issues? Panic attacks? How Not to Lose It will help you be the boss of all of this, and more. It's not just your body that should be fit and healthy - your mind needs to be, too! How Not to Lose It is the go-to guide for achieving a balanced mind and strong emotional well-being. With immediate, heart of the matter advice and a chatty yet honest tone, Anna Williamson addresses all of the key issues affecting children today. 'A fabulous message for young people - believe in yourselves!' Liz Rowe, Childline TOPICS COVERED: anxiety depression stress friendship bullying relationships and sex family life and bereavement phobias peer pressure self-harm self-esteem and confidence.

In one of the most illuminating portraits of police work ever, Chief Charles Campisi describes the inner workings of the world's largest police force and his unprecedented career putting bad cops behind bars. “Compelling, educational, memorable...this superb memoir can be read for its sheer entertainment or as a primer on police work—or both” (Kirkus Reviews, starred review). From 1996 to 2014 Charles Campisi headed NYPD's Internal Affairs Bureau, working under four police commissioners and gaining a reputation as hard-nosed and incorruptible. During Campisi's IAB tenure, the number of New Yorkers shot, wounded, or killed by cops every year declined by ninety percent, and the number of cops failing integrity tests shrank to an equally startling low. But to achieve those exemplary results, Campisi had to triple IAB's staff, hire the very best detectives, and put the word out that corruption wouldn't be tolerated. *Blue on Blue*

provides “a rare glimpse inside one of the most secretive branches of policing...and a compelling, behind-the-scenes account of what it takes to investigate police officers who cross the line between guardians of the public to criminals. It’s a mesmerizing exposé on the harsh realities and complexities of being a cop on the mean streets of New York City and the challenges of enforcing the law while at the same time obeying it” (The New York Journal of Books). Campisi allows us to listen in on wiretaps and feel the adrenaline rush of drawing in the net. It also reveals new threats to the force, such as the possibility of infiltration by terrorists. “A lively memoir [told with] verve, intriguing detail, and a generous heart” (The Wall Street Journal) and “an expose of the NYPD’s Internal Affairs Bureaus [that is] enlightening and entertaining” (The New York Times Book Review), Blue on Blue will forever change the way you view police work.

Instant National Bestseller "Excellent." --San Francisco Chronicle "Brotopia is more than a business book. Silicon Valley holds extraordinary power over our present lives as well as whatever utopia (or nightmare) might come next." --New York Times Silicon Valley is a modern utopia where anyone can change the world. Unless you're a woman. For women in tech, Silicon Valley is not a fantasyland of unicorns, virtual reality rainbows, and 3D-printed lollipops, where millions of dollars grow on trees. It's a "Brotopia," where men hold all the cards and make all the rules. Vastly outnumbered, women face toxic workplaces rife with discrimination and sexual harassment, where investors take meetings in hot tubs and network at sex parties. In this powerful exposé, Bloomberg TV journalist Emily Chang reveals how Silicon Valley got so sexist despite its utopian ideals, why bro culture endures despite decades of companies claiming the moral high ground (Don't Be Evil! Connect the World!)--and how women are finally starting to speak out and fight back. Drawing on her deep network of Silicon Valley insiders, Chang opens the boardroom doors of male-dominated venture capital firms like Kleiner Perkins, the subject of Ellen Pao's high-profile gender discrimination lawsuit, and Sequoia, where a partner once famously said they "won't lower their standards" just to hire women. Interviews with Facebook COO Sheryl Sandberg, YouTube CEO Susan Wojcicki, and former Yahoo! CEO Marissa Mayer--who got their start at Google, where just one in five engineers is a woman--reveal just how hard it is to crack the Silicon Ceiling. And Chang shows how women such as former Uber engineer Susan Fowler, entrepreneur Niniane Wang, and game developer Brianna Wu, have risked their careers and sometimes their lives to pave a way for other women. Silicon Valley's aggressive, misogynistic, work-at-all costs culture has shut women out of the greatest wealth creation in the history of the world. It's time to break up the boys' club. Emily Chang shows us how to fix this toxic culture--to bring down Brotopia, once and for all.

Frank Bank's story is a sometimes wild, sometimes bawdy, often poignant, always funny account of a real-life Louie Louie who led a nation to California-dreamin'.

Provides a guide to breaking into the film industry and defines terms used in the business

From the Trojan horse to fake news, scams have run rampant throughout history and across the globe. Some con artists do it for fun, others for profit. . . and every once in a while, a faker saves the world. In this era of daily online hoaxes, it's easy to be caught off-guard. Fakers arms kids with information, introducing them to the funniest, weirdest, and most influential cons and scams in human history. Profiles of con artists will get readers thinking about motivation and consequence, and practical tips will help protect them from falsehoods. If it sounds too good to be true, it probably is--except in the case of this book!

"Perseverance is much more important than talent. Because so many talented people fall by the wayside." --James Michener The history of writing is full of authors striving to succeed in a hyper-competitive publishing world, contending with agents, editors, publishers, critics, and sometimes the greatest challenge of all - overnight success. For all of the extraordinary changes that have recently taken place, however, there are a few things that remain the same. Getting published still requires persistence, preparation, and smarts, as well as an understanding of how the business works, where it's been, and where it's going. An Insider's Guide to Publishing pulls back the industry curtain for millions of published and aspiring authors, revealing Hemingway's famous feuds, Poe's raving madness, Capote's vengeful wit, and much more. With clever insights and dark humor to spare, David Comfort, a thirty-year veteran of the publishing trenches, explores the achievements and faultures of literary masters and editorial workaholics to show readers how they, too, can:

- Use their creativity and composure to overcome publishing pitfalls.
- Work with agents, editors, publishers, and critics like a pro.
- Deal with rejection - and success - while avoiding the madhouse.
- Navigate the pros and cons of both traditional and self-publishing.

An Insider's Guide to Publishing shares the wicked wit and wisdom of some of the craziest and most ambitious authors and editors of all time - proving that even the talented need luck, pluck, persistence, and the inside scoop on this rapidly changing industry in order to succeed!

"This book is a message from autistic people to their parents, friends, teachers, coworkers and doctors showing what life is like on the spectrum. It's also my love letter to autistic people. For too long, we have been forced to navigate a world where all the road signs are written in another language." With a reporter's eye and an insider's perspective, Eric Garcia shows what it's like to be autistic across America. Garcia began writing about autism because he was frustrated by the media's coverage of it; the myths that the disorder is caused by vaccines, the narrow portrayals of autistic people as white men working in Silicon Valley. His own life as an autistic person didn't look anything like that. He is Latino, a graduate of the University of North Carolina, and works as a journalist covering politics in Washington D.C. Garcia realized he needed to put into writing what so many autistic people have been saying for years; autism is a part of their identity, they don't need to be fixed. In *We're Not Broken*, Garcia uses his own life as a springboard to discuss the social

and policy gaps that exist in supporting those on the spectrum. From education to healthcare, he explores how autistic people wrestle with systems that were not built with them in mind. At the same time, he shares the experiences of all types of autistic people, from those with higher support needs, to autistic people of color, to those in the LGBTQ community. In doing so, Garcia gives his community a platform to articulate their own needs, rather than having others speak for them, which has been the standard for far too long.

Getting through to someone is a fine art, indeed, but a critical one nonetheless. Whether you are dealing with a harried colleague, a stressed-out client, or an insecure spouse, things will go from bad to worse if you can't break through emotional barricades and get your message thoroughly communicated and registered. Drawing on his experience as a psychiatrist, business consultant, and coach, author Mark Goulston shares simple but powerful techniques readers can use to break through the stubborn and hardened outer layers of coworkers, friends, strangers, or even enemies. Just Listen reveals how to:

- Make a powerful and positive first impression
- Listen effectively
- Talk an angry or aggressive person away from an unproductive reaction and toward a more rational mindset
- Achieve buy-in--the linchpin of all persuasion, negotiation, and sales
- And more

Whether you're dealing with an angry client, a potential customer, or even a friend or family member who isn't seeing eye to eye with you, your goal is most likely persuasion. And the first make-or-break step to getting there is having them hear you out. The invaluable principles in Just Listen will get you through that first tough step with anyone.

Which sort of seducer could you be? Siren? Rake? Cold Coquette? Star? Comedian? Charismatic? Or Saint? This book will show you which. Charm, persuasion, the ability to create illusions: these are some of the many dazzling gifts of the Seducer, the compelling figure who is able to manipulate, mislead and give pleasure all at once. When raised to the level of art, seduction, an indirect and subtle form of power, has toppled empires, won elections and enslaved great minds. In this beautiful, sensually designed book, Greene unearths the two sides of seduction: the characters and the process. Discover who you, or your pursuer, most resembles. Learn, too, the pitfalls of the anti-Seducer. Immerse yourself in the twenty-four manoeuvres and strategies of the seductive process, the ritual by which a seducer gains mastery over their target. Understand how to 'Choose the Right Victim', 'Appear to Be an Object of Desire' and 'Confuse Desire and Reality'. In addition, Greene provides instruction on how to identify victims by type. Each fascinating character and each cunning tactic demonstrates a fundamental truth about who we are, and the targets we've become - or hope to win over. The Art of Seduction is an indispensable primer on the essence of one of history's greatest weapons and the ultimate power trip. From the internationally bestselling author of The 48 Laws of Power, Mastery, and The 33 Strategies Of War.

From entrepreneur and celebrity hairstylist Jen Atkin comes a smart and spirited guide to finding your voice and creating

the life and career you deserve—along with a behind-the-scenes look into Jen’s own wild and wonderful road to success. Hailed by the New York Times as “the most influential hair stylist in the world,” Jen Atkin is a celebrated businesswoman, influencer, and stylist and friend to A-list celebrities like the Kardashians and Chrissy Teigen. But Jen’s success didn’t arrive overnight. Her glamorous, jet-setting lifestyle came from years of hard work, humility, and hustle. In *Blowing My Way to the Top*, Jen shatters the illusion of effortless, instant success that permeates social media to reveal the sweat, dedication, and drive it really takes to make it. In this inspiring, insightful, and laugh-out-loud funny book, Jen chronicles her remarkable journey and shares what she’s learned along the way. From growing up in a conservative Mormon community where girls were discouraged from pursuing their ambitions, to striking out on her own and finding success on the celebrity style circuit, to building the cult-status brand OUI—Jen reveals with refreshing candor the lessons, mistakes, and memorable moments that have paved her road to success. Jen also offers insight into the values that have allowed her to thrive in the modern, digital landscape, including the importance of creating authentic content, investing in community, and building social consciousness into the ethos of a business. And as a trailblazer in a male-dominated industry, Jen speaks frankly about the challenges she’s faced and provides crucial advice for other women, from the importance of running your business like a feminist to building camaraderie amid the competition to learning to navigate the work and life issues that impact women most. At the end of the day, Jen has one simple message: If I can do it, you can too. *Blowing My Way to the Top* is destined to become the must-read career guide for a new generation, empowering readers everywhere with the permission to dream big—and the tools to make those dreams a reality.

An insider reveals what can—and does—go wrong when companies shift production to China In this entertaining behind-the-scenes account, Paul Midler tells us all that is wrong with our effort to shift manufacturing to China. Now updated and expanded, *Poorly Made in China* reveals industry secrets, including the dangerous practice of quality fade—the deliberate and secret habit of Chinese manufacturers to widen profit margins through the reduction of quality inputs. U.S. importers don’t stand a chance, Midler explains, against savvy Chinese suppliers who feel they have little to lose by placing consumer safety at risk for the sake of greater profit. This is a lively and impassioned personal account, a collection of true stories, told by an American who has worked in the country for close to two decades. *Poorly Made in China* touches on a number of issues that affect us all.

REESE'S BOOK CLUB PICK INSTANT #1 NEW YORK TIMES BESTSELLER THE PAPER PALACE IS: “Filled with secrets, love, lies and a summer beach house. What more could you ask?”—Parade “A deeply emotional love story...the unraveling of secrets, lies and a very complex love triangle.” —Reese Witherspoon (Reese’s Book Club July ’21 Pick) “Nail-biting.” —Town & Country “A magnificent page-turner.” —Cynthia D’Aprix Sweeney, New York Times bestselling author “[An] irresistible placement of a complicated family in a bewitching place.” —The New York Times A story of summer, secrets, love, and lies: in the course of a singular day on Cape Cod, one woman must make a life-changing decision that has been brewing for decades. “This house, this

place, knows all my secrets.” It is a perfect August morning, and Elle, a fifty-year-old happily married mother of three, awakens at “The Paper Palace”—the family summer place which she has visited every summer of her life. But this morning is different: last night Elle and her oldest friend Jonas crept out the back door into the darkness and had sex with each other for the first time, all while their spouses chatted away inside. Now, over the next twenty-four hours, Elle will have to decide between the life she has made with her genuinely beloved husband, Peter, and the life she always imagined she would have had with her childhood love, Jonas, if a tragic event hadn’t forever changed the course of their lives. As Heller colors in the experiences that have led Elle to this day, we arrive at her ultimate decision with all its complexity. Tender yet devastating, *The Paper Palace* considers the tensions between desire and dignity, the legacies of abuse, and the crimes and misdemeanors of families.

“A memoir with the fierce narrative force of an eastern Montana blizzard, rich in story and character, filled with the bone-chilling details of Blunt’s childhood. She writes without bitterness, with an abiding love of the land and the work and her family and friends that she finally left behind, at great sacrifice, to begin to write. This is a magnificent achievement, a book for the ages. I’ve never read anything that compares with it.” —James Crumley, author of *The Last Good Kiss* Born into a third generation of Montana homesteaders, Judy Blunt learned early how to “rope and ride and jockey a John Deere,” but also to “bake bread and can vegetables and reserve my opinion when the men were talking.” The lessons carried her through thirty-six-hour blizzards, devastating prairie fires and a period of extreme isolation that once threatened the life of her infant daughter. But though she strengthened her survival skills in what was—and is—essentially a man’s world, Blunt’s story is ultimately that of a woman who must redefine herself in order to stay in the place she loves. *Breaking Clean* is at once informed by the myths of the West and powerful enough to break them down. Against formidable odds, Blunt has found a voice original enough to be called classic. First Time in Print Updated and expanded To win a role in a movie or on network or cable TV, you must make a strong first impression in your brief, crucial audition—and the first person you have to impress is the casting director. In *How to Audition On Camera*, Casting Director Sharon Bialy answers the twenty-five questions actors ask most frequently about how to nail an audition. What is the casting director looking for? If you mess up, can you start over? What is the most common mistake experienced actors make? Should you audition off book or can you look at the page? Should you dress in character? How much can you improvise? Actors—both novice and professional—are often misled by myths and outdated prescriptions. This guide replaces such misinformation with concise and accurate advice from someone who is in the room helping to make the decision on who gets the job. Bialy gets readers started immediately on the road to screen acting success.

A phenomenal account, newly updated, of how twelve innovative television dramas transformed the medium and the culture at large, featuring Sepinwall’s take on the finales of *Mad Men* and *Breaking Bad*. In *The Revolution Was Televised*, celebrated TV critic Alan Sepinwall chronicles the remarkable transformation of the small screen over the past fifteen years. Focusing on twelve innovative television dramas that changed the medium and the culture at large forever, including *The Sopranos*, *Oz*, *The Wire*, *Deadwood*, *The Shield*, *Lost*, *Buffy the Vampire Slayer*, *24*, *Battlestar Galactica*, *Friday Night Lights*, *Mad Men*, and *Breaking Bad*,

Sepinwall weaves his trademark incisive criticism with highly entertaining reporting about the real-life characters and conflicts behind the scenes. Drawing on interviews with writers David Chase, David Simon, David Milch, Joel Surnow and Howard Gordon, Damon Lindelof and Carlton Cuse, and Vince Gilligan, among others, along with the network executives responsible for green-lighting these groundbreaking shows, *The Revolution Was Televised* is the story of a new golden age in TV, one that's as rich with drama and thrills as the very shows themselves.

Jessica Huie went from being a teenage mother, expelled from school and staying in a hostel to having a glittering career in public relations, founding two award-winning businesses and earning an MBE from the Queen. Throughout the course of a career that has spanned more than 20 years, she has worked with some of the world's biggest stars and business people, including Simon Cowell, Samuel L. Jackson, Mariah Carey and Meghan Markle. But there's more to her story than that. In *Purpose*, Jessica shares the lessons she learned as she went from being an individual who felt purposeless and unhappy, to someone who recognizes her complete power to design and create a successful, meaningful and limitless life built from an authentic foundation. Using the tools Jessica shares, you too will feel empowered to get unstuck, begin making real change in your own life and the lives of others, and live according to your own true PURPOSE.

This book, edited by Heather Marcovitch and Nancy Batty, offers multiple perspectives on the representation of women and children in the popular AMC series, *Mad Men*. These essays explore the rich historical and social context portrayed in the series and connect the concerns and tumult of the sixties to the contemporary moment.

Breaking In: Tales from the Screenwriting Trenches is a no-nonsense, boots-on-the-ground exploration of how writers REALLY go from emerging to professional in today's highly saturated and competitive screenwriting space. With a focus on writers who have gotten representation and broken into the TV or feature film space after the critical 2008 WGA strike and financial market collapse, the reader will learn from tangible examples of how success was achieved via hard work and specific methodology. This book includes interviews from writers who wrote major studio releases (*The Boy Next Door*), staffed on television shows (*American Crime*, *NCIS New Orleans*, *Sleepy Hollow*), sold specs and television shows, placed in competitions, and were accepted to prestigious network and studio writing programs. These interviews are presented as Screenwriter Spotlights throughout the book and are supported by insight from top-selling agents and managers (including those who have sold scripts and pilots, had their writers named to prestigious lists such as *The Black List* and *The Hit List*) as well as working industry executives. Together, these anecdotes, learnings and perceptions, tied in with the author's extensive experience in and knowledge of the industry, will inform the reader about how the industry REALLY works, what it expects from both working and emerging writers, as well as what next steps the writer should engage in, in order to move their screenwriting career forward.

Change is only 50 minutes away! Find out everything you need to know about managing anxiety with this straightforward guide. Virtually everyone has experienced anxiety at some point, but in its most extreme form this common mental health condition can be debilitating and isolating. Fortunately, it does not have to be this way: with a wide range of treatments, from relaxation exercises to therapy to

antidepressants, an effective solution to your symptoms is within reach. In just 50 minutes you will be able to:

- Understand the biological, psychological and social factors that contribute to anxiety
- Recognise the numerous psychological, behavioural and physical symptoms of anxiety
- Find out about the different anxiety treatments available and choose the right one for you

ABOUT 50MINUTES.COM | HEALTH AND WELLBEING The Health and Wellbeing series from the 50Minutes collection is perfect for anyone looking to be healthier and happier in their personal life. Our guides cover a range of topics, from social anxiety to getting ready for a new baby, and provide simple, practical advice and suggestions to allow you to reduce stress, strengthen your relationships and increase your wellbeing.

Chosen by the Independent as one of the 10 best business books written by women 'Vicki is one inspirational mumboss, who shares her secrets to juggling a thriving business with raising a family in this entertaining and empowering read!' Una Healy 'Ideal for going back to work without losing your mind . . . a no-nonsense guide to navigating the transition' Marie Claire 'If ever there is a person who has shown just how successful you can be online whilst also being an amazing parent it is Vicki. Read, learn and follow. A brilliant book from an inspirational mother'. Natasha Courtenay-Smith, author of The Million Dollar Blog In The Working Mom, Vicki Psarias, founder of HonestMum.com, shares her manifesto for surviving and thriving at work and at home. Vicki writes about everything from juggling work and family, to regaining your confidence after having a baby and battling imposter syndrome. An award-winning blogger and vlogger, in this book Vicki shares how to turn your passions into a business that suits the modern mum's lifestyle. The Working Mom is full of practical advice, tips and tricks to help fellow #mumbosses build their own business or return to work, while creating a personal brand and learning how to market yourself. Vicki's funny, fresh approach to life and work as a mum has brought her a loyal fanbase and a brilliantly successful business: her blog Honest Mum is one of the UK's most popular parenting and lifestyle sites, and the blog combined with Vicki's social channels has an average monthly reach of 1 million. A Lean In for the blogging and vlogging generation, The Working Mom is an essential book for all parents, whether they are returning to work or looking to start a new career, as well as anyone looking to build their brand or business online. 'A must-read for the modern Mum; particularly one who has aspirations to build her own business. I wish I had been able to read it three years ago!' Katie Massie-Taylor, Co-Founder, Mush

Three kids who don't belong. A room that shouldn't exist. A year that will change everything. Perfect for fans of Rebecca Stead and Meg Medina, this debut middle grade novel from award-winning author Mark Oshiro is a hopeful and heartfelt coming-of-age story for anyone who's ever felt like they didn't fit in. San Francisco and Orangevale may be in the same state, but for Héctor Muñoz, they might as well be a million miles apart. Back home, being gay didn't mean feeling different. At Héctor's new school, he couldn't feel more alone. Most days, Héctor just wishes he could disappear. And he does. Right into the janitor's closet. (Yes, he sees the irony.) But one day, when the door closes behind him, Héctor discovers he's stumbled into a room that shouldn't be possible. A room that connects him with two new friends from different corners of the country—and opens the door to a life-changing year full of magic, friendship, and adventure. "Sometimes hilarious, sometimes devastating, but always full of heart, The Insiders carves out a space for us all to be our true selves." —Kwame Mbalia, New York Times bestselling author of Tristan Strong Punches a Hole in the Sky

Chances are you haven't been making the best investing decisions. Why? BECAUSE THAT'S HOW WALL STREET WANTS IT Wall Street is very good at one thing: convincing you to act against your own interests. And there's no one out there better equipped with the knowledge and moxie to explain how it all works than Josh Brown. A man The New York Times referred to as "the Merchant of Snark" and Barron's called "pot-stirring and provocative," Brown worked for 10 years in the industry, a time during which he learned some hard truths about how

clients are routinely treated—and how their money is sent on a one-way trip to Wall Street's coffers. Backstage Wall Street reveals the inner workings of the world's biggest money machine and explains how a relatively small confederation of brilliant, sometimes ill-intentioned people fuel it, operate it, and repair it when necessary—none of which is for the good of the average investor. Offering a look that only a long-term insider could provide (and that only a “reformed” insider would want to provide), Brown describes: THE PEOPLE—Why retail brokers always profit—even if you don't THE PRODUCTS—How funds, ETFs, and other products are invented as failsafe profit generators—for the inventors alone THE PITCH—The marketing schemes designed for one thing and one thing only: to separate you from your money It's that bad . . . but there's a light at the end of the tunnel. Brown gives you the knowledge you need to make the right decisions at the right time. Backstage Wall Street is about seeing reality for what it is and adjusting your actions accordingly. It's about learning who and what to steer clear of at all times. And it's about setting the stage for a bright financial future—your own way.

A revealing look at the shows that helped TV emerge as the signature art form of the twenty-first century In the late 1990s and early 2000s, the landscape of television began an unprecedented transformation. While the networks continued to chase the lowest common denominator, a wave of new shows on cable channels dramatically stretched television's narrative inventiveness, emotional resonance, and artistic ambition. Combining deep reportage with cultural analysis and historical context, Brett Martin recounts the rise and inner workings of a genre that represents not only a new golden age for TV, but also a cultural watershed. *Difficult Men* features extensive interviews with all the major players, including David Chase, David Simon, David Milch, and Alan Ball; in addition to other writers, executives, directors and actors. Martin delivers never-before-heard story after story, revealing how cable television became a truly significant and influential part of our culture. *Breaking Mad* The Insider's Guide to Conquering Anxiety Bloomsbury Publishing

Veteran character actor David Dean Bottrell draws on his 35+ tumultuous years of work in the entertainment industry to offer a guide to breaking in, making a living, and making a life in the fabulous trenches of show business. Covers every facet of the business, including: - Capturing the perfect headshot - Starting (and maintaining) your network - Picking an agent - Audition do's and don'ts - Joining the union(s): SAG-AFTRA and Actors Equity Association (AEA) - On stage vs on screen - Paying the bills - Self-promotion - Late bloomers - When to get out David Dean Bottrell has worn many different hats during his decades in showbiz: television actor with appearances on *Boston Legal*, *Modern Family*, *The Blacklist*, *Mad Men*, *True Blood*, *NCIS*, and *Days of Our Lives*; screenwriter for Paramount and Disney; respected acting teacher at UCLA and AADA; and regular expert columnist for esteemed acting site Backstage. In *Working Actor*, Bottrell offers a how-to manual jammed with practical information and insider advice, essential reading for any artist (aspiring or established) in need of insight or inspiration. Mixing prescriptive advice ("Getting Started," "Learning Your Craft," "Finding an Agent") with wisdom drawn from Bottrell's own professional highs and lows and those of his acting compatriots, this book's humorous, tell-it-like-it-is tone is a must-have guide for anyone hoping to successfully navigate show business.

Does public speaking paralyze you and tie your stomach into knots? Want to get a standing ovation every time? What goes into a dazzling opening and closing? Does the prospect of facing embarrassing judgment make your palms sweat? Or do you want to learn how to absolutely own the stage and become a magnetic speaker? Public speaking and presenting is one of the most common phobias -- and it's completely understandable. When else in our lives are we so open and vulnerable? But it's a necessary evil in all aspects of our lives, whether professionally and personally. From making a presentation in the boardroom to being more confident with the opposite sex, your speaking skills will take you to the next level and get what exactly what you want in your life. *Fearless Public Speaking* is the rare book that

will (1) help you destroy your anxiety so you can confidently take any stage, and (2) once you're up there, be unforgettable and captivating as a speaker. The tenets in this book come from studying the experiences of the best presenters in the world, from CEOs, standup comics, to actors, and more. Jason Bax, noted actor, speaker, and entrepreneur, lends his thoughts in a guest chapter. And me? I'm a social skills and charisma coach, speaker, and semi-professional musician who thrives in front of the crowd... but I wasn't always like this - I know your struggles and I can help you from point A to point B! How will you learn to captivate audiences? •Why knowing where your audience gets their news is key to your memorability. •How to construct a bulletproof opening and closing. •How to make sure you reach any audience emotionally. •Overcoming stage fright and jitters with mental rehearsal techniques. As well as... •What rehearsed spontaneity is and how it makes your audience connect. •Stage presence techniques of the masters of performance like Freddie Mercury. •How standup comics own the stage and win over hostile crowds. •What a memory palace is and how it will help you memorize your speech. Put the audience in the palm of your hand, starting now! •Feel confident and empowered in taking the stage anywhere, anytime. •Speak your way to better jobs and relationships with each mini-presentation. •Build a reputation as an effective and engaging speaker. •Learn to overcome judgment and build self-confidence. •Own the room, audience, and applause.

With more than 1 in 10 new parents experiencing post-natal depression and anxiety, and after suffering the traumatic birth of her son, and herself being diagnosed with post-natal anxiety and birth trauma, Anna Williamson uncovers the real thoughts, feelings and behaviours that many of us experience in those first few weeks and months after becoming a parent. From 'I'm struggling to love my baby' to 'I miss my old life' and 'Will I ever feel like "me" again?' to 'I'm anxious about having sex' this book will help new parents cope with the often taboo topics that we ALL encounter. A therapist in your pocket, meaning you don't have to face one of life's most momentous experiences alone, or fear being judged of the weird and often worrying irrational thoughts that plague our frazzled minds. Mental health for new mums (and dads) is a thing - a big thing - and it's time we all stopped suffering in silence. It takes time to adjust to this new identity and role - whether it's making new friends, coping with changing relationships, breast and bottle feeding anxiety, going back to work worries, or the whole shift being a new parent poses mentally. Breaking Mum and Dad is a little pocket guide of empathy, sympathy and above all, hope.

Imagine if we treated broken hearts with the same respect and concern we have for broken arms? Psychologist Guy Winch urges us to rethink the way we deal with emotional pain, offering warm, wise, and witty advice for the broken-hearted. Real heartbreak is unmistakable. We think of nothing else. We feel nothing else. We care about nothing else. Yet while we wouldn't expect someone to return to daily activities immediately after suffering a broken limb, heartbroken people are expected to function normally in their lives, despite the emotional pain they feel. Now psychologist Guy Winch imagines how different things would be if we paid more attention to this unique emotion—if only we can understand how heartbreak works, we can begin to fix it. Through compelling research and new scientific studies, Winch reveals how and

why heartbreak impacts our brain and our behavior in dramatic and unexpected ways, regardless of our age. Emotional pain lowers our ability to reason, to think creatively, to problem solve, and to function at our best. In *How to Fix a Broken Heart* he focuses on two types of emotional pain—romantic heartbreak and the heartbreak that results from the loss of a cherished pet. These experiences are both accompanied by severe grief responses, yet they are not deemed as important as, for example, a formal divorce or the loss of a close relative. As a result, we are often deprived of the recognition, support, and compassion afforded to those whose heartbreak is considered more significant. Our heart might be broken, but we do not have to break with it. Winch reveals that recovering from heartbreak always starts with a decision, a determination to move on when our mind is fighting to keep us stuck. We can take control of our lives and our minds and put ourselves on the path to healing. Winch offers a toolkit on how to handle and cope with a broken heart and how to, eventually, move on.

AMC's *Breaking Bad* is among the most beloved, critically acclaimed American television series of our time. Created by Vince Gilligan, the series charts the transformation of high school science teacher Walter White (played by Bryan Cranston) into a cold, calculating meth kingpin. *Breaking Bad 101* collects esteemed critic Alan Sepinwall's (Uproxx) popular *Breaking Bad* recaps in book form, featuring new, exclusive essays and completely revised and updated commentary--as well as insights from and interviews with the creative masterminds behind *Breaking Bad*. The ultimate critical companion for one of the greatest television dramas of all time, *Breaking Bad 101* offers fans Sepinwall's smart, funny, and incisive analysis of the psychology and filmmaking craft behind each episode and celebrates the series' unique place in pop-culture history.

NEW YORK TIMES EDITORS' CHOICE • Big Tobacco meets Silicon Valley in this “deeply reported and illuminating” (The New York Times Book Review) corporate exposé of what happened when two of the most notorious industries collided—and the vaping epidemic was born. “The best business book I’ve read since *Bad Blood*.”—Jonathan Eig, New York Times bestselling author of *Ali: A Life* Howard Willard lusted after Juul. As the CEO of tobacco giant Philip Morris’s parent company and a veteran of the industry’s long fight to avoid being regulated out of existence, he grew obsessed with a prize he believed could save his company—the e-cigarette, a product with all the addictive upside of the original without the same apparent health risks and bad press. Meanwhile, in Silicon Valley, Adam Bowen and James Monsees began working on a device that was meant to save lives and destroy Big Tobacco, but they ended up baking the industry’s DNA into their invention’s science and marketing. Ultimately, Juul’s e-cigarette was so effective and so market-dominating that it put the company on a collision course with Philip Morris and sparked one of the most explosive public health crises in recent memory. In a deeply reported account, award-winning journalist Lauren Etter tells a riveting

story of greed and deception in one of the biggest botched deals in business history. Etter shows how Philip Morris's struggle to innovate left Willard desperate to acquire Juul, even as his own team sounded alarms about the startup's reliance on underage customers. And she shows how Juul's executives negotiated a lavish deal that let them pocket the lion's share of Philip Morris's \$12.8 billion investment while government regulators and furious parents mounted a campaign to hold the company's feet to the fire. The Devil's Playbook is the inside story of how Juul's embodiment of Silicon Valley's "move fast and break things" ethos wrought havoc on American health, and how a beleaguered tobacco company was seduced by the promise of a new generation of addicted customers. With both companies' eyes on the financial prize, neither anticipated the sudden outbreak of vaping-linked deaths that would terrorize a nation, crater Juul's value, end Willard's career, and show the costs in human life of the rush to riches—while Juul's founders, board members, and employees walked away with a windfall.

"Beresini uncovers the growing sport's most compelling characters and provides the most authoritative insiders' guide to date." —Outside "Obstacle course racing has taken the endurance world by storm, and in *Off Course* Erin Beresini gives us an insider perspective into the conflict and appeal of these masochistic suffer-fests, culminating in her quest to complete the granddaddy of them all, the Spartan Ultra Beast. A must-read for anyone currently competing in, or considering taking on, one of these newfangled racing events." —Dean Karnazes, best-selling author of *Ultramarathon Man* Everyone has seen the pictures on their social media feeds: friends or family wearing mud-spattered athletic gear, holding a medal to proclaim they've crossed the finish line of an intensely grueling race. Indeed, obstacle course racing is the fastest growing sport in U.S. history. Every week, thousands of athletes shell out money to run through mud and fire, crawl under barbed wire, scramble over ten-foot walls, and dodge baton-wielding gladiators. Erin Beresini's *Off Course* chronicles the author's period of training and competition in obstacle course racing. As she investigates the world behind this military-inspired amateur competition and the industry surrounding it, Beresini meets the diverse characters who compete in these races and uncovers the sport's biggest scandals, lawsuits, and rivalries. And through her own race training, Erin illuminates the history, science, and psychology of this sport that is taking the endurance world by storm. "[Beresini's] narrative has humor and heart, and a carnival of characters . . . By the end of her riotous narrative, I had to wipe mud from my glasses at least twenty-six times." —Gary M. Pomerantz, author of *Their Life's Work: The Brotherhood of the 1970s Pittsburgh Steelers, Then and Now*

NEW YORK TIMES BESTSELLER • This instant classic explores how we can change our lives by changing our habits. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Wall Street Journal • Financial Times In *The Power of Habit*, award-winning business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain

why habits exist and how they can be changed. Distilling vast amounts of information into engrossing narratives that take us from the boardrooms of Procter & Gamble to the sidelines of the NFL to the front lines of the civil rights movement, Duhigg presents a whole new understanding of human nature and its potential. At its core, *The Power of Habit* contains an exhilarating argument: The key to exercising regularly, losing weight, being more productive, and achieving success is understanding how habits work. As Duhigg shows, by harnessing this new science, we can transform our businesses, our communities, and our lives. With a new Afterword by the author “Sharp, provocative, and useful.”—Jim Collins “Few [books] become essential manuals for business and living. *The Power of Habit* is an exception. Charles Duhigg not only explains how habits are formed but how to kick bad ones and hang on to the good.”—Financial Times “A flat-out great read.”—David Allen, bestselling author of *Getting Things Done: The Art of Stress-Free Productivity* “You’ll never look at yourself, your organization, or your world quite the same way.”—Daniel H. Pink, bestselling author of *Drive* and *A Whole New Mind* “Entertaining . . . enjoyable . . . fascinating . . . a serious look at the science of habit formation and change.”—The New York Times Book Review

I may have reached my breaking point. As if trying to graduate from a school for supernaturals isn’t stressful enough, my relationship status has gone from complicated to a straight-up dumpster fire. Oh, and the Bloodletter has decided to drop a bomb of epic proportions on us all... Then again, when has anything at Katmere Academy not been intense? And the hits just keep coming. Jaxon’s turned colder than an Alaskan winter. The Circle is splintered over my upcoming coronation. As if things couldn’t get worse, now there’s an arrest warrant for Hudson’s and my supposed crimes—which apparently means a lifetime prison sentence with a deadly unbreakable curse. Choices will have to be made...and I fear not everyone will survive. The Crave series is best enjoyed in order. Reading Order: Book #1 Crave Book #2 Crush Book #3 Covet Book #4 Court

Welcome to the therapist in your pocket – full of anxiety-busting advice, read this book to learn how to live better and restore your confidence when panic attacks. Drawing on her own personal experiences with anxiety, therapist and Mind ambassador Anna Williamson offers easy to follow, expert guidance, alongside clinical psychologist, Dr Reetta Newell. *Breaking Mad* is packed with coping methods and solutions for those everyday moments where you need a helping hand. From recognising the first warning signs of anxiety, to coping with a panic attack or social anxiety, Anna and Reetta will be with you every step of the way, offering practical strategies and straightforward guidance whenever and wherever you might need it. Whether at home, on the bus, at college, just before a meeting, or even having a meltdown in the work toilet cubicle, *Breaking Mad* is here for you. So welcome to the club – it’s time to tackle anxiety head on!

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