

## Drop The Ball Achieving More By Doing Less

Learn powerful, science-based techniques to boost focus, drive and energy hour-by-hour throughout the day--every day. As leadership consultants and executive trainers, Bonnie St. John and Allen P. Haines have heard the same complaints from clients for years; periodic burnout, lack of focus and low energy. So they dug into the latest research on neuroscience, psychology and physiology looking for big answers. Instead they found small answers; proof that small adjustments in daily routines, including thought patterns, food and drink, rest and movement can fight the forces that sap our energy and store focus and drive. They call these amazing efficient restorative techniques "micro-resilience." Thousands of men and women from all walks of life have already found effortless ways to incorporate these little changes into the busiest of schedules. Dozens of entertaining anecdotes from real people using micro-resilience demonstrate that when our brains fire faster, our energy increases and we can cope with almost any surprise, pressure or crisis.

Winner of a 2017 NAACP Image Award for Outstanding Literary Work, this moving manifesto "empowers women to access a fearlessness that will enable community progress" (Essence). Through one incredible woman's journey from a small Zimbabwe village to becoming one of the world's most recognizable voices in women's empowerment and education, this book "can help any woman achieve her full potential" (Kirkus Reviews). Before Tererai Trent landed on Oprah's stage as her "favorite guest of all time," she was a woman with a forgotten dream. As a young girl in a cattle-herding village in Zimbabwe, she dreamed of receiving an education but instead was married young and by eighteen, without a high school graduation, she was already a mother of three. Tererai encountered a visiting American woman who assured her that anything was possible, reawakening her sacred dream. Tererai planted her dreams deep in the earth and prayed they would grow. They did, and now not only has she earned her PhD but she has also built schools for girls in Zimbabwe, with funding from Oprah. The Awakened Woman: A Guide for Remembering & Igniting Your Sacred Dreams is her accessible, intimate, and evocative guide that teaches nine essential lessons to encourage all women to reexamine their dreams and uncover the power hidden within them—power that can recreate our world for the better. Tererai points out that there is a massive, untapped, global resource in women who have, for one reason or another, set aside their wisdom, their skills, and their dreams in order to take care of the personal business of their lives. Not only is this a type of invisible suffering experienced by countless women, this rich resource is a secret weapon for improving our world. Women have the capacity to inspire, to create, to transform—and Tererai's call to action "shines as a beacon of hope to women everywhere" (Danica McKellar, actress and New York Times bestselling author).

A New York Times bestseller! In this motivational handbook—both a business how-to and self-help guide—the New York Times bestselling author of Dot Complicated takes on the fallacy of the "well-balanced" life, arguing that the key to success is learning to be well-lopsided. Work. Sleep. Fitness. Family. Friends. Pick Three. In an increasingly demanding world, we've been told that we can do everything—maintain friendships, devote ourselves to work, spend time with family, stay fit, and get enough sleep. We just need to learn to balance it all. Randi Zuckerberg doesn't believe in being well-balanced. We can't do it all every day, she contends, and trying to do so only leaves us frustrated and feeling inadequate. But we can succeed if we Pick Three. Randi first introduced the concept of Pick Three in a tweet—"The Entrepreneur's Dilemma"—that went viral. Now, in this book, she expands on her philosophy and inspires others to follow her lead. From entrepreneurs to professionals, busy parents to students, Randi can help everyone learn to reject the unrealistic burden of balance and enjoy success in their own lives—by picking the most important areas to focus on in any given day. This practical handbook includes stories from Randi's career learning that there's no such thing as a perfect balance—as well as insights and examples from other professionals at the top of the biggest businesses in Silicon Valley, new moms searching for permission to focus on family, and recent graduates convinced they should have it all under control, including Arianna Huffington, Reshma Saujani, Laurie Hernandez, and Brad Takei. We can't have it all every day, and that's okay, Randi reminds us. Pick Three is her much-needed guide to learning to embrace the well-lopsided life.

Does life have meaning? Is it possible for life to be meaningful when the world is filled with suffering and when so much depends merely upon chance? Even if there is meaning, is there enough to justify living? These questions are difficult to resolve. There are times in which we face the mundane, the illogically cruel, and the tragic, which leave us to question the value of our lives.

However, Iddo Landau argues, our lives often are, or could be made, meaningful—we've just been setting the bar too high for evaluating what meaning there is. When it comes to meaning in life, Landau explains, we have let perfect become the enemy of the good. We have failed to find life perfectly meaningful, and therefore have failed to see any meaning in our lives. We must attune ourselves to enhancing and appreciating the meaning in our lives, and Landau shows us how to do that. In this warmly written book, rich with examples from the author's life, film, literature, and history, Landau offers new theories and practical advice that awaken us to the meaning already present in our lives and demonstrates how we can enhance it. He confronts prevailing nihilist ideas that undermine our existence, and the questions that dog us no matter what we believe. While exposing the weaknesses of ideas that lead many to despair, he builds a strong case for maintaining more hope. Along the way, he faces provocative questions: Would we choose to live forever if we could? Does death render life meaningless? If we examine it in the context of the immensity of the whole universe, can we consider life meaningful? If we feel empty once we achieve our goals, and the pursuit of these goals is what gives us a sense of meaning, then what can we do? Finding Meaning in an Imperfect World is likely to alter the way you understand your life.

The extraordinary #1 New York Times bestseller about the ability of books to feed the soul even in the darkest of times. Nominated as one of America's best-loved novels by PBS's The Great American Read. 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.

"The true story of a little girl who made an impossible dream achievable"--

Prompted by a question from her eight-year-old daughter during the 2008 election of Barack Obama—"Why haven't we ever had a

woman president?”—Marianne Schnall set out on a journey to find the answer. A widely published writer, author, and interviewer, and the Executive Director of Feminist.com, Schnall began looking at the issues from various angles and perspectives, gathering viewpoints from influential people from all sectors. *What Will It Take to Make A Woman President?* features interviews with politicians, public officials, thought leaders, writers, artists, and activists in an attempt to discover the obstacles that have held women back and what needs to change in order to elect a woman into the White House. With insights and personal anecdotes from Sheryl Sandberg, Maya Angelou, Gloria Steinem, Nancy Pelosi, Nicholas Kristof, Melissa Etheridge, and many more, this book addresses timely, provocative issues involving women, politics, and power. With a broader goal of encouraging women and girls to be leaders in their lives, their communities, and the larger world, Schnall and her interviewees explore the changing paradigms occurring in politics and in our culture with the hope of moving toward meaningful and effective solutions—and a world where a woman can be president.

Are we living the good life—and what defines 'good', anyway? Americans today are constructing a completely different framework for success than their parents' generation, using new metrics that TEDWomen speaker and columnist Courtney Martin has termed collectively the "New Better Off". *The New Better Off* puts a name to the American phenomenon of rejecting the traditional dream of a 9-to-5 job, home ownership, and a nuclear family structure, illuminating the alternate ways Americans are seeking happiness and success. Including commentary on recent changes in how we view work, customs and community, marriage, rituals, money, living arrangements, and spirituality, *The New Better Off* uses personal stories and social analysis to explore the trends shaping our country today. Martin covers growing topics such as freelancing, collaborative consumption, communal living, and the breaking down of gender roles. *The New Better Off* is about the creative choices individuals are making in their vocational and personal lives, but it's also about the movements, formal and informal, that are coalescing around the "New Better Off" idea—people who are reinventing the social safety net and figuring out how to truly better their own communities.

A bold and inspiring memoir and manifesto from a renowned voice in the women's leadership movement who shows women how to cultivate the single skill they really need in order to thrive: the ability to let go. Once the poster girl for doing it all, after she had her first child, Tiffany Dufu struggled to accomplish everything she thought she needed to in order to succeed. Like so many driven and talented women who have been brought up to believe that to have it all, they must do it all, Dufu began to feel that achieving her career and personal goals was an impossibility. Eventually, she discovered the solution: letting go. In *Drop the Ball*, Dufu recounts how she learned to reevaluate expectations, shrink her to-do list, and meaningfully engage the assistance of others—freeing the space she needed to flourish at work and to develop deeper, more meaningful relationships at home. Even though women are half the workforce, they still represent only eighteen per cent of the highest level leaders. The reasons are obvious: just as women reach middle management they are also starting families. Mounting responsibilities at work and home leave them with no bandwidth to do what will most lead to their success. Offering new perspective on why the women's leadership movement has stalled, and packed with actionable advice, Tiffany Dufu's *Drop the Ball* urges women to embrace imperfection, to expect less of themselves and more from others—only then can they focus on what they truly care about, devote the necessary energy to achieving their real goals, and create the type of rich, rewarding life we all desire.

Pull up a stool and learn about beer with the Wench! Craft beer is officially everywhere: there are now more breweries in the United States since any time before prohibition. At the local grocery store, the beer aisle is as big as the cereal aisle. At the bar, it's increasingly hard to choose a beer--the IPA is stronger than the ESB, right? In this book, Ashley V. Routson (aka The Beer Wench) provides the first all-in-one guide that demystifies beer and makes learning fun. She'll quickly bring you up to speed on beer styles, the brewing process, how to taste beer like a pro, and how to pair beer with food. Unconventional tastings, delicious recipes from killer craft breweries, eye-catching photos--and, of course, plenty of beer--means there's never a dull moment.

Reinvent yourself as a woman of influence—and become the leader you were meant to be Have you ever felt like your organization's best-kept secret? Are you the go-to person for work that downplays your potential? Do you want to hone your leadership skills while still staying true to who you are? If you answered yes to any of these questions, or if your reputation as a standout contributor is not translating into career advancement, *Woman of Influence* is for you. With more than two decades of experience working with hundreds of thousands of women and clients including eBay, GM, Microsoft, and more, Be Leaderly CEO Jo Miller has the strategies, stories, and research to help women shift their focus from doing to leading. In *Woman of Influence*, she provides a practical, hands-on roadmap that walks you through 9 specific steps to build your brand, establish your legacy, and thrive. Each step is reinforced with self-assessments, inspiring exercises, and checklists that have been road-tested by tens of thousands of professional women.

From Gemma Hartley, the journalist who ignited a national conversation on emotional labor, comes *Fed Up*, a bold dive into the unpaid, invisible work women have shouldered for too long—and an impassioned vision for creating a better future for us all. Day in, day out, women anticipate and manage the needs of others. In relationships, we initiate the hard conversations. At home, we shoulder the mental load required to keep our households running. At work, we moderate our tone, explaining patiently and speaking softly. In the world, we step gingerly to keep ourselves safe. We do this largely invisible, draining work whether we want to or not—and we never clock out. No wonder women everywhere are overtaxed, exhausted, and simply fed up. In her ultra-viral article “Women Aren't Nags—We're Just Fed Up,” shared by millions of readers, Gemma Hartley gave much-needed voice to the frustration and anger experienced by countless women. Now, in *Fed Up*, Hartley expands outward from the everyday frustrations of performing thankless emotional labor to illuminate how the expectation to do this work in all arenas—private and public—fuels gender inequality, limits our opportunities, steals our time, and adversely affects the quality of our lives. More than just name the problem, though, Hartley teases apart the cultural messaging that has led us here and asks how we can shift the load. Rejecting easy solutions that don't ultimately move the needle, Hartley offers a nuanced, insightful guide to striking real balance, for true partnership in every aspect of our lives. Reframing emotional labor not as a problem to be overcome, but as a genderless virtue men and women can all learn to channel in our quest to make a better, more egalitarian world, *Fed Up* is surprising, intelligent, and empathetic essential reading for every woman who has had enough with feeling fed up.

Finding fulfillment in both love and work isn't easy--but it's possible. The majority of couples today are dual-career couples. As anyone who's part of such a relationship knows, this presents big challenges: trying to raise kids and achieve career goals while caring for and supporting your partner can seem impossible. Yet most advice for dual-career couples fails, framing the challenges as a zero-sum game in which one partner's gain is the other's loss and solutions feel like sacrifices or unsatisfactory trade-offs. This book is different. In *Couples That Work*, INSEAD professor Jennifer Petriglieri rejects conventional, one-size-fits-all solutions and instead focuses on how dual-career couples can tackle and resolve the challenges they face throughout their lives--together. She identifies three key phases of exploration and personal growth in every couple's work-life journey, showing how partners must navigate these together to strengthen their bond. Each phase is crystallized with a question: How can we make this work? The first phase focuses on the logistics of combining two busy lives and often involves the demands of young children. What do we really want? In the second phase, couples learn to navigate their midlife crises in ways that allow each partner to continue to feel happy and fulfilled. Who are we now? With careers winding down and kids grown up, this last phase offers new freedoms--and uncertainties. Based on a five-year research project, the book includes interviews with couples from over thirty countries--from executives to entrepreneurs and from twentysomething newlyweds to dual-career grandparents. Filled with vivid real-life

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stories, keen insights, and engaging exercises, *Couples That Work* will help couples develop their own unique answers to that most pressing question: How can we successfully combine love and work?

Presents strategies that reduce commitments, distractions, interruptions, and inefficiencies, and increase productivity so that more can be accomplished in less time.

A clinical psychologist's exploration of the modern dilemmas women face in the wake of new motherhood When Molly Millwood became a mother, she was fully prepared for what she would gain: an adorable baby boy; hard-won mothering skills; and a messy, chaotic, beautiful life. But what she did not expect was what she would lose: aspects of her identity, a baseline level of happiness, a general sense of wellbeing. And though she had the benefit of a supportive husband during this transition, she also at times resented the fact that the disruption to his life seemed to pale in comparison to hers. As a clinical psychologist, Molly knew her experience was a normal response to a life-changing event. But without the advantage of such a perspective, many of the patients she treated in her private practice grappled with self-doubt, guilt, and fear, and suffered the dual pain of not only the struggle to adjust but also the overwhelming shame for struggling at all. In *To Have and to Hold*, Molly explores the complex terrain of new motherhood, illuminating the ways it affects women psychologically, emotionally, physically, and professionally—as well as how it impacts their partnership. Along with the arrival of a bundle of joy come thorny issues such as self-worth, control, autonomy, and dependency. And for most new mothers, these issues are experienced within the context of an intimate relationship, adding another layer of tension, conflict, and confusion to an already challenging time. As Molly examines the inextricable link between women's well-being as new mothers and the well-being of their relationships, she offers guidance to help readers reclaim their identities, overcome their guilt and shame, and repair their relationships. A blend of personal narrative, scientific research, and stories from Molly's clinical practice, *To Have and to Hold* provides a much-needed lifeline to new mothers everywhere.

Everyone has an opinion, anecdote, or horror story about women and work. Now the acclaimed author of *What the Most Successful People Do Before Breakfast* shows how real working women with families are actually making the most of their time. "Having it all" has become the subject of countless books, articles, debates, and social media commentary, with passions running high in all directions. Many now believe this to be gospel truth: Any woman who wants to advance in a challenging career has to make huge sacrifices. She's unlikely to have a happy marriage, quality time with her kids (assuming she can have kids at all), a social life, hobbies, or even a decent night's sleep. But what if balancing work and family is actually not as hard as it's made out to be? What if all those tragic anecdotes ignore the women who quietly but consistently do just fine with the juggle? Instead of relying on scattered stories, time management expert Laura Vanderkam set out to add hard data to the debate. She collected hour-by-hour time logs from 1,001 days in the lives of women who make at least \$100,000 a year. And she found some surprising patterns in how these women spend the 168 hours that every one of us has each week. Overall, these women worked less and slept more than they assumed they did before they started tracking their time. They went jogging or to the gym, played with their children, scheduled date nights with their significant others, and had lunches with friends. They made time for the things that gave them pleasure and meaning, fitting the pieces together like tiles in a mosaic—without adhering to overly rigid schedules that would eliminate flexibility and spontaneity. Vanderkam shares specific strategies that her subjects use to make time for the things that really matter to them. For instance, they . . . \* Work split shifts (such as seven hours at work, four off, then another two at night from home). This allows them to see their kids without falling behind professionally. \* Get creative about what counts as quality family time. Breakfasts together and morning story time count as much as daily family dinners, and they're often easier to manage. \* Take it easy on the housework. You can free up a lot of time by embracing the philosophy of "good enough" and getting help from other members of your household (or a cleaning service). \* Guard their leisure time. Full weekend getaways may be rare, but many satisfying hobbies can be done in small bursts of time. An hour of crafting feels better than an hour of reality TV. With examples from hundreds of real women, Vanderkam proves that you don't have to give up on the things you really want. *I Know How She Does It* will inspire you to build a life that works, one hour at a time.

"Using surprising studies and stories spanning business, politics, sports, and entertainment, Grant explores how to recognize a good idea, speak up without getting silenced, build a coalition of allies, choose the right time to act, and manage fear and doubt; how parents and teachers can nurture originality in children; and how leaders can fight groupthink to build cultures that welcome dissent"--

Examines the history of American ideas about motherhood, how those ideas have impacted all women whether or not they have children, and calls for changes in workplace policies, cultural norms, and personal attitudes about motherhood.

Drop the Ball Achieving More by Doing Less Macmillan

• More than 500 appearances on national bestseller lists • #1 Wall Street Journal, New York Times, and USA Today • Won 12 book awards • Translated into 35 languages • Voted Top 100 Business Book of All Time on Goodreads People are using this simple, powerful concept to focus on what matters most in their personal and work lives. Companies are helping their employees be more productive with study groups, training, and coaching. Sales teams are boosting sales. Churches are conducting classes and recommending for their members. By focusing their energy on one thing at a time people are living more rewarding lives by building their careers, strengthening their finances, losing weight and getting in shape, deepening their faith, and nurturing stronger marriages and personal relationships. **YOU WANT LESS.** You want fewer distractions and less on your plate. The daily barrage of e-mails, texts, tweets, messages, and meetings distract you and stress you out. The simultaneous demands of work and family are taking a toll. And what's the cost? Second-rate work, missed deadlines, smaller paychecks, fewer promotions--and lots of stress. **AND YOU WANT MORE.** You want more productivity from your work. More income for a better lifestyle. You want more satisfaction from life, and more time for yourself, your family, and your friends. **NOW YOU CAN HAVE BOTH — LESS AND MORE.** In *The ONE Thing*, you'll learn to \* cut through the clutter \* achieve better results in less time \* build momentum toward your goal \* dial down the stress \* overcome that overwhelmed feeling \* revive your energy \* stay on track \* master what matters to you *The ONE Thing* delivers extraordinary results in every area of your life--work, personal, family, and spiritual. **WHAT'S YOUR ONE THING?**

Too many ambitious women strive to accomplish all their goals alone, leading to dangerous levels of stress and anxiety. Learn how a strong support network and meaningful connections are crucial not only to your long-term success, but to your peace of mind. Today's women are ambitious and excelling in every way. But many still believe that asking for help along the journey is a sign of weakness, ignorance, or incompetence, so they go it alone. Author and podcaster Elayne Fluker believes this mindset is partially responsible for the increase in suicide rates for girls and women and the reason so many women end up depressed, overwhelmed, isolated and unfulfilled. To combat this alarming trend, Fluker helps women learn how to build their own networks, make meaningful connections, and understand how even some of the

most successful women in the world, like Oprah Winfrey and Spanx founder Sara Blakely, had tremendous support networks that helped them achieve their dreams. *Get Over "I Got It"*: Shares the lessons Fluker learned throughout her own struggles with learning how to ask for and accept support. Provides anecdotes from women professionals, interviews with health professionals, and current research demonstrating the tangible ways women can ditch the dangerous go-it-alone philosophy. Offers proven, real-world ways for women to embrace the proven health and career benefits of a stronger-together approach. Ultimately, this book helps women overcome their psychological hurdles to asking for help, giving them a surefire strategy—and the confidence—to seek support. They'll then be positioned to join other women's support networks, uplifting them in a way that will transform both individual lives and communities.

A Huffington Post columnist and women's leadership expert outlines practical skills that women can use to implement positive change, covering such topics as self-esteem and how to overcome sabotaging gender rules of conduct. 50,000 first printing.

Do you ever feel crushed under the weight of your own expectations? Have you ever passed up an opportunity because you're afraid you won't immediately excel at it? Saujani shows that women are taught from an early age to play it safe, rewarded for being quiet and polite, steered to activities at which we could shine. We grow up afraid to fail, tamping down our dreams and our opportunities for happiness. Saujani shows us how to end our love affair with perfection and rewire ourselves for bravery. -- adapted from publisher info

Master your game from the inside out! With more than 800,000 copies sold since it was first published thirty years ago, this phenomenally successful guide has become a touchstone for hundreds of thousands of people. Not just for tennis players, or even just for athletes in general, this handbook works for anybody who wants to improve his or her performance in any activity, from playing music to getting ahead at work. W. Timothy Gallwey, a leading innovator in sports psychology, reveals how to • focus your mind to overcome nervousness, self-doubt, and distractions • find the state of "relaxed concentration" that allows you to play at your best • build skills by smart practice, then put it all together in match play Whether you're a beginner or a pro, Gallwey's engaging voice, clear examples, and illuminating anecdotes will give you the tools you need to succeed. "Introduced to *The Inner Game of Tennis* as a graduate student years ago, I recognized the obvious benefits of [W. Timothy] Gallwey's teachings. . . . Whether we are preparing for an inter-squad scrimmage or the National Championship Game, these principles lie at the foundation of our program."—from the Foreword by Pete Carroll

A REESE'S BOOK CLUB PICK "A hands-on, real talk guide for navigating the hot-button issues that so many families struggle with."--Reese Witherspoon Tired, stressed, and in need of more help from your partner? Imagine running your household (and life!) in a new way... It started with the Sh\*t I Do List. Tired of being the "shefault" parent responsible for all aspects of her busy household, Eve Rodsky counted up all the unpaid, invisible work she was doing for her family -- and then sent that list to her husband, asking for things to change. His response was... underwhelming. Rodsky realized that simply identifying the issue of unequal labor on the home front wasn't enough: She needed a solution to this universal problem. Her sanity, identity, career, and marriage depended on it. The result is *Fair Play*: a time- and anxiety-saving system that offers couples a completely new way to divvy up chores and responsibilities. Rodsky interviewed more than five hundred men and women from all walks of life to figure out what the invisible work in a family actually entails and how to get it all done efficiently. With four easy-to-follow rules, 100 household tasks, and a series of conversation starters for you and your partner, *Fair Play* helps you prioritize what's important to your family and who should take the lead on every chore from laundry to homework to dinner. "Winning" this game means rebalancing your home life, reigniting your relationship with your significant other, and reclaiming your Unicorn Space -- as in, the time to develop the skills and passions that keep you interested and interesting. Stop drowning in to-dos and lose some of that invisible workload that's pulling you down. Are you ready to try *Fair Play*? Let's deal you in.

An Amazon Best Business Book of 2018 Selected by Audible as the Best Business Book of 2018 Named "Best New Book" by People Magazine and Refinery29 Named a Most Anticipated Title of April 2018 by Bustle and Levo A Women@Forbes "Boss Moves Book Club" pick A candid guide for ambitious women who want to succeed without losing themselves in the process Fran Hauser deconstructs the negative perception of "niceness" that many women struggle with in the business world. If women are nice, they are seen as weak and ineffective, but if they are tough, they are labeled a bitch. Hauser proves that women don't have to sacrifice their values or hide their authentic personalities to be successful. Sharing a wealth of personal anecdotes and time-tested strategies, she shows women how to reclaim "nice" and sidestep regressive stereotypes about what a strong leader looks like. Her accessible advice and hard-won wisdom detail how to balance being empathetic with being decisive, how to rise above the double standards that can box you in, how to cultivate authentic confidence that projects throughout a room, and much more. *THE MYTH OF THE NICE GIRL* is a refreshing dose of forward-looking feminism that will resonate with smart, professional women who know what they want and are looking for real advice to take their career to the next level without losing themselves in the process.

An inspirational and insightful guide for women who want to get it all by doing less For women, a glass ceiling at work is not the only barrier to success - it's also the increasingly heavy obligations at home that weigh them down. Women have become accustomed to delegating, advocating and negotiating for themselves at the office, but when it comes to managing households, they still bear the brunt on their own shoulders. A simple solution is staring them in the face: negotiate with the men in their personal lives. In *Drop The Ball*, Tiffany Dufu explains how women can create all-in domestic partnerships that protect them against professional burn-out.

Molly and Amalia are neighbors and best friends. But one day, Molly isn't her usual smiley self. Can Amalia find out what is upsetting her friend? Amalia lives in a yellow and white house, with pretty flowers and a great big rocking chair on the porch. She can't wait to see her friend Molly for lunch! But when Molly arrives at Amalia's front door, her friend knows straight away that something is wrong. Amalia knows that when someone is sad, you should tell them you care about them and ask how they feel. But Molly doesn't seem to want to tell her. Will Amalia be able to help her friend talk about her feelings? In *Because I Care About You*, a young child is upset about having to move away from her best friend. Because they care about each other, the girls explore

Molly's sad feelings together and show strength and trust in the way they talk to and care for one another. Demonstrating a clear, kind way for kids to ask a friend if they're okay, this educational and heartwarming picture book will open up important conversations between young readers and their caregivers, about the value of compassion and non-judgmental friendship. This book emphasize themes of love, compassion, empathy, kindness, and friendship. Parents and caregivers will see the value in stories that emphasize these themes. Through the magic of reading, we all learn through stories and so do kids! SCROLL UP TO BUY AND START READING TODAY!

A practical and spiritual guide for working moms to learn how to have more by doing less. This is a book for working women and mothers who are ready to release the culturally inherited belief that their worth is equal to their productivity, and instead create a personal and professional life that's based on presence, meaning, and joy. As opposed to focusing on "fitting it all in," time management, and leaning in, as so many books geared at ambitious women do, this book embraces the notion that through doing less women can have--and be--more. The addiction to busyness and the obsession with always trying to do more leads women, especially working mothers, to feel like they're always failing their families, their careers, their spouses, and themselves. This book will give women the permission and tools to change the way they approach their lives and allow them to embrace living in tune with the cyclical nature of the feminine, cutting out the extraneous busyness from their lives so they have more satisfaction and joy, and letting themselves be more often instead of doing all the time. Do Less offers the reader a series of 14 experiments to try to see what would happen if she did less in one specific way. So, rather than approaching doing less as an entire life overhaul (which is overwhelming in and of itself), this book gives the reader bite-sized steps to try incorporating over 2 weeks!

The authors of Women's Don't Ask present an innovative approach to negotiation that explains how women can identify important goals, takes them step by step through the entire planning and preparation process, and offers strategic advice on the negotiation stage, with tips on managing emotions, confidence building, and an effective collaborative style. Reprint. 20,000 first printing. New York Times Bestseller Winner of the Los Angeles Times Book Prize Winner of the J. Anthony Lukas Award "Nimbly splices together history, science, reporting and personal experiences into a taut and cautiously hopeful narrative.... Egan's book is bursting with life (and yes, death)." —Robert Moor, New York Times Book Review The Great Lakes—Erie, Huron, Michigan, Ontario, and Superior—hold 20 percent of the world's supply of surface fresh water and provide sustenance, work, and recreation for tens of millions of Americans. But they are under threat as never before, and their problems are spreading across the continent. The Death and Life of the Great Lakes is prize-winning reporter Dan Egan's compulsively readable portrait of an ecological catastrophe happening right before our eyes, blending the epic story of the lakes with an examination of the perils they face and the ways we can restore and preserve them for generations to come.

Large Print.

What begins as an innocent footrace between friends ultimately leads to the death of two Chicago police officers and pushes a country into unimaginable chaos. Native Invisibility is an esoteric portrayal of one man's prophetic mission to free a nation and redeem a people.

Presents a program of time management that provides a six-week deceleration program based on Taoist principles to help slow down, ease stress, and change one's way of dealing with time

In boardrooms and lecture halls, on the field and at home, strong female leaders are making a statement around the globe. In HOW GREAT WOMEN LEAD Bonnie St. John and her teenage daughter, Darcy Deane, explore the qualities that motivate some of the world's most powerful women. Through engaging, out-of-the-spotlight interchanges, the authors discover commonly held values, behaviors, and attitudes, as well as the subtle, special skills inherent in female leaders. From the ethics of Dr. Condoleezza Rice to the fortitude of Hillary Rodham Clinton to the enthusiasm of Teach for America founder Wendy Kopp and the discipline of Geena Davis, each woman in this book shares the exciting story of her rise to the top and the unique qualities it took to get there. A retired Wall Street Journal editor and mother compares two generations of women—boomers and GenXers—to examine how each navigates the emotional and professional challenges involved in juggling managerial careers and families. For the first time in American history, a significant number of mothers are heading major corporations, including General Motors, Ulta Beauty, and Best Buy. Over the past several decades, women have made gains throughout executive suites. Yet these “Power Moms” still struggle with balancing their management responsibilities with raising children. Joann S. Lublin draws on the experiences of the nation's two generations of these successful women to measure how far we've come—and how far we still need to go. Lublin combines her own insights with those of eighty-five executive mothers across industries—including experienced public-company chiefs such as Carol Bartz, the first woman to command Autodesk and Yahoo; Hershey's Michele Buck, DuPont's Ellen Kullman, ITT's Denise Ramos, and WW International's Mindy Grossman—and twenty-five of their grown daughters. Lublin reveals how trailblazer boomers, many now in their sixties, often endured sweeping disapproval for their demanding management careers, even as their own daughters sometimes rejected their choices. While the second wave of executive mothers—all under forty-five—handle working parenthood with less angst, they still lead stressful lives. Power Moms provides lessons and advice to help today's professional women, their families, and their employers navigate this challenging terrain. Lublin looks at the trade-offs mothers are too often forced to make between work and family and the root causes, including the dearth of large-scale paid parental leave and other family-friendly policies. While it celebrates the gains women have made, Power Moms makes clear how much more must be done to make being a working mother easier.

“Satisfying food for thought on the ever-changing dynamics of men and women as they interact and go about their individual lives” (Kirkus Reviews) as cultural commentator Stephen Marche examines contemporary male-female relations—with the help of his wife, writer and editor Sarah Fulford. One morning in New York City, Stephen Marche, then a new father and tenure-track professor, got the call: his wife had been offered her dream job...in Canada. Their decision to prioritize her career over his and move to Toronto sheds new light on the gender roles in their marriage (and in the world around them). As Marche provocatively argues, we are no longer engaged in a war of the sexes, but rather stuck together in a labyrinth of contradictions. And that these contradictions are keeping women from power and confounding male identity. The Unmade Bed is a deeply researched, deeply personal exploration into the moments in everyday life where women and men meet. After all, within offices and homes, on the street, online, and in bed, we constantly ask ourselves: What are we expected to sacrifice? Is it possible to be equal? As he attempts to answer these questions, Marche explores the issues that define our modern conversations on gender, from mansplaining and sexual morality to parenthood and divisions of the domestic sphere. In the process, he discovers that true power remains shockingly elusive for women while the idea of masculinity struggles in a state of uncertainty. The only way out of these

mutual struggles is together. With footnote commentary throughout the book from Marche's wife, *The Unmade Bed* is a "compelling" (*The Globe and Mail*, Toronto), uniquely balanced, and honest approach to the revolution going on in our everyday lives—a thought-provoking work of social science that is sure to be a conversation starter.

Make small changes to your surroundings and create extraordinary happiness in your life with groundbreaking research from designer and TED star Ingrid Fetell Lee. Next Big Idea Club selection—chosen by Malcolm Gladwell, Susan Cain, Dan Pink, and Adam Grant as one of the "two most groundbreaking new nonfiction reads of the season!" "This book has the power to change everything! Writing with depth, wit, and insight, Ingrid Fetell Lee shares all you need to know in order to create external environments that give rise to inner joy." —Susan Cain, author of *Quiet* and founder of Quiet Revolution Have you ever wondered why we stop to watch the orange glow that arrives before sunset, or why we flock to see cherry blossoms bloom in spring? Is there a reason that people—regardless of gender, age, culture, or ethnicity—are mesmerized by baby animals, and can't help but smile when they see a burst of confetti or a cluster of colorful balloons? We are often made to feel that the physical world has little or no impact on our inner joy. Increasingly, experts urge us to find balance and calm by looking inward—through mindfulness or meditation—and muting the outside world. But what if the natural vibrancy of our surroundings is actually our most renewable and easily accessible source of joy? In *Joyful*, designer Ingrid Fetell Lee explores how the seemingly mundane spaces and objects we interact with every day have surprising and powerful effects on our mood. Drawing on insights from neuroscience and psychology, she explains why one setting makes us feel anxious or competitive, while another fosters acceptance and delight—and, most importantly, she reveals how we can harness the power of our surroundings to live fuller, healthier, and truly joyful lives.

Executive Summary for a report which gathers & collates the best national data available to provide a reliable & comprehensive overview of American reading today. This report relies on large, nat. studies conducted on a regular basis by U.S. fed. agencies, supplemented by academic, foundation, & business surveys. Although there has been measurable progress in recent years in reading ability at the elementary school level, all progress appears to halt as children enter their teenage years. There is a general decline in reading among teenage & adult Americans. Both reading ability & the habit of regular reading have greatly declined among college grad. The declines have demonstrable social, economic, cultural, & civic implications. Charts & tables.

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