

Go Wild Free Your Body And Mind From The Afflictions Of Civilization

How to fix the Modern American Diet and reclaim our minds and waistlines “An insightful, eye opening adventure into diet and nutrition. Concise and witty, this book kept me engaged from cover to cover. A must-have for anyone serious about getting happy and healthy naturally.”—Andrew Morton, MD, Board-certified Family Physician; Former Medical Corps, US Navy and Army Infantry Medic, Desert Storm For the first time in history, too much food is making us sick. The Modern American Diet (MAD) is expanding our waistlines while starving and shrinking our brains. Rates of obesity and depression have recently doubled, and though these epidemics are closely linked, few experts are connecting the dots for the average American. Using data from the rapidly changing fields of neuroscience and nutrition, The Happiness Diet shows that over the past several generations, small, seemingly insignificant changes to our diet have stripped it of nutrients—like magnesium, vitamin B12, iron, and vitamin D, as well as some very special fats—that are essential for happy, well-balanced brains. These shifts also explain the overabundance of mood-destroying foods in the average American’s diet and why they predispose most of us to excessive weight gain. After a clear explanation of how we’ve all been led so far astray, The Happiness Diet empowers the reader to steer clear of this MAD way of life with simple, straightforward solutions, including: • A list of foods to swear off • Shopping tips and kitchen organization tricks • A compact healthy cookbook full of brain-building recipes • Practical advice, meal plans, and more! Graham and Ramsey guide you through these steps and then remake your diet by doubling down on feel-good foods—even the all-American burger. Praise for The Happiness Diet “Finally, a rock-solid, reliable, informative, and entertaining book on how to eat your way to health and happiness. Run—don’t walk—to read and adopt The Happiness Diet. This is the only diet book I’ve encountered that I can actually recommend to patients without reservation.”—Bonnie Maslin, PhD, Psychologist and author of Picking Your Battles “A lively, thorough, and iron-clad case for real food. You will never eat an egg-white omelet or soy protein shake again.”—Nina Planck, author of Real Food and Real Food for Mother and Baby “The book includes food lists, shopping tips, brain-building recipes, smart slimming strategies, and other useful tools to lose weight and keep the blues at bay.”—AM New York

From the author of the bestselling Anam Cara comes a beautiful collection of blessings to help readers through both the everyday and the extraordinary events of their lives. John O’Donohue, Irish teacher and poet, has been widely praised for his gift of drawing on Celtic spiritual traditions to create words of inspiration and wisdom for today. In To Bless the Space Between Us, his compelling blend of elegant, poetic language and spiritual insight offers readers comfort and encouragement on their journeys through life. O’Donohue looks at life’s thresholds—getting married, having children, starting a new job—and offers invaluable guidelines for making the transition from a known, familiar world into a new, unmapped territory. Most profoundly, however, O’Donohue explains “blessing” as a way of life, as a lens through which the whole world is transformed. O’Donohue awakens readers to timeless truths and shows the power they have to answer contemporary dilemmas and ease us through periods of change.

“As pragmatic as it is compassionate, this intimate, humorous, and ultimately relaxing invitation to re-wild yourself, stripping away

all that is not your true nature, will leave you inspired and curious to discover the wild woman within" (Lissa Rankin, MD, New York Times bestselling author of *Mind Over Medicine*). For the high-achieving modern woman today, having a successful career, a fulfilling romantic relationship, and a satisfying personal life can feel like opposing goals. It has even become difficult to take the time to enjoy the simple pleasures in lives. We are stuck in "go-mode," damaging our romantic relationships, pleasure, and creativity. But what if there were a way to experience the simplest pleasures of our lives on a deeper level, freeing the body and psyche from these destructive patterns? Beyond our current stereotypes about femininity lies the ancient wisdom of the Wild Woman archetype, a model of building a feminine "body intelligence." By embodying this archetype and using tantra--not just in the bedroom, but also to build intimate connections to our senses and physical movements--we can break harmful psychological patterns. In *The Wild Woman's Way*, Michaela Boehm shares practical rituals and exercises drawn from years of experience as a celebrity relationship and life counselor and an expert in tantric yoga. She reveals the power of different types of touch, while also training you in forms of meditation and stretching that increase activity and sensual pleasure.

Traces the personal crisis the author endured after the death of her mother and a painful divorce, which prompted her ambition to undertake a dangerous 1,100-mile solo hike that both drove her to rock bottom and helped her to heal.

A guide to help support women through post-partum healing on the physical, emotional, relational, and spiritual levels. This holistic guide offers practical advice to support women through postpartum healing on the physical, emotional, relational, and spiritual levels—and provides women with a roadmap to this very important transition that can last from a few months to a few years.

Kimberly Ann Johnson draws from her vast professional experience as a doula, postpartum consultant, yoga teacher, body worker, and women's health care advocate, and from the healing traditions of Ayurveda, traditional Chinese medicine, and herbalism—as well as her own personal experience—to cover

- how you can prepare your body for birth;
- how you can organize yourself and your household for the best possible transition to motherhood;
- simple practices and home remedies to facilitate healing and restore energy;
- how to strengthen relationships and aid the return to sex;
- learning to exercise safely postpartum;
- carrying your baby with comfort;
- exploring the complex and often conflicting emotions that arise postpartum;
- and much more.

"I devoured it." —Jonathan Lethem "Completely weird and still completely real. Delightful—I couldn't put it down."—Shea Serrano

In the future you can have any body you want—as long as you can afford it. But in a New York ravaged by climate change and repeat pandemics, Kobo is barely scraping by. He scouts the latest in gene-edited talent for Big Pharma-owned baseball teams, but his own cybernetics are a decade out of date and twin sister loan sharks are banging down his door. Things couldn't get much worse. Then his brother—Monsanto Mets slugger J.J. Zunz—is murdered at home plate. Determined to find the killer, Kobo plunges into a world of genetically modified CEOs, philosophical Neanderthals, and back-alley body modification, only to quickly find he's in a game far bigger and more corrupt than he imagined. To keep himself together while the world is falling apart, he'll have to navigate a time where both body and soul are sold to the highest bidder. Diamond-sharp and savagely wry, *The Body Scout* is a timely science fiction thriller debut set in an all-too-possible future.

In this provocative, wide-ranging book, *Against the Grain*, Richard Manning offers a dramatically revisionist view of recent human evolution, beginning with the vast increase in brain size that set us apart from our primate relatives and brought an accompanying increase in our need for nourishment. For 290,000 years, we managed to meet that need as hunter-gatherers, a state in which Manning believes we were at our most human: at our smartest, strongest, most sensually alive. But our reliance on food made a secure supply deeply attractive, and eventually we embarked upon the agricultural experiment that has been the history of our past 10,000 years. The evolutionary road is littered with failed experiments, however, and Manning suggests that agriculture as we have practiced it runs against both our grain and nature's. Drawing on the work of anthropologists, biologists, archaeologists, and philosophers, along with his own travels, he argues that not only our ecological ills-overpopulation, erosion, pollution-but our social and emotional malaise are rooted in the devil's bargain we made in our not-so-distant past. And he offers personal, achievable ways we might re-contour the path we have taken to resurrect what is most sustainable and sustaining in our own nature and the planet's.

The national bestseller with the ultimate program to lose body fat and build muscle-and keep the weight off for good By now, we all know that we gain fat when we take in more calories than we burn. But we're not always rational creatures when it comes to food and exercise. Tom Venuto provides a sound plan that will help us put the brakes on overeating by pinpointing the mental roadblocks and emotional eating patterns that are preventing us from losing weight for good. Guiding readers to dig deeper, *The Body Fat Solution* explores: ?Why it is so difficult to balance calorie output with input ?What prevents people from eating appropriately and exercising more ?The emotional and psychological factors that sabotage success *The Body Fat Solution* shows how to personalize an eating plan that takes into account your unique metabolism and calorie needs, while offering delicious new menus. Tapping into his years of training expertise and personal experience, Venuto helps readers change their relationship with food, empowers them to take charge of their lives, and delivers a program that promises dramatic and permanent results.

Abel James, the ABC star and creator of the #1 *Fat-Burning Man Show*, shares his revolutionary weight-loss program in *The Wild Diet* - now a New York Times Bestseller! Can you really lose 20 pounds in 40 days while enjoying real butter, juicy burgers, chicken parmesan, chocolate, and even cheesecake? The answer might surprise you. By focusing on simple, fresh ingredients and nutrient-dense meals, *The Wild Diet* programs your body to burn fat as its main fuel source. Eating Wild, thousands of people across the world have dropped 20, 60, or even more than 100+ pounds without hunger... and often with minimal exercise. In *The Wild Diet*, you'll find that we are not meant to starve ourselves, count calories, or avoid delicious food. We're wired to eat luxuriously and live well without getting fat. If you think that you're stuck with the genes you inherited and there's nothing you can do about it, read closely. *The Wild Diet* paints a different picture, one in which we have the power to influence our genetic expression by taking control of the quality of food we eat, the way we move, and the environment around us. We once had access to an immense variety of fresh seasonal foods from small, local sources. Now we have access to few varieties of processed foods from a massive industrial system often thousands of miles from where we live. The secret to great health simply getting back to our wild roots and enjoying real, Wild foods grown on a farm and not in a factory. By prioritizing foods found in the natural world, rich in fiber and nutrients, your body will burn fat instead of sugar for energy. When you reduce your consumption of processed grains,

sugars and other simple carbohydrates in favor of healthy plants and animals, you will be shocked by how quickly you can reverse the damage of decades of poor eating. The Wild Diet proves that it's possible to get in best shape of your life while eating delicious foods like chicken parmesan, bacon cheeseburgers, and even chocolate pudding. If you want to know how to burn more fat by indulging in incredible meals and exercising less, it's time to treat yourself to The Wild Diet.

A revolutionary new approach to ADD/ADHD featuring cutting-edge research and strategies to help readers thrive, by the bestselling authors of the seminal books *Driven to Distraction* and *Delivered from Distraction* “An inspired road map for living with a distractible brain . . . If you or your child suffer from ADHD, this book should be on your shelf. It will give you courage and hope.”—Michael Thompson, Ph.D., New York Times bestselling co-author of *Raising Cain* World-renowned authors Dr. Edward M. Hallowell and Dr. John J. Ratey literally “wrote the book” on ADD/ADHD more than two decades ago. Their bestseller, *Driven to Distraction*, largely introduced this diagnosis to the public and sold more than a million copies along the way. Now, most people have heard of ADHD and know someone who may have it. But lost in the discussion of both childhood and adult diagnosis of ADHD is the potential upside: Many hugely successful entrepreneurs and highly creative people attribute their achievements to ADHD. Also unknown to most are the recent research developments, including innovations that give a clearer understanding of the ADHD brain in action. In *ADHD 2.0*, Drs. Hallowell and Ratey, both of whom have this “variable attention trait,” draw on the latest science to provide both parents and adults with ADHD a plan for minimizing the downside and maximizing the benefits of ADHD at any age. They offer an arsenal of new strategies and lifestyle hacks for thriving with ADHD, including

- Find the right kind of difficult. Use these behavior assessments to discover the work, activity, or creative outlet best suited to an individual’s unique strengths.
- Reimagine environment. What specific elements to look for—at home, at school, or in the workplace—to enhance the creativity and entrepreneurial spirit inherent in the ADHD mind.
- Embrace innate neurological tendencies. Take advantage of new findings about the brain’s default mode network and cerebellum, which confer major benefits for people with ADHD.
- Tap into the healing power of connection. Tips for establishing and maintaining positive connection “the other Vitamin C” and the best antidote to the negativity that plagues so many people with ADHD.
- Consider medication. Gets the facts about the underlying chemistry, side effects, and proven benefits of all the pharmaceutical options. As inspiring as it is practical, *ADHD 2.0* will help you tap into the power of this mercurial condition and find the key that unlocks potential.

Music legend, photographer, and artist Graham Nash reflects on more than fifty years of an extraordinary life in this extensive collection of personal photographs, paintings, and mixed-media artwork. In this curated collection of art and photography from his personal archive, Graham Nash’s life as a musician and artist unfolds in vivid detail. Best known as a founding member of the Hollies and supergroup Crosby, Stills & Nash, Graham developed a love of photography from the time he was a child. Inspired by his father, Nash began taking pictures at 10 years old and would go on to take his camera with him ever since—on tour with the Hollies and later CSN and CSNY, among friends at Laurel Canyon and abroad. Many of his photographs depict intimate moments with family and friends, among them Joni Mitchell, Stephen Stills, and Neil Young. This volume presents these images alongside Nash’s own reflections, telling the story behind the pictures and giving insight into the life of one of the greatest musicians of all time.

The scientific evidence behind why maintaining a lifestyle more like that of our ancestors will restore our health and well-being. In *GO WILD*, Harvard Medical School Professor John Ratey, MD, and journalist Richard Manning reveal that although civilization has rapidly evolved, our bodies have not kept pace. This mismatch affects every area of our lives, from our general physical health to our emotional wellbeing. Investigating the power of living according to our genes in the areas of diet, exercise, sleep, nature, mindfulness and more, *GO WILD*

examines how tapping into our core DNA combats modern disease and psychological afflictions, from Autism and Depression to Diabetes and Heart Disease. By focusing on the ways of the past, it is possible to secure a healthier and happier future, and GO WILD will show you how.

Explains how to identify shadow syndromes, mild forms of serious mental disorders, and their implications, and offers advice on therapeutic options to temper the ailments

Explores the role and influence of walking in the lives of such thinkers as Kant, Rousseau, Nietzsche, Robert Louis Stevenson, Gandhi, and Jack Kerouac.

Do you have a real relationship with God, or do you just have a religion? Do you know God, or do you just know about God? In *How Big Is Your God?* Paul Coutinho, SJ, challenges us to grow stronger and deeper in our faith and in our relationship with God—a God whose love knows no bounds. To help us on our way, Coutinho introduces us to people in various world religions—from Hindu friends to Buddhist teachers to St. Ignatius of Loyola—who have shaped his spiritual life and made possible his deep, personal relationship with God.

The bestselling author of *The Willpower Instinct* introduces a surprising science-based book that doesn't tell us why we should exercise but instead shows us how to fall in love with movement. Exercise is health-enhancing and life-extending, yet many of us feel it's a chore. But, as Kelly McGonigal reveals, it doesn't have to be. Movement can and should be a source of joy. Through her trademark blend of science and storytelling, McGonigal draws on insights from neuroscience, psychology, anthropology, and evolutionary biology, as well as memoirs, ethnographies, and philosophers. She shows how movement is intertwined with some of the most basic human joys, including self-expression, social connection, and mastery--and why it is a powerful antidote to the modern epidemics of depression, anxiety, and loneliness. McGonigal tells the stories of people who have found fulfillment and belonging through running, walking, dancing, swimming, weightlifting, and more, with examples that span the globe, from Tanzania, where one of the last hunter-gatherer tribes on the planet live, to a dance class at Juilliard for people with Parkinson's disease, to the streets of London, where volunteers combine fitness and community service, to races in the remote wilderness, where athletes push the limits of what a human can endure. Along the way, McGonigal paints a portrait of human nature that highlights our capacity for hope, cooperation, and self-transcendence. The result is a revolutionary narrative that goes beyond familiar arguments in favor of exercise, to illustrate why movement is integral to both our happiness and our humanity. Readers will learn what they can do in their own lives and communities to harness the power of movement to create happiness, meaning, and connection.

One out of every two Americans will suffer from some mental problems during their lifetimes, the most typical afflictions being depression and anxiety. How do most of us cope? Usually, we turn to overeating, drinking, and smoking. As a result, two out of every three Americans are overweight or obese, and fifty percent of annual deaths in this country can be defined as optional--the result of diseases that could have been avoided had we lived differently. In short, we treat our unhealthy mental reactions to the American lifestyle with even healthier physical habits. Psychologist Keith Johnsgard--an inveterate jogger who is in his 70's!--proposes a better solution in this uplifting book, a concept he dubs the sneaker solution. Why not turn to exercise--one of the healthiest aspects of American lifestyle--as a means of improving not just our physical well-being but our state of mind as well? Though usually associated with losing weight and physical fitness, exercise does in fact offer many mental health benefits. Johnsgard inspires us to put on a pair of sneakers and start moving. He draws from a lifetime of research in sports psychology and scientific studies to make a convincing case that exercise can greatly enhance our mental outlook. Further, the positive mental effects of physical activity can be as effective as psychotherapy or drug treatment, and make you look better, to boot!

Exercise not only elevates mood, but improves self-esteem and energy levels and tends to lessen substance abuse and anxiety. Johnsgard—who's served as an expert commentator for the CBS Winter Olympics—also offers keen insights into how to get yourself motivated to do exercise, how to work exercise into your regular routine, and how to best use weight-loss and fat-reducing techniques. He explains in clear language the basics of exercise physiology and its effect on both your mind and your body, ushering in the results of studies that he and others have conducted. If depression and anxiety have overshadowed your life, or you just want to improve your mental outlook while enhancing your physical fitness, this book is a superb motivator to help you help yourself through the healthiest, least expensive, and simplest method available. Keith Johnsgard, Ph.D. (Los Gatos, CA), is emeritus professor of psychology at San Jose State University, the author of *The Exercise Prescription for Depression and Anxiety*, a frequent contributor to *Runner's World* and *Running Times*, and an expert commentator, who has appeared on the CBS Winter Olympics (1994), *Dateline NBC*, the Lifetime Channel, the Learning Channel, A & E, and the BBC.

The world is yours to explore The great outdoors is the beating heart of our world, but modern life is pulling us ever further away from it. Spending our time shut away indoors and hunched over screens, we've lost touch with nature, and it's harming our health and our happiness. But it's never too late to find our way back. This book will help you find a way of reconnecting with the great outdoors. Whether you like to walk, run or swim, admire the wildlife or forage for wild foods, within these pages there will be something to inspire you to get out into the fresh air and reignite your sense of wonder at the world around you. Nature is a balm for the body and soul, so escape the pace of the everyday and set yourself free: get out there, find adventure, and go wild!

Estimation of the Time Since Death remains the foremost authoritative book on scientifically calculating the estimated time of death postmortem. Building on the success of previous editions which covered the early postmortem period, this new edition also covers the later postmortem period including putrefactive changes, entomology, and postmortem r

Krakauer's page-turning bestseller explores a famed missing person mystery while unraveling the larger riddles it holds: the profound pull of the American wilderness on our imagination; the allure of high-risk activities to young men of a certain cast of mind; the complex, charged bond between fathers and sons. "Terrifying... Eloquent... A heart-rending drama of human yearning." —*New York Times* In April 1992 a young man from a well-to-do family hitchhiked to Alaska and walked alone into the wilderness north of Mt. McKinley. He had given \$25,000 in savings to charity, abandoned his car and most of his possessions, burned all the cash in his wallet, and invented a new life for himself. Four months later, his decomposed body was found by a moose hunter. How Christopher Johnson McCandless came to die is the unforgettable story of *Into the Wild*. Immediately after graduating from college in 1991, McCandless had roamed through the West and Southwest on a vision quest like those made by his heroes Jack London and John Muir. In the Mojave Desert he abandoned his car, stripped it of its license plates, and burned all of his cash. He would give himself a new name, Alexander Supertramp, and, unencumbered by money and belongings, he would be free to wallow in the raw, unfiltered experiences that nature presented. Craving a blank spot on the map, McCandless simply threw the maps away. Leaving behind his desperate parents and sister, he vanished into the wild. Jon Krakauer constructs a clarifying prism through which he reassembles the disquieting facts of McCandless's short life. Admitting an interest that borders on obsession, he searches for the clues to the drives and desires that propelled McCandless. When McCandless's innocent mistakes turn out to be irreversible and fatal, he becomes the stuff of tabloid headlines and is dismissed for his naiveté, pretensions, and hubris. He is said to have had a death wish but wanting to die is a very different thing from being compelled to look over the edge. Krakauer brings McCandless's uncompromising pilgrimage

out of the shadows, and the peril, adversity, and renunciation sought by this enigmatic young man are illuminated with a rare understanding--and not an ounce of sentimentality. Mesmerizing, heartbreaking, *Into the Wild* is a tour de force. The power and luminosity of Jon Krakauer's storytelling blaze through every page.

The #1 New York Times bestseller by Tom Brady, six-time Super Bowl champion and one of the NFL's 100 Greatest Players of All Time. Revised, expanded, and updated, the first book by Tampa Bay Buccaneers and former New England Patriots quarterback Tom Brady—who continues to play at an elite level into his forties—a gorgeously illustrated and deeply practical “athlete’s bible” that reveals Brady’s revolutionary approach to enhanced quality of life and performance through recovery for athletes of all abilities and ages. In this new edition of *The TB12 Method*, Tom Brady further explains and details the revolutionary training, conditioning, and wellness system that has kept him atop the NFL at an age when most players are deep into retirement. Brady—along with the expert Body Coaches at TB12, the performance lifestyle brand he cofounded in 2013—explain the principles and philosophies of pliability, a paradigm-shifting fitness concept that focuses on a more natural, healthier way of exercising, training, and living. Filled with lessons from Brady’s own training regimen, *The TB12 Method* provides step-by-step guidance on how develop and maintain one’s own peak performance while dramatically decreasing injury risks. This illustrated, highly visual manual also offers more effective approaches to functional strength & conditioning, proper hydration, supplementation, cognitive fitness, restorative sleep, and nutritious, easy-to-execute recipes to help readers fuel-up and recover. Brady steadfastly believes that the TB12 approach has kept him competitive while extending his career, and that it can make any athlete, male or female, in any sport and at any level achieve his or her own peak performance. With instructions, drills, photos, in-depth case studies that Brady himself has used, along with personal anecdotes and experiences from his legendary career, *The TB12 Method* gives you a better way to train and get results with Tom Brady himself as living proof.

In *The Four Agreements*, bestselling author don Miguel Ruiz reveals the source of self-limiting beliefs that rob us of joy and create needless suffering. Based on ancient Toltec wisdom, *The Four Agreements* offer a powerful code of conduct that can rapidly transform our lives to a new experience of freedom, true happiness, and love. • A New York Times bestseller for over a decade • Translated into 46 languages worldwide “This book by don Miguel Ruiz, simple yet so powerful, has made a tremendous difference in how I think and act in every encounter.” — Oprah Winfrey “Don Miguel Ruiz’s book is a roadmap to enlightenment and freedom.” — Deepak Chopra, Author, *The Seven Spiritual Laws of Success* “An inspiring book with many great lessons.” — Wayne Dyer, Author, *Real Magic* “In the tradition of Castaneda, Ruiz distills essential Toltec wisdom, expressing with clarity and impeccability what it means for men and women to live as peaceful warriors in the modern world.” — Dan Millman, Author, *Way of the Peaceful Warrior*

A Read with Jenna Today Show Book Club Pick! Finalist for the 2020 National Book Award (Fiction) A Best Book of the Year From: The Washington Post * Time * NPR * Elle * Esquire * Kirkus * Library Journal * The Chicago Public Library * The New York Public Library * BookPage * The Globe and Mail * EW.com * The LA Times * USA Today * InStyle * The New Yorker * AARP * Publisher's Lunch * LitHub * Book Marks * Electric Literature * Brooklyn Based * The Boston Globe A magnetic novel about two families, strangers to each other, who are forced together on a long weekend gone terribly wrong. From the bestselling author of *Rich and Pretty* comes a suspenseful and provocative novel keenly attuned to the complexities of parenthood, race, and class. *Leave the World Behind* explores how our closest bonds are reshaped—and unexpected new ones are forged—in moments of crisis. Amanda and Clay head out to a remote corner of Long Island expecting a vacation: a quiet reprieve from life in New York City, quality time with their teenage son and daughter, and a taste of the good life

in the luxurious home they've rented for the week. But a late-night knock on the door breaks the spell. Ruth and G. H. are an older couple—it's their house, and they've arrived in a panic. They bring the news that a sudden blackout has swept the city. But in this rural area—with the TV and internet now down, and no cell phone service—it's hard to know what to believe. Should Amanda and Clay trust this couple—and vice versa? What happened back in New York? Is the vacation home, isolated from civilization, a truly safe place for their families? And are they safe from one other?

In the name of progress and clean living, we scrub much of nature off our bodies and try to remove whole kinds of life—parasites, bacteria, mutualists, and predators. To modern humans, nature is the landscape outside. Biologist Rob Dunn contends that while "clean living" has benefited us in some ways, it has also made us sicker in others. We are trapped in bodies that evolved to deal with the dependable presence of hundreds of other species. This disconnect from the web of life has resulted in unprecedented effects that immunologists, evolutionary biologists, psychologists, and other scientists are only beginning to understand. Diabetes, autism, allergies, many anxiety disorders, autoimmune diseases, and even tooth, jaw, and vision problems are increasingly plaguing bodies that have been removed from the ecological context in which they existed for millennia. Dunn considers this crossroads at which we find ourselves. Through the stories of visionaries, Dunn argues that we can create a richer nature, one in which we choose to surround ourselves with species that benefit us, not just those that, despite us, survive.

Is there a foolproof way to reduce stress and anxiety while you boost your memory? Raise your IQ even as you slow down the aging process? Become more creative and train your ability to focus at the same time? The answer is simple: Move! Modern neuroscience and research has shown, more than ever, that physical exercise has extraordinary effects on our cognition. Physical activity, more so than Sudoku or crossword puzzles, optimizes our mental abilities and health in a way unparalleled by any drug, medication, or food supplement. And exercise doesn't just enhance your health, energy and mood levels, and cognitive abilities. You will also learn: Why physical training is the best protection against dementia What type of exercise can be used to treat depression as an antidepressant How exercise increases the ability to focus in children, especially kids with ADHD How children with good fitness can become better in math and reading comprehension Why "runner's high," the natural chemicals released during jogging, improves your health and mood With practical and concrete advice for the layman on how to reap these benefits, as well as neuroscientific research from the last five years broken down to accessible findings, *The Real Happy Pill* urges you to train your body and mind for a whole-body upgrade, and start to move!

Barefoot enthusiasts say ditching your shoes is essential for optimal whole-body function. Doctors say minimalist shoes cause injury. Who's right? What if they both are? In *Whole Body Barefoot*, biomechanist Katy Bowman explains how both sides are right and wrong by broadening the perspective of over-simplified "shoes are good" or "shoes are bad" arguments. Using evolutionary-based and biomechanics arguments, Bowman demonstrates that shoes, in a modern context, have purpose, but that the trade-off for protection can be reduced whole-body health if we don't pick the right shoes for our body and skill-level.

Wall-E meets Hatchet in this New York Times bestselling illustrated middle grade novel from Caldecott Honor winner Peter Brown Can a robot survive in the wilderness? When robot Roz opens her eyes for the first time, she discovers that she is all alone on a remote, wild island. She has no idea how she got there or what her purpose is--but she knows she needs to survive. After battling a violent storm and escaping a vicious bear attack, she realizes that her only hope for survival is to adapt to her surroundings and learn from the island's unwelcoming animal inhabitants. As Roz slowly befriends the animals, the island starts to feel like home--until, one day, the robot's mysterious past comes

back to haunt her. From bestselling and award-winning author and illustrator Peter Brown comes a heartwarming and action-packed novel about what happens when nature and technology collide.

Everyone's favorite pranksters are at it again! School's out, and Miles and Niles are running wild in the woods outside town: climbing trees, exploring caves, and, yes, pranking. But these leafy, lazy days of mischief darken when bully Josh Barkin and his cadets from a nearby kids' boot camp discover the merrymakers—and vow to destroy them. Are our heroes' sharp minds any match for these hooligans' hard fists? The latest installment of the witty, on-target illustrated series is another "fast paced, laugh-out-loud novel" (School Library Journal) that proves once again that, in the hands of the powerless, pranks can be tools of justice—plus, they're funny.

Experience the riveting, dystopian Uglies series seen as never before—through the eyes of Shay, Tally Youngblood's closest and bravest friend, who refuses to take anything about society at face value. "From the moment we are born, we are considered threats in need of 'special' management. We are watched and shaped and exploited by a force most of us never see. . . . All to keep us safe. . . . Do you feel safe?! Or do you feel like you're in a cage?"—Shay In Pretties, Tally Youngblood and her daring best friend, Shay, both underwent the operation that turned them from ordinary Uglies into stunning beauties. Now this thrilling new graphic novel reveals Shay's perspective on living in New Pretty Town . . . and the way she sees it, there's more to this so-called paradise than meets the eye. With the endless parties and custom-made clothes, life as a Pretty should be perfect. Yet Shay doesn't feel quite right. She has little to no memory of her past; it's as if something in her brain has inexplicably changed. When she reunites with Tally and the Crims—her rebellious group of friends from Uglyville—she begins to recall their last departure to the wild, and the headstrong leader she used to be. And as she remembers the truth about what doomed their escape, Shay decides to fight back—against the status quo, against the mysterious Special Circumstances, even against her own best friend.

In the New York City borough of Queens in 1996, three girls bond over their shared love of Tupac Shakur's music, as together they try to make sense of the unpredictable world in which they live.

An investigation into the effects of exercise on the brain evaluates how aerobic exercise positively influences the progression of such conditions as Alzheimer's disease, ADD, and depression, in a report that shares theory-supporting case studies and the results of a progressive school fitness program. 30,000 first printing.

The scientific evidence behind why maintaining a lifestyle more like that of our ancestors will restore our health and well-being. In *Go Wild*, Harvard Medical School Professor John Ratey, MD, and journalist Richard Manning reveal that although civilization has rapidly evolved, our bodies have not kept pace. This mismatch affects every area of our lives, from our general physical health to our emotional wellbeing. Investigating the power of living according to our genes in the areas of diet, exercise, sleep, nature, mindfulness and more, *Go Wild* examines how tapping into our core DNA combats modern disease and psychological afflictions, from Autism and Depression to Diabetes and Heart Disease. By focusing on the ways of the past, it is possible to secure a healthier and happier future, and *Go Wild* will show you how.

First published in 1938, 'Anthem' is a dystopian fiction novel by British writer Ayn Rand. It takes place at some unspecified future date when mankind has entered another dark age. Technological advancement is now carefully planned and the concept of individuality has been eliminated.

With an introduction by novelist David Vann Jon Krakauer's *Into the Wild* examines the true story of Chris McCandless, a young man, who in 1992 walked deep into the Alaskan wilderness and whose SOS note and emaciated corpse were found four months later. Internationally

bestselling author and mountaineer Jon Krakauer explores the obsession which leads some people to discover the outer limits of self, leave civilization behind and seek enlightenment through solitude and contact with nature. In 2007, *Into the Wild* was adapted as a critically acclaimed film, directed by Sean Penn and Emile Hirsch and Kristen Stewart.

Since its beginnings as a series of stories told to Kenneth Grahame's young son, *The Wind in the Willows* has gone on to become one of the best-loved children's books of all time. The timeless story of Toad, Rat, Mole, and Badger has delighted readers of all ages for more than eighty years. Friendly Rat, mild-mannered Mole, wise Badger, and kind—but conceited—Toad all live on the banks of the Thames. While Mole and Rat are content to go out in a row boat or travel the roads in a caravan, Toad prefers the excitement of motor cars. He's already wrecked seven! While his friends try to keep him out of trouble, his passion for cars eventually results in his being caught and kept prisoner in the remotest dungeon of the best-guarded castle in all the land. Somehow, he has to escape and get home but what will he find when he gets there? *The Wind in the Willows* is a book for those "who keep the spirit of youth alive in them; of life, sunshine, running water, woodlands, dusty roads, winter firesides." So, wrote Kenneth Grahame of his timeless tale of Rat, Mole, Badger, and Toad.

A prescient warning of a future we now inhabit, where fake news stories and Internet conspiracy theories play to a disaffected American populace "A glorious book . . . A spirited defense of science . . . From the first page to the last, this book is a manifesto for clear thought."—*Los Angeles Times* How can we make intelligent decisions about our increasingly technology-driven lives if we don't understand the difference between the myths of pseudoscience and the testable hypotheses of science? Pulitzer Prize-winning author and distinguished astronomer Carl Sagan argues that scientific thinking is critical not only to the pursuit of truth but to the very well-being of our democratic institutions. Casting a wide net through history and culture, Sagan examines and authoritatively debunks such celebrated fallacies of the past as witchcraft, faith healing, demons, and UFOs. And yet, disturbingly, in today's so-called information age, pseudoscience is burgeoning with stories of alien abduction, channeling past lives, and communal hallucinations commanding growing attention and respect. As Sagan demonstrates with lucid eloquence, the siren song of unreason is not just a cultural wrong turn but a dangerous plunge into darkness that threatens our most basic freedoms. Praise for *The Demon-Haunted World* "Powerful . . . A stirring defense of informed rationality. . . Rich in surprising information and beautiful writing."—*The Washington Post Book World* "Compelling."—*USA Today* "A clear vision of what good science means and why it makes a difference. . . A testimonial to the power of science and a warning of the dangers of unrestrained credulity."—*The Sciences* "Passionate."—*San Francisco Examiner-Chronicle*

Aspiring cartoonist Nate Wright is the star of *Big Nate*, the daily and Sunday comic strip, which has been nationally syndicated since 1991. Nate is 11 years old, four-and-a-half feet tall, and the all-time record holder for detentions in school history. He's a self-described genius and sixth grade Renaissance Man. Nate, who lives with his dad and older sister, enjoys pestering his family and teachers with his sarcasm. To draw *Big Nate*, Peirce relies on memories of his own childhood and the experiences he collected teaching art at a New York City high school. Peirce occasionally turns his pen over to his creation, and readers get to see life through Nate's eyes as he doodles his adventures in his notebook.

An accessible resource to the structure and chemistry of the brain explains how its systems shape our perceptions, feelings, and behaviors, while outlining the author's theory of the dynamic interaction between the four major brain systems. Reprint. 25,000 first printing.

Celebrate the thirtieth anniversary of the Newbery Honor-winning survival novel *Hatchet* with a pocket-sized edition perfect for travelers to take along on their own adventures. This special anniversary edition includes a new introduction and commentary by author Gary Paulsen,

pen-and-ink illustrations by Drew Willis, and a water resistant cover. Hatchet has also been nominated as one of America's best-loved novels by PBS's The Great American Read. Thirteen-year-old Brian Robeson, haunted by his secret knowledge of his mother's infidelity, is traveling by single-engine plane to visit his father for the first time since the divorce. When the plane crashes, killing the pilot, the sole survivor is Brian. He is alone in the Canadian wilderness with nothing but his clothing, a tattered windbreaker, and the hatchet his mother had given him as a present. At first consumed by despair and self-pity, Brian slowly learns survival skills—how to make a shelter for himself, how to hunt and fish and forage for food, how to make a fire—and even finds the courage to start over from scratch when a tornado ravages his campsite. When Brian is finally rescued after fifty-four days in the wild, he emerges from his ordeal with new patience and maturity, and a greater understanding of himself and his parents.

Imagine an orchestra in your brain. It plays all kinds of harmonious melodies, then pain comes along and the different sections of the orchestra are reduced to a few pain tunes. All pain is real. And for many people it is a debilitating part of everyday life. It is now known that understanding more about why things hurt can actually help people to overcome their pain. Recent advances in fields such as neurophysiology, brain imaging, immunology, psychology and cellular biology have provided an explanatory platform from which to explore pain. In everyday language accompanied by quirky illustrations, Explain Pain discusses how pain responses are produced by the brain: how responses to injury from the autonomic motor and immune systems in your body contribute to pain, and why pain can persist after tissues have had plenty of time to heal. Explain Pain aims to give clinicians and people in pain the power to challenge pain and to consider new models for viewing what happens during pain. Once they have learnt about the processes involved they can follow a scientific route to recovery. The Authors: Dr Lorimer Moseley is Professor of Clinical Neurosciences and the Inaugural Chair in Physiotherapy at the University of South Australia, Adelaide, where he leads research groups at Body in Mind as well as with Neuroscience Research Australia in Sydney. Dr David Butler is an international freelance educator, author and director of the Neuro Orthopaedic Institute, based in Adelaide, Australia. Both authors continue to publish and present widely.

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