

## Its A Guy Thing David Deida

The adventures of sixteen-year-old David Balfour, an orphan, who after being kidnapped by his villainous uncle manages to escape and becomes involved in the struggle of the Scottish highlanders against English rule.

Seth Weinstein always knew Tina was way, way, way out of his league. Which is why he's still astonished that he's on a plane heading for their wedding in Florida. The Groom Posse has already pulled an airport prank on him—and he's survived! It should be easy going from now on. But Seth has absolutely no idea what he's about to get into. A simple drink or two with the boys sparks a series of events that will pit Seth and his friends against everything and everyone imaginable, from his very powerful, very disapproving soon-to-be father-in-law to the federal government to a love-struck orangutan. Seth's hope for smooth sailing is turning into a trip on the Titanic. And the water is getting deeper by the minute...

Now a Netflix Feature Film! "A heart-pounding page-turner with an outstanding cast of characters, a deliciously creepy setting, and an absolutely merciless body count." —Courtney Summers, New York Times bestselling author of *Sadie* and *The Project* A New York Times bestseller It's been almost a year since Makani Young came to live with her grandmother and she's still adjusting to her new life in rural Nebraska. Then, one by one, students at her high school begin to die in a series of gruesome murders, each with increasing and grotesque flair. As the body count rises and the terror grows closer, can Makani survive the killer's twisted plan?

A New York Times Bestseller A Washington Post Notable Nonfiction Book of 2020 Named a Best Book of 2020 by NPR "A fascinating scientific, cultural, spiritual and evolutionary history of the way humans breathe—and how we've all been doing it wrong for a long, long time." —Elizabeth Gilbert, author of *Big Magic* and *Eat Pray Love* No matter what you eat, how much you exercise, how skinny or young or wise you are, none of it matters if you're not breathing properly. There is nothing more essential to our health and well-being than breathing: take air in, let it out, repeat twenty-five thousand times a day. Yet, as a species, humans have lost the ability to breathe correctly, with grave consequences. Journalist James Nestor travels the world to figure out what went wrong and how to fix it. The answers aren't found in pulmonology labs, as we might expect, but in the muddy digs of ancient burial sites, secret Soviet facilities, New Jersey choir schools, and the smoggy streets of São Paulo. Nestor tracks down men and women exploring the hidden science behind ancient breathing practices like Pranayama, Sudarshan Kriya, and Tummo and teams up with pulmonary tinkerers to scientifically test long-held beliefs about how we breathe. Modern research is showing us that making even slight adjustments to the way we inhale and exhale can jump-start athletic performance; rejuvenate internal organs; halt snoring, asthma, and autoimmune disease; and even straighten scoliotic spines. None of this should be possible, and yet it is. Drawing on thousands of years of medical texts and recent cutting-edge studies in pulmonology, psychology, biochemistry, and human physiology, *Breath* turns the conventional wisdom of what we thought we knew about our most basic biological function on its head. You will never breathe the same again.

In *Dear Lover: A Woman's Guide to Men, Sex, and Love's Deepest Bliss*, David Deida explores every aspect of the feminine practice of spiritual intimacy, from sexuality and lovemaking to family and career to emotions, trust, and commitment. Written as a collection of letters from a man to his "dear lover," here is this internationally acclaimed writer's invitation to practice love as a living art, as you discover.

Are You Ready to Open to Love's Deepest Bliss? Every woman knows the fairy tale: find the right man, give him what he wants and needs, and he'll love you forever. But when the myth you've been asked to believe fails to deliver - when you sense you've been settling for far less than you know in your heart is possible - how do you attract and keep a man capable of meeting what you most passionately yearn for? In *Dear Lover: A Woman's Guide to Men, Sex, and Love's Deepest Bliss*, David Deida explores every aspect of the feminine practice of spiritual intimacy, from sexuality and lovemaking to family and career to emotions, trust, and commitment. Written as a collection of letters from a man to his "dear lover," here is this internationally acclaimed writer's invitation to practice love as a living art, as you discover: Why your man is always your choice - and how to pick the man of deep integrity who will satisfy the needs of your body, heart, and spirit "Sexual essence" and the three stages of loving: how to understand your fluctuating capacity to experience divine connection with another Knowing when to end a relationship and how to deal with the "him-shaped void" your absent man leaves behind Daily exercises to help you and your partner move from separation to openness in two-bodied devotional trust Ultimately, what every woman wants is to give and receive love fully. Whether you're partnered or alone, *Dear Lover* reveals that "your love is the same love that yearns to open at everybody's heart. You will attract and inspire a man as willing and able to open as you are. Constant yearning is the call to open and give yourself to all as love's offering

New York Times Bestseller Over 2.5 million copies sold For David Goggins, childhood was a nightmare - poverty, prejudice, and physical abuse colored his days and haunted his nights. But through self-discipline, mental toughness, and hard work, Goggins transformed himself from a depressed, overweight young man with no future into a U.S. Armed Forces icon and one of the world's top endurance athletes. The only man in history to complete elite training as a Navy SEAL, Army Ranger, and Air Force Tactical Air Controller, he went on to set records in numerous endurance events, inspiring *Outside* magazine to name him *The Fittest (Real) Man in America*. In this curse-word-free edition of *Can't Hurt Me*, he shares his astonishing life story and reveals that most of us tap into only 40% of our capabilities. Goggins calls this *The 40% Rule*, and his story illuminates a path that anyone can follow to push past pain, demolish fear, and reach their full potential.

From Jay Asher, the bestselling author of *THIRTEEN REASONS WHY* - now a Netflix TV show - and Carolyn Mackey, comes a story of friendship, destiny, and finding love. What if you could see how your life would unfold just by clicking a button? It's 1996 and Facebook isn't even invented. Yet somehow, best friends Emma and Josh have discovered their profiles, fifteen years in the future ... and they're not sure they like what they see. The more Emma and Josh learn about their future lives, the more obsessed they become on changing the destiny that awaits them. But what if focusing on the future, means that you miss something that's right in front of you? ?

Finalist for the 2016 Man Booker Prize Winner of the 2016 Paris Review Plimpton Prize for Fiction A magnificent and ambitiously conceived portrait of contemporary life, by a genius of realism *Nine men*. Each of them at a different stage in life, each of them away from home, and each of them striving--in the suburbs of Prague, in an overdeveloped Alpine village, beside a Belgian

motorway, in a dingy Cyprus hotel--to understand what it means to be alive, here and now. Tracing a dramatic arc from the spring of youth to the winter of old age, the ostensibly separate narratives of *All That Man Is* aggregate into a picture of a single shared existence, a picture that interrogates the state of modern manhood while bringing to life, unforgettably, the physical and emotional terrain of an increasingly globalized Europe. And so these nine lives form an ingenious and new kind of novel, in which David Szalay expertly plots a dark predicament for the twenty-first-century man. Dark and disturbing, but also often wickedly and uproariously comic, *All That Man Is* is notable for the acute psychological penetration Szalay brings to bear on his characters, from the working-class ex-grunt to the pompous college student, the middle-aged loser to the Russian oligarch. Steadily and mercilessly, as this brilliantly conceived book progresses, the protagonist at the center of each chapter is older than the last one, it gets colder out, and *All That Man Is* gathers exquisite power. Szalay is a writer of supreme gifts--a master of a new kind of realism that vibrates with detail, intelligence, relevance, and devastating pathos.

**#1 NEW YORK TIMES BEST SELLER** • In this urgent, authoritative book, Bill Gates sets out a wide-ranging, practical—and accessible—plan for how the world can get to zero greenhouse gas emissions in time to avoid a climate catastrophe. Bill Gates has spent a decade investigating the causes and effects of climate change. With the help of experts in the fields of physics, chemistry, biology, engineering, political science, and finance, he has focused on what must be done in order to stop the planet's slide to certain environmental disaster. In this book, he not only explains why we need to work toward net-zero emissions of greenhouse gases, but also details what we need to do to achieve this profoundly important goal. He gives us a clear-eyed description of the challenges we face. Drawing on his understanding of innovation and what it takes to get new ideas into the market, he describes the areas in which technology is already helping to reduce emissions, where and how the current technology can be made to function more effectively, where breakthrough technologies are needed, and who is working on these essential innovations. Finally, he lays out a concrete, practical plan for achieving the goal of zero emissions—suggesting not only policies that governments should adopt, but what we as individuals can do to keep our government, our employers, and ourselves accountable in this crucial enterprise. As Bill Gates makes clear, achieving zero emissions will not be simple or easy to do, but if we follow the plan he sets out here, it is a goal firmly within our reach.

Spanning centuries and continents, Mamet uses war and its players to explore, among other themes, redemption and forgiveness as they unfold in the context of conflict in the form of three novellas. In *The Redwing*, the first of the three novellas, a 19th-century Secret Service naval officer turned prisoner, then novelist, and finally memoirist recounts his own transformations during the course of his service and imprisonment. The protagonist in *Notes on Plain Warfare* examines religion through the prism of the American Indian wars. Finally, *The Handle and the Hold* is a vivid, dialogue-driven tale of two ex-military men who steal a plane in the month before the Israeli War of Independence.

The secret to enlightenment and great sex is revealed to be one and the same in this groundbreaking manual for adventurous lovers. David Deida was trained for decades in the art of spiritual and sexual awakening. Now he presents the ultimate collection of skills for opening to the physical, emotional, and spiritual rewards of intimate embrace. In paperback for the first time, *The Enlightened Sex Manual* teaches you how to transform simple "skin friction" into the depths and embodiment of ecstasy, how to develop sexual abilities as gifts of heart rapture and bodily surrender, how to achieve the principal types of orgasm - and all their varieties - and much more.

Based on questions from women who have attended author David Deida's highly acclaimed relationships seminars, this must-have book puts male behavior under the microscope. Included are chapters on sex, work, relationships and communication. Interspersed throughout are sidebars that shed light on the many faces of men and help women grasp what makes them act the way they do.

**NATIONAL BOOK AWARD FINALIST • NATIONAL BESTSELLER** • A twisting, haunting true-life murder mystery about one of the most monstrous crimes in American history, from the author of *The Lost City of Z*. In the 1920s, the richest people per capita in the world were members of the Osage Nation in Oklahoma. After oil was discovered beneath their land, the Osage rode in chauffeured automobiles, built mansions, and sent their children to study in Europe. Then, one by one, the Osage began to be killed off. The family of an Osage woman, Mollie Burkhart, became a prime target. One of her relatives was shot. Another was poisoned. And it was just the beginning, as more and more Osage were dying under mysterious circumstances, and many of those who dared to investigate the killings were themselves murdered. As the death toll rose, the newly created FBI took up the case, and the young director, J. Edgar Hoover, turned to a former Texas Ranger named Tom White to try to unravel the mystery. White put together an undercover team, including a Native American agent who infiltrated the region, and together with the Osage began to expose one of the most chilling conspiracies in American history.

Draws on cutting-edge research, as well as examples from cultural history and psychology, to explore what the author believes will be inevitable physical relationships between people and machines.

In a world without political freedom, personal freedom and precious little faith in anything comes a mysterious man in a white porcelain mask who fights political oppressors through terrorism and seemingly absurd acts. It's a gripping tale of the blurred lines between ideological good and evil. The inspiration for the hit 2005 movie starring Natalie Portman and Hugo Weaving, this amazing graphic novel is packaged with a collectable reproduction of the iconic "V" mask.

**A NEW YORK TIMES BESTSELLER** "A memoir in essays about so many things—growing up in an abusive cult, coming of age as a lesbian in the military, forced out by homophobia, living on the margins as a working class woman and what it's like to grow into the person you are meant to be. Hough's writing will break your heart." —Roxane Gay Searing and extremely personal essays, shot through with the darkest elements America can manifest, while discovering light and humor in unexpected corners. As an adult, Lauren Hough has had many identities: an airman in the U.S. Air Force, a cable guy, a bouncer at a gay club. As a child, however, she had none. Growing up as a member of the infamous cult *The Children of God*, Hough had her own self robbed from her. The cult took her all over the globe--to Germany, Japan, Texas, Chile—but it wasn't until she finally left for good that Lauren understood she could have a life beyond "The Family." Along the way, she's loaded up her car and started over, trading one life for the next. She's taken pilgrimages to the sights of her youth, been kept in solitary confinement, dated a lot of women, dabbled in drugs, and eventually found herself as what she always wanted to be: a writer. Here, as she sweeps through the underbelly of America—relying on friends, family, and

strangers alike—she begins to excavate a new identity even as her past continues to trail her and color her world, relationships, and perceptions of self. At once razor-sharp, profoundly brave, and often very, very funny, the essays in *Leaving Isn't the Hardest Thing* interrogate our notions of ecstasy, queerness, and what it means to live freely. Each piece is a reckoning: of survival, identity, and how to reclaim one's past when carving out a future. A VINTAGE ORIGINAL

Step into the world of Alison Armstrong, where love, care, and attention from men are normal and relied upon—and a way of life available for every woman. Do you have to sell your soul? Not even close. This book can be your guide, an unexpected friend, even a prophecy for your future. Funny information-packed text, illustrative charts and enlightening side-bars will deliver priceless insights into men their motivations and their inspirations. *Making Sense of Men* will teach you: "Why men pursue some women for sex and others for heart-felt relationships" "How to tell when a man is emotionally involved" "How to inspire generosity and attentiveness in all men" "How you can be strong and successful—without discouraging men"

In this "little gem" (Washington Independent Review of Books), Pulitzer Prize-winning columnist and New York Times bestselling author Dave Barry learns how to age happily from his old but joyful dog, Lucy. As Dave Barry turns seventy—not happily—he realizes that his dog, Lucy, is dealing with old age far better than he is. She has more friends, fewer worries, and way more fun. So Dave decides to figure out how Lucy manages to stay so happy, to see if he can make his own life happier by doing the things she does (except for drinking from the toilet). He reconnects with old friends and tries to make new ones—which turns out to be a struggle, because Lucy likes people a lot more than he does. And he gets back in touch with two ridiculous but fun groups from his past: the Lawn Rangers, a group of guys who march in parades pushing lawnmowers and twirling brooms (alcohol is involved), and the Rock Bottom Remainers, the world's oldest and least-talented all-author band. With each new lesson, Dave riffs hilariously on dogs, people, and life in general, while also pondering Deep Questions, such as when it's okay to lie. (Answer: when scallops are involved.) *Lessons From Lucy* shows readers a new side to Dave Barry that's "touching and sentimental, but there's still a laugh on every page" (The Sacramento Bee). The master humorist has written a witty and affable guide to joyous living at any age.

From bestselling writer David Graeber—"a master of opening up thought and stimulating debate" (Slate)—a powerful argument against the rise of meaningless, unfulfilling jobs...and their consequences. Does your job make a meaningful contribution to the world? In the spring of 2013, David Graeber asked this question in a playful, provocative essay titled "On the Phenomenon of Bullshit Jobs." It went viral. After one million online views in seventeen different languages, people all over the world are still debating the answer. There are hordes of people—HR consultants, communication coordinators, telemarketing researchers, corporate lawyers—whose jobs are useless, and, tragically, they know it. These people are caught in bullshit jobs. Graeber explores one of society's most vexing and deeply felt concerns, indicting among other villains a particular strain of finance capitalism that betrays ideals shared by thinkers ranging from Keynes to Lincoln. "Clever and charismatic" (The New Yorker), *Bullshit Jobs* gives individuals, corporations, and societies permission to undergo a shift in values, placing creative and caring work at the center of our culture. This book is for everyone who wants to turn their vocation back into an avocation and "a thought-provoking examination of our working lives" (Financial Times).

No matter how much people pray or meditate, it is not always easy to integrate sexual pleasure and spiritual surrender. This bestselling author helps single men and women and couples of every orientation live up to the challenge of loving in unbearable rapture.

To truly understand your intimate relationships, you must read this book! David Deida, internationally known for his work in personal growth and intimate relationships, shares the deep understandings and effective techniques that he has refined through his 20 years of consultation, research and spiritual practice. Learn how to keep your relationships growing--beyond the sexually neutralized roles so typical of today--and create a relationship that is spiritually erotic, sexually deep and passionately committed to love.

"Dave Barry is one funny human." --San Francisco Examiner For thousands of years, women have asked themselves: What is the deal with guys, anyway? What are they thinking? The answer, of course, is: virtually nothing. Deep down inside, guys are extremely shallow. But that has not stopped Dave Barry from writing an entire book about them. If you're a guy--or if you're attempting to share a remote control with one--you need this book, because it deals frankly and semi-thoroughly with such important guy issues as: Scratching The role of guys in world history, including the heretofore-unknown relationship between the discovery of North America and golf Why the average guy can remember who won the 1960 World Series, but not necessarily the names of all his children The Noogie Gene Why guys cannot simultaneously think and look at breasts Secret guy orgasm-delaying techniques, including the Margaret Thatcher Method Why guys prefer to believe that there is no such thing as a prostate And much, much more "Whether you're a guy--or attempting to share a bathroom with one--Barry has some wacky words of wisdom for you." --USA Today

"There is nothing like a golden retriever. I know, I know, it's a big planet with a lot of wonderful things, but golden retrievers are the absolute best. Mine is named Tara . . . The only problem she has ever caused is that I spend so much time with her in the mornings that I am almost invariably late for work." Whether dueling with new forensics or the local old boys' network, irreverent defense attorney Andy Carpenter always leaves them awed with his biting wit and winning fourth-quarter game plan. But Andy prefers the company of his best friend, Tara, to the people he encounters in the courtroom. Tara, a golden retriever, is clearly smarter than half the lawyers who clog the courts of Passaic County. However, just as it seems Andy has everything figured out, his dad, New Jersey's legendary ex-D.A., drops dead in front of him at a game in Yankee Stadium. The shocks pile on as he discovers his dad left him with two unexpected legacies: a fortune of \$22 million that Andy never knew existed . . . and a murder case with enough racial tinder to burn down City Hall. Struggling to serve justice and bring honor to his father, Andy must dig up some explosive political skeletons—and an astonishing family secret that can close his case (and his mouth) for good.

Presents fantasy stories written by Internet authors that explore how people, cultures, and societies are affected by the predictions of the Machine, an object that provides short yet vague phrases about how a person will die.

Revised and updated "One of today's most respected journalists, David Rohde takes on one of the country's most toxic conspiracy theories," presenting a "scrupulously reported and even-handed" account of how power and intelligence are exploited in Washington that "goes deep indeed inside America's security state, telling a story that will surprise readers of all political

persuasions” (Jane Mayer, author of *Dark Money*). Donald Trump blamed his 2020 defeat on Democrats and the “deep state”—a supposed secret cabal of Washington insiders that relentlessly encroaches on the individual rights of Americans—for stealing the election and undermining his presidency. Most Americans who supported him agreed. Americans on the left increasingly fear the “military-industrial complex,” a faction of generals and defense contractors who they believe routinely push the country into endless wars. But does the American “deep state” really exist? This question is fundamental to preserving the legitimacy of American democracy, as frustration with and distrust for the government continue to grow. *In Deep* seeks to dispel these pernicious myths through an examination of the FBI, CIA, and Justice Department scandals of the past fifty years from the Church Committee’s exposure of Cold War abuses to the claims and counterclaims of the Trump era and the relentless spread of conspiracy theories online and on air. It exposes the misconduct of Attorney General William Barr; how distrust of the “deep state” undermined the US government response to the COVID-19 pandemic; and the growing discord sowed by the explosion of false information online. It investigates Trump’s quest to discredit government experts, the legislative and judicial branches, and the results of the 2020 election and assume authoritarian power for himself. “The idea of the deep state, Rohde writes, is inextricably linked to a particular view of presidential power” (Dina Temple-Raston, *Washington Post*). Based on dozens of interviews with career CIA operatives and FBI agents, “*In Deep* is a wholly satisfying read and a necessary one for anyone wanting to understand the forces at play in our government today” (Andrea Bernstein, Peabody Award-winning cohost of the *Trump, Inc.* podcast and author of *American Oligarchs*).

What is your true purpose in life? What do women really want? What makes a good lover? If you're a man reading this, you've undoubtedly asked yourself these questions but you may not have had much luck answering them. Until now. In *The Way of the Superior Man* David Deida explores the most important issues in men's lives from career and family to women and intimacy to love and spirituality to offer a practical guidebook for living a masculine life of integrity, authenticity, and freedom. Join this bestselling author and internationally renowned expert on sexual spirituality for straightforward advice, empowering skills, body practices, and more to help you realize a life of fulfillment, immediately and without compromise. Recounts the author's experiences with the reclusive Tarahumara Indians, whose techniques allow them to run long distances with ease, and describes his training for a fifty-mile race with the tribe and a number of ultramarathoners.

David E. McCraw recounts his experiences as the top newsroom lawyer for the *New York Times* during the most turbulent era for journalism in generations. In October 2016, when Donald Trump's lawyer demanded that *The New York Times* retract an article focused on two women that accused Trump of touching them inappropriately, David McCraw's scathing letter of refusal went viral and he became a hero of press freedom everywhere. But as you'll see in *Truth in Our Times*, for the top newsroom lawyer at the paper of record, it was just another day at the office. McCraw has worked at the *Times* since 2002, leading the paper's fight for freedom of information, defending it against libel suits, and providing legal counsel to the reporters breaking the biggest stories of the year. In short: if you've read a controversial story in the paper since the Bush administration, it went across his desk first. From Chelsea Manning's leaks to Trump's tax returns, McCraw is at the center of the paper's decisions about what news is fit to print. In *Truth in Our Times*, McCraw recounts the hard legal decisions behind the most impactful stories of the last decade with candor and style. The book is simultaneously a rare peek behind the curtain of the celebrated organization, a love letter to freedom of the press, and a decisive rebuttal of Trump's fake news slur through a series of hard cases. It is an absolute must-have for any dedicated reader of *The New York Times*.

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

**NEW YORK TIMES BESTSELLER •** “None of this is real and all of it is true.” —Jim Carrey Meet Jim Carrey. Sure, he's an insanely successful and beloved movie star drowning in wealth and privilege—but he's also lonely. Maybe past his prime. Maybe even ... getting fat? He's tried diets, gurus, and cuddling with his military-grade Israeli guard dogs, but nothing seems to lift the cloud of emptiness and ennui. Even the sage advice of his best friend, actor and dinosaur skull collector Nicolas Cage, isn't enough to pull Carrey out of his slump. But then Jim meets Georgie: ruthless ingénue, love of his life. And with the help of auteur screenwriter Charlie Kaufman, he has a role to play in a boundary-pushing new picture that may help him uncover a whole new side to himself—finally, his Oscar vehicle! Things are looking up! But the universe has other plans. *Memoirs and Misinformation* is a fearless semi-autobiographical novel, a deconstruction of persona. In it, Jim Carrey and Dana Vachon have fashioned a story about acting, Hollywood, agents, celebrity, privilege, friendship, romance, addiction to relevance, fear of personal erasure, our “one big soul,” Canada, and a cataclysmic ending of the world—apocalypses within and without.

The astonishing, uplifting story of a real-life Indiana Jones and his humanitarian campaign to use education to combat terrorism in the Taliban's backyard Anyone who despairs of the individual's power to change lives has to read the story of Greg Mortenson, a homeless mountaineer who, following a 1993 climb of Pakistan's treacherous K2, was inspired by a chance encounter with impoverished mountain villagers and promised to build them a school. Over the next decade he built fifty-five schools—especially for girls—that offer a balanced education in one of the most isolated and dangerous regions on earth. As it chronicles Mortenson's quest, which has brought him into conflict with both enraged Islamists and uncomprehending Americans, *Three Cups of Tea* combines adventure with a celebration of the humanitarian spirit.

With *The Man Code*, Bachelor Pad winner and Bachelorette fan favorite David Good empowers women by helping them decipher the unspoken rules that govern masculinity. In his book, Good explains the difference between a Man Code man and a bad boy. He reveals what men like him value, and lists the stumbling blocks they most often experience on the road to love. He also details why he feels the Man Code is a precious set of values increasingly absent from our society. Manliness, he writes, is at a crossroads in our culture.

Explore the Other Side of Enlightenment Does enlightenment have a dark side? It does, explains David Deida, but instead of closing to what seems unloving, we can learn to open as what we

would rather avoid. In Instant Enlightenment, this maverick author and teacher offers a "rude awakening" through a collection of daring exercises and practices intended to provoke, challenge, and immediately reveal the ever-present "love that lives all things." Each pithy chapter encourages readers to blast the light of consciousness on the taboos we hide in shadow, from our ideas about sex and money to emotions and spirituality. Instant Enlightenment will surprise and possibly offend you—but it will lead you "fast and suddenly" to the realization of the sacred entirety of your experience. "Dive straight into this book. Open to any page and read for two minutes, and you'll see that you are instant enlightenment."—Ken Wilber, author of A Brief History of Everything

In this pioneering new work, celebrated historian David Nasaw examines the life of Joseph P. Kennedy, the founder of the twentieth century's most famous political dynasty. Drawing on never-before-published materials from archives on three continents and interviews with Kennedy family members and friends, Nasaw tells the story of a man who participated in the major events of his times: the booms and busts, the Depression and the New Deal, two world wars and the Cold War, and the birth of the New Frontier. In studying Kennedy's life, we relive the history of the American century. "Riveting . . . The Patriarch is a book hard to put down . . . As his son indelibly put it some months before his father was struck down: 'Ask not what your country can do for you - ask what you can do for your county.' One wonders what was going through the mind of the patriarch, sitting a few feet away listening to that soaring sentiment as a fourth-generation Kennedy became president of the United States. After coming to know him over the course of this brilliant, compelling book, the reader might suspect that he was thinking he had done more than enough for his country. But the gods would demand even more." - New York Times Book Review

You are deeper than your life shows, and you know it. You are more loving than your relationships allow, more brilliant than your career suggests. In your secret depth of being, you are infinite, creative, boundless and utterly unable to press your full glory into the world. Or so it seems. In Blue Truth, David Deida presents a treasury of skills and insights for uncovering and offering your true heart of purpose, passion, and unquenchable love. In Part One, Deida shows you how to open as the entirety of the moment, feeling as deep inside and as far outside as you can, for as long as now opens. In Part Two, he reveals how to walk this path in the wilderness of intimate relationship, illuminating the art and play of sexual gifting, including how to expertly navigate the tangle of anger, jealousy, fear, lust, and much, much more. "Knowing the truth is fairly useless; feeling it is profound; living it makes all the difference," teaches David Deida. With Blue Truth, you have an unprecedented guide for living your own deep truth, and awakening "as the bare openness you are, in the free offering of love to all." Blue Truth was named by Spirituality & Health Magazine (June 2006 issue) as one of the Best Spiritual Books of 2005, in the Personal Growth category. Praise "Blue Truth is a brilliant book, absolutely gorgeous. Ancient wisdom on sacred sexuality, freed of historical and cultural trappings, glows from these pages in exhilarating, luminous prose. Deida brilliantly lays bare the hidden psychology of feminine and masculine and offers clear instructions for tapping into our deepest core and achieving true harmony through sexual intimacy. I feel that Deida has reached a new level of poetic genius in his writing, and his understanding of feminine psychology astounds me. I am just knocked out by this book." —Miranda Shaw, PhD, author of Passionate Enlightenment: Women in Tantric Buddhism "David Deida is in the dynamic living oral tradition of maverick spiritual teachers who, like free-jazz musicians, can riff directly on Reality, outside of established forms. Mark my words: in a future that I hope is not too far off, David Deida's original Western Dharma will be widely known as one of the most sublime and accessible expressions of the essence of spiritual practice that is freely offered today." —Lama Surya Das, bestselling author of Awakening the Buddha Within "The openness, the love! What lively new language David Deida finds for the unsayable." —Coleman Barks, author of The Essential Rumi

#1 NEW YORK TIMES BEST SELLER • From celebrated national leader and bestselling author Stacey Abrams, a gripping thriller set within the halls of the U.S. Supreme Court—where a young law clerk finds herself embroiled in a shocking mystery plotted by one of the most preeminent judges in America. "Abrams follows in Dan Brown's footprint with this masterfully plotted thriller that unfolds like the ultimate chess match—bold move to bolder move with lives hanging in the balance."—Lisa Gardner, author of Before She Disappeared "A first-class legal thriller, favorably compared to many of the best, starting with The Pelican Brief, which it brings to mind. It's fast-paced and full of surprises—a terrific read."—Scott Turow, author of Presumed Innocent Avery Keene, a brilliant young law clerk for the legendary Justice Howard Wynn, is doing her best to hold her life together—excelling in an arduous job with the court while also dealing with a troubled family. When the shocking news breaks that Justice Wynn—the cantankerous swing vote on many current high-profile cases—has slipped into a coma, Avery's life turns upside down. She is immediately notified that Justice Wynn has left instructions for her to serve as his legal guardian and power of attorney. Plunged into an explosive role she never anticipated, Avery finds that Justice Wynn had been secretly researching one of the most controversial cases before the court—a proposed merger between an American biotech company and an Indian genetics firm, which promises to unleash breathtaking results in the medical field. She also discovers that Wynn suspected a dangerously related conspiracy that infiltrates the highest power corridors of Washington. As political wrangling ensues in Washington to potentially replace the ailing judge whose life and survival Avery controls, she begins to unravel a carefully constructed, chesslike sequence of clues left behind by Wynn. She comes to see that Wynn had a much more personal stake in the controversial case and realizes his complex puzzle will lead her directly into harm's way in order to find the truth. While Justice Sleeps is a cunningly crafted, sophisticated novel, layered with myriad twists and a vibrant cast of characters. Drawing on her astute inside knowledge of the court and political landscape, Stacey Abrams shows herself to be not only a force for good in politics and voter fairness but also a major new talent in suspense fiction.

[Copyright: fae8b0e4b7627455fd3de838c8628a6c](#)