

Mastermind By Maria Konnikova

“Will leave you dying to know more.”—Rick Riordan, author of the Percy Jackson series The New York Times bestselling author of the Peter and the Starcatchers and Kingdom Keepers series, Ridley Pearson, brings us the riveting first tale of the Lock and Key trilogy about the origins of the rivalry between literature’s most famous enemies—Sherlock Holmes and James Moriarty, told from the perspective of James’s observant little sister, Moria. Before James grew up to be a ruthless, remorseless villain, he was a curious boy from Boston, with a penchant for trouble and an acid tongue. Thrown into a boarding school against his wishes, James winds up rooming with a most unlikely companion: a lanky British know-it-all named Sherlock Holmes (“Lock” to his friends). An heirloom Bible, donated by the Moriarty family more than a hundred years ago, has gone missing, and it doesn’t take long for the two to find themselves embroiled in the school-wide scandal. The school is on lockdown until it’s found, strange clues keep finding their way to James, and a secret society lurks behind it all. It’s a brave new reimagining of the Sherlock Holmes series as only master of suspense Ridley Pearson could envision. As Rick Riordan, author of the Percy Jackson series, says, “This tale will change the way you see Sherlock Holmes and leave you dying to know more.”

Updated and Revised 2nd edition. A Guide to Deduction is a guide for any potential Sherlock Holmes or John Watson. A series of reflections on subjects to help anyone from novices to experts to learn how to deduce things from your surroundings. The book is a useful reference to learn about the common details that appear in the mysteries of Sherlock Holmes. In this second edition, learn more about lock picking, poisons and the chemistry in the world around us.

In How to Think Like Sherlock you will learn how to increase your powers of observation, memory, deduction and reasoning using the tricks and techniques of the world's most famous detective, Sherlock Holmes.

"Human beings were never born to read," writes Tufts University cognitive neuroscientist and child development expert Maryanne Wolf. Reading is a human invention that reflects how the brain rearranges itself to learn something new. In this ambitious, provocative book, Wolf chronicles the remarkable journey of the reading brain not only over the past five thousand years, since writing began, but also over the course of a single child's life, showing in the process why children with dyslexia have reading difficulties and singular gifts. Lively, erudite, and rich with examples, Proust and the Squid asserts that the brain that examined the tiny clay tablets of the Sumerians was a very different brain from the one that is immersed in today's technology-driven literacy. The potential transformations in this changed reading brain, Wolf argues, have profound implications for every child and for the intellectual development of our species.

Do you want more free books like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. The Confidence Game (2016) lays bare the psychology behind pyramid schemes, get-rich-quick scams, and every other con artist trick in the book to help us understand why we so easily fall prey to manipulators. If you’ve ever wondered why we fall for con artists or even why we can be easily manipulated by others in everyday life, The Confidence Game has the answers. Drawing on examples from psychology and history, Maria Konnikova explains why confidence can create a master manipulator or a victim, why we’re attracted to successful people, and what’s wrong with our self-perception.

NEW YORK TIMES BESTSELLER • Before The Dante Chamber, there was The Dante Club: “an ingenious thriller that . . . brings Dante Alighieri’s Inferno to vivid, even unsettling life.”—The Boston Globe “With intricate plots, classical themes, and erudite characters . . . what’s

not to love?”—Dan Brown, author of *The Da Vinci Code* and *Origin Boston*, 1865. The literary geniuses of the Dante Club—poets and Harvard professors Henry Wadsworth Longfellow, Dr. Oliver Wendell Holmes, and James Russell Lowell, along with publisher J. T. Fields—are finishing America’s first translation of *The Divine Comedy*. The powerful Boston Brahmins at Harvard College are fighting to keep Dante in obscurity, believing the infiltration of foreign superstitions to be as corrupting as the immigrants arriving at Boston Harbor. But as the members of the Dante Club fight to keep a sacred literary cause alive, their plans fall apart when a series of murders erupts through Boston and Cambridge. Only this small group of scholars realizes that the gruesome killings are modeled on the descriptions of Hell’s punishments from Dante’s *Inferno*. With the lives of the Boston elite and Dante’s literary future in the New World at stake, the members of the Dante Club must find the killer before the authorities discover their secret. Praise for *The Dante Club* “Ingenious . . . [Matthew Pearl] keeps this mystery sparkling with erudition.”—Janet Maslin, *The New York Times* “Not just a page-turner but a beguiling look at the U.S. in an era when elites shaped the course of learning and publishing. With this story of the Dante Club’s own descent into hell, Mr. Pearl’s book will delight the Dante novice and expert alike.”—*The Wall Street Journal* “[Pearl] ably meshes the . . . literary analysis with a suspenseful plot and in the process humanizes the historical figures. . . . A divine mystery.”—*People* (Page-turner of the Week) “An erudite and entertaining account of Dante’s violent entrance into the American canon.”—*Los Angeles Times* “A hell of a first novel . . . The Dante Club delivers in spades. . . . Pearl has crafted a work that maintains interest and drips with nineteenth-century atmospherics.”—*San Francisco Chronicle*

Draws on the latest scientific discoveries to outline tests and exercises for improving cognitive fitness, in a reference that focuses on recent understandings about the frontal lobe to explain how to promote brain health at any age.

The Russian playwright and novelist Mikhail Bulgakov (1891 - 1940) is now widely acknowledged as one of the giants of twentieth-century Soviet literature, ranking with such luminaries as Pasternak and Solzhenitsyn. In his own lifetime, however, a casualty of Stalinist repression, he was scarcely published at all, and his plays reached the stage only with huge difficulty. His greatest masterpiece, *The Master and Margarita*, a novel written in the 1930s in complete secrecy, largely at night, did not appear in print until more than a quarter of a century after his death. It has since become a worldwide bestseller. In *Manuscripts Don't Burn*, J.A.E. Curtis has collated the fruits of eleven years of research to produce a fascinating chronicle of Bulgakov's life, using a mass of exciting new material - much of which has never been published before. In particular, she is the only Westerner to have been granted access to either Bulgakov's or his wife Yelena Sergeevna's diaries, which record in vivid detail the nightmarish precariousness of life during the Stalinist purges. J.A.E. Curtis combines these diaries with extracts from letters to and from Bulgakov and with her own illuminating commentary to create a lively and highly readable account. Her vast collection of Bulgakov's correspondence is unparalleled even in the USSR, and she draws on it judiciously to include letters addressed directly to Stalin, in which Bulgakov's pleads to be allowed to emigrate; letters to his sisters and to his brother in Paris whom he did not see for twenty years; intimate notes to his second and third wives; and letters to and from well-known writers such as Gorky and Zamyatin. *Manuscripts Don't Burn* provides a forceful and compelling insight into the pressures of day-to-day existence for a man fighting persecution in order to make a career as a writer in Stalinist Russia.

Want to be a little bit more like Sherlock Holmes? *The Deduction Guide* will provide you with an alternate way of perceiving your surroundings, and allow you begin to make deductions about people and objects. The majority of the book is devoted to ways to read the world, including examples in a wide variety of topics, such as body language, clothing and other belongings, in the spirit

of Sherlock Holmes. Upon reading this book, you will be able to identify if someone is liberal or conservative based on their eyes, a person's values from their bedroom or living room, and what a person is feeling based on the position of their legs, among many other things.

The work of Sigmund Freud, one of the most important thinkers of the past two hundred years, redefined the fields of neurology and psychotherapy and the way we view the human mind. Most strands of the psychoanalytic discipline can even today be traced back to the leaps in understanding he made all those years ago. But his greatest success was to make the esoteric mainstream. The Oedipus complex, transference, the unconscious, repression, free association, the libido: these are all ideas and techniques from the Freud school of thought that have permeated the public consciousness. *How to Think Like Sigmund Freud* examines these and more in a quest to know one mind above all: that of a person who struggled with his own neuroses while attempting to understand those of others. Discover how the motivations and philosophies of a man who dared to tackle issues others feared to transformed what was a murky study into a real science. With this book you too can think like the man who came to comprehend the human condition better than any other.

Winner of the National Business Book Award From the New York Times bestselling author of *The Organized Mind* and *This Is Your Brain on Music*, a primer to the critical thinking that is more necessary now than ever We are bombarded with more information each day than our brains can process—especially in election season. It's raining bad data, half-truths, and even outright lies. New York Times bestselling author Daniel J. Levitin shows how to recognize misleading announcements, statistics, graphs, and written reports, revealing the ways lying weasels can use them. It's becoming harder to separate the wheat from the digital chaff. How do we distinguish misinformation, pseudo-facts, and distortions from reliable information? Levitin groups his field guide into two categories—statistical information and faulty arguments—ultimately showing how science is the bedrock of critical thinking. Infoliteracy means understanding that there are hierarchies of source quality and bias that variously distort our information feeds via every media channel, including social media. We may expect newspapers, bloggers, the government, and Wikipedia to be factually and logically correct, but they so often aren't. We need to think critically about the words and numbers we encounter if we want to be successful at work, at play, and in making the most of our lives. This means checking the plausibility and reasoning—not passively accepting information, repeating it, and making decisions based on it. Readers learn to avoid the extremes of passive gullibility and cynical rejection. Levitin's charming, entertaining, accessible guide can help anyone wake up to a whole lot of things that aren't so. And catch some weasels in their tracks!

A Few Lessons from Sherlock Holmes is a book for those who want to improve their thinking. It is a practical and enjoyable book that tells in a short-easy-to-read way about what we all can learn from Sherlock Holmes. Peter Bevelin has distilled Arthur Conan Doyle's Sherlock Holmes into bite-sized principles and key quotes. This book will appeal to both Sherlock fans as well as those who want to think better. It contains useful and timeless methods and questions applicable to a variety of important issues in life and business. We could all benefit from *A few lessons from Sherlock Holmes*.

A look inside the often hidden world of parasites turns the clock back to the beginning of life on Earth to answer key questions about these highly evolved and resilient life forms.

The Game is Afoot! A collection of art, poetry and writing from fans of the great detective Sherlock Holmes and his companion Doctor Watson. From the deadly Moriarty to domestic life of Holmes and Watson, The Art of Deduction showcases some of the greatest talent from arguably the oldest fan base in the world.

What is it that separates Sherlock Holmes from his long-suffering friend and side-kick Dr John Watson? What makes Holmes such a superior detective, able to piece together clues and solve problems that seem elementary to Watson only in hindsight? And can we - most of us Watsons ourselves - ever harness a bit of Holmes's extraordinary powers of mind, not to solve crimes, but simply to improve our lives at work and home? The answer is yes, and in Mastermind, psychologist Maria Konnikova shows us how.

Using plots and passages from the wonderfully entertaining Holmes stories, she illuminates how Arthur Conan Doyle's detective embodies an ever-present mindfulness, and how this active mental disposition proves foundational to his success. Beginning with Holmes's concept of the 'brain attic' - a metaphor for the information we choose to store in the mind and how we organise our knowledge, Konnikova unpacks the mental strategies that lead to clearer thinking and deeper insights. Moving through principles of logic and deduction, creativity and imagination, Mastermind puts 21st century neuroscience and psychology in service of understanding Holmes's methods. With some self-awareness and a little practice, we can all employ these methods to develop better strategies, solve difficult problems and enhance our creative powers. Writing for Holmes fans and casual readers alike, Konnikova has translated what so many of us love about the great detective into a remarkable guide to upgrading the mind.

"Messiness adds benefits to our lives, so why do we resist the concept so? [The author] uses research from neuroscience, psychology and social science to explain why disorder, confusion, and disarray are actually lies at the core of how we innovate, how we achieve, how we reach each other. [The author] shows that the human inclination for tidiness can mask a deep and debilitating fragility that keep us from innovation."--

The gap between psychotherapeutic practice and clinical theory is ever widening. Therapists still don't know what role interpersonal relations play in the development of the most common psychopathologies. Valeria Ugazio bridges this gap by examining phobias, obsessive-compulsions, eating disorders, and depression in the context of the family, using an intersubjective approach to personality. Her concept of "semantic polarities" gives a groundbreaking perspective to the construction of meaning in the family and other interpersonal contexts. At no point is theory left in the wasteland of abstraction. The concreteness of the many case studies recounted, and examples taken from well-known novels, will allow readers to immediately connect the topics discussed with their own experience.

"It's a startling and disconcerting read that should make you think twice every time a friend of a friend offers you the opportunity of a lifetime." —Erik Larson, #1 New York Times bestselling author of Dead Wake and bestselling author of Devil in the White City Think you can't get conned? Think again. The New York Times bestselling author of Mastermind: How to Think Like Sherlock Holmes explains how to spot the con before they spot you. "[An] excellent study of Con Artists, stories & the human need to believe" —Neil Gaiman, via Twitter A compelling investigation into the minds, motives, and methods of con artists—and the people who fall for their cons over and over again. While

cheats and swindlers may be a dime a dozen, true conmen—the Bernie Madoffs, the Jim Bakkers, the Lance Armstrongs—are elegant, outsized personalities, artists of persuasion and exploiters of trust. How do they do it? Why are they successful? And what keeps us falling for it, over and over again? These are the questions that journalist and psychologist Maria Konnikova tackles in her mesmerizing new book. From multimillion-dollar Ponzi schemes to small-time frauds, Konnikova pulls together a selection of fascinating stories to demonstrate what all cons share in common, drawing on scientific, dramatic, and psychological perspectives. Insightful and gripping, the book brings readers into the world of the con, examining the relationship between artist and victim. The Confidence Game asks not only why we believe con artists, but also examines the very act of believing and how our sense of truth can be manipulated by those around us.

Social media meets Amelie in this perfect romantic comedy from First Draft podcast creator and YA lit rising star Sarah Enni.

A New York Times Notable Book The inspiration for PBS's AMERICAN EXPERIENCE film The Poison Squad. From Pulitzer Prize winner and New York Times-bestselling author Deborah Blum, the dramatic true story of how food was made safe in the United States and the heroes, led by the inimitable Dr. Harvey Washington Wiley, who fought for change By the end of nineteenth century, food was dangerous. Lethal, even. "Milk" might contain formaldehyde, most often used to embalm corpses. Decaying meat was preserved with both salicylic acid, a pharmaceutical chemical, and borax, a compound first identified as a cleaning product. This was not by accident; food manufacturers had rushed to embrace the rise of industrial chemistry, and were knowingly selling harmful products. Unchecked by government regulation, basic safety, or even labelling requirements, they put profit before the health of their customers. By some estimates, in New York City alone, thousands of children were killed by "embalmed milk" every year. Citizens--activists, journalists, scientists, and women's groups--began agitating for change. But even as protective measures were enacted in Europe, American corporations blocked even modest regulations. Then, in 1883, Dr. Harvey Washington Wiley, a chemistry professor from Purdue University, was named chief chemist of the agriculture department, and the agency began methodically investigating food and drink fraud, even conducting shocking human tests on groups of young men who came to be known as, "The Poison Squad." Over the next thirty years, a titanic struggle took place, with the courageous and fascinating Dr. Wiley campaigning indefatigably for food safety and consumer protection. Together with a gallant cast, including the muckraking reporter Upton Sinclair, whose fiction revealed the horrific truth about the Chicago stockyards; Fannie Farmer, then the most famous cookbook author in the country; and Henry J. Heinz, one of the few food producers who actively advocated for pure food, Dr. Wiley changed history. When the landmark 1906 Food and Drug Act was finally passed, it was known across the land, as "Dr. Wiley's Law." Blum brings to life this timeless and hugely satisfying "David and Goliath" tale with righteous verve and style, driving home the moral imperative of confronting corporate greed and government corruption with a bracing clarity, which speaks resoundingly to the enormous social and political challenges we face today.

'This book is a not-so-small joy in itself.' NIGELLA LAWSON 'Parkinson has the gift of making you look with new eyes at everyday things. The perfect daily diversion.' JOJO MOYES 'Always funny and frank and full of insight, I absolutely love Parkinson's writing.' DAVID NICHOLLS 'I loved this book . . . Parkinson's writing transports you to unexpected places of joy and comfort . . . these pages contain happiness.' MARINA HYDE 'The twenty-first century feels a lot more bearable in Parkinson's company.' CHARLOTTE MENDELSON Drawn from the successful Guardian column, these everyday exultations and inspirations will get you through dismal days. Hannah Jane Parkinson is a specialist in savouring the small pleasures of life. She revels in her fluffy dressing gown ('like bathing in marshmallow'), finds calm in solo cinema trips, is charmed by the personalities of fonts ('you'll never see Comic Sans on a funeral notice'), celebrates pockets and gleefully abandons a book

she isn't enjoying. Parkinson's everyday exaltations - selected from her immensely successful Guardian column - will utterly delight.

FEATURES BRAND NEW MATERIAL

Shares the author's personal experiences with anxiety, describing its painful coherence and absurdities while sharing the stories of other sufferers to illustrate anxiety's intellectual history and influence.

Presents an unabridged collection of Winnie-the-Pooh stories featuring Christopher Robin and his friends.

Draws on reports from kitchens, markets, farms, and laboratories to trace historical experiences of flavor while making predictions on how the sense of taste will evolve in coming decades.

In the tradition of Oliver Sacks, science journalist Anil Ananthaswamy skillfully inspects the bewildering connections among brain, body, mind, self, and society by examining a range of neuropsychological ailments from autism and Alzheimer's to out-of-body experiences and body integrity identity disorder. Award-winning science writer Anil Ananthaswamy smartly explores the concept of self by way of several mental conditions that eat away at patients' identities, showing we learn a lot about being human from people with a fragmented or altered sense of self. Ananthaswamy travelled the world to meet those who suffer from "maladies of the self" interviewing patients, psychiatrists, philosophers and neuroscientists along the way. He charts how the self is affected by Asperger's, autism, Alzheimer's, epilepsy, schizophrenia, among many other mental conditions, revealing how the brain constructs our sense of self. Each chapter is anchored with stories of people who experience themselves differently from the norm. Readers meet individuals in various stages of Alzheimer's disease where the loss of memory and cognition results in the loss of some aspects of the self. We meet a woman who recalls the feeling of her first major encounter with schizophrenia which she describes as an outside force controlling her. Ananthaswamy also looks at several less familiar conditions, such as Cotard's syndrome, in which patients believe they are dead, and those with body integrity identity disorder, where the patient seeks to have a body part amputated because it "doesn't belong to them." Moving nimbly back and forth from the individual stories to scientific analysis *The Man Who Wasn't There* is a wholly original exploration of the human self which raises fascinating questions about the mind-body connection.

An essential new edition?revised and updated from cover to cover?of one of the most important books of the last two decades, by Nobel Prize winner Richard H. Thaler and Cass R. Sunstein * More than 2 million copies sold * New York Times bestseller Since the original publication of *Nudge* more than a decade ago, the title has entered the vocabulary of businesspeople, policy makers, engaged citizens, and consumers everywhere. The book has given rise to more than 400 "nudge units" in governments around the world and countless groups of behavioral scientists in every part of the economy. It has taught us how to use thoughtful "choice architecture"—a concept the authors invented—to help us make better decisions for ourselves, our families, and our society. Now, the authors have rewritten the book from cover to cover, making use of their experiences in and out of government over the past dozen years as well as an explosion of new research in numerous academic disciplines. To commit themselves to never undertaking this daunting task again, they are calling this the "final edition." It offers a wealth of new insights, for both its avowed fans and newcomers to the field, about a wide variety of issues that we face in our daily lives—COVID-19, health, personal finance, retirement savings, credit card debt, home mortgages, medical care, organ donation, climate change, and "sludge" (paperwork and other nuisances we don't want, and that keep us from getting what we do want)—all while honoring one of the cardinal rules of nudging: make it fun!

The incredible true story of the decade-long quest to bring down Paul Le Roux--the creator of a frighteningly powerful Internet-enabled cartel

who merged the ruthlessness of a drug lord with the technological savvy of a Silicon Valley entrepreneur "Evan Ratliff has pried open a hidden world of high-tech gangsters and drug kingpins and double-crossers and stone-cold hitmen."--David Grann, author of Killers of the Flower Moon It all started as an online prescription drug network, supplying hundreds of millions of dollars' worth of painkillers to American customers. It would not stop there. Before long, the business had turned into a sprawling multinational conglomerate engaged in almost every conceivable aspect of criminal mayhem. Yachts carrying \$100 million in cocaine. Safe houses in Hong Kong filled with gold bars. Shipments of methamphetamine from North Korea. Weapons deals with Iran. Mercenary armies in Somalia. Teams of hit men in the Philippines. Encryption programs so advanced that the government could not break them. The man behind it all, pulling the strings from a laptop in Manila, was Paul Calder Le Roux--a reclusive programmer turned criminal genius who could only exist in the networked world of the twenty-first century, and the kind of self-made crime boss that American law enforcement had never imagined. For half a decade, DEA agents played a global game of cat-and-mouse with Le Roux as he left terror and chaos in his wake. Each time they came close, he would slip away. It would take relentless investigative work, and a shocking betrayal from within his organization, to catch him. And when he was finally caught, the story turned again, as Le Roux struck a deal to bring down his own organization and the people he had once employed. Award-winning investigative journalist Evan Ratliff spent four years piecing together this intricate puzzle, chasing Le Roux's empire and his shadowy henchmen around the world, conducting hundreds of interviews and uncovering thousands of documents. The result is a riveting, unprecedented account of a crime boss built by and for the digital age. Advance praise for The Mastermind "A true crime classic"--Publishers Weekly (starred review) "If truth is stranger than fiction, then The Mastermind is the truest book you'll read this year. The only thing predictable about it is how quickly you'll turn the pages."--Noah Hawley, author of Before the Fall and creator of the TV series Fargo

In our default state, our brains constantly get in the way of effective communication. They are lazy, angry, immature, and distracted. They can make a difficult conversation impossible. But Andrew Newberg, M.D., and Mark Waldman have discovered a powerful strategy called Compassionate Communication that allows two brains to work together as one. Using brain scans as well as data collected from workshops given to MBA students at Loyola Marymount University, and clinical data from both couples in therapy and organizations helping caregivers cope with patient suffering, Newberg and Waldman have seen that Compassionate Communication can reposition a difficult conversation to lead to a satisfying conclusion. Whether you are negotiating with your boss or your spouse, the brain works the same way and responds to the same cues. The truth, though, is that you don't have to understand how Compassionate Communication works. You just have to do it. Some of the simple and effective takeaways in this book include:

- Make sure you are relaxed; yawning several times before (not during) the meeting will do the trick
- Never speak for more than 20-30 seconds at a time. After that they other person's window of attention closes.
- Use positive speech; you will need at least three positives to overcome the effect of every negative used
- Speak slowly; pause between words. This is critical, but really hard to do.
- Respond to the other person; do not shift the conversation.
- Remember that the brain can only hold onto about four ideas at one time

Highly effective across a wide range of settings, Compassionate Communication is an excellent tool for conflict resolution but also for simply getting your point across or delivering difficult news.

The classic 1940 study of con men and con games that Luc Sante in Salon called "a bonanza of wild but credible stories, told concisely with deadpan humor, as sly and rich in atmosphere as anything this side of Mark Twain." "Of all the grifters, the confidence man is the aristocrat," wrote David Maurer, a proposition he definitely proved in The Big Con, one of the most colorful, well-researched, and entertaining works of criminology ever written. A professor of linguistics who specialized in underworld argot, Maurer won the trust of hundreds of swindlers, who

let him in on not simply their language but their folkways and the astonishingly complex and elaborate schemes whereby unsuspecting marks, hooked by their own greed and dishonesty, were “taken off” – i.e. cheated—of thousands upon thousands of dollars. The Big Con is a treasure trove of American lingo (the write, the rag, the payoff, ropers, shills, the cold poke, the convincer, to put on the send) and indelible characters (Yellow Kid Weil, Barney the Patch, the Seldom Seen Kid, Limehouse Chappie, Larry the Lug). It served as the source for the Oscar-winning film *The Sting*.

The New York Times bestselling guide to thinking like literature's greatest detective. "Steven Pinker meets Sir Arthur Conan Doyle" (Boston Globe), by the author of *The Confidence Game*. No fictional character is more renowned for his powers of thought and observation than Sherlock Holmes. But is his extraordinary intellect merely a gift of fiction, or can we learn to cultivate these abilities ourselves, to improve our lives at work and at home? We can, says psychologist and journalist Maria Konnikova, and in *Mastermind* she shows us how. Beginning with the “brain attic”—Holmes’s metaphor for how we store information and organize knowledge—Konnikova unpacks the mental strategies that lead to clearer thinking and deeper insights. Drawing on twenty-first-century neuroscience and psychology, *Mastermind* explores Holmes’s unique methods of ever-present mindfulness, astute observation, and logical deduction. In doing so, it shows how each of us, with some self-awareness and a little practice, can employ these same methods to sharpen our perceptions, solve difficult problems, and enhance our creative powers. For Holmes aficionados and casual readers alike, Konnikova reveals how the world’s most keen-eyed detective can serve as an unparalleled guide to upgrading the mind.

In this unprecedented history of a scientific revolution, award-winning author and journalist Carl Zimmer tells the definitive story of the dawn of the age of the brain and modern consciousness. Told here for the first time, the dramatic tale of how the secrets of the brain were discovered in seventeenth-century England unfolds against a turbulent backdrop of civil war, the Great Fire of London, and plague. At the beginning of that chaotic century, no one knew how the brain worked or even what it looked like intact. But by the century's close, even the most common conceptions and dominant philosophies had been completely overturned, supplanted by a radical new vision of man, God, and the universe. Presiding over the rise of this new scientific paradigm was the founder of modern neurology, Thomas Willis, a fascinating, sympathetic, even heroic figure at the center of an extraordinary group of scientists and philosophers known as the Oxford circle. Chronicled here in vivid detail are their groundbreaking revelations and the often gory experiments that first enshrined the brain as the physical seat of intelligence -- and the seat of the human soul. *Soul Made Flesh* conveys a contagious appreciation for the brain, its structure, and its many marvelous functions, and the implications for human identity, mind, and morality.

The New York Times bestseller! A New York Times Notable Book “The tale of how Konnikova followed a story about poker players and wound up becoming a story herself will have you riveted, first as you learn about her big winnings, and then as she conveys the lessons she learned both about human nature and herself.” —The Washington Post It's true that Maria Konnikova had never actually played poker before and didn't even know the rules when she approached Erik Seidel, Poker Hall of Fame inductee and winner of tens of millions of dollars in earnings, and convinced him to be her mentor. But she knew her man: a famously thoughtful and broad-minded player, he was intrigued by her pitch that she wasn't interested in making money so much as learning about life. She had faced a stretch of personal bad luck, and her reflections on the role of chance had led her to a giant of game theory, who pointed her to poker as the ultimate master class in learning to distinguish between what can be controlled and what can't. And she certainly brought something to the table, including a Ph.D. in psychology and an acclaimed and growing body of work on human behavior and how to hack it. So Seidel was in, and soon she was down the rabbit hole

with him, into the wild, fiercely competitive, overwhelmingly masculine world of high-stakes Texas Hold'em, their initial end point the following year's World Series of Poker. But then something extraordinary happened. Under Seidel's guidance, Konnikova did have many epiphanies about life that derived from her new pursuit, including how to better read, not just her opponents but far more importantly herself; how to identify what tilted her into an emotional state that got in the way of good decisions; and how to get to a place where she could accept luck for what it was, and what it wasn't. But she also began to win. And win. In a little over a year, she began making earnest money from tournaments, ultimately totaling hundreds of thousands of dollars. She won a major title, got a sponsor, and got used to being on television, and to headlines like "How one writer's book deal turned her into a professional poker player." She even learned to like Las Vegas. But in the end, Maria Konnikova is a writer and student of human behavior, and ultimately the point was to render her incredible journey into a container for its invaluable lessons. The biggest bluff of all, she learned, is that skill is enough. Bad cards will come our way, but keeping our focus on how we play them and not on the outcome will keep us moving through many a dark patch, until the luck once again breaks our way.

The author describes his work as a psychoanalyst over a twenty-five year period, describing his efforts to guide his patients to personal insights into their behaviors and resolutions which can change their lives for the better.

Renowned psychologist Walter Mischel, designer of the famous Marshmallow Test, explains what self-control is and how to master it. A child is presented with a marshmallow and given a choice: Eat this one now, or wait and enjoy two later. What will she do? And what are the implications for her behavior later in life? The world's leading expert on self-control, Walter Mischel has proven that the ability to delay gratification is critical for a successful life, predicting higher SAT scores, better social and cognitive functioning, a healthier lifestyle and a greater sense of self-worth. But is willpower prewired, or can it be taught? In The Marshmallow Test, Mischel explains how self-control can be mastered and applied to challenges in everyday life--from weight control to quitting smoking, overcoming heartbreak, making major decisions, and planning for retirement. With profound implications for the choices we make in parenting, education, public policy and self-care, The Marshmallow Test will change the way you think about who we are and what we can be.

Collects two volumes of Doyle's short stories starring Sherlock Holmes, each of which is annotated to provide definitions and further explanations of Sherlock's theories, as well as literary and cultural details about Victorian society.

Masterminds of Programming features exclusive interviews with the creators of several historic and highly influential programming languages. In this unique collection, you'll learn about the processes that led to specific design decisions, including the goals they had in mind, the trade-offs they had to make, and how their experiences have left an impact on programming today. Masterminds of Programming includes individual interviews with: Adin D. Falkoff: APL Thomas E. Kurtz: BASIC Charles H. Moore: FORTH Robin Milner: ML Donald D. Chamberlin: SQL Alfred Aho, Peter Weinberger, and Brian Kernighan: AWK Charles Geschke and John Warnock: PostScript Bjarne Stroustrup: C++ Bertrand Meyer: Eiffel Brad Cox and Tom Love: Objective-C Larry Wall: Perl Simon Peyton Jones, Paul Hudak, Philip Wadler, and John Hughes: Haskell Guido van Rossum: Python Luiz Henrique de Figueiredo and Roberto Ierusalimsky: Lua James Gosling: Java Grady Booch, Ivar Jacobson, and James Rumbaugh: UML Anders Hejlsberg: Delphi inventor and lead developer of C# If you're interested in the people whose vision and hard work helped shape the computer industry, you'll find Masterminds of Programming fascinating.

The book before you is a product of what happens when two chess players start a relationship (which started over six years ago) and enter a dialogue about how to get ready for the next tournament. The content of this book is a training program for players who plan to play an over-the-board tournament a few weeks from the time they start training with this book. This book, unlike other similar books in the field of

improvement, does not have a central theme. In other words, we are not focused solely on openings, middlegames or endgames. Moreover, the book does not only concentrate on specific themes (calculation, positional decisions, or other strategic aspects), though many of these concepts are addressed throughout the book. Instead, this book offers a holistic view on how to approach every single position in it, regardless of the phase of the game or the nature of the position. We try to teach players how to identify types of decisions in various positions, while pointing at the trade-off between a hardcore calculation and a heuristics judgment.

2010 Living Now Bronze Award Winner for category: Nutrition, Dietary, Circulation Winner, 2009 Mom's Choice Gold Award in Adult Books: Health, Nutrition, Fitness & Safety Finalist in the 2008 Next Generation Indie Book Awards for two categories: Health/Wellness and Multicultural Non-Fiction Interwoven with centuries-old herbal remedies, time-tested techniques, and women's wisdom handed down through the ages, this kaleidoscopic whole-health tapestry reveals a myriad of natural methods for achieving and maintaining good health and all-around happiness. At the heart of the narrative is a compilation of natural recipes for infusions, poultices, teas, and tinctures--garnered by the young Svetlana while listening to her mother and "the girls" (other medical professionals like her mother) as they shared their bond of friendship and their tales of healing success while gathered for tea in the family's blossom-filled garden--intertwined with her grandmother's fairy tales, family vignettes, legends, and herbal lore. Filled with easy-to-make, natural, healing recipes for common ailments and illnesses--such as allergies, asthma, fatigue, headaches, insomnia, and respiratory problems--this all-encompassing guide to wellness offers a holistic approach that intermingles alternative treatments with folklore, psychology, philosophy, and spirituality to foster optimal health and joyful living.

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