

Friendfluence The Surprising Ways Friends Make Us Who We Are Carlin Flora

A provocative and thoroughly researched inquiry into what we find beautiful and why, skewering the myth that the pursuit of beauty is a learned behavior. In *Survival of the Prettiest*, Nancy Etcoff, a faculty member at Harvard Medical School and a practicing psychologist at Massachusetts General Hospital, argues that beauty is neither a cultural construction, an invention of the fashion industry, nor a backlash against feminism—it's in our biology. Beauty, she explains, is an essential and ineradicable part of human nature that is revered and ferociously pursued in nearly every civilization—and for good reason. Those features to which we are most attracted are often signals of fertility and fecundity. When seen in the context of a Darwinian struggle for survival, our sometimes extreme attempts to attain beauty—both to become beautiful ourselves and to acquire an attractive partner—suddenly become much more understandable. Moreover, if we understand how the desire for beauty is innate, then we can begin to work in our own interests, and not just the interests of our genetic tendencies. Bestselling author of *Odd Girl Out*, Rachel Simmons exposes the myth of the Good Girl, freeing girls from its impossible standards and encouraging them to embrace their real selves. In *The Curse of the Good Girl*, bestselling author Rachel Simmons argues that in lionizing the Good Girl we are teaching girls to embrace a version of selfhood that sharply curtails their power and potential. Unerringly nice, polite, modest, and selfless, the Good Girl is a paradigm so narrowly defined that it's unachievable. When girls inevitably fail to live up—experiencing conflicts with peers, making mistakes in the classroom or on the playing field—they are paralyzed by self-criticism, stunting the growth of vital skills and habits. Simmons traces the poisonous impact of Good Girl pressure on development and provides a strategy to reverse the tide. At once expository and prescriptive, *The Curse of the Good Girl* is a call to arms from a new front in female empowerment. Looking to the stories shared by the women and girls who attend her workshops, Simmons shows that Good Girl pressure from parents, teachers, coaches, media, and peers erects a psychological glass ceiling that begins to enforce its confines in girlhood and extends across the female lifespan. The curse of the Good Girl erodes girls' ability to know, express, and manage a complete range of feelings. It expects girls to be selfless, limiting the expression of their needs. It requires modesty, depriving the permission to articulate their strengths and goals. It diminishes assertive body language, quieting voices and weakening handshakes. It touches all areas of girls' lives and follows many into adulthood, limiting their personal and professional potential. Since the popularization of the Ophelia phenomenon, we have lamented the loss of self-esteem in adolescent girls, recognizing that while the doors of opportunity are open to twenty-first-century American girls, many lack the confidence to walk through them. In *The Curse of the Good Girl*, Simmons provides a catalog of tangible lessons in bolstering the self and silencing the curse of the Good Girl. At the core of Simmons's radical argument is her belief that the most critical freedom we can win for our daughters is the liberty not only to listen to their inner voice but also to act on it.

Leading scientists and science writers reflect on the life-changing, perspective-changing, new science of human goodness. In these pages you will hear from Steven Pinker, who asks, "Why is there peace?"; Robert Sapolsky, who examines violence among primates; Paul Ekman, who talks with the Dalai Lama about global compassion; Daniel Goleman, who proposes "constructive anger"; and many others. Led by renowned psychologist Dacher Keltner, the Greater Good Science Center, based at the University of California in Berkeley, has been at the forefront of the positive psychology movement, making discoveries about how and why people do good. Four times a year the center publishes its findings with essays on forgiveness, moral inspiration, and everyday ethics in *Greater Good* magazine. The best of these writings are collected here for the first time. A collection of personal stories and empirical research, *The Compassionate Instinct* will make you think not only about what it means to be happy and fulfilled but also about what it means to lead an ethical and compassionate life.

With the constant connectivity of today's world, it's never been easier to meet people and make new friends—but it's never been harder to form meaningful friendships. In *Frientimacy*, award-winning speaker Shasta Nelson shows how anyone can form stronger, more meaningful friendships, marked by a level of trust she calls "frientimacy." Shasta explores the ten most common complaints and conflicts facing female friendships today, and lays out strategies for overcoming these pitfalls to create deeper, supportive relationships that last for the long-term. Shasta is the founder of *girlfriendcircles.com*, a community of women seeking stronger, more fulfilling friendships, and the author of *Friendships Don't Just Happen*. In *Frientimacy*, she teaches readers to reject the impulse to pull away from friendships that aren't instantly and constantly gratifying. With a warm, engaging, and inspiring voice, she shows how friendships built on dedication and commitment can lead to enriched relationships, stronger and more meaningful ties, and an overall increase in mental health. *The Intimacy Gap* is more than just a call for deeper connection between friends; it's a roadmap for moving from friendship to frientimacy—and the meaningful and satisfying relationships that come with it.

Forging a deep friendship in spite of their differences, former roommates Quincy, Jules, Talia and Chloe struggle with respective challenges in the ensuing years, which are complicated by their illusion-based comparisons to one another's circumstances. 45,000 first printing.

Men, jobs, children, personal crises, irreconcilable social gaps—these are just a few of the strange and confusing reasons which may cause a female friendship to end. No matter the cause, the breakup of a female friendship leaves a woman devastated and asking herself difficult questions. Was someone to blame? Is the friendship worth fighting for? How can I prevent this from ever happening again? Even more upsetting is that women suffering from broken friendships often have no one to confide in; while the loss of a romantic partner garners sympathy among peers, discussing the loss of a platonic friend is often impossible without making other friends jealous or uncomfortable. Written by journalist and psychologist Irene Levine, Ph.D., *Best Friends Forever* is an uplifting and heroically honest book for abandoned friends seeking solace. Dr. Levine draws from the personal testimonials of thousands of women to provide anecdotes and groundbreaking solutions to these complicated situations. Offering tools for personal assessment, case stories, and actionable advice for saving, ending, or re-evaluating a relationship, Levine shows that breakups are sometimes inevitable. Although the dissolution of female friendships can be difficult, *Best Friends Forever* teaches women to stop blaming themselves and probing the wounds, and that the sad experience of a broken friendship can make them stronger people, and more able to handle their relationships with wisdom.

Shape your way in the world and overcome any challenge! Living on your own for the very first time can be exciting yet nerve-racking—you'll search for roommates, interview for jobs, manage finances, and form relationships. But adjusting to this new life can seem especially difficult when you're on the Autism Spectrum. Drawing on her experiences, Lynne Soraya, one of *ThAutcast.com*'s Most Inspiring Autistic People and author of *Psychology Today's Asperger's Diary*, will provide you with valuable advice as she guides you through each step of your transition into adulthood. These real-life strategies will help you cope with the feelings brought on by this change as well as deal with common challenges, like: Budgeting and handling bills. Finding the right residence and/or roommates. Discovering a career path that complements your talents. Interacting with coworkers and clients. Building relationships with friends and potential partners. With *Living Independently on the Autism Spectrum*, you will gain the confidence, support, and guidance you need to finally experience life on your own.

After Jack Frost steals the seven jewels from Queen Titania's crown, Scarlett needs to recover the magic garnet quickly to make things the right size again.

Wall Street Journal Bestseller Much of the advice we've been told about achievement is logical, earnest...and downright wrong. In *Barking Up the Wrong Tree*, Eric Barker reveals the extraordinary science behind what actually determines success and most importantly, how anyone can achieve it. You'll learn: • Why valedictorians rarely become millionaires, and how your biggest weakness might actually be your greatest strength • Whether nice guys finish last and why the best lessons about cooperation come from gang members, pirates, and serial killers • Why trying to increase confidence fails and how Buddhist philosophy holds a superior solution • The secret ingredient to "grit" that Navy

SEALs and disaster survivors leverage to keep going • How to find work-life balance using the strategy of Genghis Khan, the errors of Albert Einstein, and a little lesson from Spider-Man By looking at what separates the extremely successful from the rest of us, we learn what we can do to be more like them—and find out in some cases why it's good that we aren't. Barking Up the Wrong Tree draws on startling statistics and surprising anecdotes to help you understand what works and what doesn't so you can stop guessing at success and start living the life you want.

In this new accessible philosophy of friendship, Mark Vernon links the resources of the philosophical tradition with numerous illustrations from modern culture to ask what friendship is, how it relates to sex, work, politics and spirituality. Unusually, he argues that Plato and Nietzsche, as much as Aristotle and Aelred, should be put centre stage. Their penetrating and occasionally tough insights are invaluable if friendship is to be a full, not merely sentimental, way of life for today.

Good friends and healthy friendships are crucial to women's well-being at every stage of life. But what happens when a friendship turns toxic? When a friend becomes hurtful or mistreats another? When a friend abandons another in a time of need? Here, Suzanne Degges-White and Judy Pochel Van Tieghem explore such toxic friendships and how women navigate the ups and downs, as well as how broken friendships can be mended and bad friendships ended. Explaining and illustrating the "rules of friendship" at various stages of life, the authors reveal what it takes to be a good friend, how to identify bad friends, and how to move forward when friendships turn sour. Vignettes of toxic friendship behaviors are shared, as well as tips on how best to respond to these rule-breaking friends in order to rebuild damaged relationships and repair a friendship's foundation (when appropriate) and how to decide when it's time to let go of a relationship that is bringing you down versus keeping you afloat. Information for parents is also provided, to aid them as they help their daughters navigate their friendships. We all need friends, but knowing when and how to let go can help us all be better friends—to ourselves, and also to others.

Friendfluence The Surprising Ways Friends Make Us Who We Are Anchor

We've all said things we lived to regret. But what if we communicated mindfully instead, stopping first to consider how our words might hurt rather than help - or if we need to voice them at all? In *What Would Buddha Say?*, best-selling author Barbara Ann Kipfer offers 1,501 reminders for staying on the path of positive communication. Based on ancient Buddhist teachings, this portable guide will provide inspiration and tips on how to speak clearly, truthfully, and with lovingkindness. In our modern world, it seems we're always in a hurry - usually running on autopilot, and all too quick to make that comment or send that message. But when we communicate without first considering the impact it may have - especially if it's idle gossip or false speech - we can create unnecessary conflicts and far-reaching negative consequences. With poor communication at the heart of most misunderstandings and arguments, learning to practice mindful communication, including good listening skills, is key to speaking - or not speaking - with better results in every area of your life. In *What Would Buddha Say?*, you'll find hundreds of instantly accessible and compulsively readable communication tips on giving thoughtful attention to your words so you're more likely to be understood, and less likely to damage your relationships. Based on the concept of Right Speech, an important element of Buddhism's Noble Eightfold Path, these mindful essentials - inspirational quotes and sayings, short essays, and meditation suggestions - will guide you away from harmful speech and into a state of mindfulness from which you can gently speak your truth. There is always room for improvement in terms of communication, and with practice, we can learn to speak mindfully - to say only what is beneficial and true with a kind heart at the right time. Packed with Buddhist wisdom and full of inspiration, *What Would Buddha Say?* will help you maximize the good in your speech as you take steps toward a more peaceful way of being. Discover the unexpected ways friends influence our personalities, choices, emotions, and even physical health in this fun and compelling examination of friendship, based on the latest scientific research and ever-relatable anecdotes. Why is dinner with friends often more laughter-filled and less fraught than a meal with family? Although some say it's because we choose our friends, it's also because we expect less of them than we do of relatives. While we're busy scrutinizing our romantic relationships and family dramas, our friends are quietly but strongly influencing everything from the articles we read to our weight fluctuations, from our sex lives to our overall happiness levels. Evolutionary psychologists have long theorized that friendship has roots in our early dependence on others for survival. These days, we still cherish friends but tend to undervalue their role in our lives. However, the skills one needs to make good friends are among the very skills that lead to success in life, and scientific research has recently exploded with insights about the meaningful and enduring ways friendships influence us. With people marrying later—and often not at all—and more families having just one child, these relationships may be gaining in importance. The evidence even suggests that at times friends have a greater hand in our development and well-being than do our romantic partners and relatives. Friends see each other through the process of growing up, shape each other's interests and outlooks, and, painful though it may be, expose each other's rough edges. Childhood and adolescence, in particular, are marked by the need to create distance between oneself and one's parents while forging a unique identity within a group of peers, but friends continue to influence us, in ways big and small, straight through old age. Perpetually busy parents who turn to friends—for intellectual stimulation, emotional support, and a good dose of merriment—find a perfect outlet to relieve the pressures of raising children. In the office setting, talking to a friend for just a few minutes can temporarily boost one's memory. While we romanticize the idea of the lone genius, friendship often spurs creativity in the arts and sciences. And in recent studies, having close friends was found to reduce a person's risk of death from breast cancer and coronary disease, while having a spouse was not. *Friendfluence* surveys online-only pals, friend breakups, the power of social networks, envy, peer pressure, the dark side of amicable ties, and many other varieties of friendship. Told with warmth, scientific rigor, and a dash of humor, *Friendfluence* not only illuminates and interprets the science but draws on clinical psychology and philosophy to help readers evaluate and navigate their own important friendships.

Interviews, letters, and memoirs explore the lives and writings of beat authors such as Jack Kerouac, Allen Ginsberg, and William Burroughs.

With eye-opening statistics, original data, and vivid portraits of people who live alone, renowned sociologist Eric Klinenberg upends conventional wisdom to deliver the definitive take on how the rise of going solo is transforming the American experience. Klinenberg shows that most single dwellers—whether in their twenties or eighties—are deeply engaged in social and civic life. There's even evidence that people who live alone enjoy better mental health and have more environmentally sustainable lifestyles. Drawing on more than three hundred in-depth interviews, Klinenberg presents a revelatory examination of the most significant demographic shift since the baby boom and offers surprising insights on the benefits of this epochal change.

Well-written and moving account of Pluto in the natal chart, and how Pluto aspects can affect childhood, adulthood, and life in general. Open discussion of child abuse, rape, incest, violence, repression, manipulative types and how they got that way. Also included are ways to heal Pluto problems using flower remedies, meditation and more.

Had enough of that bridezilla? Feeling alone in a new city? Dealing with the trauma of the worst breakup ever—with someone you never even made out with? We've heard the path to fulfillment has much to do with relationships. But while it's often thought that for young women, it's all about finding the right man, real women beg to differ: It's friendships that are at the heart of happiness. Unfortunately, they're also at the heart of drama, stress, and sometimes not-so-great escapades after that fifth martini. And, technology, from texting to Facebook, has made all friendships more complicated than ever. At last comes *The Friendship Fix*, jam-packed with practical ways to improve your life by improving your circle. From dealing with friends-with-benefits to coworkers from the dark side, from feeling alone to being desperate to defriend a few dozen people, Andrea Bonior, Ph.D. helps you make the most of your friendships, whether they be old, new, online, or in person.

In these four incisive and keenly perceptive essays, one of our most celebrated and respected historians of modern Europe looks at the world situation and some of the major political problems confronting us at the start of the third millennium. With his usual measured and brilliant historical perspective, Eric Hobsbawm traces the rise of American hegemony in the twenty-first century. He examines the state of steadily increasing world disorder in the context of rapidly growing inequalities created by rampant free-market globalization. He makes clear that there is no longer a plural power system of states whose relations are governed by common laws—including those for the conduct of war. He scrutinizes America's policies, particularly its use of the threat of terrorism as an excuse for unilateral deployment of its global power. Finally, he discusses the ways in which the current American hegemony differs from the defunct British Empire in its inception, its ideology, and its effects on nations and individuals. Hobsbawm is particularly astute in assessing the United States' assertion of world hegemony, its denunciation of formerly accepted international conventions, and its launching of wars of aggression when it sees fit. Aside from the naivete and failure that have surrounded most of these imperial campaigns, Hobsbawm points out that foreign values and institutions—including those associated with a democratic government—can rarely be imposed on countries such as Iraq by outside forces unless the conditions exist that make them acceptable and readily adaptable. Timely and accessible, *On Empire* is a commanding work of history that should be read by anyone who wants some understanding of the turbulent times in which we live.

Though a woman's life and the world around them may change, it's the promise of friendship that remains an irreplaceable constant. From their biological and cultural origins to the varied manifestations of social connections, this book explores the deep bonds forged between women. By sharing stories from girls and women throughout their lives, the authors thoughtfully illustrate the roles that contemporary social relationships play at different stages in our lives while offering insights to deeper self-understanding and for finding, establishing, and sustaining relationships at any age.

An epic tale of invention, in which ordinary people's lives are changed forever by their quest to engineer a radically new kind of car. In 2007, the X Prize Foundation announced that it would give \$10 million to anyone who could build a safe, mass-producible car that could travel 100 miles on the energy equivalent of a gallon of gas. The challenge attracted more than one hundred teams from all over the world, including dozens of amateurs. Many designed their cars entirely from scratch, rejecting decades of thinking about what a car should look like. Jason Fagone follows four of those teams from the build stage to the final race and beyond—into a world in which destiny hangs on a low drag coefficient and a lug nut can be a beautiful talisman. The result is a gripping story of crazy collaboration, absurd risks, colossal hopes, and poignant losses. In an old pole barn in central Illinois, childhood sweethearts hack together an electric-powered dreamboat, using scavenged parts, forging their own steel, and burning through their life savings. In Virginia, an impassioned entrepreneur and his hand-picked squad of speed freaks pool their imaginations and build a car so light that you can push it across the floor with your thumb. In West Philly, a group of disaffected high school students come into their own as they create a hybrid car with the engine of a Harley motorcycle. And in Southern California, the early favorite—a start-up backed by millions in venture capital—designs a car that looks like an alien egg. *Ingenious* is a joyride. Fagone takes us into the garages and the minds of the inventors, capturing the fractious yet beautiful process of engineering a bespoke machine. Suspenseful and bighearted, this is the story of ordinary people risking failure, economic ruin, and ridicule to create something vital that Detroit had never pulled off. As the Illinois team wrote in chalk on the wall of their barn, "SOMEBODY HAS TO DO SOMETHING. THAT SOMEBODY IS US."

In 1961, a Strategic Air Command bomber, a B-52, disintegrated in mid-air near Seymour Johnson Air Force Base, North Carolina. Two H-bombs, each hundreds of times more powerful than the Hiroshima bomb, were thrown out, and started the arming process. This is the true story of that mission and the aftermath that could have been the worst man-made disaster in history. Eye-witnesses to the crash have unique stories to tell, as well as the last surviving crew member who made a miraculous escape, without an ejection seat. Also included is the story of the man who deactivated both 3.8 megaton bombs. And part of one of the bombs is still buried there, in a field near Faro, North Carolina. **NEW YORK TIMES BESTSELLER** They met over their dogs. Gail Caldwell and Caroline Knapp (author of *Drinking: A Love Story*) became best friends, talking about everything from their love of books and their shared history of a struggle with alcohol to their relationships with men. Walking the woods of New England and rowing on the Charles River, these two private, self-reliant women created an attachment more profound than either of them could ever have foreseen. Then, several years into this remarkable connection, Knapp was diagnosed with cancer. With her signature exquisite prose, Caldwell mines the deepest levels of devotion, and courage in this gorgeous memoir about treasuring a best friend, and coming of age in midlife. *Let's Take the Long Way Home* is a celebration of the profound transformations that come from intimate connection—and it affirms, once again, why Gail Caldwell is recognized as one of our bravest and most honest literary voices.

"WITH A NEW INTRODUCTION" "HOW COULD YOU DO THAT TO ME?" We've all had friendships that have gone bad. Whether it takes the form of a simple yet inexplicable estrangement or a devastating betrayal, a failed friendship can make your life miserable, threaten your success at work or school, and even undermine your romantic relationships. Finally there is help. In *When Friendship Hurts*, Jan Yager,

recognized internationally as a leading expert on friendship, explores what causes friendships to falter and explains how to mend them -- or end them. In this straightforward, illuminating book filled with dozens of quizzes and real-life examples, Yager covers all the bases, including: The twenty-one types of negative friends -- a rogues' gallery featuring such familiar types as the Blood-sucker, the Fault-finder, the Promise Breaker, and the Copycat How to recognize destructive friends as well as how to find ideal ones The e-mail effect -- how electronic communication has changed friendships for both the better and the worse The misuse of friendship at work -- how to deal with a co-worker's lies, deceit, or attempts at revenge How to stop obsessing about a failed friendship And much more The first highly prescriptive book to focus on the complexities of friendship, When Friendship Hurts demonstrates how, why, and when to let go of bad friends and how to develop the positive friendships that enrich our lives on every level. For everyone who has ever wondered about friends who betray, hurt, or reject them, this authoritative book provides invaluable insights and advice to resolve the problem once and for all.

Presents five hundred simple and inexpensive ideas for strengthening family ties and fostering lasting traditions

Research shows that people cannot reach their full potential unless they are in healthy connection with others. Dr. Amy Banks teaches us how to rewire our brains for healthier relationships and happier, more fulfilling lives. We all experience moments when we feel isolated and alone. A 2006 Purdue University study found that twenty-five percent of Americans cannot name a single person they feel close to. Yet every single one of us is hardwired for close relationships. The key to more satisfying relationships--be it with a significant other, a family member, or a colleague--is to strengthen the neural pathways in our brains that encourage closeness and connection. In this groundbreaking book, Dr. Banks give us a road map for developing the four distinct neural pathways in the brain that underlie the four most important ingredients for close relationships: calmness, acceptance, emotional resonance, and energy. Wired to Connect gives you the tools you need to strengthen the parts of your brain that encourage connection and to heal the neural damage that disconnection can cause.

How Design Drives Performance Have you ever wondered how changing design will effect the performance of a surfboard, wanted to really understand what your shaper, surf shop or mates are talking about when they discuss bottom curve or rocker, or more importantly why a particular surfboard goes really well or struggles to perform in some situations? The Surfboard Book includes advice stories and design details from some of the most experienced and credible subject experts in the history of the surfboard in Simon Anderson, Dick Brewer, Steve Lis and Bob McTavish: each are known not only as surfboard shapers and designers but as innovators with a combined design experience approaching 200 years. The Surfboard Book explains: elements of surfboard shape and their effects on performance construction types: from traditional to modern sandwich construction important material properties including environmental issues basic types or classes of surfboard and how they perform how to go about choosing or specifying your next surfboard

"Splitopia challenges outdated, negative assumptions about divorce with sharp wit, searing honesty, rigorous research, and intimate interviews, and offers guidance for healthier, happier splits"--

The differences in personalities and how they shade our perceptions can affect the way healthcare professionals communicate and interact with patients, colleagues, and other individuals in their workplace. Discovering and understanding your own strengths and idiosyncrasies while adapting to others can be an overwhelming task. In response to this common frustration, What Color Is Your Brain? When Caring for Patients: An Easy Approach for Understanding Your Personality Type and Your Patient's Perspective explains the distinctive similarities and differences that impact your daily thoughts and actions. Sheila Glazov, joined by nurse Denise Knoblauch, created colorful personality profiles that simplify the complex nature of the healthcare professionals' attributes and abilities in the workplace while interacting with their patients. What Color Is Your Brain? When Caring for Patients is intended to facilitate effective communication and cooperation and minimize stress and frustration in numerous aspects of your work day. Take the Healthcare Professional "No Right or Wrong Answer" Brain Quiz to effectively analyze your unique characteristics to determine your Brain Colors and to recognize your unique traits and talents in your workplace. Then, read and enjoy the relevant and motivating anecdotal stories from 25 healthcare professionals, which are strategically placed throughout the book. Rather than offer an excuse for people's behavior, this book helps to explain why your perspective differs from or relates to the viewpoints of others. Engaging, educational, and easy to read, What Color Is Your Brain? When Caring for Patients is a guide to discovering and decoding who you are, why others see you the way they do, and how the four Brain Colors play a role in your career and workplace.

-Yellow Brainers are Meticulous, Dedicated, Structured, and Loyal -Blue Brainers are Collaborative, Adaptable, Cheerful, and Helpful -Green Brainers are Analytical, Cautious, Calm, and Fair-Minded -Orange Brainers are Spontaneous, Energetic, Optimistic, and Easy-Going After reading What Color Is Your Brain? When Caring for Patients, you will have the knowledge and know-how to: Assess your personality and determine how to productively use your attributes and abilities in the workplace Increase your awareness and appreciation for others' perspectives and differences Create caring, collaborative, and harmonious relationships Understand each color-filled communication style and meet the needs of others Apply the personality principles and tailor communications to fit the Brain Color lobes of each individual Build rapport and appropriately approach patients to offer exceptional care Eliminate stress and solve problems by understanding your patients' and co-workers' perspectives What Color Is Your Brain? When Caring for Patients: An Easy Approach for Understanding Your Personality Type and Your Patient's Perspective explores the essential pieces of the puzzle that is human interaction. With the help of this dynamic book, determining your own Brain Colors and learning to improve your communication and collaboration with patients, colleagues, administrators, and others is bound to be a no-brainer.

Not all friendships are meant to last forever. There can be so much good, so much power, so much love in female friendships. But there is also a dark side of pain and loss. And surrounding that dark side there is often silence. There is shame, the haunting feeling that the loss of a friendship is a reflection of our own worth and capacity to be loved. My Other Ex: Women's True Stories of Losing and Leaving Friends is a step toward breaking that silence. The brave writers in this engrossing, diverse collection of 35 essays tell their own unique stories of failed friendships and remind us of the universality of loss.

An intimate portrait of a new generation of transmasculine individuals as they undergo gender transitions Award-winning sociologist Arlene Stein takes us into the lives of four strangers who find themselves together in a sun-drenched surgeon's office, having traveled to Florida from across the United States in order to masculinize their chests. Ben, Lucas, Parker, and Nadia wish to feel more comfortable in their bodies; three of them are also taking testosterone so that others recognize them as male. Following them over the course of a year, Stein shows how members of this young transgender generation, along with other gender dissidents, are refashioning their identities and challenging others' conceptions of who they are. During a time of conservative resurgence, they do so despite great personal costs. Transgender men comprise a large, growing proportion of the trans population, yet they remain largely invisible. In this powerful, timely, and eye-opening account, Stein draws from dozens of interviews with transgender people and their friends and families, as well as with activists and medical and psychological experts. Unbound documents the varied ways younger trans men see themselves and how they are changing our understanding of what it means to be male and female in America.

This primer on celestial beings provides a non-denominational overview of whoangels are and what their role can be in people's lives.

The only thing the writers in this book have in common is that they've exchanged sex for money. They're PhDs and dropouts, soccer moms and jailbirds, \$2,500-a-night call girls and \$10 crack hos, and everything in between. This anthology lends a voice to an underrepresented population that is simultaneously reviled and worshipped. Hos, Hookers, Call Girls, and Rent Boys is a collection of short memoirs, rants, confessions, nightmares, journalism, and poetry covering life, love, work, family, and yes, sex. The editors gather pieces from the world of industrial sex, including contributions from art-porn priestess Dr. Annie Sprinkle, best-selling memoirist David Henry Sterry (Chicken: Self-

Portrait of a Young Man for Rent), sex activist and musical diva Candye Kane, women and men right off the streets, girls participating in the first-ever National Summit of Commercially Sexually Exploited Youth, and Ruth Morgan Thomas, one of the organizers of the European Sex Work, Human Rights, and Migration Conference. Sex is a billion-dollar industry. Meet the real people who are its flesh and blood.

Genius. The word connotes an almost unworldly power: the power to create, to grasp universal secrets, even to destroy. As renowned intellectual historian Darrin McMahon explains in *Divine Fury*, the concept of genius can be traced back to antiquity, when men of great insight were thought to be advised by demons. The modern idea of genius emerged in tension with a growing belief in human equality; contesting the notion that all are created equal, geniuses served to dramatize the exception of extraordinary individuals not governed by ordinary laws. Today, the idea of genius has become cheapened—rock stars and football coaches earn the term with seemingly the same ease as astrophysicists and philosophers—yet our enduring fascination with it reflects the desires, needs, and fears of ordinary human beings. The first comprehensive history of this mysterious yet foundational concept, *Divine Fury* follows the fortunes of genius from Socrates to Napoleon to Einstein and beyond, analyzing its democratization, disappearance, and potential rebirth.

Amy Bloom has won a devoted readership and wide critical acclaim for fiction of rare humor, insight, grace, and eloquence, and the same qualities distinguish *Normal*, a provocative, intimate journey into the lives of “people who reveal, or announce, that their gender is variegated rather than monochromatic”—female-to-male transsexuals, heterosexual crossdressers, and the intersexed. We meet Lyle Monelle and his mother, Jessie, who recognized early on that her little girl was in fact a boy and used her life savings to help Lyle make the transition. On a Carnival cruise with a group of crossdressers and their spouses, we meet Peggy Rudd and her husband, “Melanie,” who devote themselves to the cause of “ordinary heterosexual men with an additional feminine dimension.” And we meet Hale Hawbecker, “a regular, middle-of-the-road, white-bread guy” with a wife, kids, and a medical condition, the standard treatment for which would have changed his life and his gender. Casting light into the dusty corners of our assumptions about sex, gender and identity, Bloom reveals new facets to the ideas of happiness, personality and character, even as she brilliantly illuminates the very concept of “normal.”

Marriage is hard work! It's hard for all couples, but especially challenging for those who think and feel differently. When we are dating, the love hormones make us blind. But once those wear off, our true personality traits, beliefs, and ways of expressing ourselves as well as all the baggage we grew up with truly start interacting and the results may not always be positive. It is heartbreaking to see two people going from "I can't live without you" to "I can't be in the same room with you." It's especially heartbreaking when there are kids involved. These kids' entire world crumbles when their parents fight and even worse when they get a divorce. In a very short, succinct, and friendly format, this book gives you the insight and actionable steps on how to rethink those differences, turn them into assets, and mediate the irreconcilable ones not only to avoid divorce, but to actually grow and enjoy your marriage.

Listening explores the process and role of listening in human communication as a cognitive process, as a social function, and as a critical professional competency. While introducing students the theory and research of listening scholarship, Worthington and Fitch-Hauser also help students to build practical skills and achieve the desired outcomes of effective listening.

Crack Your Code and Reach a New Level of Healing and Health Doctors traditionally prescribe a pill for every ill. But for most people, these single solutions don't work. The truth is, most chronic health problems, including stubborn weight gain, unbeatable fatigue, intestinal distress, high blood pressure, creeping cholesterol, and high blood sugar, are not found in simply one organ, but in several parts of the body (oftentimes in twos and threes). This is the result of years of slow, subtle challenges to your metabolism, which is as unique as you are. Your diet, lifestyle habits, stress level, prescription drug use, and relationships, as well as the genes you inherit and the environment in which you live—in effect, the sum total of your life experience up to this day—determine your personal metabolism and, in turn, your current state of health. Using a step-by-step, easy-to-implement system of diet, lifestyle strategies, and state-of-the-art nutrients and supplements, Dr. James LaValle will help you create an individualized program for reclaiming your metabolism and health.....At long last, this book provides readers with the information and tools that have been used successfully by thousands of Dr. LaValle's patients over the last twenty years to help them take charge of their diets, their health, and their lives.

Why our economy is cheating the future—and what we can do about it The world's leading economies are facing not just one but many crises. The financial meltdown may not be over, climate change threatens major global disruption, economic inequality has reached extremes not seen for a century, and government and business are widely distrusted. At the same time, many people regret the consumerism and social corrosion of modern life. What these crises have in common, Diane Coyle argues, is a reckless disregard for the future—especially in the way the economy is run. How can we achieve the financial growth we need today without sacrificing a decent future for our children, our societies, and our planet? How can we realize what Coyle calls “the Economics of Enough”? Running the economy for tomorrow as well as today will require a wide range of policy changes. The top priority must be ensuring that we get a true picture of long-term economic prospects, with the development of official statistics on national wealth in its broadest sense, including natural and human resources. Saving and investment will need to be encouraged over current consumption. Above all, governments will need to engage citizens in a process of debate about the difficult choices that lie ahead and rebuild a shared commitment to the future of our societies. Creating a sustainable economy—having enough to be happy without cheating the future—won't be easy. But *The Economics of Enough* starts a profoundly important conversation about how we can begin—and the first steps we need to take.

"Byrd writes poems like a novelist. Epic ones. His lines are full of fiction, bullshit and beauty."--E.Myles

A television journalist recounts his contemplation of suicide and what he planned to do in the twenty-four hours he had given himself to live, and grapples with such issues as forgiveness, accountability, gratitude, and reflection.

[Copyright: 646291e991ef1f81e1f152f1c6239603](https://www.amazon.com/dp/B000000000)