
Girlfriend Activation System Breathtaking Hello

A Stranger's Voice
 Cotman
 Cull
 The Body Is Not an Apology
 Amazing Stories
 Teaching Beautiful Brilliant Black Girls
 Lightning Flowers
 Behave
 The Future of Capitalism
 Lucky
 Plant Over Processed
 The Tapping Solution
 She Means Business
 Blended
 Creative Confidence
 Ask a Manager
 Sevenses
 The Code Breaker
 Beautiful Trouble
 School, Family, and Community Partnerships
 The Oxygen Advantage
 The Vital Question
 The High Value Man
 Coming Home to Passion
 My New Roots
 How to Do Nothing
 Little Brown
 I Love Jesus, But I Want to Die
 Opening the Door of Your Heart
 The Land of Forgotten Girls
 Quiet Journal
 Making the Modern World
 Credible Justice: The Devil May Laugh
 21 Killers
 Tony Northrup's DSLR Book: How to Create Stunning Digital Photography
 How to Avoid a Climate Disaster
 Cook Korean!
 Pax, Journey Home
 Almost American Girl
 Why We Sleep

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LAWRENCE LOGAN

A Stranger's Voice Tony Northrup

The secret to your health, fitness and overall wellbeing lies in the most basic and overlooked aspect of your workout: how you breathe. Developing body strength while ignoring breathing strength is counterproductive. In *The Oxygen Advantage*, Patrick McKeown combines his successful breathing exercises with techniques designed to simulate high-altitude training in a highly successful programme that will significantly improve anyone's health but will also empower athletes to improve their sports performance. These scientifically validated exercises have the potential to drastically improve your overall fitness, whether you are a habitual couch potato or an Ironman triathlon champion. These easy-to-use techniques can help to reduce your breathlessness, improve your sleep as well as reduce anxiety and stress. Drawing on his own experiences as an ex-asthmatic and the work he has done to help athletes and asthma sufferers alike to achieve greater fitness, Patrick shows you the key to a healthier, fitter you.

Cotman HarperCollins UK

How much further should the affluent world push its material consumption? Does relative dematerialization lead to absolute decline in demand for materials? These and many other questions are discussed and answered in *Making the Modern World: Materials and Dematerialization*. Over the

course of time, the modern world has become dependent on unprecedented flows of materials. Now even the most efficient production processes and the highest practical rates of recycling may not be enough to result in dematerialization rates that would be high enough to negate the rising demand for materials generated by continuing population growth and rising standards of living. This book explores the costs of this dependence and the potential for substantial dematerialization of modern economies. *Making the Modern World: Materials and Dematerialization* considers the principal materials used throughout history, from wood and stone, through to metals, alloys, plastics and silicon, describing their extraction and production as well as their dominant applications. The evolving productivities of material extraction, processing, synthesis, finishing and distribution, and the energy costs and environmental impact of rising material consumption are examined in detail. The book concludes with an outlook for the future, discussing the prospects for dematerialization and potential constraints on materials. This interdisciplinary text provides useful perspectives for readers with backgrounds including resource economics, environmental studies, energy analysis, mineral geology, industrial organization, manufacturing and material science.

Cull Corwin Press

The whole world has fallen in love with this international bestseller - hundreds of thousands of copies have been sold across 25 countries. Now it's Australia's turn to rediscover this jewel of a book on mindfulness. In times of uncertainty, words of comfort are essential, and the stunning overseas sales of this title are testament to its universal appeal. These modern tales of hope, forgiveness, freedom from fear and overcoming pain cleverly

relate the timeless wisdom of the Buddha's teachings and the path to true happiness in a warm and accessible way. Ajahn Brahm was born and raised in the West and in his more than thirty years as a Buddhist monk he has gathered many poignant, funny and profound stories. He has tremendous ability to filter these stories through the Buddha's teaching so that they can have meaning for all sorts of readers. There are many thousands of Australians who don't even know that they need this book yet, but who will no doubt embrace it just as overseas readers have. It is the perfect gift book as there is truly something in it for everyone. 'Ajahn Brahm is the Seinfeld of Buddhism' - Sumi Loundon, editor of Blue Jean Buddha: Voices of Young Buddhists and The Buddha's Apprentices

[The Body Is Not an Apology](#) Unbound Publishing

A compassionate, shame-free guide for your darkest days “A one-of-a-kind book . . . to read for yourself or give to a struggling friend or loved one without the fear that depression and suicidal thoughts will be minimized, medicalized or over-spiritualized.”—Kay Warren, cofounder of Saddleback Church What happens when loving Jesus doesn't cure you of depression, anxiety, or suicidal thoughts? You might be crushed by shame over your mental illness, only to be told by well-meaning Christians to “choose joy” and “pray more.” So you beg God to take away the pain, but nothing eases the ache inside. As darkness lingers and color drains from your world, you're left wondering if God has abandoned you. You just want a way out. But there's hope. In *I Love Jesus, But I Want to Die*, Sarah J. Robinson offers a healthy, practical, and shame-free guide for Christians struggling with mental illness. With unflinching honesty, Sarah shares her story of battling depression and fighting to stay alive despite toxic theology that made her afraid to seek help outside the church. Pairing her own story with scriptural insights, mental health research, and simple practices, Sarah helps you reconnect with the God who is present in our deepest anguish and discover that you are worth everything it takes to get better. Beautifully written and full of hard-won wisdom, *I Love Jesus, But I Want to Die* offers a path toward a rich, hope-filled life in Christ, even when healing doesn't look like what you expect.

[Amazing Stories](#) Xlibris Corporation

A sharp and outrageous satire about the deadly dark side of discrimination Alex has a problem. Categorized as one of the disabled, dole-scrounging underclass, she is finding it hard to make ends meet. When in her part-time placement at the local newspaper she stumbles onto a troubling link between the disappearance of several homeless people, the government's new Care and Protect Act, and the Grassybanks Residential Home for the disabled, elderly and vulnerable, she knows she has to investigate further... but at what cost to herself and her guide dog Chris?

[Teaching Beautiful Brilliant Black Girls](#) Xlibris Corporation

#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.

[Lightning Flowers](#) HarperCollins

From bestselling and award-winning author Sara Pennypacker comes the long-awaited sequel to Pax; gorgeously crafted, utterly compelling with stunning illustrations by award-winning author and illustrator Jon Klassen.

[Behave](#) John Wiley & Sons

One man in the future is a killer. An assassin raised from birth. But he no longer wants to take orders from any organization. He is on his own mission now. To kill his friends, his family, his old life entirely, his past. His is on a mission to kill the top twenty government assassins who have more power than anybody else. Untouchable, all powerful killers who are protected by the government to ensure peace, power, and fear. The book follows this man near the end of his journey where he has to face his past along with a regretful doctor and a vengeful revolutionary girl. These three take part in this futuristic adventure and try to change the world and themselves in the process. They are all affected by this one mans mission, one mans struggle. One mans fight. One killer named Main. Twenty-one killers in total. Only one will live. Will you find out who?

[The Future of Capitalism](#) Simon and Schuster

Holistic nutritionist and highly-regarded blogger Sarah Britton presents a refreshing, straight-forward approach to balancing mind, body, and spirit through a diet made up of whole foods. Sarah Britton's approach to plant-based cuisine is about satisfaction--foods that satiate on a physical, emotional, and spiritual level. Based on her knowledge of nutrition and her love of cooking, Sarah Britton crafts recipes made from organic vegetables, fruits, whole grains, beans, lentils, nuts, and seeds. She explains how a diet based on whole foods allows the body to regulate itself, eliminating the need to count calories. My New Roots draws on the enormous appeal of Sarah Britton's blog, which strikes the perfect balance between healthy and delicious food. She is a "whole food lover," a cook who makes simple accessible plant-based meals that are a pleasure to eat and a joy to make. This book takes its cues from the rhythms of the earth, showcasing 100 seasonal recipes. Sarah simmers thinly sliced celery root until it mimics pasta for Butternut Squash Lasagna, and whips up easy raw chocolate to make homemade chocolate-nut butter candy cups. Her recipes are not about sacrifice, deprivation, or labels--they are about enjoying delicious food that's also good for you.

[Lucky](#) Vintage

Banksy, the Yes Men, Gandhi, Starhawk: the accumulated wisdom of decades of creative protest is now in the hands of the next generation of change-makers, thanks to Beautiful Trouble. Sophisticated enough for veteran activists, accessible enough for newbies, this compact pocket edition of the

bestselling Beautiful Trouble is a book that's both handy and inexpensive. Showcasing the synergies between artistic imagination and shrewd political strategy, this generously illustrated volume can easily be slipped into your pocket as you head out to the streets. This is for everyone who longs for a more beautiful, more just, more livable world – and wants to know how to get there. Includes a new introduction by the editors. Contributors include: Celia Alario • Andy Bichbaum • Nadine Bloch • L. M. Bogad • Mike Bonnano • Andrew Boyd • Kevin Buckland • Doyle Canning • Samantha Corbin • Stephen Duncombe • Simon Enoch • Janice Fine • Lisa Fithian • Arun Gupta • Sarah Jaffe • John Jordan • Stephen Lerner • Zack Malitz • Nancy L. Mancias • Dave Oswald Mitchell • Tracey Mitchell • Mark Read • Patrick Reinsborough • Joshua Kahn Russell • Nathan Schneider • John Sellers • Matthew Skomarovsky • Jonathan Matthew Smucker • Starhawk • Eric Stoner • Harsha Walia

[Plant Over Processed](#) OR Books

'I'm a HUGE fan of Alison Green's "Ask a Manager" column. This book is even better' Robert Sutton, author of The No Asshole Rule and The Asshole Survival Guide 'Ask A Manager is the book I wish I'd had in my desk drawer when I was starting out (or even, let's be honest, fifteen years in)' - Sarah Knight, New York Times bestselling author of The Life-Changing Magic of Not Giving a F*ck A witty, practical guide to navigating 200 difficult professional conversations Ten years as a workplace advice columnist has taught Alison Green that people avoid awkward conversations in the office because they don't know what to say. Thankfully, Alison does. In this incredibly helpful book, she takes on the tough discussions you may need to have during your career. You'll learn what to say when: · colleagues push their work on you - then take credit for it · you accidentally trash-talk someone in an email and hit 'reply all' · you're being micromanaged - or not being managed at all · your boss seems unhappy with your work · you got too drunk at the Christmas party With sharp, sage advice and candid letters from real-life readers, Ask a Manager will help you successfully navigate the stormy seas of office life.

[The Tapping Solution](#) Hachette UK

** A New York Times Bestseller ** NAMED ONE OF THE BEST BOOKS OF THE YEAR BY: Time • The New Yorker • NPR • GQ • Elle • Vulture • Fortune • Boing Boing • The Irish Times • The New York Public Library • The Brooklyn Public Library "A complex, smart and ambitious book that at first reads like a self-help manual, then blossoms into a wide-ranging political manifesto."—Jonah Engel Bromwich, The New York Times Book Review One of President Barack Obama's "Favorite Books of 2019" Porchlight's Personal Development & Human Behavior Book of the Year In a world where addictive technology is designed to buy and sell our attention, and our value is determined by our 24/7 data productivity, it can seem impossible to escape. But in this inspiring field guide to dropping out of the attention economy, artist and critic Jenny Odell shows us how we can still win back our lives. Odell sees our attention as the most precious—and overdrawn—resource we have. And we must actively and continuously choose how we use it. We might not spend it on things that capitalism has deemed important ... but once we can start paying a new kind of attention, she writes, we can undertake bolder forms of political action, reimagine humankind's role in the environment, and arrive at more meaningful understandings of happiness and progress. Far from the simple anti-technology screed, or the back-to-nature meditation we read so often, How to do Nothing is an action plan for thinking outside of capitalist narratives of efficiency and techno-determinism. Provocative, timely, and utterly persuasive, this book will change how you see your place in our world.

[She Means Business](#) Hachette UK

“An open-ended story that creates a great starting point for meaningful discussion with young children about bullying and inclusion.” —School Library Journal (starred review) A grumpy and lonely little dog at the animal shelter decides to take matters into his own paws in this though-provoking and sublime picture book from the award-winning author and illustrator of The Boss Baby! Little Brown is one cranky canine because no one ever plays with him at the animal shelter. Or maybe no one ever plays with him because he is cranky. Either way, Little Brown decides today is the day to take action, so he takes all of the toys and sticks and blankets from all of the dogs at the shelter and won't give them back. But what will happen now?

[Blended](#) Simon and Schuster

From the author of THE KING'S MINDSET and PEOPLE GAMES... Have you ever felt invisible, powerless, and/or unattractive as a man? Specifically, do you feel that women don't respond to you, like you're always the one chasing them and not the other way around? Or, do you feel that men lack respect for you, don't treat you seriously, and maybe even look down on you? The main reason why these things are happening is because your "value" is currently too low and that unfortunate fact has become all too obvious to those who interact with you. It doesn't have to be that way. Introducing THE HIGH VALUE MAN: PRINCIPLES OF POSITIVE MASCULINITY... You may think that you need to have good looks, a fancy car, a Rolex watch, and an envious bank account to be taken seriously by men and women. This couldn't be further from the truth. You might have even read somewhere that you should aspire to become an "alpha male" in order to gain the respect of men and women. While well-meaning, this social construct is thrown around somewhat recklessly in order to explain why some men are successful and some are unsuccessful in life, whatever those words mean. However, in The High Value Man, you will learn how to authentically and positively assert and manifest your natural masculinity and transcend the alpha/beta dichotomy. What's inside The High Value Man? The reasons why you do not need to subscribe to the alpha/beta construct. A six-step plan to help you transcend the alpha/beta dichotomy and become a high value man. The twelve behaviors that you must eliminate in order to become a high value man. Two guiding principles to help you always figure out how a high value man should behave. Five tools and exercises to help you implement and reinforce high value behaviors. What will you also learn in The High Value Man? The difference between assertiveness and aggressiveness. How to handle real-life situations like a high value man. What will you gain by reading The High Value Man? Women start to notice, chase, and obsess over you more. More confidence, self-respect, and swagger. A more authentic sense of self and healthy self-identity. And most of all, people will start treating you better! What are you waiting for? Learn the principles of positive masculinity today and become a "high value man". Scroll up and click BUY NOW!

[Creative Confidence](#) Penguin

Strengthen programs of family and community engagement to promote equity and increase student success! When schools, families, and communities collaborate and share responsibility for students' education, more students succeed in school. Based on 30 years of research and fieldwork, the fourth edition of the bestseller School, Family, and Community Partnerships: Your Handbook for Action, presents tools and guidelines to

help develop more effective and more equitable programs of family and community engagement. Written by a team of well-known experts, it provides a theory and framework of six types of involvement for action; up-to-date research on school, family, and community collaboration; and new materials for professional development and on-going technical assistance. Readers also will find: Examples of best practices on the six types of involvement from preschools, and elementary, middle, and high schools Checklists, templates, and evaluations to plan goal-linked partnership programs and assess progress CD-ROM with slides and notes for two presentations: A new awareness session to orient colleagues on the major components of a research-based partnership program, and a full One-Day Team Training Workshop to prepare school teams to develop their partnership programs. As a foundational text, this handbook demonstrates a proven approach to implement and sustain inclusive, goal-linked programs of partnership. It shows how a good partnership program is an essential component of good school organization and school improvement for student success. This book will help every district and all schools strengthen and continually improve their programs of family and community engagement.

Ask a Manager Simon and Schuster

Why is life the way it is? Bacteria evolved into complex life just once in four billion years of life on earth-and all complex life shares many strange properties, from sex to ageing and death. If life evolved on other planets, would it be the same or completely different? In *The Vital Question*, Nick Lane radically reframes evolutionary history, putting forward a cogent solution to conundrums that have troubled scientists for decades. The answer, he argues, lies in energy: how all life on Earth lives off a voltage with the strength of a bolt of lightning. In unravelling these scientific enigmas, making sense of life's quirks, Lane's explanation provides a solution to life's vital questions: why are we as we are, and why are we here at all? This is ground-breaking science in an accessible form, in the tradition of Charles Darwin's *The Origin of Species*, Richard Dawkins' *The Selfish Gene*, and Jared Diamond's *Guns, Germs and Steel*.

Seveneres Berrett-Koehler Publishers

Lucky Armstrong is a tough, talented grifter who has just pulled off a million-dollar heist with her boyfriend, Cary. She's ready to start a brand-new life, with a new identity, when things go sideways. Alone for the first time, navigating the world without the help of either her father or her boyfriend, Lucky discovers that a lottery ticket she bought on a whim is worth millions. There's one big problem: cashing in the winning ticket means she'll be arrested for her crimes, go to prison, and have no chance to redeem her fortune. Will she be able to make a future for herself, without her dark past catching up with her? -- adapted from back cover

The Code Breaker Simon and Schuster

Piano-prodigy Isabella, eleven, whose black father and white mother struggle to share custody, never feels whole, especially as racial tensions affect

her school, her parents both become engaged, and she and her stepbrother are stopped by police.

Beautiful Trouble Appetite by Random House

This "utterly spectacular" book weighs the impact modern medical technology has had on the author's life against the social and environmental costs inevitably incurred by the mining that makes such innovation possible (Rachel Louise Snyder, author of *No Visible Bruises*). What if a lifesaving medical device causes loss of life along its supply chain? That's the question Katherine E. Standefer finds herself asking one night after being suddenly shocked by her implanted cardiac defibrillator. In this gripping, intimate memoir about health, illness, and the invisible reverberating effects of our medical system, Standefer recounts the astonishing true story of the rare diagnosis that upended her rugged life in the mountains of Wyoming and sent her tumbling into a fraught maze of cardiology units, dramatic surgeries, and slow, painful recoveries. As her life increasingly comes to revolve around the internal defibrillator freshly wired into her heart, she becomes consumed with questions about the supply chain that allows such an ostensibly miraculous device to exist. So she sets out to trace its materials back to their roots. From the sterile labs of a medical device manufacturer in southern California to the tantalum and tin mines seized by armed groups in the Democratic Republic of the Congo to a nickel and cobalt mine carved out of endemic Madagascar jungle, *Lightning Flowers* takes us on a global reckoning with the social and environmental costs of a technology that promises to be lifesaving but is, in fact, much more complicated. Deeply personal and sharply reported, *Lightning Flowers* takes a hard look at technological mythos, healthcare, and our cultural relationship to medical technology, raising important questions about our obligations to one another, and the cost of saving one life.

School, Family, and Community Partnerships Penguin UK

Shortlisted for the Business Book Awards: Start-up Inspiration in 2018 Are you ready to turn your ideas into reality and build a wildly successful business? There has never been a better time to say yes! With a computer and an Internet connection you can get your ideas, messages, and business out there like never before and create so much success. In this book, Carrie Green shows you how. Carrie started her first online business at the age of 20—she knows what it's like to be an ambitious and creative woman with big dreams and huge determination . . . but she also knows the challenges of starting and running a business, including the fears, overwhelm, confusion, and blocks that entrepreneurs face. Based on her personal, tried-and-tested experience, she offers valuable guidance and powerful exercises to help you: • Get clear on your business vision • Move past the fears and doubts that can get in the way • Understand your audience, so you can truly connect with them • Create your brand and build a tribe of raving fans, subscribers, and customers • Manage your time, maintain focus, and keep going in the right direction • Condition yourself for success . . . and so much more! If you're a creative and ambitious female entrepreneur, or are contemplating the entrepreneurial path, this book will provide the honest, realistic, and practical tools you need to follow your heart and bring your vision to life.