What is your brand? As a designer your success depends on how you brand yourself and the service you provide. This book will help you explore, develop, distill, and determine a distinctive brand essence, differentiate yourself, and create your visual identity. Build Your Own Brand is a guided journal designed to help you sketch, write, design, and conceive the way you brand yourself. More than 80 prompts and exercises will help you develop your: Personal brand essence Visual identity and style Resume and elevator pitch and much more! Whether you're trying to land a new job or launch a design business, let this unique guide light the way. You'll find helpful advice, interviews, and prompts from esteemed psychologists, creative directors, brand strategists, designers, artists, and experts from a variety of disciplines. Build your own brand today! From the critically acclaimed author of Lies We Tell Ourselves comes an emotional, empowering story of what happens when love may not be enough to conquer all. Toni and Gretchen are the couple everyone envied in high school. When they separate for their first year at college—Toni to Harvard and Gretchen to NYU—they're sure they'll be fine. Where other long-distance relationships have fallen apart, theirs is bound to stay rock-solid. The reality of being apart, though, is very different than they expected. Toni, who identifies as genderqueer, meets a group of transgender upperclassmen and immediately finds a sense of belonging that has always been missing, but Gretchen struggles to remember who she is outside their relationship. As distance and Toni's shifting gender identity begin to wear on their relationship, the couple must decide—have they grown apart for good, or is love enough to keep them together? Pulp by Robin Talley will be available Nov 06, 2018. Preorder your copy today! Shares strategies for expanding one's awareness of bird communication and maintaining a non-threatening presence in natural environments, explaining the sounds and behaviors that reflect various bird warnings, feelings and messages. 35,000 first printing. Acclaimed naturalist and birdwatcher Stephen Moss brings us this year's perfect Christmas gift: a year in the life of Britain's favourite bird - the robin. In The Robin Moss records a year of observing the robin both close to home and in the field to shed light on the hidden life of this apparently familiar bird. We follow its lifecycle from the time it enters the world as an egg, through its time as a nestling and juvenile, to the adult bird; via courtship, song, breeding, feeding, migration - and ultimately, death. At the same time, we trace the robin's relationship with us: how did this bird - one of more than 300 species in its huge and diverse family - find its way so deeply and permanently into our nation's heart and its social and cultural history? It's a story that tells us as much about ourselves as it does about the robin itself. No other bird is quite so ever-present and familiar, so embedded in our culture, as the robin. But how much do we really know about this bird? There is no doubt that Moss's book, with its charming cover and quaint illustrations, will make it into many a stocking this year’ The Times Co-authored by Ron Bybee, who has determinedly encouraged Robin McKenzie (best-selling author of Treat Your Own Back) to tell his story, this book will fascinate all those who have been involved with Robin and his groundbreaking discoveries for the better diagnosis and treatment of low back pain. Uncountable numbers of patients who have benefited from McKenzie therapy will also find it compelling. This book will both entertain and give readers pause for reflection on many matters. The world's bestselling master of the medical thriller, Robin Cook skillfully combines human drama and high-tech thrills with the latest breakthroughs and controversies of modern medicine. Now, in his most daring novel yet, a mysterious transmission from the bottom of the Atlantic Ocean leads a crew of oceanographers and divers to a phenomenon beyond scientific
understanding - a discovery that will change everything we know about life on Earth… A transformative guide to building more fulfilling relationships with colleagues, friends, partners, and family, based on the landmark Interpersonal Dynamics (“Touchy-Feely”) course at Stanford’s Graduate School of Business ONE OF BLOOMBERG’S BEST BOOKS OF THE YEAR • “Carole Robin and David Bradford are masters at helping people bring IQ and EQ together to satisfy both and be successful.”—Ray Dalio, founder of Bridgewater and author of Principles: Life and Work The ability to create strong relationships with others is crucial to living a full life and becoming more effective at work. Yet many of us find ourselves struggling to build solid personal and professional connections or unable to handle challenges that inevitably arise when we grow closer to others. When we find ourselves in an exceptional relationship—the kind of relationship in which we feel fully understood and supported for who we are—it can seem like magic. But the truth is that the process of building and sustaining these relationships can be described, learned, and applied. David Bradford and Carole Robin taught interpersonal skills to MBA candidates for a combined seventy-five years in their legendary Stanford Graduate School of Business course Interpersonal Dynamics (affectionately known to generations of students as “Touchy-Feely”) and have coached and consulted hundreds of executives for decades. In Connect, they show readers how to take their relationships from shallow to exceptional by cultivating authenticity, vulnerability, and honesty, while being willing to ask for and offer help, share a commitment to growth, and deal productively with conflict. Filled with relatable scenarios and research-backed insights, Connect is an important resource for anyone hoping to improve existing relationships and build new ones at any stage of life. INSTANT NEW YORK TIMES BESTSELLER “My Body offers a lucid examination of the mirrors in which its author has seen herself, and her indoctrination into the cult of beauty as defined by powerful men. In its more transcendent passages . . . the author steps beyond the reach of any ‘Pygmalion’ and becomes a more dangerous kind of beautiful. She becomes a kind of god in her own right: an artist.” —Melissa Febos, The New York Times Book Review A "MOST ANTICIPATED" AND "BEST OF FALL 2021" BOOK FOR * VOGUE * TIME * ESQUIRE * PEOPLE * USA TODAY * CHICAGO TRIBUNE * LOS ANGELES TIMES * SHONDALAND * ALMA * THRILLEST * NYLON * FORTUNE A deeply honest investigation of what it means to be a woman and a commodity from Emily Ratajkowski, the archetypal, multi-hyphenate celebrity of our time Emily Ratajkowski is an acclaimed model and actress, an engaged political progressive, a formidable entrepreneur, a global social media phenomenon, and now, a writer. Rocketing to world fame at age twenty-one, Ratajkowski sparked both praise and furor with the provocative display of her body as an unapologetic statement of feminist empowerment. The subsequent evolution in her thinking about our culture’s commodification of women is the subject of this book. My Body is a profoundly personal exploration of feminism, sexuality, and power, of men’s treatment of women and women's rationalizations for accepting that treatment. These essays chronicle moments from Ratajkowski’s life while investigating the culture’s fetishization of girls and female beauty, its obsession with and contempt for women’s sexuality, the perverse dynamics of the fashion and film industries, and the gray area between consent and abuse. Nuanced, fierce, and incisive, My Body marks the debut of a writer brimming with courage and intelligence. Offers a nine-step program for living more meaningful lives, showing readers how to get out of debt, save money, reorder priorities, and convert problems into opportunities High school is a monster, and it's eating everyone Robin knows. Discover the backstory of the new Stranger Things fan favorite character, Robin, played by Maya Hawke! It's the beginning of sophomore year, and it's eating everyone Robin knows. Robin knows that game well--she's been pretending for years, hoping nobody would notice the sarcastic polyglot French horn player with a bad perm in the back of the room. But there's one aspect of her identity that she knows for sure doesn't fit in with her carefully controlled image--something she's only just now realizing: Robin likes girls. How exactly is she supposed to be her true self in teeny-tiny Hawkins, Indiana? Robin is convinced the only way she can experience real life is by fleeing to Europe for the summer--aka Operation Croissant. But she has no money, no permission, and no one to share the adventure with--and it will take a heck of a lot more than that to escape Hawkins in one piece. Sprinkled with references to your favorite Stranger Things characters, this prequel chronicles one girl's realization that the only person she really needs to be accepted by is herself. “Courageous, achingly honest.” —Michelle Alexander, New York Times bestselling author of The New Jim Crow: Mass Incarceration in the Age of Colorblindness “A compelling, incisive and thoughtful examination of race, origin and what it means to be called an American. Engaging, heartfelt and beautifully written, Lythcott-Haims explores the American spectrum of identity with refreshing courage and compassion.” —Bryan Stevenson, New York Times bestselling author of Just Mercy: A Story of Justice and Redemption A fearless memoir in which beloved and bestselling How to Raise an Adult author Julie Lythcott-Haims pulls no punches in her recollections of growing up a black woman in America. Bringing a poetic sensibility to her prose to stunning effect, Lythcott-Haims briskly and stirringly evokes her personal battle with the low self-esteem that American racism routinely inflicts on people of color. The only child of a marriage between an African-American father and a white British
mother, she shows indelibly how so-called "micro" aggressions in addition to blunt force insults can puncture a person's inner life with a thousand sharp cuts. Real American expresses also, through Lythcott-Haims’s path to self-acceptance, the healing power of community in overcoming the hurtful isolation of being incessantly considered "the other." The author of the New York Times bestselling anti-helicopter parenting manifesto How to Raise an Adult, Lythcott-Haims has written a different sort of book this time out, but one that will nevertheless resonate with the legions of students, educators and parents to whom she is now well known, by whom she is beloved, and to whom she has always provided wise and necessary counsel about how to embrace and nurture their best selves. Real American is an affecting memoir, an unforgettable cri de coeur, and a clarion call to all of us to live more wisely, generously and fully. Fifteen-year-old Aki Simon has a theory. And it's mostly about sex. No, it isn't that kind of theory. Aki already knows she's bisexual—even if, until now, it's mostly been in the hypothetical sense. Aki has dated only guys so far, and her best friend, Lori, is the only person who knows she likes girls, too. Actually, Aki's theory is that she's got only one shot at living an interesting life—and that means she's got to stop sitting around and thinking so much. It's time for her to actually do something. Or at least try. So when Aki and Lori set off on a church youth-group trip to a small Mexican town for the summer and Aki meets Christa—slightly older, far more experienced—it seems her theory is prime for the testing. But it's not going to be easy. For one thing, how exactly do two girls have sex, anyway? And more important, how can you tell if you're in love? It's going to be a summer of testing theories—and the result may just be love. "That's my son!" These three words were the tidal wave that destroyed the entire landscape of Robin Farnsworth's life, an ER nurse on duty when she identified the dead man on the stretcher. Growing up in the shadow of death after the loss of her brother, Robin understood the devastation that the death of a child causes. "Where is God?" the eight-year-old girl asks the night sky. As her family crumbles, she runs away, only to come crashing to her knees years later. Broken, alcoholic, and a single mom, she finally gets her answer through a divine appointment with Jesus Christ. Years later, her oldest son, Spencer, would also surrender to Christ, exchanging a life of rage and violence for a transforming peace and freedom. Spencer lived his faith with an unusual passion and urgency that would produce an eternal harvest of changed lives beyond his death. At age twenty-one, he was the unintended target of murder. Where is God? The answer is surprising as the author brings you alongside of her in the midst of monumental pain and darkness, discovering not just where God is, but who he is. This is a story of rescue and redemption, of the power of forgiveness and faith within a mother and her son; two broken and imperfect lives that are intercepted by a loving and almighty God. In the vein of I Really Needed This Today by Hoda Kotb, a book of inspirational quotes, prayers, and stories collected by the beloved host of Good Morning America and New York Times bestselling author Robin Roberts to infuse readers' daily lives with positivity and encouragement. Over the last 16 years as the esteemed anchor of Good Morning America, Robin Roberts has helped millions of people across the country greet each new morning, gracing our screens with heart and humility. She has sought to bring a bit of positivity into each day, even in the most trying of times. Now, she shares with readers the inspirational stories, quotes, and memories that have helped her find the good in the world and usher in light— even on the darkest days. With words of encouragement found in history, prayers, conversations with loved ones, literature, psalms, and speeches that reach out across the national divide, Robin offers a window into how she feeds her own mind, spirit, and soul and invites readers to do the same. With a deeply personal touch, she explains why these passages have had a profound impact on her and how we can shift our mindsets and give ourselves permission to let our best intentions take root and be free. Full of wisdom and insight and beautifully designed, this collection of carefully curated quotes will be a breath of fresh air for daily reflection. One of Robin Klein's most important novels the moving, powerful, multi-award-winning story of eleven-year-old Seymour, his friendship with the beautiful Angie, and the terrible secret that Angie hides. 180 pages Paperback The New York Times best-selling book exploring the counterproductive reactions white people have when their assumptions about race are challenged, and how these reactions maintain racial inequality. In this “vital, necessary, and beautiful book” (Michael Eric Dyson), antiracist educator Robin DiAngelo deftly illuminates the phenomenon of white fragility and “allows us to understand racism as a practice not restricted to ‘bad people’ (Claudia Rankine). Referring to the defensive moves that white people make when challenged racially, white fragility is characterized by emotions such as anger, fear, and guilt, and by behaviors including argumentation and silence. These behaviors, in turn, function to reinstate white racial equilibrium and prevent any meaningful cross-racial dialogue. In this in-depth exploration, DiAngelo examines how white fragility develops, how it protects racial inequality, and what we can do to engage more constructively. From New York Times culture reporter Dave Itzkoff, the definitive biography of Robin Williams – a compelling portrait of one of America’s most beloved and misunderstood entertainers. From his rapid-fire stand-up comedy riffs to his breakout role in Mork & Mindy and his Academy Award-winning performance in Good Will Hunting, Robin Williams was a singularly innovative and beloved entertainer. He often came across as a man possessed, holding forth on culture and politics while mixing in personal revelations – all with mercurial, tongue-twisting intensity as he inhabited and shed one character after another with lightning speed. But as Dave
Itzkoff shows in this revelatory biography, Williams's comic brilliance masked a deep well of conflicting emotions and self-doubt, which he drew upon in his comedy and in celebrated films like Dead Poets Society; Good Morning, Vietnam; The Fisher King; Aladdin; and Mrs. Doubtfire, where he showcased his limitless gift for improvisation to bring to life a wide range of characters. And in Good Will Hunting he gave an intense and controlled performance that revealed the true range of his talent. Itzkoff also shows how Williams struggled mightily with addiction and depression – topics he discussed openly while performing and during interviews – and with a debilitating condition at the end of his life that affected him in ways his fans never knew. Drawing on more than a hundred original interviews with family, friends, and colleagues, as well as extensive archival research, Robin is a fresh and original look at a man whose work touched so many lives. The spectacular bestseller from the author of VALLEY OF THE DOLLS. In a time when steak, vodka, and Benzedrine were the three main staples of a healthy diet, when high-powered executives called each other “baby” and movie stars wore wigs to bed, network tycoons had a name for the TV set: they called it “the love machine.” But to supermodel Amanda, socialite Judith and journalist Maggie, “the love machine” meant something else: Robin Stone, “a TV-network titan around whom women flutter like so many moths...The novel deals with his rise and fall as he makes the international sex scene (orgy in London, transvestiting in Hamburg), drinks unlimited quantities and checks out the latest Nielsens.”—Newsweek "I READ IT IN ONE GREEDY GULP, ENJOYING EVERY MINUTE.”—Liz Smith “[Susann’s] pulp poetry resonates to this day. WITH HER FORMULA OF SEX, DRUGS, AND SHOW BUSINESS, Susann didn’t so much capture the tenor of her times as she did predict the Zeitgeist of ours.”—Detour "A remarkable work of slowed-down journalism...They are doing their jobs as journalists and writing the first draft of history.” —Jill Filipovic, The Washington Post "...Generous but also damning.” —Hanna Rosin, The New York Times From two New York Times reporters, a deeper look at the formative years of Supreme Court Justice Brett Kavanaugh and his confirmation. In September 2018, the F.B.I. was given only a week to investigate allegations of sexual misconduct against Brett Kavanaugh, President Trump's Supreme Court nominee. But even as Kavanaugh was sworn in to his lifetime position, many questions remained unanswered, leaving millions of Americans unsettled. During the Senate confirmation hearings that preceded the bureau's brief probe, New York Times reporters Robin Pogrebin and Kate Kelly broke critical stories about Kavanaugh's past, including the "Renate Alumni" yearbook story. They were inundated with tips from former classmates, friends, and associates that couldn't be fully investigated before the confirmation process closed. Now, their book fills in the blanks and explores the essential question: Who is Brett Kavanaugh? The Education of Brett Kavanaugh paints a picture of the prep-school and Ivy-League worlds that formed our newest Supreme Court Justice. By offering commentary from key players from his confirmation process who haven't yet spoken publicly and pursuing lines of inquiry that were left hanging, it will be essential reading for anyone who wants to understand our political system and Kavanaugh's unexpectedly emblematic role in it. Capturing the heartwarming magic of Walt Disney Studios' upcoming Christopher Robin film, this novelization pulls fans back into the world of Pooh through a book that enables them to relive the story and revisit their old pals whenever they please. Focusing on the power of love, friendship, and family, the novelization invites readers to join Christopher Robin, Pooh, and their friends from the Hundred Acre Wood on an all-new adventure that adds new depth to timeless and beloved characters old and new. A New York Times bestseller! Mama and baby make one incredible team in this new picture book from New York Times bestselling author and Peloton instructor extraordinaire Robin Arzón. Before I met you, I dreamed of you. This is the story of how we first met. Ultramarathons. Bike sprints. Squats and deadlifts. Naps. Kitchen dance parties! All of it is in preparation for meeting Pequeno, the “Little One” growing in this strong mama’s belly. From first heartbeats and fluttery kicks to grinning grandparents and that first loud cry -- pregnancy might just be the biggest workout yet! But there's nothing this mom and new baby can't tackle together as a team. New York Times bestselling author and Peloton Head Instructor Robin Arzón takes readers on sweat-packed journey through motherhood in this affirming and heartwarming celebration of mothers and parents everywhere. "This narrative of the first half of Augustine's life conjures the intellectual and social milieu of the late Roman Empire with a Proustian relish for detail." --New York Times In Augustine, celebrated historian Robin Lane Fox follows Augustine of Hippo on his journey to the writing of his Confessions. Unbaptized, Augustine indulged in a life of lust before finally confessing and converting. Lane Fox recounts Augustine's sexual sins, his time in an outlawed heretical sect, and his gradual return to spirituality. Magisterial and beautifully written, Augustine is the authoritative portrait of this colossal figure at his most thoughtful, vulnerable, and profound. On Friday 14 June 1968 Suhaili, a tiny ketch, slipped almost unnoticed out of Falmouth harbour steered by the solitary figure at her helm, Robin Knox-Johnston. Ten and a half months later Suhaili, paintwork peeling and rust streaked, her once white sails weathered and brown, her self-steering gone, her tiller arm jury rigged to the rudder head, came romping joyously back to Falmouth to a fantastic reception for Robin, who had become the first man to sail round the world non-stop single-handed. By every standard it was an incredible adventure, perhaps the last great uncomputerised journey left to man. Every hazard, every temptation to abandon the astounding voyage came Robin's way, from polluted water tanks,
smashed cabin top and collapsed boom to lost self-steering gear and sheered off tiller, and all before the tiny ketch had fought her way to Cape Horn, the point of no return, the fearsome test of any seaman's nerve and determination. A World of My Own is Robin's gripping, uninhibited, moving account of one of the greatest sea adventures of our time. An instant bestseller, it is now reissued for a new generation of readers to be enthralled and inspired. In this electrifying medical thriller from New York Times bestselling author Robin Cook, a family’s exposure to a rare yet deadly virus ensnares them in a growing danger to mankind—and pulls back the curtain on a healthcare system powered by profit and greed. Trying to find some normalcy during the Covid-19 pandemic, Brian Murphy and his family are on a summer excursion in Cape Cod when his wife, Emma, comes down with concerning flu-like symptoms. But their leisurely return home to New York City quickly becomes a race to the local hospital as she suddenly begins seizing in the car. At the ICU, she is diagnosed with eastern equine encephalitis, a rare and highly lethal mosquito-borne viral disease seemingly caught during one of their evening cookouts. Complicating the situation further, Brian and Emma’s young daughter then begins to exhibit alarming physical and behavioral symptoms, too. Emma’s harrowing hospital stay turns even more fraught when Brian receives a staggering hospital bill full of outrageous charges and murky language. To add insult to injury, his health insurance company refuses to cover any of the cost, citing dubious clauses in Brian’s policy. Forced to choose between the ongoing care of family and bills he can never pay, and furious at a shockingly indifferent healthcare system, Brian vows to seek justice. But to get to the bottom of the predatory practices targeting his loved ones and countless others, he must uncover the dark side of an industry that has strayed drastically from its altruistic roots—and bring down the callous executives preying on the sick and defenseless before the virus can claim even more people . . . Please note: This is a companion version & not the original book. Sample Book Insights: #1 The book shows you how to put your back in if you have been unfortunate enough to have put it out, and it also shows you what steps you need to take to avoid a recurrence. #2 The majority of people who have back pain will experience recurring or chronic back problems. Once you learn self-management, you will be willing to take responsibility for your own care. #3 The majority of back pain is mechanical in nature, and is caused by problems with the moving parts. If you are a typical patient, your problem is worse when bending forward for prolonged periods, and especially if sitting for prolonged periods while driving. #4 The claim that back pain is a short-term problem ignores the evidence of research. Many studies show that far from being short-term, over 50 percent of patients suffer from recurring attacks or have persistent or chronic pain following their initial period of disablement. Human beings are primates, and primates are political animals. Our brains, therefore, are designed not just to hunt and gather, but also to help us get ahead socially, often via deception and self-deception. But while we may be self-interested schemers, we benefit by pretending otherwise. The less we know about our own ugly motives, the better - and thus we don't like to talk or even think about the extent of our selfishness. This is the elephant in the brain. Such an introspective taboo makes it hard for us to think clearly about our nature and the explanations for our behavior. The aim of this book, then, is to confront our hidden motives directly - to track down the darker, unexamined corners of our psyches and blast them with floodlights. Then, once everything is clearly visible, we can work to better understand ourselves: Why do we laugh? Why are artists sexy? Why do we brag about travel? Why do we prefer to speak rather than listen? Our unconscious motives drive more than just our private behavior; they also infect our venerated social institutions such as Art, School, Charity, Medicine, Politics, and Religion. In fact, these institutions are in many ways designed to accommodate our hidden motives, to serve covert agendas alongside their official ones. The existence of big hidden motives can upend the usual political debates, leading one to question the legitimacy of these social institutions, and of standard policies designed to favor or discourage them. You won't see yourself - or the world - the same after confronting the elephant in the brain. A fully revised and updated edition of the program that’s sold more than 5.5 million copies worldwide—plus a new chapter addressing shoulder pain Since the McKenzie Method was first developed in the 1960s, millions of people have successfully used it to free themselves from chronic back and neck pain. Now, Robin McKenzie has updated his innovative program and added a new chapter on relieving shoulder pain. In 7 Steps to a Pain-Free Life, you’ll learn: · Common causes of lower back, neck pain and shoulder pain · The vital role discs play in back and neck health · Easy exercises that alleviate pain immediately Considered the treatment of choice by health care professionals throughout the world, 7 Steps to a Pain-Free Life will help you find permanent relief from back, neck, and shoulder pain. Annith's worst fears are realized when she discovers that, despite her lifelong training to be an assassin, she is being groomed by the abbess as a Seeress, to be forever shut up in the convent of Saint Mortain. Winner of the Gold Dagger for Best Crime Novel from the Crime Writers’ Association (UK) Winner for Best International Crime Fiction from Australian Crime Writers Association An Instant New York Times Bestseller “A vibrant, engrossing, unputdownable thriller that packs a serious emotional punch. One of those rare books that surprise you along the way and then linger in your mind long after you have finished it.” —Kristin Hannah, #1 New York Times bestselling author of The Nightingale and The Four Winds Right. Wrong. Life is lived somewhere in between. Duchess Day Radley is a thirteen-year-old self-proclaimed outlaw. Rules are for other
people. She is the fierce protector of her five-year-old brother, Robin, and the parent to her mother, Star, a single mom incapable of taking care of herself, let alone her two kids. Walk has never left the coastal California town where he and Star grew up. He may have become the chief of police, but he’s still trying to heal the old wound of having given the testimony that sent his best friend, Vincent King, to prison decades before. And he’s in overdrive protecting Duchess and her brother. Now, thirty years later, Vincent is being released. And Duchess and Walk must face the trouble that comes with his return. We Begin at the End is an extraordinary novel about two kinds of families—the ones we are born into and the ones we create. Legendary leadership and elite performance expert Robin Sharma introduced The 5am Club concept over twenty years ago, based on a revolutionary morning routine that has helped his clients maximize their productivity, activate their best health and bulletproof their serenity in this age of overwhelming complexity. Now, in this life-changing book, handcrafted by the author over a rigorous four-year period, you will discover the early-rising habit that has helped so many accomplish epic results while upgrading their happiness, helpfulness and feelings of aliveness. Through an enchanting—and often amusing—story about two struggling strangers who meet an eccentric tycoon who becomes their secret mentor, The 5am Club will walk you through: How great geniuses, business titans and the world’s wisest people start their mornings to produce astonishing achievements A little-known formula you can use instantly to wake up early feeling inspired, focused and flooded with a fiery drive to get the most out of each day A step-by-step method to protect the quietest hours of daybreak so you have time for exercise, self-renewal and personal growth A neuroscience-based practice proven to help make it easy to rise while most people are sleeping, giving you precious time for yourself to think, express your creativity and begin the day peacefully instead of being rushed “Insider-only” tactics to defend your gifts, talents and dreams against digital distraction and trivial diversions so you enjoy fortune, influence and a magnificent impact on the world Part manifesto for mastery, part playbook for genius-grade productivity and part companion for a life lived beautifully, The 5am Club is a work that will transform your life. Forever. AN OPRAH’S BOOK CLUB SELECTION An Instant New York Times Bestseller Shortlisted for the 2021 Booker Prize Longlisted for the 2021 National Book Award for Fiction Longlisted for the 2022 Andrew Carnegie Medal for Excellence in Fiction A heartrending new novel from the Pulitzer Prize–winning and #1 New York Times best-selling author of The Overstory. The astrobiologist Theo Byrne searches for life throughout the cosmos while single-handedly raising his unusual nine-year-old, Robin, following the death of his wife. Robin is a warm, kind boy who spends hours painting elaborate pictures of endangered animals. He’s also about to be expelled from third grade for smashing his friend in the face. As his son grows more troubled, Theo hopes to keep him off psychoactive drugs. He learns of an experimental neurofeedback treatment to bolster Robin’s emotional control, one that involves training the boy on the recorded patterns of his mother’s brain… With its soaring descriptions of the natural world, its tantalizing vision of life beyond, and its account of a father and son’sferocious love, Bewilderment marks Richard Powers’s most intimate and moving novel. At its heart lies the question: How can we tell our children the truth about this beautiful, imperiled planet?

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