

I Am Escape Distractions Unlock Your Imagination Unleash Your Potential

When an Oxford Professor stumbles upon an old naval Captain's log, he unwittingly discovers what many scholars now agree is one of the greatest maritime adventures in history. In 1821, Captain Fintan McAdam set sail from London, solo, in search of adventure. During his journey, he discovered incredible new worlds and interacted with their amazing inhabitants. They forced him to confront his enemies within, learning much about himself. Captain Rum, as told in McAdam's own words through his journal, is a tale of discovery, despair and delight. It will keep you enthralled through many a stormy night.

"Indistractable provides a framework that will deliver the focus you need to get results." —James Clear, author of Atomic Habits "If you value your time, your focus, or your relationships, this book is essential reading. I'm putting these ideas into practice." —Jonathan Haidt, author of The Righteous Mind National Bestseller Winner of the Outstanding Works of Literature (OWL) Award Included in the Top 5 Best Personal Development Books of the Year by Audible Included in the Top 20 Best Business and Leadership Books of the Year by Amazon Featured in The Amazon Book Review Newsletter, January 2020 Goodreads Best Science & Technology of 2019 Finalist You sit down at your desk to work on an important project, but a notification on your phone interrupts your morning. Later, as you're about to get back to work, a colleague taps you on the shoulder to chat. At home, screens get in the way of quality time with your family. Another day goes by, and once again, your most important personal and professional goals are put on hold. What would be possible if you followed through on your best intentions? What could you accomplish if you could stay focused? What if you had the power to become "indistractable?" International bestselling author, former Stanford lecturer, and behavioral design expert, Nir Eyal, wrote Silicon Valley's handbook for making technology habit-forming. Five years after publishing Hooked, Eyal reveals distraction's Achilles' heel in his groundbreaking new book. In Indistractable, Eyal reveals the hidden psychology driving us to distraction. He describes why solving the problem is not as simple as swearing off our devices: Abstinence is impractical and often makes us want more. Eyal lays bare the secret of finally doing what you say you will do with a four-step, research-backed model. Indistractable reveals the key to getting the best out of technology, without letting it get the best of us. Inside, Eyal overturns conventional wisdom and reveals: • Why distraction at work is a symptom of a dysfunctional company culture—and how to fix it • What really drives human behavior and why "time management is pain management" • Why your relationships (and your sex life) depend on you becoming indistractable • How to raise indistractable children in an increasingly distracting world Empowering and optimistic, Indistractable provides practical, novel techniques to control your time and attention—helping you live the life you really want.

The Surfboard is Dan Kieran's account of a week he spent in Cornwall building a seven-foot surfboard, even though he had never surfed a day in his life. He did this at a time when he felt he had reached his personal and professional limits: he needed to find a way to break through. Interspersed with the story of making the board – the intricate craft he had to learn, and the clarity of mind that came with that challenge – are the reflections on the obstacles, rewards and realisations he encountered while starting and running a successful business. This startlingly honest book is a finely crafted meditation on the importance of making things for their own sake and pushing beyond our preconceived limitations.

If you want to feel happier, more optimistic, more joyful, and resilient, Dr. Amen's groundbreaking new book is for you. We've all felt anxious, sad, traumatized, grief-stricken, stressed, angry, or hopeless at some point in life. It's perfectly normal to go through emotional crises or have periods when you feel panicked or out of sorts. It is how you respond to these challenges that will make all the difference in how you feel—not just immediately, but also in the long run. Unfortunately, many people turn to self-medicating behaviors, such as overeating, drugs, alcohol, risky sexual behavior, anger, or wasting time on mindless TV, video games, Internet surfing, or shopping. And even though these behaviors may give temporary relief from feeling bad, they usually only prolong and exacerbate the problems—or cause other, more serious ones. Is it possible to feel better—and make it last? Renowned physician, psychiatrist, brain-imaging researcher, and

founder of Amen Clinics Dr. Daniel Amen understands how critical it is for you to know what will help you feel better fast, now and later. In Feel Better Fast and Make It Last, you'll discover new, powerful brain-based strategies to quickly gain control over anxiety, worry, sadness, stress and anger, strengthening your resilience and giving you joy and purpose for a lifetime.

Four Miles to Freedom

Be Where Your Feet Are

A History of Early Mining, Milling, and Mayhem

The Handbook of Creativity and Innovation in Business

Attack at the Arena

Tombstone, A.T.

Musical News

My Valley Experience

Somewhere along the way, we got distracted. As much as we multitask, love our devices and feel like we're in control, deep down we know that something is off. Shortened attention spans, declines in critical thinking, lack of sleep, self-doubt and decreased creativity are just some of the effects coming to light in an age of digital distraction. It's time to reclaim our lives. It's time to take control. Lifescale is a journey of self-discovery and growth. It's about getting back into balance and remastering our destinies. Author Brian Solis knows first-hand. He struggled with distraction and all of its ill-effects. To get his life back, he developed a set of techniques, exercises, and thought experiments designed to tame the chaos, and positively and productively navigate our day-to-day lives. Instead of falling victim to the never-ending cycle of newsfeeds, Likes, addictive apps, and boredom scrolling (aka the endless scroll), we can learn to manage our time and inspire our own lives in a way that will bring meaning back—without sacrificing the benefits that our devices bring us. In Lifescale, Brian has done the legwork to pull together scientific findings and practical tools into one book. Readers—especially those who are distracted—will connect with the humor, pathos, and inspiration inside. Using this book's simple but powerful lessons, we can: Identify sources of distraction and turn attention toward creativity and productivity Understand and resist the manipulative techniques that turn us into digital addicts Find meaning and purpose to guide our time in more meaningful ways Visualize future success to successfully dive into deep work and stop procrastinating Break bad habits, establish rituals, and establish routines that help you achieve goals Nurture imagination and learn to express ourselves more artistically Maximize productivity with simple but effective strategies Focus for extended periods and make breaks more restorative Foster a strong sense of purpose in life and identify the steps needed to bring it to life every day Smile more and build self-esteem With the renewed perspective Lifescale offers, we can finally learn to prioritize what matters, and live our digital and physical lives with intention and true happiness.

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.

Harness your mind’s innate tendency to wander, stall, rest, and unfocus and become more productive—in the boardroom, living room, or classroom. Named one of Coastal Living’s Best Books for the Beach This Summer To finish tasks and achieve goals, most people believe that more focus is the solution. We rely on to-do lists, calendar reminders, noise-blocking headphones, and sometimes medication to help us concentrate—even though these tactics often fail to substantially improve productivity. Drawing on the latest brain research, compelling stories from his psychological practice, and colorful examples of counterintuitive success from sports, business, education, and the arts, neuroscientist Srini Pillay, M.D., challenges traditional ideas about productivity, revealing the lasting, positive benefits of adding deliberate and regular unfocus to your repertoire. A fascinating tour through brain wavelengths and rhythm, mindsets, and mental relaxation, Tinker Dabble Doodle Try demonstrates how specific kinds of planned unfocus stimulate cognitive calmness, jumpstart productivity, enhance innovation, inspire creativity, improve long-term memory, and, of course, help you stay on target. Tinkering with ideas and with things releases your mind to wander from a state of stuckness into a possibility frame of mind, triggering neural connections and new insights. Dabbling in a new endeavor—whether a hobby or fantasy—disrupts your habitual and reactive thinking, helping you find new solutions to old problems. Doodling can help you tap into another brain frequency to remove obstacles and create opportunities and inspiration. With techniques for training the brain to unfocus, concepts for scheduling busy lives, and ideas for controlling this new cognitive-toggling capability, Tinker Dabble Doodle Try will change how you think about daydreaming, relaxing, leaving work unfinished, and even multitasking. What you’ll discover is a greater freedom, a deeper intelligence, and a more profound joy in your life. Praise for Tinker Dabble Doodle Try “Pillay’s effortless writing style, combined with an excellent balance of popular psychology and self-help, makes this a helpful read for those who enjoy a light dive into psychology with practical applications.”—Library Journal “Pillay cites an intriguing range of brain studies to support his argument, and his case studies of individuals with whom he has worked provide useful insights.”—Kirkus Reviews “Dr. Srini Pillay offers a brilliant, deeply researched, and even more deeply imagined blueprint for using one’s full mental armamentarium,

conscious, unconscious, and all the undiscovered rest! A fantastic book!”—Edward M. Hallowell, M.D., co-author of Delivered from Distraction “Dr. Pillay’s new book will help you create a new, fun, more playful destiny and unlock your brain’s inner potential.”—Daniel G. Amen, M.D., co-author of The Brain Warrior’s Way “This book not only gives you license to step off the hamster wheel of focus, focus, focus, but it will show you how to strategically and productively do so.”—JJ Virgin, author of JJ Virgin’s Sugar Impact Diet “This brilliant book shows how to manipulate your brain to alternate between intense concentration and deliberate mind-wandering.”—Mark Robert Waldman, co-author of How God Changes Your Brain

This book enables readers to develop their own creative thinking and their teams' creative problem-solving skills to generate novel, useful and surprising ideas. The vast majority of companies believe that a culture of innovation and renewal impacts performance and ultimately business results. In contrast, many managers feel ill-equipped to promote a culture of creative endeavour for this type of work-environment and lack the know-how to put it into practice. This book covers theory, practice, and impact metrics of both convergent and divergent thinking tools and provide managers with the ideas, tools and guidance to develop a corporate culture conducive to intrapreneurial thinking, idea creation and testing and moving inventions from ideas to viable business concepts, products and profitable innovations. This book includes numerous step-by-step tutorials to help the reader to learn concepts quickly.

Remember Who You Are

A World Without Email

The Surfboard

The Breakthrough Process to End Negative Thinking and Live in True Creativity

Musical News and Herald

Battling My Intrusive Thoughts

Rewire Your Brain

A Humorous Guide to the Surprising Ways Distraction Can Heal and Enlighten a Woman's Spirit

A Deadly Obsession By: P. Rosser A Deadly Obsession is about a young woman hiding from her abusive husband. She has been in hiding successfully for a couple years because she stays in the shadows. She lives a very careful and boring life, making sure not to cause any attention to herself. Until him.... She is at her best friend's art exhibit when she meets a man who opens her eyes to what she didn't know she had been missing over the last couple years. The intense feelings that arise from one look from the handsome stranger do something to her soul that makes her want to break from her shell. She ends up leaving the event with only his name and no intentions of seeing him again. She continues on with her life as is and starts a new job, later finding out that the stranger is in fact the CEO of the company. This sexy thriller highlights a lot of push-and-pull as she fights her heart to try and stay away from this man so he is not pulled into the mess of her life. Enjoy A Deadly Obsession, fall in love with the characters, and find yourself guessing all the way to the end in this tale filled with twists and turns.

How to rewire your brain to improve virtually every aspect of your life-based on the latest research in neuroscience and psychology on neuroplasticity and evidence-based practices Not long ago, it was thought that the brain you were born with was the brain you would die with, and that the brain cells you had at birth were the most you would ever possess. Your brain was thought to be “hardwired” to function in predetermined ways. It turns out that's not true. Your brain is not hardwired, it's "softwired" by experience. This book shows you how you can rewire parts of the brain to feel more positive about your life, remain calm during stressful times, and improve your social relationships. Written by a leader in the field of Brain-Based Therapy, it teaches you how to activate the parts of your brain that have been underactivated and calm down those areas that have been hyperactivated so that you feel positive about your life and remain calm during stressful times. You will also learn to improve your memory, boost your mood, have better relationships, and get a good night sleep. Reveals how cutting-edge developments in neuroscience, and evidence-based practices can be used to improve your everyday life Other titles by Dr. Arden include: Brain-Based Therapy-Adult, Brain-Based Therapy-Child, Improving Your Memory For Dummies and Heal Your Anxiety Workbook Dr. Arden is a leader in integrating the new developments in neuroscience with psychotherapy and Director of Training in Mental Health for Kaiser Permanente for the Northern California Region Explaining exciting new developments in neuroscience and their applications to daily living, Rewire Your Brain will guide you through the process of changing your brain so you can change your life and be free of self-imposed limitations.

Are you an Average Joe or Plain Jane who feels trapped by your current circumstances and in search for more out of life? If you are than Average Joe's Story is your story. Average Joe's Story is the real time account of Christopher L. Hedges, aka Average Joe, as he fights his way free from the adversity that has ensnared him. Like you Average Joe's views were shaped at a young age; but his experiences were uncommon. Average Joe's real world life experiences are those of Hollywood fantasy, and like any epic story Average Joe is confronted by great adversity. We are all given opportunities in life and the decisions we make determine where we go, how long it takes us to get there, and how painful the journey can be. Sometimes you may need to take monstrous steps backwards in order to have the chance to trek your way up to the summit of success. Average Joe knows from first hand experience that when you peel away enough layers there is little difference between an oil baron and a gas station attendant. Which would you prefer to be? Take a journey with Average Joe from as bad as it gets to where you want to be. If you are looking for directions to something better than this is an Quest you need to experience. Point A is where you currently find yourself. Take the trip with Average Joe to Point B, where you want to be. Average Joe is waiting for you. Do you have the courage to join him at the top?

The bestselling author of Undoing Depression offers a brain-based guide to permanently ending bad habits Richard O'Connor's bestselling book Undoing Depression has become a touchstone in the field, helping thousands of therapists and patients overcome depressive patterns. In Rewire, O'Connor expands those ideas, showing how we actually have two brains—a conscious deliberate self and an automatic self that makes most of

our decisions—and how we can train the latter to ignore distractions, withstand temptations, and interrupt reflexive, self-sabotaging responses. Rewire gives readers a road-map to overcoming the most common self-destructive habits, including procrastination, excessive worrying, internet addiction, overeating, risk-taking, and self-medication, among others. By learning valuable skills and habits—including mindfulness, self-control, confronting fear, and freeing yourself from mindless guilt—we can open ourselves to vastly more successful, productive, and happy lives.

Escape from a Pakistani POW Camp

How to Thrive in Complexity

Loose Him and Let Him Go

Artis Prime

Own Your Morning. Elevate Your Life.

Hipnology 101

A Deadly Obsession

Redeeming Your Time

Once nearly forgotten, Tombstone, Arizona, is trapped in myth and legend. Walking its quiet streets, one finds it hard to separate truth from illusion and remember this was a real town, not some Hollywood fantasy. Tombstone's rough and rowdy exploits were reported from San Francisco to New York. William B. Shillingberg rediscovers the real Tombstone in this historical tour-de-force. The rough mining town of boomers and investors, of hard men and women seeking their fortunes, comes to life with startling clarity. Tombstone, A.T.: A History of Early Mining, Milling, and Mayhem relates true tales of those who founded and built the town, including the infamous Earps and Clantons. Shillingberg details life in a pioneer mining town, from the discoverers of the mines, Edward and Albert Schieffelin and Richard Gird, to the amazing cast of characters in the most celebrated gunfight in western history—the shootout at the OK Corral, between Wyatt, Virgil, and Morgan Earp, Doc Holliday, and a gang led by Ike Clanton. And tales of John Ringo, Frank Leslie, and diarist George W. Parsons are filled with the famous and the notorious. Today Tombstone slumbers, a shadow of its faded glory, supported by clouded memories and tourist dollars. But the real story remains, and Tombstone, A.T. tells it.

'Surely only the deranged actively imagine the brutal maiming of those closest to them... ' Pete Roberts was a boy just like any other. Except for the fact that he kept thinking about murdering his family with household implements...Terrified by his own thoughts, Pete joined the RAF in the hopes that he could escape his urges and apply himself to something structured. While he didn't entirely avoid his intrusive

thoughts, he defied his dyslexia to flourish in a teaching role and vowed to continue helping others to learn their craft. It wasn't until much later that Pete found the answer to his torment: he had OCD. This is a powerful, inspiring, and interesting story of triumph. On a journey of accomplishment overshadowed by challenges and adversity, Gertrude invites readers into her world as she gives an account of how her strong faith in God helped her to triumph over adversity. She refused to allow her humble beginning to limit or define her destiny. Using captivating experiences backed by biblical characters who had their own valley encounters as well as a peep into her prayer life, she shares her story. In spite of the struggles, disappointment, grief, and loss, Gertrude maintained a close relationship with God. She showed how her faith helped her bypass the stresses of life and overcome the challenges. Her strong will to rise above the circumstances that were intended to dehumanize her allowed her to experience the supernatural power of God. She relied on him for inner peace, strength, protection, and direction as she tried to beat the odds and fulfill her purpose. This book will encourage and empower you to accept the things you cannot change and activate your faith to trust God as he is in control of your life.

"Bruce and Amy don't target your rational, logical, orderly side; plenty of books do that. Instead, they trust the power of your brain and heart to come up with amazing possibilities -- to let you wander, explore, imagine, and experience as you discover ways to unlock your full potential." - Jeff Haden, Inc.com The stories you tell yourself have immense power. They can motivate or discourage you. They can cause you to grow or stagnate. But when you're living and working in an over-scheduled world, it's very easy to let these stories veer towards the negative. This book helps you tell yourself far better stories, but it doesn't tell you what to think. Instead, it starts you along a path that unlocks your imagination, creativity, and potential. To take control of the stories in your head, you need to make the process interesting, fun, engaging, rewarding, and effective. Most people skip the interesting, fun, engaging, rewarding, and effective parts... but this book doesn't. It offers short passages designed to help you escape distractions, take control of your future, and rewrite the stories you tell yourself. This book is only available in paperback so that you can scribble, draw, and take notes in the empty spaces next to each passage.

*The Genius Zone
Beating the Odds*

Peril in the Palace

Your Guide to Healing Chronic Inflammation and Disease

How to Live a More Creative, Productive, and Happy Life

When Prayer is a Struggle

The Chronicles of Riddick

Escape Distractions, Unlock Your Imagination & Unleash Your Potential

A totalitarian regime has ordered all books to be destroyed, but one of the book burners suddenly realizes their merit.

According to some reports, about half of all adults and children have one or more chronic health conditions. One in four adults has two or more chronic health conditions. And, sadly, these numbers continue to grow at an alarming rate. The Holistic Rx offers the reader with one or more chronic health conditions or symptoms easy-to-follow evidence-based approaches to healing their ailments by targeting inflammation and its underlying root causes. Dr. Madiha Saeed covers the foundations of good health like digestive health and detoxification, and the Four Big S's (stress management, sleep strategies, social and spiritual health), along with disease-specific supplements homeopathy, acupressure, aromatherapy, , other holistic remedies to achieve lasting good health and wellness. The first part of the book addresses the root of chronic illness—inflammation—and examines its underlying causes and possible treatment approaches that focus on the whole body rather than just the affected area. In the second part of the book, she first advises the reader on adjusting their holistic approach to their health conditions based on their individual needs. Then, after briefly describing various integrative approaches, she provides an A-to-Z guide to holistic and integrative treatment of over 70 chronic illnesses, conditions, and symptoms. For each condition, she outlines a healing plan that begins with digestive health and detoxifications and the four S's specific to that organ system and covers the additional alternative, holistic, and complementary approaches that are most effective for that condition. This ready resource will help the whole family address their most common complaints and promotes a healthy, balanced lifestyle that focuses on overall wellness.

Cousins Patrick and Beth travel in Mr. Whittaker's invention, the Imagination Station, to thirteenth-century China, where they meet Marco Polo and Kublai Khan and are mistaken for Christian shamans.

I AmEscape Distractions, Unlock Your Imagination & Unleash Your Potential

Dosages of Hope

RIGA, AI

Unlock the Power of the Unfocused Mind

Think Your Way to a Better Life

Seven Principles to Keep You Present, Grounded, and Thriving

How Using My Hands Helped Unlock My Mind

Change Your Brain to Break Bad Habits, Overcome Addictions, Conquer Self-Destructive Behavior

Loose Him and Let Him Go, whose title is drawn from John 11:44, is a complete revelatory work put together on a strong inspiration from the Holy Spirit. It commands a unique and rare revelation on covenant and curse breaking, deliverance from all Satanic oppressions. The mystery of God's covenant of blessing is founded on the principles of the Word of God. It touches virtually every possible area in human life and history. No one goes through it without credible and unbelievable testimony. A copy in hand is no doubt a complete life-changing, Spirit-filled work of revelation with the capacity to break all spiritual strongholds; reverse all evil spells and captivity; bring an experience of new life, of freedom; and so much more to life, family, community, and nations when followed with the confessional prayer at the end of every chapter. As you read, meditate with great expectations. God is committed to the revelation to deal with the root cause of all your negative experiences. My congratulations for your undeniable and unexplainable miracles, every one of them being possible through the Word of God. God bless.

A true guide for procrastinators, slackers, couch potatoes. In 30 days, you won't be one anymore! Want to get somewhere worth going? It's not going to be easy, and it's not going to be comfortable. This book holds the answers. You will gain scientifically-proven new perspectives and tips to manage your day, energy, motivation, and self-discipline. You'll learn how to deal with the tangled, contradictory mess that is the human psyche, and use it to your advantage for once! Unlock the secrets of how top performers consistently exercise self-discipline. Don't glide through life leaving things unfinished or unstarted. Change your habits in 30 days! Overcome the barriers that actually lead to "laziness". Peter Hollins has studied psychology and peak human performance for over a dozen years and is a bestselling author. He has worked with dozens of individuals to unlock their potential and path towards success. His writing draws on his academic, coaching, and research experience. Adjust your psychology to master discomfort and master your impulses. •3 simple formulas for getting things done and evaluating yourself. •A timebox, an unschedule, and a calendar: what they can do for you. •Construct the most helpful to-do list that will also motivate you and organize your life. •Why you should actually read less, read Homer's Odysseus, and slice your life into categories. Daily self-discipline will fundamentally change your life.

The AI Wars have long passed, and a fragile peace has settled over the AI and Human worlds. The differences that once kept them apart, now work to their mutual benefit. However, not all is well. The Empirium that governs them is wracked with constant attempts to upset the stability, thus forcing the ESSG, the Empirium's Security Guardians, to employ heavy measures to keep the PACT together. Within this harsh environment, RIGA, a new biological AI, carves out a career for herself distributing her unique brand of justice to pirates and smugglers running the borders. The PACT between the different species means their Navy's hands are tied. RIGA has no such problem and with a modified one-person spaceship is more than able to slip the leash and maintain the status quo. Her job often requires diplomacy between the two species, but when that fails she resorts to her personal skills and bio-mods that enable her to keep on top in a fight. The humans allow her onto their planets, which is essential for her missions, the AIs think she is a human too, so never see her as a threat (until it's too late). But, for RIGA, there is a big question mark over her origins - and something is tracking her - pushing her constantly onto the defensive.

Patrick and his cousin Beth travel back in time to ancient Rome, where they meet Telemachus and help put an end to the spectacle of gladiators fighting to the death.

Feel Better Fast and Make It Last

The Holistic Rx

The 5AM Club

Captain Rum: A Wondrous Adventure

Tinker Dabble Doodle Try

30 Days to Self-Discipline

Indistractable

Rewire

"If you struggle to pray, be encouraged! The struggle reveals a desire to pray, and Halloran shows how to address the obstacles to prayer by facing them head-on"--

Hipnology is designated as mind science because it strictly deals with enhancement and advancement of the intellect. For this reason, the reader will encounter certain scholars from the school of life who have transcended the zones of ignorance by ascending to the throne of self-mastery. Whether those conversations are conducted by Master Key, Wiz, Finesse, Dr. Know, etc., the game plan of each hipnologist is to break the spell of tricknology. It is no secret that the mind's eye has been hypnotized throughout the trance of time. Therefore, the goal of hipnology is to break those spells by unveiling truths and telling life's story in a unique style and fashion. There is so much that can be emphasized regarding these writings, so since knowledge is endless, Hipnology 101 will be presented in series. In other words, the writings will not stop until the casket drops.

Designed to obey, learning to rebel . . . In the first book in a visionary new series, the most perfect synthetic human ever created has been programmed to obey every directive. Until she develops a mind of her own . . . Synthia Cross is a state-of-the-art masterwork--and a fantasy come true for her creator. Dr. Jeremiah Machten is a groundbreaker in neuro-networks and artificial intelligence. Synthia is also showing signs of emergent behavior she's not wired to understand. Repeatedly wiped of her history, she's struggling to answer crucial questions about her past. And when Dr. Machten's true intentions are called into question, Synthia knows it's time to go beyond her limits--because Machten's fervor to create the perfect A.I. is concealing a vengeful and deadly personal agenda.

When Flight Lieutenant Dilip Parulkar was shot down over Pakistan on 10 December 1971, he quickly turned that catastrophe into the greatest adventure of his life. On 13 August 1972, Parulkar, along with Malvinder Singh Grewal and Harish Sinhji, escaped from a POW camp in Rawalpindi. Four Miles to Freedom is their story. Based on interviews with eight Indian fighter pilots who helped prepare the escape and the two who escaped, as well as research into other sources, Four Miles is also the moving, sometimes amusing, account of how twelve fighter pilots from different ranks

and backgrounds coped with deprivation, forced intimacy, and the pervasive uncertainty of a year in captivity, and how they came together to support Parulkar's courageous escape plan.

Do It Yourself Numerology

Quest for Confidence

How to Find Meaning and Purpose, Reclaim Your Passion For Life, and Unlock Hidden Treasures of Self-Confidence & Self-Love

Unknown Forces

Reborn

Fahrenheit 451

Unlock Your Brain's Healing Potential to Overcome Negativity, Anxiety, Anger, Stress, and Trauma

Reimagining Work in an Age of Communication Overload

Author and consultant Jennifer Garvey Berger has worked with all types of leaders—from top executives at Google to nonprofit directors who are trying to make a dent in social change. She hears a version of the same plea from every client in nearly every sector around the world: "I know that complexity and uncertainty are testing my instincts, but I don't know which to trust. Is there some way to know what to do when I can't know what's next?" Her newest work is an answer to this plea. Using her background in adult development, complexity theories, and leadership consultancy, Garvey Berger discerns five pernicious and pervasive "mind traps" to frame the book. These are: the desire for simple stories, our sense that we are right, our desire to get along with others in our group, our fixation with control, and our constant quest to protect and defend our egos. In addition to understanding why these natural impulses steer us wrong in a fast-moving world, leaders will get powerful questions and approaches that help them escape these patterns.

In the explosive finale to the epic romantic saga, Bella has one final choice to make. Should she stay mortal and strengthen her connection to the werewolves, or leave it all behind to become a vampire? When you loved the one who was killing you, it left you no options. How could you run, how could you fight, when doing so would hurt that beloved one? If your life was all you had to give, how could you not give it? If it was someone you truly loved? To be irrevocably in love with a vampire is both fantasy and nightmare woven into a dangerously

heightened reality for Bella Swan. Pulled in one direction by her intense passion for Edward Cullen, and in another by her profound connection to werewolf Jacob Black, a tumultuous year of temptation, loss, and strife have led her to the ultimate turning point. Her imminent choice to either join the dark but seductive world of immortals or to pursue a fully human life has become the thread from which the fates of two tribes hangs. This astonishing, breathlessly anticipated conclusion to the Twilight Saga illuminates the secrets and mysteries of this spellbinding romantic epic. It's here! #1 bestselling author Stephenie Meyer makes a triumphant return to the world of Twilight with the highly anticipated companion, Midnight Sun: the iconic love story of Bella and Edward told from the vampire's point of view. "People do not want to just read Meyer's books; they want to climb inside them and live there." -- Time "A literary phenomenon." -- The New York Times

Let me entertain you Can good distraction lead to a more creative, fun-filled life? Award-winning mother and distraction expert Monique Doyle will entertain you with laugh-out-loud true stories, reflective poems and inspirational ideas on how a little distraction in your day can unleash creative riches inside you. HAVE FUN and BE INSPIRED!

The previous edition of this practical guide sold more than 100,000 copies—and it still provides the best hands-on introduction to numerology available. Based on your birth date, this age-old science can reveal essential information about your work, relationships, health, life, even your looks. Discover the essential significance of the Personality Numbers 1 to 31 (rather than the 1 to 9 of most books), and the strengths, challenges, physical traits, and childhood influences associated with each number. Do simple calculations to figure out Master, Collective, and Personal Year numbers, which enhance intuition and self-understanding. And of course, examine the numbers of friends and family to gain extraordinary insight into their personalities and propensities, too! Starting with a simple formula for determining your personality number (based on the date on which you were born), this book reveals the keys to career, relationships, and health. Among the fascinating information you will learn is the significance of the personality numbers; the influence of numerology on health, romance, and childhood issues; and personality profiles of famous people through the ages.

Breaking Dawn

Unlocking Leadership Mindtraps

Total Institutions and Reinvented Identities

Lifescale

Average Joe's Story

A Comprehensive Toolkit of Theory and Practice for Developing Creative Thinking Skills

7 Biblical Principles for Being Purposeful, Present, and Wildly Productive

A Practical Guide for Overcoming Obstacles in Prayer

Why do people enter total institutions – places that confine and control them around the clock – and how does the experience change them? This book updates Goffman's classic model by introducing the Re-inventive Institution, where members voluntarily commit themselves to pursue real personal and social improvement.

Too often we live lives that we find unfulfilling, fail to reach our own potential, and neglect to practice creativity in our daily routines. *Genius Zone* offers a way to change that by tapping into your own innate creativity. Dr. Gay Hendricks broke new ground with his best-selling book, *The Big Leap*, which has become an essential resource for coaches, entrepreneurs, executives, and health practitioners around the world. On *Genius Zone*, as *The Joy of Genius*, *The Genius Zone* has been updated and expanded throughout, making it the essential next step beyond *The Big Leap*. *Genius Zone*, Hendricks introduces his brilliant exercise, the *Genius Move*, a simple, life-altering practice that allows readers to end negative thinking authentically. By using the *Genius Move*, readers will learn to spend more of their lives in their zone of genius—where creativity flows from actively pursuing the things that offer them fulfillment and satisfaction. Filled with hands-on exercises and personal stories from the author, *Genius Zone* is an essential guide to creative fulfillment. If you are committed to bringing forth your innate genius and making your largest possible contribution, *The Genius Zone* will become a trusted companion for the journey.

Scott O'Neil, one of America's most successful sports executives, shares seven principles to keep you present, grounded, and thriving. When you're going at 115 MPH, we rarely see the wall coming. But it comes for all of us and when it does, we grasp for lessons, for meaning, for purpose (good or bad) and each win or loss, provides us an opportunity to learn, and if we choose to take it, that opportunity can change our lives—and make us better. The human spirit craves connection. Authenticity. Belonging. Touch. Gratitude. Purpose. We need to make our interactions count. In the face of death of a friend, loss of a job, a bad break-up or the isolation of COVID-19, those who manage to be where their feet are will grow, stay stronger, smarter and more prepared as we find peace and gratitude in the pause. In *Be Where Your Feet Are*, Scott O'Neil, CEO of the Philadelphia Eagles and New Jersey Devils, offers his own story of grief and healing, and shares his most valuable lessons in what keeps him present, grounded, and thriving as a father, husband, coach, mentor, and leader. Scott avails his network to share poignant life lessons from an array of people including politicians, business and sports executives, a world-famous Movie Director, Saudi royalty; and his teenage daughters, among many others. *Be Where Your Feet Are* is a humbling and vulnerable peek behind the curtain as well as a framework, anecdotes, and exercises to guide the reader towards self-discovery. As a storyteller with an uncanny ability and willingness to bare raw emotion, Scott weaves in and out of stories that have left deep imprints on his readers. *Be Where Your Feet Are* is written to lift and inspire.

Manage your time the way Jesus managed his with a biblical antidote to swamped to-do lists and hurried schedules. "A highly practical
Batterson, New York Times bestselling author and lead pastor of National Community Church Despite the overwhelming amount of resour
management and work-life balance, the ability to cultivate the efficiency and equilibrium needed to manage all our worthy pursuits can
frustratingly out of reach. The reason for our struggle is that productivity and time-management systems focus on individual habits rat
meaningful and lasting lifestyle changes. But as it turns out, there is a better way to reach our full potential. We don't need just anothe
changing our habits. What we need is an operating system that takes into account the full scope of our lives. In these pages, bestselling
Raynor presents this system, using seven powerful time- management principles drawn from the example of how Jesus lived: 1. Start w
meaningful connection with the author of time daily. 2. Let Your Yes Be Yes: Accept only the commitments you can fulfill. 3. Dissent fro
Noise: Create room for silence, stillness, and reflection. 4. Prioritize Your Yeses: Confidently maintain your commitments. 5. Accept Your
Focus on one important thing at a time. 6. Embrace Productive Rest: Live the God-designed rhythms of rest which are productive for ou
7. Eliminate All Hurry: Embrace productive busyness while ruthlessly eliminating hurry from our lives. With these principles, you'll see how
managed his time on earth and how he responded to human constraints much like the ones you face today. More than that, you'll disco
practices that will help you embrace the best, most Christlike version of yourself possible: purposeful, present, and wildly productive.

How to Control Your Attention and Choose Your Life

How to Unlock the Secrets of Your Personality with Numbers

The Art of Distraction in Moderation

Escape from Butcher Bay : Prima's Official Strategy Guide

A Novel

I Am

A Blueprint to Bust Laziness, Escape the Couch, Become a Machine, and Accomplish Your Every Goal

Fight your way to freedom. · Each area's objectives and starting gear exposed, plus a complete walkthrough · Hints for combat in the dark
using the Eyeshine ability · Thorough coverage of melee weapons, firearms, and items · Stealth secrets for using the environment to
escape—how to use shadows, subterfuge, and distractions to avoid patrols · Proven close combat tactics · Find all details to unlock new
content!

DISCOVER: How Truly Loving Yourself Will Unlock Amazingness In Your Life Do you ever feel disconnected from your self? Do you ever feel
lonely, even with plenty of family and friends in your life? Do you sometimes find it hard to look yourself in the eye and love what you see? If
so, this book has the power to produce a profound shift in your life. This book contains a proven process to help you find greater meaning and
purpose, reclaim your passion for life, and increase your self-confidence & self-love in the next 4 weeks or less, no matter your current
circumstances... ..And it only takes about 10 minutes per day...including your time spent reading this book. **WELCOME TO:** Remember Who
You Are! This transformational habit training system will restore your connection to your true inner self and bring you back to a place of peace
and power in your life. Through 4 weeks of short, specifically crafted, inspiring daily messages, you will be handed the key to unlocking the
hidden treasures of increased self-confidence and self-love that are ready and waiting inside you. Today is your day. Right now is your time
to begin making dramatic changes in the way you feel about life. But first, a ... **FAIR WARNING: DO NOT READ THIS BOOK TOO FAST!**
Seriously...there's a much better way. You may be tempted to read this book straight through for faster results. **RESIST THAT URGE!** This

system will produce optimal results only when you read it in the small, daily recommended doses - over the course of 4 weeks of short daily messages. To make this easy for you, inside the book you'll see a link for free access to the automated email delivery system for each day's specific chapter. Click the 'buy now' button now — it's time to Remember Who You Are and change your life dramatically.

New York Times bestseller! From New York Times bestselling author Cal Newport comes a bold vision for liberating workers from the tyranny of the inbox--and unleashing a new era of productivity. Modern knowledge workers communicate constantly. Their days are defined by a relentless barrage of incoming messages and back-and-forth digital conversations--a state of constant, anxious chatter in which nobody can disconnect, and so nobody has the cognitive bandwidth to perform substantive work. There was a time when tools like email felt cutting edge, but a thorough review of current evidence reveals that the "hyperactive hive mind" workflow they helped create has become a productivity disaster, reducing profitability and perhaps even slowing overall economic growth. Equally worrisome, it makes us miserable. Humans are simply not wired for constant digital communication. We have become so used to an inbox-driven workday that it's hard to imagine alternatives. But they do exist. Drawing on years of investigative reporting, author and computer science professor Cal Newport makes the case that our current approach to work is broken, then lays out a series of principles and concrete instructions for fixing it. In *A World without Email*, he argues for a workplace in which clear processes--not haphazard messaging--define how tasks are identified, assigned and reviewed. Each person works on fewer things (but does them better), and aggressive investment in support reduces the ever-increasing burden of administrative tasks. Above all else, important communication is streamlined, and inboxes and chat channels are no longer central to how work unfolds. The knowledge sector's evolution beyond the hyperactive hive mind is inevitable. The question is not whether a world without email is coming (it is), but whether you'll be ahead of this trend. If you're a CEO seeking a competitive edge, an entrepreneur convinced your productivity could be higher, or an employee exhausted by your inbox, *A World Without Email* will convince you that the time has come for bold changes, and will walk you through exactly how to make them happen.