

## Il Magico Potere Di Sbattersene Il Ca O Come Smettere Di Perdere Tempo Che Non Hai A Fare Cose Che Non Hai Voglia Di Fare Con Persone Che Non Ti Piacciono

One little word is the secret reminder of what really matters in life: Hygge. CHRISTMAS is the perfect time to embrace it and THIS BOOK will show you how. ----- To me, hygge is: - Meeting my sister for a walk in the park, chatting, laughing and clowning around, as if we were children again. - Listening to the rain on the roof with a cup of tea and my boyfriend next to me. - Drinking wine in my mum's garden - Enjoying a cup of coffee with good friends, that becomes a dinner, that becomes a late-night drink, because no one wants the evening to end. ----- Though we all know the feeling of hygge instinctively few of us ever manage to capture it for more than a moment. Now Danish actress and hygge aficionado Marie Tourell Söderberg - star of BBC 4's 1864 - has travelled the length and breadth of her home country to create the perfect guide to cooking, decorating, entertaining and being inspired the hygge way. Full of beautiful photographs and simple, practical steps and ideas to make your home and life both comfortable and cheering all year round, this book is the easy way to introduce hygge into your life. Pretty, honey and intimate, scattered with reflections from ordinary Danes' Guardian Publisher Description

From the award-winning author of Rook comes a delicious and twisty tale, filled with spine-tingling intrigue, juicy romance, and dangerous family secrets. When a rumor that her uncle is squandering away the family fortune surfaces, Katharine Tulman is sent to his estate to have him committed to an asylum. But instead of a lunatic, Katharine discovers a genius inventor with his own set of childlike rules, who is employing a village of nine hundred people rescued from the workhouses of London. Katharine becomes torn between protecting her own livelihood and preserving the peculiar community she grows to care for deeply -- a conflict made more complicated by her developing feelings for her uncle's handsome apprentice. As the mysteries of the estate begin to unravel, it is clear that not only is her uncle's world at stake, but also the state of England as Katharine knows it. With twists and turns at every corner, this extraordinary adventure will captivate readers with its thrills and romance.

The gift of art, the gift of inspiration, the gift of joy. This dynamic illustrated book is brimming over with encouragement and wisdom and delivered with a fresh, modern twist. Pairing quotes with original graphic art that brings the words to life, Think Happy, Be Happy is a gallery of beauty and cheer inspired by the letterpress and screenshot art that’s hot on Etsy and pinned and re-pinned by Pinterest’s millions of fans. The artwork is by more than twenty popular illustrators and designers, who transform simple but smart mottoes—from the contemplative “Find beauty in rain” to the upbeat “I make my own sunshine!” to the empowering “Don’t slush your inner voice. It’s who you are” to the joyful “Live every day like it’s your birthday!”—into bold and visually dynamic statements. This book is a delightful pick-me-up that can be read over and over again and bring comfort and affirmation every time. Paired randomly throughout is unexpected, complementary text—themed play-lists, top-ten lists, and simple recipes. Because what’s better to lift the spirits than a Watermelon Mint Ice Pop?

You Do You

Da perfetta tuttofare a felice imperfetta

How to Be Who You Are and Use What You've Got to Get What You Want

The Art of Struggle

The Science and Art of Transformation

The Dark Unwinding

The Art of Descending

Non importa che siate liberi professionisti, manager o dipendenti, ciò che conta è la consapevolezza che il mondo del lavoro è totalmente cambiato. La diffusione degli smartphone e dei device tecnologici impone una riconsiderazione del tempo: possiamo continuare a pensare secondo orari di lavoro fissi, ma ormai sempre più spesso sono gli strumenti a dettarci task, compiti e orari. Con un conseguente aumento dello stress. Il mondo del lavoro di oggi non è peggiore di quello di ieri, è solo un mondo diverso, con abitudini diverse. Oggi è possibile, per esempio, lavorare in mobilità con la stessa efficienza con la quale si lavora da una postazione fissa. A volte anche meglio. Ciò che conta è la capacità di organizzare il tempo e il lavoro con una metodologia efficace e una conoscenza accurata dei migliori tool disponibili. Essere always on è una criticità che va affrontata e dominata, non subita. Mobile working vi insegnerà a conoscere tutti gli strumenti ideali per lavorare mobile, ma è importantissimo che siate voi, alla fine, a scegliere il terreno sul quale giocare.

A brilliant, hilarious homage to The Life-Changing Magic of Tidying Up, showing how to shed your mental clutter for good. Aimed at overachieving but dissatisfied people everywhere, Sarah’s inspirational top-step “NotSorry” program shows how unleashing the power of not giving a fuck will help you shed unwanted guilt and obligations to redirect time, energy, and enthusiasm to your true priorities. Sarah reveals why giving a fuck about who people think is your worst enemy—and how to stop doing it; how to sort your fucks into four essential categories; simple criteria for whether or not you should give a fuck (i.e. “Does this affect anyone other than me?”); and the two keys to successfully not giving a fuck without also being an asshole. So, get rid of the mental clutter, ditch the perfectionism and create the life you want - for good.

Matrix Energetics: a teachable healing phenomenon which merges the science of subtle energy and quantum physics with the incredible power of our own active imaginations and focused intent to produce physical and verifiable results. You can begin to unlock and awaken the powers, abilities, and awareness that are your birth right and spiritual heritage—the transformation of your morphee resonance of the whole being through Matrix Energetics—a technology of awareness that is transferable, teachable and universally available. Quantum physics teaches us that we are made of light and information; that so-called “Classic Reality” is actually an illusion. Photons move backwards and forwards in time and where they meet creates the present moment. Bartlett has found that metaphorically, we can time travel and access states of health and awareness and bring them into the present moment, instantly affecting beneficial changes in the conditions of people’s lives. This is possible because everything is part of the zero point energy field, what some physicists have called “The Mind of God.”

“The most helpful book on childhood anxiety I have ever read.”—Michael Thompson, Ph.D. Whether it’s the monster in the closet or the fear that arises from new social situations, school, or sports, anxiety can be especially challenging and maddening for children. And since anxiety has a mind of its own, logic and reassurance often fail, leaving parents increasingly frustrated about how to help. Now Lawrence J. Cohen, Ph.D., the author of Playful Parenting, provides a special set of tools to handle childhood anxiety. Offering simple, effective strategies that build connection through fun, play, and empathy, Dr. Cohen helps parents • start from a place of warmth, compassion, and understanding • teach children the basics of the body’s “security system”: alert, alarm, assessment, and all clear. • promote tolerance of uncertainty and discomfort by finding the balance between outright avoidance and “white-knuckling” through a fear • find lighthearted ways to release tension in the moment, labeling stressful emotions on a child-friendly scale • tackle their own anxieties so they can stay calm when a child is distressed • bring children out of their anxious thoughts and into their bodies by using relaxation, breathing, writing, drawing, and playful roughhousing With this insightful resource of easy-to-implement solutions and strategies, you and your child can experience the opposite of worry, anxiety, and fear and embrace connection, trust, and joy. Praise for The Opposite of Worry “The Opposite of Worry is an informative resource for parents and other family members. The book is easy to read, comprehensive and notable for its many practical suggestions.”—New England Psychologist “Good advice for parents making daily calls to the pediatrician . . . Anxiety is a full-body sport, and Cohen’s main advice is not to treat it with words but with actions. . . . Physicality is about living in the present, and for anxious people, the present is a powerful place of healing. Intended for parents of children ages 3 to 15, this book offers anecdotes and fun anti-anxiety games.”—Publishers Weekly “Here’s the help parents of anxious children have been looking for! Dr. Cohen’s genius is in the warm and generous spirit of the strategies he outlines for parents. He grounds his playful approach in a sound explanation of how anxiety affects children, and how they heal. Parents will come away with plenty of ideas to help them develop their children’s confidence. While reading, I found myself thinking, ‘I’d like to try that for myself!’”—Patty Wipfler, founder and program director, Hand in Hand Parenting “If you want to understand your child’s anxiety—and your own parental worries—you must read Larry Cohen’s brilliant book, The Opposite of Worry. Dr. Cohen is one of the most imaginative and thoughtful psychologists you will ever encounter. He explains how and why children become anxious and then shows how we can use empathy and play to help them escape from the terrifying dark corners of childhood.”—Michael Thompson, Ph.D. “The Opposite of Worry offers a treasure trove of ideas to help children feel confident and secure. Lawrence Cohen has written a book that will help every parent of an anxious child.”—Aletha Solter, Ph.D., founder, Aware Parenting, and author of Attachment Play

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How an Interdimensional Race Has Controlled the Planet for Thousands of Years - And Still Does

How to Stop Spending Time You Don't Have with People You Don't Like Doing Things You Don't Want to Do

The Snow Image

Mindfulness Strategies to Cope with Stress and End Emotional Eating

Age of Opportunity

For fans of *Downton Abbey* and *The Crown* ... welcome to Her Portofino, where romance, revelry, and intrigue await. A heady historical drama about a British family who opens an upper-class hotel on the magical Italian Riviera during the Roaring Twenties Hotel Portofino has been open for only a few weeks, but already the problems are mounting for its owner Bella Ainsworth. Her high-class guests are demanding and hard to please. And she’s being targeted by a scheming and corrupt local politician, who threatens to drag her into the reeking cauldron of Mussolini’s Italy. To make matters worse, her marriage is in trouble, and her children are still struggling to recover from the repercussions of the Great War. All eyes are on the arrival of a potential love match for her son Lucian, but events don’t go to plan, which will have far-reaching consequences for the whole family. Set in the breathtakingly beautiful Italian Riviera, Hotel Portofino is a story of personal awakening at a time of global upheaval and of the liberating influence of Italy’s enchanting culture, climate, and cuisine on British “innocents abroad.”

In this much-anticipated follow-up to 50 Ways to Soothe Yourself Without Food, renowned nutrition expert and New York Times best-selling author of Eat Q, Susan Albers delivers fifty more highly effective ways to help you soothe yourself without eating—leading to a healthier, happier life! If you’re an emotional overeater, you may turn to food to cope with stress and sadness, enhance joy, and bring a sense of comfort. But, over time, overeating can cause weight gain, heart disease, diabetes, and many other health problems. In 50 More Ways to Soothe Yourself Without Food, you’ll find fifty more mindful and healthy activities to help you replace your need to overeat. Based in popular mindfulness practices, this book will show you how to slow down and be present during mealtime so that you end up making healthier choices. In addition, the activities in the book—such as yoga, aromatherapy, and breathing exercises—will help you gain a greater overall sense of well-being and appreciation for your body. If you’re ready to stop using food as an emotional crutch, and start feeling healthy, happy, and truly fulfilled, this book offers truly more ways!

Winner of a Books for a Better Life Award Many people who find themselves “stuck” in life are vaguely aware that fear is responsible for holding them back. Whether it’s a fear of intimacy, mortality, success, or failure, the majority of us experience an inhibiting fear at some point in our lives. Naming these fears and examining them is critical to becoming aware of and, eventually, overcoming them. Life Unlocked draws from cutting-edge research in human psychology and neuroscience to illuminate the ways in which fear applies a brake to our lives and brings life, informed by the latest breakthroughs in brain imaging and psychiatry. Dr. Pillay offers readers an enlightening understanding of how our brains work and physically process feelings of fear and anxiety. Based on this research, and his extensive clinical experience with patients, Dr. Pillay has developed 7 essential lessons to help move people past their fears: 1. What you don’t know can hurt you 2. Dread is not something you feel; it is something you attend to 3. If it’s hard to change, it is not unchangeable 4. We all know that we fear failure, but fear of success is equally relevant 5. Attachments are not just crucial to survival; they affect your physiology 6. Fear-based prejudice may register entirely outside of awareness 7. Trauma can affect the developing brain in Life Unlocked. Dr. Pillay examines a wide breadth of issues and shares real examples from his practice to show readers that when they are able to move past the things that limit them, they can truly unlock their potential, and their lives.

Shortlisted for the James Tait Black Prize for best biography 2016 Book of the Year 2015 Sunday Times Book of the Year 2015 Times Literary Supplement Book of the Year 2015 Evening Standard Book of the Year 2015 New Zealand Listener Shortlisted for the Slightly Foxed Best First Biography Prize 2015 Literary Sensation, Lover, Libertine, Family Man Award-winning novelist and towering figure of the 20th century British literary landscape, David Garnett was a Bloomsbury insider ultimately pushed to the margins. In this, the first biography of Garnett, (known as Bunny), author Sarah Knights - who has had unprecedented access to Garnett’s papers - goes beyond stereotype and myth to present a clear sighted account of this often contradictory figure. Trained as a scientist, Garnett worked as a novelist and wrote exquisite prose. Lady into Fox was made into a Rambert ballet and Aspects of Love into an Andrew Lloyd Webber musical. In the First World War, he was a conscientious objector whereas in the Second he worked for British intelligence. A free love enthusiast, he nevertheless married. He loathed literary criticism but became a leading literary critic. Born into the Victorian period, Garnett’s life spanned two World Wars, the Swinging Sixties and beyond. From pre-Revolutionary Russia, by way of Indian Nationalists in London and carefree Neo-Paganism, Garnett’s early life was packed with adventure. Propelled by a desire to be constantly in love, he dazzled men and women, believing the person mattered, irrespective of gender. An overnight literary sensation in the 1920s he was at the centre of literary London. Confidante and mentor of many writers. T. E. Lawrence, Rupert Brooke, D. H. Lawrence, Joseph Conrad and H. G. Wells, were among his friends. Garnett felt most at home with the Bloomsbury Group, in particular with Vanessa Bell and Duncan Grant, his lover, with whom he lived during the First World War. Their long friendship was threatened, however, when Garnett’s cradle-side prophecy to marry their daughter Angelica came true. David ‘Bunny’ Garnett is brought to life by Ben Lloyd-Hughes and Jack Davenport in the BBC series ‘Life in Squares’.

A Modern Story

Tool e attitudini per gestire il lavoro da casa e da remoto

The Life Changing Magic of Not Giving a F\*\*k, Calm the F\*\*k Down and Get Your Sh\*t Together

The God Code

A No F\*cks Given Guide to Surviving the Holidays

Smart Working

50 More Ways to Soothe Yourself Without Food

*Deepak Chopra presents ten lessons to help build awareness and change the distorted energy patterns that are the root cause of aging, infirmity, and disease. Fifteen years after his #1 New York Times bestseller, Ageless Body, Timeless Mind, Deepak Chopra revisits "the forgotten miracle"—the body's infinite capacity for change and renewal. You cannot take advantage of this miracle, Chopra says, unless you are willing to completely reinvent your body, transforming it from a material object to a dynamic, flowing process. "Your physical body is a fiction," Chopra contends. Every cell is made up of two invisible ingredients: awareness and energy. Transformation can't stop the body, however; it must involve the soul. The soul—seemingly invisible, aloof, and apart from the material world—actually creates the body. Only by going to the level of the soul will you access your full potential, bringing more intelligence, creativity, and awareness into every aspect of your life. Reinventing the Body, Resurrecting the Soul delivers ten breakthroughs—five for the body, five for the soul—that lead to self-transformation. In clear, accessible terms, Chopra shows us how to commit ourselves to deeper awareness, focus on relationships instead of consumption, embrace every day as a new world, and transcend the obstacles that afflict body and mind. Deepak Chopra has inspired millions with his profound teachings over the years. His bestselling books have explored the mind/body connection and the power of spirit. With his latest book, he invites you to experience with him the miracles that unfold when we connect the body directly to the awesome mysteries that give life meaning—directly to the soul. You have completed this journey, after reinventing your body and resurrecting your soul, the ecstasy of true wholeness becomes possible for the very first time.*

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How an interdimensional race has controlled the planet for thousands of years - and still does.

Una guida completa di tutto ciò che serve per lavorare da remoto: dal software all’organizzazione del lavoro, dal project management alla gestione di un team. Smart Working offre una visione specifica sul modo di lavorare agile e flessibile, promuovendo la condivisione di idee e di esperienze, l’organizzazione e la predisposizione di tutti gli strumenti e le app utili per essere sempre organizzati e produttivi e raggiungere gli obiettivi prefissati. Alle parti più tecniche, in cui sono analizzati i tool specifici che consentono di lavorare da remoto e da mobile insieme alle app ad hoc per call, chat, videochiamate, webinar e project management, si affiancano sezioni ricche di esperienze e di analisi su come organizzare il tempo di lavoro, i viaggi e gestire il team. Un approccio utile anche a chi, già da tempo, lavora in smart, per migliorare prestazioni e costi, e superare gli ostacoli grazie alla tecnologia e all’ottimizzazione del tempo. Un vero e proprio manuale “full optional” per lavorare con smartphone, tablet e computer, ma soprattutto per sfruttare al meglio tempo, skill e creatività.

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*Ed is having a hard time at work, in his love life and, well, in the world in general. From the author of Calm the F\*ck Down and F\*ck No (Cosmopolitan). Are you stressed out, overbooked, and underwhelmed by life? Fed up with pleasing everyone else before you please yourself? It's time to stop giving a f\*ck. This brilliant, hilarious, and practical parody of Marie Kondo's bestseller The Life-Changing Magic of Tidying Up explains how to rid yourself of unwanted obligations, shame, and guilt -- and give your f\*cks instead to people and things that make you happy. The easy-to-use, two-step NoSorry Method for mental decluttering will help you unleash the power of not giving a f\*ck about: Family drama Having a "bikini body" Iceland Co-workers' opinions, pets, and children And other bullshit! And it will free you to spend your time, energy, and money on the things that really matter. So what are you waiting for? Stop giving a f\*ck and start living your best life today! Discover more of the magic of not giving a f\*ck with The Life-Changing Magic of Not Giving a F\*ck Journal.*

*Le donne hanno davvero la capacità innata di fare più cose contemporaneamente rispetto agli uomini? E se così fosse, perché essere liere di una competenza tanto faticosa e svantaggiosa anziché fare meno e vivere meglio? Illustrato magistralmente da Elena Triolo, il libro introduce alla presunta virtù – spesso considerata esclusivo patrimonio femminile – dell’agire in “multitasking”, prendendo in considerazione alcune tra le più significative teorie che lo ritengono un fattore genetico o, al contrario, una pura invenzione sociale. Con stile ironico, brillante e diretto, Chiara Cecutti analizza gli effetti boomerang a cui si sottopongono le donne che agiscono secondo questo principio e le possibili motivazioni che portano la maggior parte di loro a praticarlo comunque, sovraccaricandosi costantemente. E, ridimensionando il mito della perfezione femminile, allerta quante si affannano ogni giorno – dedicandosi al lavoro, alla famiglia e alla casa senza delegare o chiedere aiuto – sul rischio che tale comportamento vada a discapito delle relazioni (anche di coppia), oltre che della loro salute fisica e mentale.*

*The New York Times bestselling author of The Life-Changing Magic of Not Giving a F\*ck and Get Your Sh\*t Together comes more straight talk about how to stand up for who you are and what you really want, and deserve -- showing when it's okay to be selfish, why it's pointless to be perfect, and how to be "difficult." Being yourself should be easy, yet too many of us struggle to live on other people's terms instead of our own. Rather than feeling large and in charge, we feel little and belittled. Sound familiar? Bestselling “anti-guru” Sarah Knight has three simple words for you: YOU DO YOU. It's time to start putting your happiness first -- and stop letting other people tell you what to do, how to do it, or why it can't be done. And don't panic! You can do it without losing friends and alienating people. Knight delivers her trademark no-bullsh\*t advice about: The Tyranny of “Just Because” The social contract and how to amend it Turning “flaws” into strengths -- aka “mental redecorating” Why it's not your job to be nice Letting your freak flag fly How to take risks, silence the doubters, and prove the haters wrong Praise for Sarah Knight: “Genius.” -- Cosmopolitan “Self-help to swear by.” -- The Boston Globe “Hilarious... truly practical.” -- Booklist*

*From Giorgio Locatelli, bestselling author of Made in Italy, comes an exquisite cookbook on the cuisine of Sicily, which combines recipes with the stories and history of one of Italy's most romantic, dramatic regions: an island of amber wheat fields, lush citrus and olive groves, and rolling vineyards, suspended in the Mediterranean Sea. Mapping a culinary landscape marked by the influences of Arab, Spanish, and Greek colonists, the recipes in Made in Sicily showcase the island's diverse culinary heritage and embody the Sicilian ethos of primacy of quality ingredients over pretentiousness or fuss in which “what grows together goes together.”*

*A Guide to Contemporary Usage*

*7 Revolutionary Lessons to Overcome Fear*

*Pretty Little Liars: All's Pretty Little Lies*

*The Buddha, Geoff and Me*

*How to Not Give a F\*ck at Christmas*

*Children of the Matrix*

*The Danish Art of Happiness*

Il magico potere di sbattersene il ca\*\*o. Come smettere di perdere tempo (che non hai) a fare cose che non hai voglia di fare con persone che non ti piaccionoIl magico potere di sbattersene il ca\*\*o. Come smettere di perdere tempo (che non hai) a fare cose che non hai voglia di fare con persone che non ti piaccionoThe Life-Changing Magic of Not Giving a F\*ckHow to Stop Spending Time You Don't Have with People You Don't Like Doing Things You Don't Want to DoVoracious

Two young children discover something magical in the snow...and their father, wise and practical, destroys it. We publish the world’s books. We have the largest collection of classics, and we believe that they are the highest quality, too. Don’t take our word for it, peek inside and you’ll see why we brag.

What would it mean to discover an ancient language—a literal message—hidden within the DNA of life itself? What we once believed of our past is about to change. . . . A coded message has been found within the molecules of life, deep within the DNA in each cell of our bodies. Through a remarkable discovery linking Biblical alphabets to our genetic code, the “language of life” may now be read as the ancient letters of a timeless message. Regardless of race, religion, heritage, or lifestyle, the message is the same in each cell of every woman, child, and man, past and present. Sharing all-new, fascinating research, Gregg Braden discusses the life-changing discovery that led him from a successful career in the aerospace and defense industries to an extensive 12-year study of the most sacred and honored traditions of humankind.

Dark, moving and original, a story of family, survival, and getting on with life... Flynn Sinclair understands pack loyalty – for years as his Alpha father’s enforcer, he has done things in the name of duty that he can’t ever forget. But the vast expanse of Alaska offers him a peace he’s never known. Alone, removed from pack life, he can focus on his research and try to forget his life before. But duty has a way of inviting itself in, and Flynn finds himself doing two reckless things in one week: leaving the safety of Alaska to save his brother Connor’s life, and unwittingly falling in love with Evie Thompson, a woman who doesn’t deserve to be drawn into his terrifying world. Connor carries news of their father’s descent into madness, and it looks like neither geography nor Flynn’s attempts at disengagement will put off a confrontation. Flynn had finally begun to believe that he might deserve something good in his life – something like Evie – but to move forward in the light, he must first reconcile with the dark.

Life Unlocked

THE NO F\*\*KS GIVEN GUIDE OMNIBUS

How to Stop Saying Yes When You Can't, or You Shouldn't, or You Just Don't Want To

How to Stop Worrying About What You Should Do So You Can Finish What You Need to Do and Start Doing What You Want to Do

Art, Inspiration, Joy

Reinventing the Body, Resurrecting the Soul

Using Italian

A leading expert on adolescence cites new research and describes how to raise happy, successful kids by helping parents navigate this challenging, but developmentally crucial, time through strategies that instill self-control during the teenage years. 25,000 first printing.

An omnibus edition of the bestselling NO F\*cks Given Guides brought to you by internationally bestselling anti-guru Sarah Knight. The Life-Changing Magic of Not Giving a F\*k, Calm the F\*ck Down and Get Your Sh\*t Together. Are you stressed out, overbooked and underwhelmed by life? Fed up with pleasing everyone else before you please yourself? Finding it hard working from home? Then It's time to stop giving a f\*\*k. Sarah Knight will help you deal with panic, anxiety, problems with time-management and prioritization with her trademark humour and straightforward advice.

With a wit as sharp as a vodka stinger and a heart as free as her spirit, Auntie Mame burst onto the literary scene in 1955--and today remains one of the most unforgettable characters in contemporary fiction. Wildly successful when it was first published in 1955, Patrick Dennis' Auntie Mame sold over two million copies and stayed put on the New York Times bestseller list for 112 weeks. It was made into a play, a Broadway and a Hollywood musical, and a fabulous movie starring Rosalind Russell. Since then, Mame has taken her rightful place in the pantheon of Great and Important People as the world's most beloved, madcap, devastatingly sophisticated, and glamorous aunt. She is impossible to resist, and this hilarious story of an orphaned ten-year-old boy sent to live with his aunt is as delicious a read in the twenty-first century as it was in the 1950s. Follow the rollicking adventures of this unflappable flapper as seen through the wide eyes of her young, impressionable nephew and discover anew or for the first time why Mame has made the world a wonderful place. "Cosmopolitan "Self-help to swear by." -- The Boston Globe "Hilarious... truly practical." -- Booklist

The book that inspired Marie Kondo's The Life-Changing Magic of Tidying Up, Nagisa Tatsumi's international bestseller offers a practical plan to figure out what to keep and what to discard so you can get--and stay--tidy, once and for all. Practical and inspiring, The Art of Discarding (the book that originally inspired a young Marie Kondo to start cleaning up her closets) offers hands-on advice and easy-to-follow guidelines to help readers learn how to finally let go of stuff that is holding them back -- as well as sage advice on acquiring less in the first place. Author Nagisa Tatsumi urges us to reflect on our attitude to possessing things and to have the courage and conviction to get rid of all the stuff we really don't need, offering advice on how to tackle the things that pile up at home and take back control. By learning the art of discarding you will gain space, free yourself from "accumulation syndrome," and find new joy and purpose in your clutter-free life.

Matrix Energetics

Lavorare ovunque in modo semplice e produttivo

An Irreverent Escapade

Hotel Portofino

Practical Ways to Manage Anxiety and Take Control of Your Life

Red Moon

Made In Sicily

Questo libro è dedicato ai timidi, agli onesti, a coloro che credono nella possibilità di un mondo migliore perché si vivono questa idea dalla testa. O almeno la mettano da parte e cerchino di adattarsi a questo mondo com'è, ingiusto e sbagliato, imparando a difendersi. Perché se questo è il migliore dei mondi possibili, come ultimisticamente sosteneva un filosofo tedesco del '600, è sicuramente un disastro. Naturalmente potrebbe essere ancora peggiore. Se, dunque, il mondo, parlo del mondo umano, di quell'insieme che può essere detto "noi egli altri", se il mondo com'è non vi

For a stressed-out, overlooked, steadfast giver of too many f\*cks, the holidays can be your Kryptonite. In this season of giving, spending, going, doing, and more, it's all too easy to wear yourself out pleasing everyone else. In *The Life-Changing Magic of Not Giving A F\*ck*, Sarah Knight taught you how to shed your unwanted obligations, shame, and guilt, and devote your time and f\*cks to things that make you happy. In this pint-sized ebook, she'll tell you how to apply the principles of not giving a f\*ck that work for you 11 months of the year to the holiday season.

Bloomsbury's Outsider

A Neuroscientist Explores the Border Between Life and Death

Think Happy, Be Happy

Roald Dahl's Book of Ghost Stories

How to Get Rid of Clutter and Find Joy

Auntie Mame

Calm the F\*ck Down Journal

In this "riveting read, meshing memoir with scientific explication" (Nature), a world-renowned neuroscientist reveals how he learned to communicate with patients in vegetative or "gray zone" states and, more importantly, he explains what those interactions tell us about the working of our own brains. "Vivid, emotional, and thought-provoking" (Publishers Weekly), *Into the Gray Zone* takes readers to the edge of a dazzling, humbling frontier in our understanding of the brain: the so-called "gray zone" between full consciousness and brain death. People in this middle place have sustained traumatic brain injuries or are the victims of stroke or degenerative diseases, such as Alzheimer's and Parkinson's. Many are oblivious to the outside world, and their doctors believe they are incapable of thought. But a sizeable number—as many as twenty percent—are experiencing something different: intact minds adrift deep within damaged brains and bodies. An expert in the field, Adrian Owen led a team that, in 2006, discovered this lost population and made medical history. Scientists, physicians, and philosophers have only just begun to grapple with the implications. Following Owen's journey of exciting medical discovery, *Into the Gray Zone* asks some tough and terrifying questions, such as: What is life like for these patients? What can their families and friends do to help them? What are the ethical implications for religious organizations, politicians, the Right to Die movement, and even insurers? And perhaps most intriguing of all: in defining what a life worth living is, are we too concerned with the physical and not giving enough emphasis to the power of thought? What, truly, defines a satisfying life? "Strangely uplifting...the testimonies of people who have returned from the gray zone evoke the mysteries of consciousness and identity with tremendous power" (The New Yorker). This book is about the difference between a brain and a mind, a body and a person. *Into the Gray Zone* is "a fascinating memoir...reads like a thriller" (Mail on Sunday).

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