

Into The Heart Of The Feminine Facing The Death Mother Archetype To Reclaim Love Strength And Vitality

To find more information about Rowman and Littlefield titles, please visit www.rowmanlittlefield.com. The twentieth-century journey to understand the human heart was a saga on a par with the race to the moon. Physicians have evolved from fearing to even touch a living human heart to rebuilding and transplanting hearts. Today heart attacks can often be sto

In *State of the Heart*, Dr. Haider Warraich takes readers inside the ER, inside patients' rooms, and inside the history and science of cardiac disease. *State of the Heart* traces the entire arc of the heart, from the very first time it was depicted on stone tablets, to a future in which it may very well become redundant. While heart disease has been around for a while, the type of heart disease people have, why they have it, and how it's treated is changing. Yet, the golden age of heart science is only just beginning. And with treatments of heart disease altering the very definitions of human life and death, there is no better time to look at the present and future of heart disease, the doctors and nurses who treat it, the patients and caregivers who live with it, and the stories they hold close to their chests. More people die of heart disease than any other disease in the world and when any form of heart disease progresses, it can result in the development of heart failure. Heart failure affects millions and can affect anyone at anytime, a child recovering from a viral infection, a woman who has just given birth or a cancer patient receiving chemotherapy. Yet new technology to treat heart failure is fundamentally changing just what it means to be human. Mechanical pumps can be surgically sown into patients' hearts and when patients with these pumps get really sick, sometimes they don't need a doctor or a surgeon—they need a mechanic. In *State of the Heart*, the journey to rid the world of heart disease is shown to be reflective of the journey of medical science at large. We are learning not only that women have as much heart disease as men, but that the type of heart disease women experience is diametrically different from that in men. We are learning that heart disease and cancer may have more in common than we could have imagined. And we are learning how human evolution itself may have led to the epidemic of heart disease. In understanding how our knowledge of the heart evolved, *State of the Heart* traces the twisting and turning road that science has taken—filled with potholes and blind turns—all the way back to its very origin.

From the internationally bestselling author of *The Simple Wild* comes the continuation of a woman's journey to the Alaskan wild and a life she never imagined for herself. Calla Fletcher returns to Toronto a different person, struggling to find direction and still very much in love with the rugged bush pilot she left behind. So, when Jonah arrives on her doorstep with a proposition she can't dismiss, she takes the leap and rushes back to Alaska to begin their exciting future together. But Calla soon learns that even the best of intentions don't always lead to the intended outcomes, and that compromise comes with a hefty price tag—and a log cabin in rural Alaska that feels as isolating as the Western tundra. With Jonah gone more than he's home, one neighbor who insists on transforming her into a true Alaskan, and another who seems more likely to shoot her than come to her aid, Calla grapples with forging her own path. In a world where with roaming wildlife and harsh environmental challenges, just stepping foot outside her front door becomes daunting some days. Leaving her to wonder if perhaps she is doomed to follow in her mother's fleeing footsteps after all.

The Heart of Business

A Novel

Sexual Sin and the Promises of God

Heart of the Matter

The Pure in Heart

Tattoos on the Heart

Living in the Heart

The sexual revolution brought a terribly distorted vision of the body and sex into the mainstream. How should Christians respond? With his illuminating *Theology of the Body*, Pope John Paul II challenged the modern world not to stop at the surface, but to enter the depth of the "great mystery" that the body and sex reveal: a mystery that lies at the heart of the Gospel itself. Since he first discovered John Paul II's teaching in 1993, Christopher West has devoted himself to sharing its life-transforming message with the world. In this highly anticipated work, West leads us into the depth of Christ's "nuptial union" with the Church, demonstrating how authentic Catholic teaching on the body and sex saves us from both the libertine perspective of popular culture and the cold puritanism that has sometimes infected Christianity. In the process, West provides a blueprint for reaching our sexually broken world in the "new evangelization."

Lifestyle and Heart Health and Disease provides a comprehensive evaluation of lifestyle factors that modify heart function and structure. It includes coverage of a wide range of lifestyle factors, including physical activity, alcohol, tobacco, drugs of abuse, nutrition and psychosocial factors. The book clearly presents the scientific evaluation of published research relating to general responses by scientists, physicians and patients, along with new research on the role of lifestyle in the prevention, amelioration and causation of cardiac remodeling and disease. Explains the pathogenic mechanisms of cardiovascular diseases and the targets of therapy Presents methods contained within the book that can be applied to the diagnosis of heart disease Contains a concise summary with recommendations for actions and conclusions Provides a one-stop-

shopping synopsis of key ideas associated with many aspects of lifestyle
Plagued by anxiety and depression for much of his twenties and early thirties, Ed Halliwell frantically searched for ways to understand and relieve his distress. Eventually he stumbled on meditation and Buddhism, and discovered a path that was different from the other medical, psychological and spiritual cures he had grasped for. The way of mindfulness started to transform his life, from a relentless push to achieve pleasure and resist pain, into a willingness to experience each moment as precious, even when it was unpleasant. To his surprise, the more he practised this way of being, the less depressed and anxious he became. A one-time editor for FHM magazine, Ed's life has changed - he now teaches mindfulness to others. In this book he explores how mindfulness can help us see and transform our unhelpful biases and habits; how it can help us be at peace with the pain, stress and uncertainty of life; how it can help us cultivate kindness, empathy, steadfastness and cheerfulness; and how it can help us to find our life's calling. Offering his own experiences as inspiration, Ed emphasises that mindfulness training is a lifelong path and complete way of being rather than just a short course or quick fix. With practical advice and personal warmth, he explores how opening to the mystery of mindfulness, rather than trying to 'get results' from it, seems to be the paradox from which its benefits arise.

Moving into the Heart There is movement associated with entering the sacred space of the heart. Without this movement, your brain only imagines that you are in the sacred space of the heart, but this is not true. In Journeys into the Heart, you will find exercises that show you how to move your spirit there. If you have never done this before, it may seem a little strange, but you will get it. The master authorized to guide you into your heart is the spirit behind the eyes reading these words now. That is you. Read and enjoy practicing and applying all the methods we offer you. Decide the appropriate one for you. Then practice, practice, and practice again, and remember who you really are. Last, read about our experiences entering the heart, about the prayer of the heart, and living in the heart. You might find them very helpful on your own spiritual journey. Remember, you and I are alike. I am you and you are me. --Drunvalo Melchizedek and Daniel Mitel
Service of the Heart

A Tale of Pioneering Doctors and Their Race to Transform Cardiovascular Medicine
The NET-Heart Book

In My Heart

The 40 Day Companion to Live a Culture of Life

Discovering the Secret of a Man's Soul

The Book of the Heart

Inflammation in Heart Failure, edited by W. Matthijs Blankesteyn and Raffaele Altara, is the first book in a decade to provide an in-depth assessment on the causes, symptoms, progression and treatments of cardiac inflammation and related conditions. This reference uses two decades of research to introduce new methods for identifying inflammatory benchmarks from early onset to chronic heart failure and specifically emphasizes the importance of classifying at-risk subgroups within large populations while determining the patterns of cytokines in such classifications. Further, the book details clinical applications of the pathophysiological mechanisms of heart failure, diagnosis and therapeutic strategies. Inflammation in Heart Failure's breadth of subject matter, easy-to-follow structure, portability, and high-quality illustrations create an accessible benefit for researchers, clinicians and students. Presents updated information and research on the relevant inflammatory mediators of heart failure to aid in targeting future translational research as well as the improvement of early diagnosis and treatment Provides research into better understanding the different inflammatory mediators that signal the underlying diseases that potentially lead to heart failure Contains 20 years of research, offering a brief overview of the topic leading to current opinions on, and treatment of, heart failure Provides a structured, systematic and balanced overview of the role of inflammation in heart failure making it a useful resource for researchers and clinicians, as well as those studying cardiovascular diseases

Father Boyle started Homeboy Industries nearly 20 years ago, which has served members of more than half of the gangs in Los Angeles. This collection presents parables about kinship and the sacredness of life drawn from Boyle's years of working with gangs.

Neglected Tropical Diseases and other Infectious Diseases Affecting the Heart provides a comprehensive and systematic review on the literature surrounding Neglected Tropical Diseases and infectious diseases and how they affect the heart. Written by Emerging Leaders of the Interamerican Society of Cardiology (SIAC), the book includes the latest research findings, covering the cardiac involvement of a range of viral, bacterial and parasitic diseases, including COVID19, HIV, Zika, Lyme Disease, and more. Chapters cover epidemiology, the physiopathology of cardiovascular involvement, symptoms, diagnosis, and treatment options for each disease, making the book suitable to researchers, scientists, clinicians and physicians in the field. Covers the cardiac involvement of a range of viral, bacterial and parasitic diseases, including COVID19, HIV, Influenza, Lyme Disease, and

more Explains the diagnosis and management of cardiovascular ailments in neglected tropical diseases Written in an easy to read manner with figures, illustrations and tables to aid understanding Contains chapter formatted with an Introduction, Epidemiology, Physiopathology of Cardiovascular (CV) involvement, Symptoms, Diagnosis, Treatment, Discussion and Conclusions
A little boy is snatched as he stands with his satchel at the gate of his home, waiting for his lift to school. A severely handicapped young woman hovers between life and death. And an ex-con finds it impossible to go straight. The Pure in Heart is a crime novel arising from character and circumstances, about the psychology of crime, something more enthralling than plain thrillers or whodunits. In Lafferton, Serrailer's town, Susan Hill has brilliantly created a community with detail so sharp and true to life that readers feel that these people are their own neighbors and friends. But there is terror and evil in their very midst. There are no easy answers in The Pure of Heart, a magnificent novel about the realities of police work and the sometimes desperate humanity of family. Haunting and truthful, gripping and convincing, it is a thrilling achievement.

Heart of Darkness

Mapping Meaningful Connection and the Language of Human Experience

Daily Meditations on the Path to Freeing Your Soul

Desperately Seeking Duke

A Hole in the Heart of the World

A Book of Feelings

Leadership Principles for the Next Era of Capitalism

NATIONAL BOOK CRITICS CIRCLE AWARD WINNER WINNER OF THE LOS ANGELES TIMES BOOK PRIZE Haunting, harrowing, and profoundly affecting, Shot in the Heart exposes and explores a dark vein of American life that most of us would rather ignore. It is a book that will leave no reader unchanged. Gary Gilmore, the infamous murderer immortalized by Norman Mailer in The Executioner's Song, campaigned for his own death and was executed by firing squad in 1977. Writer Mikal Gilmore is his younger brother. In Shot in the Heart, he tells the stunning story of their wildly dysfunctional family: their mother, a black sheep daughter of unforgiving Mormon farmers; their father, a drunk, thief, and con man. It was a family destroyed by a multigenerational history of child abuse, alcoholism, crime, adultery, and murder. Mikal, burdened with the guilt of being his father's favorite and the shame of being Gary's brother, gracefully and painfully relates a murder tale "from inside the house where murder is born... a house that, in some ways, [he has] never been able to leave." Shot in the Heart is the history of an American family inextricably tied up with violence, and the story of how the children of this family committed murder and murdered themselves in payment for a long lineage of ruin.

A young girl explores what different emotions feel like, such as happiness which makes her want to twirl, or sadness which feels as heavy as an elephant.

From the author of Mayflower, Valiant Ambition, and In the Hurricane's Eye--the riveting bestseller tells the story of the true events that inspired Melville's Moby-Dick. Winner of the National Book Award, Nathaniel Philbrick's book is a fantastic saga of survival and adventure, steeped in the lore of whaling, with deep resonance in American literature and history. In 1820, the whaleship Essex was rammed and sunk by an angry sperm whale, leaving the desperate crew to drift for more than ninety days in three tiny boats. Nathaniel Philbrick uses little-known documents and vivid details about the Nantucket whaling tradition to reveal the chilling facts of this infamous maritime disaster. In the Heart of the Sea, recently adapted into a major feature film starring Chris Hemsworth, is a book for the ages.

In the tradition of Christiane Northrup, a renowned cardiologist integrates emotional and physical well-being in a revolutionary new approach to women's heart health. As a cardiologist with a specialization in women's heart disease, Dr. Steinbaum has helped thousands of patients resolve their heart issues, and aims to do the same for readers in her inspirational book that will change the way we think about heart health. She guides readers through the risk factors of heart disease, from the traditional physical benchmarks like weight, cholesterol, and blood pressure, to lifestyle habits, emotional awareness, and even the way she sees herself in the mirror—and in the world. In Dr. Suzanne Steinbaum's Heart Book, readers are shown clear, easy steps on how to maximize heart health. This is a life book that will teach women how to regain control over all aspects of their busy lives, including how to finally achieve: A heart-healthy diet Heart-supportive exercise Heart-enhancing stress management Heart-filling relationships A sound night's sleep A more satisfying sex life A calm, focused mind A deep level of self care And much, much more. Dr. Suzanne Steinbaum's Heart Book strives to bring forth a new approach to heart-centered healing so that readers everywhere may experience a fulfilling life of health and happiness.

A Journey to Tibet's Lost Paradise

Wild At Heart: A Novel

Inflammation in Heart Failure

Journey to the Centre of the Earth

In the Heart of the Heart of Another Country

The Good at Heart

A Spiritual Guide for Teens

The myth of Shangri-la originates in Tibetan Buddhist beliefs in beyul, or hidden lands, sacred sanctuaries that reveal themselves to devout pilgrims and in times of crisis. The more remote and inaccessible the beyul, the vaster its reputed qualities. Ancient Tibetan prophecies declare that the greatest of all hidden lands lies at the heart of the forbidding Tsangpo Gorge, deep in the Himalayas and veiled by a colossal waterfall. Nineteenth-century accounts of this fabled waterfall inspired a series of ill-fated European expeditions that ended prematurely in 1925 when the intrepid British plant collector Frank Kingdon-Ward penetrated all but a five-mile section of the Tsangpo's innermost gorge and declared that the falls were no more than a "religious myth" and a "romance of geography." The heart of the Tsangpo Gorge remained a blank spot on the map of world exploration until world-class climber and Buddhist scholar Ian Baker delved into the legends. Whatever cryptic Tibetan scrolls or past explorers had said about the Tsangpo's innermost gorge, Baker determined, could be verified only by exploring the uncharted five-mile gap. After several years of encountering sheer cliffs, maelstroms of impassable white water, and dense leech-infested jungles, on the last of a series of

extraordinary expeditions, Baker and his National Geographic-sponsored team reached the depths of the Tsangpo Gorge. They made news worldwide by finding there a 108-foot-high waterfall, the legendary grail of Western explorers and Tibetan seekers alike. The Heart of the World is one of the most captivating stories of exploration and discovery in recent memory—an extraordinary journey to one of the wildest and most inaccessible places on earth and a pilgrimage to the heart of the Tibetan Buddhist faith.

Based on the author's discoveries about her great-grandfather, this stunning debut novel that "powerfully portrays the inner struggles of ordinary people moved to do extraordinary things" (Booklist) takes place over three days during World War II when members of a German family must make "the sometimes impossible choice between family and morality" (Helen Simonson, author of Major Pettigrew's Last Stand). When World War II breaks out, Edith and Oskar Eberhardt move their family—their daughter, Marina; son-in-law, Franz; and their granddaughters—out of Berlin to the quiet town of Blumental, near Switzerland. A member of the Fuhrer's cabinet, Oskar is gone most of the time, and Franz begins fighting in the war, so the women of the house are left to their quiet lives in the village. But life in Blumental isn't as idyllic as it appears. An egotistical Nazi captain terrorizes the citizens he's assigned to protect. Neighbors spy on each other. Some mysteriously disappear. Marina has a lover who also has close ties to her family and the government. Thinking none of them share her hatred of the Reich, she joins a Protestant priest smuggling Jewish refugees over the nearby Swiss border. The latest "package" is two Polish girls, and against her better judgment, Marina finds she must hide them in the Eberhardt's cellar. Everything is set to go smoothly until Oskar comes home with the news that the Führer will be visiting the area for a concert, and he will be making a house call on the Eberhardts. "With jaw-clenching suspense and unexpected tenderness" (Jacquelyn Mitchard), *The Good at Heart* is an "engaging...rich...evocative" (Library Journal) portrait of a family torn between doing their duty for their country and doing what's right, especially for those they love.

A fifteen-year-old boy is walking through a swirling fog on his way to school when a voice calls out, "Come here. We need to talk." Out of the mist emerges an old man with a white beard. He is a fantastic figure, as wizardly as Merlin, as wise as Socrates, as peaceful as Buddha. Whoever he is, the old man has appeared on that very day to change the boy's life. "You are old enough to learn about things," he says mysteriously. "And who is going to teach you but me?" The old man gives the boy four days of "soul training," a time of riddles, tricks, parables, and incredible twists that brings out surprising answers to each of four burning questions about spirituality: Do I have a soul? How do wishes come true? What is the supreme force in the universe? How can I change the world? "The old man with the white beard showed me the spiritual side of life," writes Deepak Chopra, "where real passion and excitement come from. So before you begin, take a deep breath. This story could turn out to be yours."

The journey to the centre of the earth is a voyage like no other we can imagine. Over 3,000 km below the earth's surface an extraordinary inner world the size of Mars awaits us. Dive through the molten iron of the outer core and eventually you will reach a solid sphere - an iron-clad world held within a metal sea and unattached to anything above. At the earth's core is the history of our planet written in temperature and pressure, crystals and minerals . . . Our planet appears tranquil from outer space. And yet the arcs of volcanoes, the earthquake zones and the auroral glow rippling above our heads are testimony to something remarkable happening inside . . . For thousands of years these phenomena were explained in legend and myth. Only in recent times has the brave new science of seismology emerged. One hundred and fifty years after the extraordinary, imaginative feat of Jules Verne's *JOURNEY TO THE CENTRE OF THE EARTH*, David Whitehouse embarks on a voyage of scientific discovery into the heart of our world.

A Guide to the Jewish Prayer Book

Wild at Heart

A Story of Adventure in Colorado

A Guide to Effective Engagement

Finding Our Path to Well-Being

A Children's Book

In the Heart of the Sea

"This is one for the ages." —Gayle Forman, author of the #1 bestseller *If I Stay* "A book everyone should read right now." —The New York Times Book Review "A vital and heartbreaking story that brings together the #MeToo movement, the effects of gun violence, and the struggle of building oneself up again after crisis." —Elle "Equal parts heartbreaking and hopeful." —BookPage A Printz Honor Book Each step in Annabelle's 2,700-mile cross-country run brings her closer to facing a trauma from her past in National Book Award finalist Deb Caletti's novel about the heart, all the ways it breaks, and its journey to healing. Because sometimes against our will, against all odds, we go forward. Then... Annabelle's life wasn't perfect, but it was full—full of friends, family, love.

And a boy...whose attention Annabelle found flattering and unsettling all at once. Until that attention intensified. Now... Annabelle is running. Running from the pain and the tragedy from the past year. With only Grandpa Ed and the journal she fills with words she can't speak out loud, Annabelle runs from Seattle to Washington, DC and toward a destination she doesn't understand but is determined to reach. With every beat of her heart, every stride of her feet, Annabelle steps closer to healing—and the strength she discovers within herself to let love and hope back into her life. Annabelle's journey is the ultimate testament to the human heart, and how it goes on after being broken.

Long ago we humans used a form of communication and sensing that did not involve the brain in any way; rather, it came from a sacred place within our hearts. What good would it do to find this place again? This is a book of remembering. You have always had this place within your heart, and it is still there now. It existed before creation, and it will exist even after the last star shines its brilliant light. At night when you enter your dreams, you leave your mind and enter the sacred space of your heart. But do you remember? Or do you only remember the dream? Why am I telling you about this "something" that is fading from our memories? What good would it do to find this place again in a world where the greatest religion is science and the logic of the mind? Don't I know where emotions and feelings are second-class citizens? Yes, I do. But my teachers have asked me to remind you who you really are. You are more than just a human being, much more. For within your heart is a place, a sacred place, where the world can literally be remade through conscious cocreation. If you really want peace of spirit and if you want to return home, I invite you into the beauty of your own heart. With your permission, I will show you what has been shown to me. I will give you the exact instructions to the pathway into your heart where you and God are intimately one. It is your choice. But I must warn you: Within this experience resides great responsibility. Life knows when a spirit is born to the higher worlds, and life will use you as all the great masters who have ever lived have been used. If you read this book and do the meditation and then expect nothing to change in your life, you may get caught spiritually napping. Once you have entered the light of the great darkness, your life will change -- eventually, you will remember who you really are.

Inspired by the big questions on children's minds today, THE POINT IN THE HEART: A CHILDREN'S BOOK is one parent's best effort at a child-friendly tale about discovering the meaning and mystery of life during uncertain times.

Experience Freedom from Sexual Sin through the Power of the Savior Many women and men trapped in sexual sin believe willpower is the key to overcoming temptation, but your shaky self-discipline doesn't have to be the source of your strength. Sharing from his personal struggles, J. Garrett Kell explains that life-long transformation rests in the supernatural power of the Savior and the support of a local church. He offers profound insights into Jesus's teachings on purity and provides you with long-term strategies for your own pathway to freedom. Written for both men and women struggling with temptation, this book is a vital resource for the church, encouraging a healthy, empathetic community to help brothers and sisters in Christ resist sin. The goal isn't purity for purity's sake, but delighting in God and trusting him for ultimate victory.

The Point in the Heart

A Heart in a Body in the World

Dr. Suzanne Steinbaum's Heart Book

The Heart of the World

Atlas of the Heart

Neglected Tropical Diseases and other Infectious Diseases affecting the Heart

Crash Into Me (Heart of Stone #1)

Offers a multigenerational series of portraits that follows individuals in their struggle to salvage a heritage devastated by Communism

The Book of the Heart University of Chicago Press

In today's increasingly electronic world, we say our personality traits are "hard-wired" and we "replay" our memories. But we use a different metaphor when we speak of someone "reading" another's mind or a desire to "turn over a new leaf"—these phrases refer to the "book of the self," an idea that dates from the beginnings of Western culture. Eric Jager traces the history and psychology of the self-as-text concept from antiquity to the modern day. He focuses especially on the Middle Ages, when the metaphor of a "book of the heart" modeled on the manuscript codex attained its most vivid expressions in literature and art. For instance, medieval saints' legends tell of martyrs whose hearts recorded divine inscriptions; lyrics and romances feature lovers whose hearts are inscribed with their passion; paintings depict hearts as books; and medieval scribes even produced manuscript codices shaped like hearts. "The Book of the Heart provides a fresh perspective on the influence of the book as artifact on our language and culture. Reading this book broadens our appreciation of the relationship between things and ideas."—Henry Petroski, author of The Book on the Bookshelf

Journey to the Heart by New York Times bestselling author of Codependent No More, Beyond Codependency, and Lessons of Love, contains 365 insightful daily meditations that inspire readers to unlock their personal creativity and discover their divine purposes in life. "Melody Beattie gives you the tools to discover the magnificence and splendor of your being."

-Deepak Chopra, author of Jesus and Buddha

Journey to the Heart

Journey Into the Heart

Reclaiming the Body for the New Evangelization

The Power of Boundless Compassion

A Scot to the Heart

Into the Heart of Mindfulness

Adventures Into The Heart

The first in the Heart of Stone series by New York Times and USA Today bestselling author K.M. Scott What would you give up for everything? Tristan Stone was powerful, commanding, sex incarnate. And he wore it all so well. From the moment his mesmerizing gaze met mine, I had no choice but surrender to everything he was. His power. His decadence. His passion. He was all I never knew I needed. He wanted to possess me, and I wanted to be his everything. All I had to do was accept what he offered. But everything has a price. The world he gave me fulfilled my wildest dreams, but would that be enough when the past crashed into the present?

Join the Bear family on a fun-filled adventure to the edge of the universe and into the heart. The experience of the deepest love cannot be seen or explained, because what lies in the heart is unbound by space and time. Lessons * Importance of Love * The fun of looking beyond what's understood * Limitation of comparisons * Faith in a great mystery * Care of family

#1 NEW YORK TIMES BESTSELLER • In her latest book, Brené Brown writes, “If we want to find the way back to ourselves and one another, we need language and the grounded confidence to both tell our stories and be stewards of the stories that we hear. This is the framework for meaningful connection.” In *Atlas of the Heart*, Brown takes us on a journey through eighty-seven of the emotions and experiences that define what it means to be human. As she maps the necessary skills and an actionable framework for meaningful connection, she gives us the language and tools to access a universe of new choices and second chances—a universe where we can share and steward the stories of our bravest and most heartbreaking moments with one another in a way that builds connection. Over the past two decades, Brown’s extensive research into the experiences that make us who we are has shaped the cultural conversation and helped define what it means to be courageous with our lives. *Atlas of the Heart* draws on this research, as well as on Brown’s singular skills as a storyteller, to show us how accurately naming an experience doesn’t give the experience more power—it gives us the power of understanding, meaning, and choice. Brown shares, “I want this book to be an atlas for all of us, because I believe that, with an adventurous heart and the right maps, we can travel anywhere and never fear losing ourselves.”

In 1860, with both parents dead, sixteen-year-old Tom, anxious to find a way to care for his sisters, begins a two-year adventure of danger and exploration when he leaves his native England to join his Uncle Harry and seek his fortune in the Rocky Mountain wilderness of Colorado.

A Simon Serrailer Mystery

Exploring the History, Science, and Future of Cardiac Disease

To the Heart of the Matter

In the Heart of the Rockies

Journeys Into the Heart

Lifestyle in Heart Health and Disease

The second book in the clever, sexy *Desperately Seeking Duke* series from USA Today bestselling and RITA award-winning author Caroline Linden. An Officer and a Scotsman Captain Andrew St. James always knew he came from a noble family, but his branch grew far from the wealth and status. Nothing shocks him more than learning that he now stands as heir presumptive to his distant cousin the Duke of Carlyle. There is much for Drew to learn and adjust to—but first he goes home to Edinburgh, to tell his mother and three sisters of their startling good fortune. A Lady and a Temptress Ilsa Ramsay yearns for some adventure and fun, not another husband. When she discovers the handsome soldier who sweeps her off her feet for a rollicking dance is her friend’s brother, soon to be an English duke, she tells herself he’s not for her, no matter how tempting he is. But one impulsive kiss, then another, and another... says otherwise. An Irresistible Attraction Drew means to marry a respectable, dignified Englishwoman—a very proper future duchess. The spirited Ilsa is none of that. Still, when she’s caught in a dangerous scandal, he leaps to her aid without hesitation. And neither family duty nor future obligation can make them ignore what’s in both their hearts.

Scientists today working on controversial issues from climate change to drought to COVID-19 are finding themselves more often in the middle of deeply traumatizing or polarized conflicts they feel unprepared to referee. It is no longer enough for scientists to communicate a scientific topic clearly. They must now be experts not only in their fields of study, but also in navigating the thoughts, feelings, and opinions of members of the public they engage with, and with each other. And the conversations are growing more fraught. In *Getting to the Heart of Science Communication*, Faith Kearns has penned a succinct guide for navigating the human relationships critical to the success of practice-based science. This meticulously researched volume takes science communication to the next level, helping scientists to see the value of listening as well as talking, understanding power dynamics in relationships, and addressing the roles of trauma, loss, grief, and healing.

John Eldredge revises and updates his best-selling, renowned Christian classic. God designed men to be dangerous, says John Eldredge. Simply look at the dreams and desires written in the heart of every boy: To be a hero, to be a warrior, to live a life of adventure and risk. Sadly, most men abandon those dreams and desires—aided by a Christianity that feels like nothing more than pressure to be a “nice guy.” It is no wonder that many men avoid church, and those who go are often passive and bored to death. In this provocative book, Eldredge gives women a look inside the true heart of a man and gives men permission to be what God designed them to be—dangerous, passionate, alive, and free.

A haunting exploration of identity, history, displacement, and war from an Arab American perspective

Every Woman's Guide to a Heart-Healthy Life

The Remarkable Voyage of Scientific Discovery into the Heart of Our World

State of the Heart

Shot in the Heart

Fire in the Heart

At the Heart of the Gospel

The Jewish Experience in Eastern Europe After World War II

A Wall Street Journal Bestseller Named a Financial Times top title How to unleash "human magic" and achieve improbable results. Hubert Joly, former CEO of Best Buy and orchestrator of the retailer's spectacular turnaround, unveils his personal playbook for achieving extraordinary outcomes by putting people and purpose at the heart of business. Back in 2012, "Everyone thought we were going to die," says Joly. Eight years later, Best Buy was transformed as Joly and his team rebuilt the company into one of the nation's favorite employers, vastly increased customer satisfaction, and dramatically grew Best Buy's stock price. Joly and his team also succeeded in making Best Buy a leader in sustainability and innovation. In *The Heart of Business*, Joly shares the philosophy behind the resurgence of Best Buy: pursue a noble purpose, put people at the center of the business, create an environment where every employee can blossom, and treat profit as an outcome, not the goal. This approach is easy to understand, but putting it into practice is not so easy. It requires radically rethinking how we view work, how we define companies, how we motivate, and how we lead. In this book Joly shares memorable stories, lessons, and practical advice, all drawn from his own personal transformation from a hard-charging McKinsey consultant to a leader who believes in human magic. *The Heart of Business* is a timely guide for leaders ready to abandon old paradigms and lead with purpose and humanity. It shows how we can reinvent capitalism so that it contributes to a sustainable future.

Heart of Darkness is a short novel by Polish novelist Joseph Conrad, written as a frame narrative, about Charles Marlow's life as an ivory transporter down the Congo River in Central Africa. The river is "a mighty big river, that you could see on the map, resembling an immense snake uncoiled, with its head in the sea, its body at rest curving afar over a vast country, and its tail lost in the depths of the land." In the course of his travel in central Africa, Marlow becomes obsessed with Mr. Kurtz. The story is a complex exploration of the attitudes people hold on what constitutes a barbarian versus a civilized society and the attitudes on colonialism and racism that were part and parcel of European imperialism. Originally published as a three-part serial story, in *Blackwood's Magazine*, the novella *Heart of Darkness* has been variously published and translated into many languages. In 1998, the Modern Library ranked *Heart of Darkness* one of the hundred best novels in English of the twentieth century.

"Giffin excels at creating complex characters and stories that ask us to explore what we really want from our lives."--Atlanta Journal-Constitution Tessa Russo is the mother of two young children and the wife of a renowned pediatric surgeon. Despite her own mother's warnings, Tessa has recently given up her career to focus on her family and the pursuit of domestic happiness. From the outside, she seems destined to live a charmed life. Valerie Anderson is an attorney and single mother to six-year-old Charlie--a boy who has never known his father. After too many disappointments, she has given up on romance--and even to some degree, friendships--believing that it is always safer not to expect too much. Although both women live in the same Boston suburb, the two have relatively little in common aside from a fierce love for their children. But one night, a tragic accident causes their lives to converge in ways no one could have imagined. In alternating, pitch-perfect points of view, Emily Giffin's *Heart of the Matter* creates a moving, luminous story of good people caught in untenable circumstances. Each being tested in ways they never thought possible. Each questioning everything they once believed. And each ultimately discovering what truly matters most.

Getting to the Heart of Science Communication

Into the Heart of Africa

The Tragedy of the Whaleship Essex

Pure in Heart