

Scarcity Why Having Too Little Means So Much Sendhil Mullainathan

The author discusses the geopolitics of food security in the face of scarcity caused by falling water tables, soil erosion, warming and supports his position that "food is the new oil" through an examination of decades of agricultural issues. Simultaneous.

A New York Times Bestseller The leading thinker and most visible public advocate of modern monetary theory -- the most important idea about economics in decades -- delivers a radically different, bold, new understanding for how to build a rich and prosperous society. Stephanie Kelton's brilliant exploration of modern monetary theory (MMT) dramatically changes our understanding of how we can best deal with crucial issues ranging from poverty and inequality to creating jobs, expanding health care coverage, climate change, and building resilient infrastructure. Any ambitious proposal, however, inevitably runs into the buzz saw of how to find the money to pay for it, rooted in myths about deficits that are hobbling us as a country. Kelton cuts through the myths that prevent us from taking action: that the federal government should budget like a household, that deficit will harm the next generation, crowd out private investment, and undermine long-term growth, and that entitlement programs are propelling us toward a grave fiscal crisis. MMT, as Kelton shows, shifts the terrain from narrow budgetary questions to broader economic and social benefits. With its important new ways of understanding money, taxes, and the critical role of government spending, MMT redefines how to responsibly use our resources so that we can maximize our potential as a society. Kelton gives us the power to imagine a new politics and a new economy and move from a narrative of scarcity to one of opportunity. How silver influenced two hundred years of world history, and why it matters today This is the story of silver's transition from soft money during the nineteenth century to hard asset today, and how manipulations of the white metal by American president Franklin D. Roosevelt during the 1930s and by the richest man in the world, Texas oil baron Nelson Bunker Hunt during the 1970s altered the course of American and world history. Silver has been the preferred shelter against gold price defaults, political instability, and inflation for most people in the world because it is cheaper than gold. The white metal is the place to hide when conventional investments sour, but it has also seduced sophisticated investors throughout the world's history. This siren. This book explains how powerful figures, up to and including Warren Buffett, have come under silver's thrall, and how this history guides economic and political decisions in the twenty-first century.

Conquering the dating market—from an economist's point of view After more than twenty years, economist Paul Oyer got himself back on the dating scene—but what a difference a few years made. Dating was now dominated by sites like eHarmony, and OkCupid. But Oyer had a secret weapon: economics. It turns out that dating sites are no different than the markets Oyer had spent a lifetime studying. Monster.com, eBay, and other sites where individuals come together to trade goods gave Oyer startling insight into the modern dating scene. The arcane language of economics—search, signaling, adverse selection, cheap talk, statistical discrimination, thick markets, and network externalities—provides a useful guide to finding a partner. In the ideas that are central to how markets and economics and dating work, Oyer shows how you can apply these ideas to your advantage of the economics in everyday life, all around you, all the time. For all online daters—and for anyone else searching in the vast sea of the information economy—this book uses Oyer's own experiences, and those of millions of others, to help you navigate the key economic concepts that drive the modern age.

Processual Sociology

Embrace Discomfort To Reclaim Your Wild, Happy, Healthy Self

The Mindful Millionaire

A Brain-Focused Foundation for Economic Science

How to Achieve Inclusive Growth

Public Finance Through the Lens of Behavioral Economics

Basic Economics

Whether we're buying a pair of jeans, ordering a cup of coffee, selecting a long-distance carrier, applying to college, choosing a doctor, or setting up a 401(k), everyday decisions—both big and small—have become increasingly complex due to the overwhelming abundance of choice with which we are presented. As Americans, we assume that more choice means better options and greater satisfaction. But beware of excessive choice: choice overload can make you question the decisions you make before you even make them, it can set you up for unrealistically high expectations, and it can make you blame yourself for any and all failures. In the long run, this can lead to decision-making paralysis, anxiety, and perpetual stress. And, in a culture that tells us that there is no excuse for falling short of perfection when your options are limitless, too much choice can lead to clinical depression. In *The Paradox of Choice*, Barry Schwartz explains at what point choice—the hallmark of individual freedom and self-determination that we so cherish—becomes detrimental to our psychological and emotional well-being. In accessible, engaging, and anecdotal prose, Schwartz shows how the dramatic explosion in choice—from the mundane to the profound challenges of balancing career, family, and individual needs—has paradoxically become a problem instead of a solution. Schwartz also shows how our obsession with choice encourages us to seek that which makes us feel worse. By synthesizing current research in the social sciences, Schwartz makes the counterintuitive case that eliminating choices can greatly reduce the stress, anxiety, and busyness of our lives. He offers eleven practical steps on how to limit choices to a manageable number, have the discipline to focus on those that are important and ignore the rest, and ultimately derive greater satisfaction from the choices you have to make.

This study reveals how our monetary system reinforces scarcity, and how communities are already using new paradigms to foster sustainable prosperity. In the United States and across Europe, our economies are stuck in an agonizing cycle of repeated financial meltdowns. Yet solutions already exist, not only our recurring fiscal crises but our ongoing social and ecological debacles as well. These changes came about not through increased conventional taxation, enlightened self-interest, or government programs, but by people simply rethinking the concept of money. In *Rethinking Money*, Bernard Lietaer and Jacqui Dunne explore the origins of our current monetary system—built on bank debt and scarcity—revealing how its limitations give rise to so many serious problems. The authors then present stories of ordinary people and communities using new money, working in cooperation with national currencies, to strengthen local economies, create

work, beautify cities, provide education, and more. These real-world examples are just the tip of the iceberg—over four thousand cooperative currencies are already in existence. The book provides remedies for challenges faced by governments, businesses, nonprofits, local communities, and even banks. It demystifies a complex and critically important topic and offers meaningful solutions that will do far more than restore prosperity—it will provide the framework for an era of sustainable abundance.

From cities to biofuels, competition for water is accelerating. Climate change threatens to intensify the onset and severity of the water crisis in several regions of the developing world: this is already happening throughout much of Asia, the Mediterranean, southwestern Australia, and the southwestern US. Along with water shortages, unsafe water becomes an increasingly widespread problem, too. As water crises trigger food and health crises, billions may slip further into poverty, leading to greater social and political unrest, new wars, and worsening national security. Out of Water doesn't just illuminate the coming global water crisis: it presents innovative solutions in agriculture, engineering, governance, and beyond, including state-of-the-art techniques for integrated water management. This book will help raise the level of debate about water to the highest levels of government, and identify workable reforms and incentives to help water users utilize this crucial resource far more efficiently.

For the past twenty years, noted sociologist Andrew Abbott has been developing what he calls a processual ontology for social life. In this view, the social world is constantly changing-making, remaking and unmaking itself, instant by instant. In 'Processual Sociology', Abbott first examines the endurance of individuals and social groups through time and then goes on to consider the question of what this means for human nature.

Rethinking Money

Everything I Ever Needed to Know about Economics I Learned from Online Dating

Sludge

The Limits to Scarcity

The Last Liberal Art

Modern Monetary Theory and the Birth of the People's Economy

Out of Water

Steer your organization away from burnout while boosting all-around performance The Happy, Healthy Nonprofit presents realistic strategies for leaders looking to optimize organizational achievement while avoiding the common nonprofit burnout. With a uniquely holistic approach to nonprofit leadership strategy, this book functions as a handbook to help leaders examine their existing organization, identify trouble spots, and resolve issues with attention to all aspects of operations and culture. The expert author team walks you through the process of building a happier, healthier organization from the ground up, with a balanced approach that considers more than just quantitative results. Employee wellbeing takes a front seat next to organizational performance, with clear guidance on establishing optimal systems and processes that bring about better results while allowing a healthier work-life balance. By improving attitudes and personal habits at all levels, you'll implement a positive cultural change with sustainable impact. Nonprofits are driven to do more, more, more, often with fewer and fewer resources; there comes a breaking point where passion dwindles under the weight of pressure, and the mission suffers as a result. This book shows you how to revamp your organization to do more and do it better, by putting cultural considerations at the heart of strategy. Find and relieve cultural and behavioral pain points Achieve better results with attention to well-being Redefine your organizational culture to avoid burnout Establish systems and processes that enable sustainable change At its core, a nonprofit is driven by passion. What begins as a personal investment in the organization's mission can quickly become the driver of stress and overwork that leads to overall lackluster performance. Executing a cultural about-face can be the lifeline your organization needs to thrive. The Happy, Healthy Nonprofit provides a blueprint for sustainable change, with a holistic approach to improving organizational outlook.

Scarcity is considered a ubiquitous feature of the human condition. It underpins much of modern economics and is widely used as an explanation for social organisation, social conflict and the resource crunch confronting humanity's survival on the planet. It is made out to be an all-pervasive fact of our lives - be it of housing, food, water or oil. But has the conception of scarcity been politicized, naturalized, and universalized in academic and policy debates? Has overhasty recourse to scarcity evoked a standard set of market, institutional and technological solutions which have blocked out political contestations, overlooking access as a legitimate focus for academic debates as well as policies and interventions?

Theoretical and empirical chapters by leading academics and scholar-activists grapple with these issues by questioning scarcity's taken-for-granted nature. They examine scarcity debates across three of the most important resources - food, water and energy - and their implications for theory, institutional arrangements, policy responses and innovation systems. The book looks at how scarcity has emerged as a totalizing discourse in both the North and South. The 'scare' of scarcity has led to scarcity emerging as a political strategy for powerful groups. Aggregate numbers and physical quantities are trusted, while local knowledges and experiences of scarcity that identify problems more accurately and specifically are ignored. Science and technology are expected to provide 'solutions', but such expectations embody a multitude of unexamined assumptions about the nature of the 'problem', about the technologies and about the institutional arrangements put forward as a 'fix.' Through this examination the authors demonstrate that scarcity is not a natural condition: the problem lies in how we see scarcity and the ways in which it is socially generated.

In this provocative book based on cutting-edge research, Sendhil Mullainathan and Eldar Shafir show that scarcity creates a distinct psychology for everyone struggling to manage with less than they need. Busy people fail to manage their time efficiently for the same reasons the poor and those maxed out on credit cards fail to manage their money. The dynamics of scarcity reveal why dieters find it hard to resist temptation, why students and busy executives mismanage their time, and why the same sugarcane farmers are smarter after harvest than before. Once we start thinking in terms of scarcity, the problems of modern life come into sharper focus, and Scarcity reveals not only how it leads us astray but also how individuals and organizations can better manage scarcity for greater satisfaction and success.

Discussions of the use and limits of randomized control trials, considering the power of theory, external validity, gaps in knowledge, and what issues matter. The practice of development economics has undergone something of a revolution as many economists have adopted new methods to answer perennial questions about the effectiveness of anti-poverty programs. In this book, prominent development economists discuss the use and impact of one of the most significant of these new methods, randomized control trials (RCTs) and field experiments. In extended interviews conducted over a period of several years, they explain their work and their thinking and consider the broader issues of how we learn about the world and how we can change it for the better. These conversations offer specialists and nonspecialists alike a unique opportunity to hear economists speak in their own words, free of the confines of a particular study or econometric esoterica. The

economists describe how they apply research findings in the way they think about the world, revealing their ideas about the power of theory, external validity, gaps in knowledge, and what issues matter. Also included are interviews with RCT observers, critics, sponsors, consumers, and others. Each interview provides a brief biography of the interviewee. Thorough annotations offer background and explanations for key ideas and studies referred to in the conversations. Contributors Abhijit Banerjee, Nancy Birdsall, Chris Blattman, Alex Counts, Tyler Cowen, Angus Deaton, Frank DeGiovanni, Esther Duflo, Pascaline Dupas, Xavi Gine, Rachel Glennerster, Judy Gueron, Elie Hassenfeld, Dean Karlan, Michael Kremer, David McKenzie, Jonathan Morduch, Lant Pritchett, Jonathan Robinson, Antoinette Schoar, Dean Yang

A Proposed Reconciliation between Neoclassical and Behavioral Economics

How New Currencies Turn Scarcity into Prosperity

The Behavioral Foundations of Public Policy

The Dip

Neighborhood Defenders

How to Shift from a Life of Scarcity to a Life of Abundance

Full Planet, Empty Plates: The New Geopolitics of Food Scarcity

Where are you in your life right now? Are you living every day at your highest lever? Are you living an abundant life?

Where ever you are in your life, this book will give you the roadmap to live your life at the highest levels of existence.

Every day, every hour of our lives, we have to make decisions. We have to decide if we are going to live a life of

abundance or if we are going to settle for less. In this book you will learn the formula for living a life of abundance.

A New York Times, USA Today, and Wall Street Journal bestseller In this iconic bestseller, popular business blogger and bestselling author Seth Godin proves that winners are really just the best quitters. Godin shows that winners quit fast, quit often, and quit without guilt—until they commit to beating the right Dip. Every new project (or job, or hobby, or company) starts out fun...then gets really hard, and not much fun at all. You might be in a Dip—a temporary setback that will get better if you keep pushing. But maybe it's really a Cul-de-Sac—a total dead end. What really sets superstars apart is the ability to tell the two apart. Winners seek out the Dip. They realize that the bigger the barrier, the bigger the reward for getting past it. If you can beat the Dip to be the best, you'll earn profits, glory, and long-term security. Whether you're an intern or a CEO, this fun little book will help you figure out if you're in a Dip that's worthy of your time, effort, and talents. The old saying is wrong—winners do quit, and quitters do win.

“Cukier and his co-authors have a more ambitious project than Kahneman and Harari. They don't want to just point out how powerfully we are influenced by our perspectives and prejudices—our frames. They want to show us that these frames are tools, and that we can optimise their use.” —Forbes From pandemics to populism, AI to ISIS, wealth inequity to climate change, humanity faces unprecedented challenges that threaten our very existence. The essential tool that will enable humanity to find the best way forward is defined in Framers by internationally renowned authors Kenneth Cukier, Viktor Mayer-Schönberger, and Francis de Véricourt. To frame is to make a mental model that enables us to make sense of new situations. Frames guide the decisions we make and the results we attain. People have long focused on traits like memory and reasoning, leaving framing all but ignored. But with computers becoming better at some of those cognitive tasks, framing stands out as a critical function—and only humans can do it. This book is the first guide to mastering this human ability. Illustrating their case with compelling examples and the latest research, authors Cukier, Mayer-Schönberger, and de Véricourt examine:

- Why advice to “think outside the box” is useless
- How Spotify beat Apple by reframing music as an experience
- How the #MeToo twitter hashtag reframed the perception of sexual assault
- The disaster of framing Covid-19 as equivalent to seasonal flu, and how framing it akin to SARS delivered New Zealand from the pandemic

Framers shows how framing is not just a way to improve how we make decisions in the era of algorithms—but why it will be a matter of survival for humanity in a time of societal upheaval and machine prosperity. Includes bibliographical references and index.

The Early History and Original Rules of Everybody's Favorite Games

Why More Is Less, Revised Edition

The Abundance Effect

Poor Economics

The Happy, Healthy Nonprofit

Participatory Politics and America's Housing Crisis

If You're So Smart, Why Aren't You Happy?

The first book by the creator of COURSERA®'s most popular online course in 2015, "A Life of Happiness and Fulfillment" Could the same traits that drive your career success also be keeping you from being happier? Fifteen years after getting his MBA, Raj Raghunathan spent some time with his old classmates. He noticed that though they 'd all done well, there didn ' t appear to be much correlation between their academic success and career success. What Raj found even more curious was the even smaller correlation between career success and what he calls life success. The greater the career success, the more unhappy, out of shape, harried and distracted his friends were. If intelligence helps with decision-making, smart people should naturally make better life choices. So why are so many of the smartest, brightest, most successful people profoundly unhappy? Raj set out to find an answer to this problem, and extensively researched happiness not just of students and business people, but also stay-at-home-parents, lawyers, and artists, among others. If You ' re So Smart, Why Aren ' t You Happy? takes readers on a fun and meaningful tour of the best research available on how some of the very determinants of success may also come to deflate happiness. Raghunathan explores the seven most common inclinations that successful people need to overcome, and the seven habits they should adopt instead. Among his surprising findings...

- The correlation between wealth and happiness is much smaller than you'd expect it to be
- Generosity is not only a key to happiness, but a determining factor of long term success
- Appreciating uncertainty, rather than seeking full control of outcomes, is necessary for happiness

If You ' re So Smart, Why Aren ' t You Happy? will give you a powerful new perspective on your work, personal goals and relationships, whether you ' re already successful or just starting out.

Economics is a science that can contribute substantial powerful and fresh insights! This book collects essays by leading academics that evaluate the scholarly importance of contemporary economic ideas and concepts, thus providing valuable knowledge about the present state of economics and its progress. This compilation of short essays helps readers interested in economics to identify 21st century economic ideas that should be read and remembered. The authors state their personal opinion on what matters most in contemporary economics and reveal its fascinating and creative sides.

New York Times Bestseller “ Fascinating. ” —Men ’ s Health, Best Beach Reads for Sports Fans On the Origins of Sports is an illustrated book built around the original rules of 21 of the world ’ s most popular sports, from football and soccer to wrestling and mixed martial arts. Never before have the original rules for these sports coexisted in one volume. Brimming with history and miscellany, it is the ultimate sports book for the thinking fan. Each sport ’ s chapter includes a short history, the sport ’ s original rules, and a deeper look into an element of the sport, such as the evolution of the baseball glove; sports with war roots; a compendium of sports balls; and iconic sports trophies. Written by ESPN The Magazine ’ s former editor in chief, Gary Belsky, and executive editor, Neil Fine, and filled with period-style line drawings in a handsome package, On the Origins of Sports is a book that sports fans and history buffs alike will want to display on their coffee tables, showcase on their bookshelves, and treasure for generations.

“ Leisa has a truly unique gift and has designed a path that will transform your relationship with money. ” —Grant Sabatier, author of Financial Freedom and creator of Millennial Money In the world of personal finance the biggest challenge is the sense that there ’ s never going to be enough. It is this mindset of scarcity, and not the amount spent on lattes, that holds people back the most from achieving their financial dreams. Using techniques she ’ s developed as a financial planner and spiritual coach, Leisa Peterson guides you to dig deeper and discover the root of your financial thinking to change not just the way you save and spend, but the way you live your life. Through powerful practices, compelling stories and extensive research, The Mindful Millionaire meets you wherever you are in your money journey by exploring: *Where your current money habits come from and why you feel the way you do about money and success. *How to break the cycle of fear, grief, and shame that often surrounds your money habits. *How to write a new money story that inspires joy, satisfaction and prosperity. *Why wealth building isn ’ t just about positive thinking and “ manifesting ” things into reality. *How to stop financial self-sabotage and procrastination. *Where practical financial advice misses the mark. *The most effective tools for changing how you think and feel about money. *What true financial independence looks like and how to discover the millionaire within. “ This book helps you realize your intrinsic value so your financial decisions reflect what matters most to you. This is the key to true financial freedom.”—Ivan R. Misner, Ph.D., Founder of BNI and New York Times bestselling author of Truth or Delusion? Busting Networking ’ s Biggest Myths “ If you've read other finance books and still felt empty, this is the book you've been waiting for. ” —Joe Saul-Sehy, Creator and Co-Host, Stacking Benjamins Podcast

Framers

When Parents Text

Experimental Conversations

The Trance of Scarcity

Why the Poorest Countries are Failing and What Can Be Done About It

On the Origins of Sports

From Abundance to Scarcity and How to Solve the World's Water Problems

In the universally acclaimed and award-winning *The Bottom Billion*, Paul Collier reveals that fifty failed states--home to the poorest one billion people on Earth--pose the central challenge of the developing world in the twenty-first century. The book shines much-needed light on this group of small nations, largely unnoticed by the industrialized West, that are dropping further and further behind the majority of the world's people, often falling into an absolute decline in living standards. A struggle rages within each of these nations between reformers and corrupt leaders--and the corrupt are winning. Collier analyzes the causes of failure, pointing to a set of traps that ensnare these countries, including civil war, a dependence on the extraction and export of natural resources, and bad governance. Standard solutions do not work, he writes; aid is often ineffective, and globalization can actually make matters worse, driving development to more successful nations. What the bottom billion need, Collier argues, is a bold new plan supported by the Group of Eight industrialized nations. If failed states are ever to be helped, the G8 will have to adopt preferential trade policies, new laws against corruption, new international charters, and even conduct carefully calibrated military interventions. Collier has spent his lifetime working to end global poverty. In *The Bottom Billion*, he offers real hope for solving one of the great humanitarian crises facing the world today. "Set to become a classic. Crammed with statistical nuggets and common sense, his book should be compulsory reading." --*The Economist* "If Sachs seems too saintly and Easterly too cynical, then Collier is the authentic old Africa hand: he knows the terrain and has a keen ear.... If you've ever found yourself on one side or the other of those arguments--and who hasn't?--then you simply must read this book." --Niall Ferguson, *The New York Times Book Review* "Rich in both analysis and recommendations.... Read this book. You will learn much you do not know. It will also change the way you look at the tragedy of persistent poverty in a world of plenty." --*Financial Times*

Argues that public finance--the study of the government's role in economics--should incorporate principles from behavioral economics and other branches of psychology.

This book argues that Lionel Robbins's construction of the economics field's organizing cornerstone, scarcity—and all that has been derived from it from economists in Robbins's time to today—no longer can generate general consent among economists. Since Robbins' *Essay*, economists have learned more than Robbins and his cohorts could have imagined about human decision making and about the human brain that is the lynchpin of human decision making. This

book argues however that behavioral economists and neuroeconomists, in pointing to numerous ways people fall short of perfectly rational decisions (anomalies, biases, and downright errors), have saved conventional economics from such contradictions in what could be viewed as a wayward approach. This book posits that the human brain is the ultimate scarce resource, and that a focus on the brain can bring a new foundation for economics and can save the discipline from hostile criticisms from a variety of non-economists (many psychologists).

From the creators of the hit podcast comes an interactive self-help guide for creative entrepreneurs, where they share their best tools and tactics on "being boss" in both business and life. Kathleen Shannon and Emily Thompson are self-proclaimed "business besties" and hosts of the top-ranked podcast Being Boss, where they talk shop and share their combined expertise with other creative entrepreneurs. Now they take the best of their from-the-trenches advice, give you targeted guidance on: The Boss Mindset: how to weed out distractions, cultivate confidence, and tackle "fraudulent feelings" Boss Habits: including a tested method for visually mapping out goals with magical results Boss Money: how to stop freaking out about finances and sell yourself (without shame) With worksheets, checklists, and other real tools for achieving success, here's a guide that will truly help you "be boss" not only at growing your business, but creating a life you love.

A Radical Rethinking of the Way to Fight Global Poverty

Economic Ideas You Should Read and Remember

So Much Said...So Little Understood

The Comfort Crisis

Stop Holding Your Breath and Start Living Your Life

Investing

Rethinking Knowledge Now That the Facts Aren't the Facts, Experts Are Everywhere, and the Smartest Person in the Room Is the Room

The winners of the Nobel Prize in Economics upend the most common assumptions about how economics works in this gripping and disruptive portrait of how poor people actually live. Why do the poor borrow to save? Why do they miss out on free life-saving immunizations, but pay for unnecessary drugs? In *Poor Economics*, Abhijit V. Banerjee and Esther Duflo, two award-winning MIT professors, answer these questions based on years of field research from around the world. Called "marvelous, rewarding" by the *Wall Street Journal*, the book offers a radical rethinking of the economics of poverty and an intimate view of life on 99 cents a day. *Poor Economics* shows that creating a world without poverty begins with understanding the daily decisions facing the poor.

How we became so burdened by red tape and unnecessary paperwork, and why we must do better. We've all had to fight our way through administrative sludge--filling out complicated online forms, mailing in paperwork, standing in line at the motor vehicle registry. This kind of red tape is a nuisance, but, as Cass Sunstein shows in *Sludge*, it can also impair health, reduce growth, entrench poverty, and exacerbate inequality. Confronted by sludge, people just give up--and lose a promised outcome: a visa, a job, a permit, an educational opportunity, necessary medical help. In this lively and entertaining look at the terribleness of sludge, Sunstein explains what we can do to reduce it. Because of sludge, Sunstein explains, too many people don't receive benefits to which they are entitled. Sludge even prevents many people from exercising their constitutional rights--when, for example, barriers to voting in an election are too high. (A Sludge Reduction Act would be a Voting Rights Act.) Sunstein takes readers on a tour of the not-so-wonderful world of sludge, describes justifications for certain kinds of sludge, and proposes "Sludge Audits" as a way to measure the effects of sludge. On balance, Sunstein argues, sludge infringes on human dignity, making people feel that their time and even their lives don't matter. We must do better.

In this updated second edition, well-known investment author Hagstrom explores basic and fundamental investing concepts in a range of fields outside of economics, including physics, biology, sociology, psychology, philosophy, and literature.

Based on cutting-edge research from behavioral science and economics, this eye-opening examination of how scarcity affects our daily lives reveals how individuals and organizations can better manage scarcity for greater satisfaction and success.

Scarcity

What Stops Us from Getting Things Done and What to Do about It

21st Century Economics

Too Big to Know

The Most Valuable Resource

Policy and Choice

Human Advantage in an Age of Technology and Turmoil

Public participation in the housing permitting process empowers unrepresentative and privileged groups who participate in local politics to restrict the supply of housing.

"If you've been looking for something different to level up your health, fitness, and personal growth, this is it."—Melissa Urban, Whole30 CEO and New York Times bestselling author Discover the evolutionary mind and body benefits of living at the edges of your comfort zone and reconnecting with the wild. In many ways, we're more comfortable than ever before. But could our sheltered, temperature-controlled, overfed, underchallenged lives actually be the leading cause of many of our most urgent physical and mental health issues? In this gripping investigation, award-winning journalist Michael Easter seeks out off-the-grid visionaries, disruptive genius researchers, and mind-body conditioning trailblazers who are unlocking the life-enhancing secrets of a counterintuitive solution: discomfort. Easter's journey to understand our evolutionary need to be challenged takes him to meet the NBA's top exercise scientist, who uses an ancient Japanese practice to build championship athletes; to the mystical country of Bhutan, where an Oxford economist and Buddhist leader are showing the world what death can teach us about happiness; to the outdoor lab of a young neuroscientist who's found that nature tests our physical and mental endurance in ways that expand creativity while taming burnout and anxiety; to the remote Alaskan backcountry on a demanding thirty-three-day hunting expedition to experience the rewiring secrets of one of the last rugged places on Earth; and more. Along the way, Easter uncovers a blueprint for leveraging the power of discomfort that will dramatically improve our health and happiness, and perhaps even help us

understand what it means to be human. The Comfort Crisis is a bold call to break out of your comfort zone and explore the wild within yourself.

Time is the ultimate scarce resource and thus quintessentially a topic for economics, which studies scarcity. Starting with the observation that time is increasingly valuable given competing demands as we have more things we can buy and do, Spending Time provides engaging insights into how people use their time and what determines their decisions about spending their time. That our time is limited by the number of hours in a day, days in a year, and years in our lives means that we face constraints and thus choices that involve trade-offs. We sleep, eat, have fun, watch TV, and not least we work. How much we dedicate to each, and why we do so, is intriguing and no one is better placed to shed light on similarities and differences than Daniel S. Hamermesh, the leading authority on time-use. Here he explores how people use their time, including across countries, regions, cultures, class, and gender. Americans now work more than people in other rich countries, but as recently as the late 1970s they worked no more than others; and they also work longer into older age. Men and women do different things at different times of the day, which affects how well-off they feel. Both the arrival of children and retirement create major shocks to existing time uses, with differences between the sexes. Higher incomes and higher wage rates lead people to hurry more, both on and off the job, and higher wage rates lead people to cut back on activities that take time away from work. Being stressed for time is central to modern life, and Hamermesh shows who is rushed, and why. With Americans working more than people in France, Germany, the U.K., Japan and other rich countries, the book offers a simple but radical proposal for changing Americans' lives and reducing the stress about time.

Trapped in a numbed state, says author Victoria Castle, many of us have lost access to our fundamental human goodness. Thoughts and actions are restricted by a crippling lack of confidence and a fixed belief that nothing is ever enough--we can't be good enough, have time enough, earn money enough, fill-in-the-blanks enough to achieve our goals. Castle identifies this omnipresent malaise as the "Trance of Scarcity." To successfully upgrade from scarcity and struggle to abundance and ease, she says, requires disrupting and dislodging old inner patterns. She presents three solutions: defying t.

Strategies for Impact without Burnout

The Deficit Myth

Contesting the Politics of Allocation

The Paradox of Choice

The Science of Scarcity

The Story of Silver

How the White Metal Shaped America and the Modern World

We used to know how to know. We got our answers from books or experts. We'd nail down the facts and move on. But in the Internet age, knowledge has moved onto networks. There's more knowledge than ever, of course, but it's different. Topics have no boundaries, and nobody agrees on anything. Yet this is the greatest time in history to be a knowledge seeker . . . if you know how. In Too Big to Know, Internet philosopher David Weinberger shows how business, science, education, and the government are learning to use networked knowledge to understand more than ever and to make smarter decisions than they could when they had to rely on mere books and experts. This groundbreaking book shakes the foundations of our concept of knowledge—from the role of facts to the value of books and the authority of experts—providing a compelling vision of the future of knowledge in a connected world.

Why can we never seem to keep on top of our workload, social diary or chores? Why does poverty persist around the world? Why do successful people do things at the last minute in a sudden rush of energy?

Here, economist Sendhil Mullainathan and psychologist Eldar Shafir reveal that the hidden side behind all these problems is that they're all about scarcity. Using the new science of scarcity, they will change the way you think about both the little everyday tasks and the big issues of global urgency. 'It's the scarcity trap, and you need to know about it.' New Scientist, Books of the Year 'The finest combination of heart and head that I have seen.' Daniel Kahneman, author of Thinking, Fast and Slow 'A captivating book, overflowing with new ideas, fantastic stories, and simple suggestions that just might change the way you live.' Steven D. Levitt, coauthor of Freakonomics 'A highly original and easily readable book that is full of intriguing insights. What does a single mom trying to make partner at a major law firm have in common with a peasant who spends half her income on interest payments? The answer is scarcity. Read this book to learn the surprising ways in which scarcity affects us all.' Richard Thaler, co-author of Nudge 'Extraordinarily illuminating, important, novel and immensely creative.' Cass R. Sunstein, New York Review of Books 'Ultimately humane and very welcome.' Oliver Burkeman, Guardian

A surprising and intriguing examination of how scarcity—and our flawed responses to it—shapes our lives, our society, and our culture Why do successful people get things done at the last minute? Why does poverty persist? Why do organizations get stuck firefighting? Why do the lonely find it hard to make friends? These questions seem unconnected, yet Sendhil Mullainathan and Eldar Shafir show that they are all examples of a mind-set produced by scarcity. Drawing on cutting-edge research from behavioral science and economics, Mullainathan and Shafir show that scarcity creates a similar psychology for everyone struggling to manage with less than they need. Busy people fail to manage their time efficiently for the same reasons the poor and those maxed out on credit cards fail to manage their money. The dynamics of scarcity reveal why dieters find it hard to resist temptation, why students and busy executives mismanage their time, and why sugarcane farmers are smarter after harvest than before. Once we start thinking in terms of scarcity and the strategies it imposes, the problems of modern life come into sharper focus. Mullainathan and Shafir discuss how scarcity affects our daily lives, recounting anecdotes of their own foibles and making surprising connections that bring this research alive. Their

book provides a new way of understanding why the poor stay poor and the busy stay busy, and it reveals not only how scarcity leads us astray but also how individuals and organizations can better manage scarcity for greater satisfaction and success.

A collection of insanely funny texts between parents and kids, *When Parents Text* is a surprisingly affecting window into the complicated time when parents aren't ready to let go, and kids aren't ready to be let go. The parents are well-meaning but hopeless, silly and a little corny, and befuddled by the technology. The kids are bewildered yet patient: the perfect straight man. And the authors, two recent college graduates, Lauren Kaelin and Sophia Fraioli, have an unerring editorial instinct to select the funniest, sweetest, quirkiest, most-telling exchanges. There's the revelatory: Mom: My fingers are saying words. This is amazing. The virtual scolding: Dad: I will deal with your sassy behavior when I get home. Meanwhile have some fiber. The autofill-challenged: Mom: dig up some tadpoles on ur way homo. Me: ummm, what? Mom: It autocorrected me. I mean to say dig up some tadpoles on ur way homo. (4 minutes later) Mom: PICK UP SOME TAMPONS ON YOUR WAY HOME. The manically inappropriate: Mom: Woo Hoo—Ruth died, you know Uncle Lyman's wife, BUT I have your Braves tickets and check on the table!! And the downright inexplicable: Dad: You could poop your pants in the yankee candle store and no one would know. Launched as a website just last year, www.whenparentstext.com is a phenomenon. It receives 300,000 to 500,000 page views a day, with features in *The Huffington Post*, *Entertainment Weekly*, *College Humor*, and more. *When Parents Text* includes the best of texts from the website, plus more than 50 percent all-new material never before published. Includes an emoticon glossary and 16-page color insert of MMS texts—multimedia messaging service, aka, bizarre photos from mom and dad. It's the perfect gift for every text-savvy kid to give to his or her parents.

Economics

A Little Book That Teaches You When to Quit (and When to Stick)

Take Control of Your Work and Live Life on Your Own Terms

A Scarcity of Condors

Being Boss

Why Having Too Little Means So Much

The Bottom Billion

The bestselling citizen's guide to economics *Basic Economics* is a citizen's guide to economics, written for those who want to understand how the economy works but have no interest in jargon or equations. Bestselling economist Thomas Sowell explains the general principles underlying different economic systems: capitalist, socialist, feudal, and so on. In readable language, he shows how to critique economic policies in terms of the incentives they create, rather than the goals they proclaim. With clear explanations of the entire field, from rent control and the rise and fall of businesses to the international balance of payments, this is the first book for anyone who wishes to understand how the economy functions. This fifth edition includes a new chapter explaining the reasons for large differences of wealth and income between nations.

Drawing on lively examples from around the world and from centuries of history, Sowell explains basic economic principles for the general public in plain English.

This authoritative book explains the sources and scale of current economic challenges and proposes solutions to craft a brighter future by building a sustainable, green, and inclusive society in the years ahead.

Juleón "Jude" Tholet has survival in his DNA. His father, Cleón, lived through imprisonment and torture during Pinochet's military coup in Chile. His mother, Penny, risked everything to gain her husband's freedom and flee the country with their newborn son. But as a closeted gay teenager growing up in Vancouver, Jude is targeted by a neighborhood bully called El Cóndor, culminating in a vicious hate crime that forces the Tholets to flee their country again. Jude cautiously rebuilds his life in Seattle, becoming an accomplished pianist, but his wings have been clipped and he cannot seem to soar in his relationships. Only family remains a constant source of strength and joy, until a DNA test reveals something that shocks all the Tholets: Jude is not their child. Stunned by the test results, the Tholets must dig into their painful past, re-examine their lives in 1973 Santiago and the events surrounding Jude's birth story. It's a tale rooted in South America's Operation Condor. It spreads through Pinochet's terrifying regime of detention camps, torture, disappeared civilians and stolen children. The journey forces Penny Tholet to confront the gaps in her memory while Cleón must re-live an ordeal he's long kept hidden away in a secret world. The tale ends with Jude digging through his genetic code in a quest to find his biological parents. Are they alive? Or are they among *Los Desaparecidos*—the Disappeared Ones? Suanne Laqueur's third book in the *Venerary* series explores the desperate acts of love made in times of war, and the many ways family can be defined.

Spending Time

Perspectives on Randomized Trials in Development Economics

Overcome Scarcity, Experience True Prosperity, and Create the Life You Really Want

The New Science of Having Less and How It Defines Our Lives

The True Cost of Not Having Enough