

Ted Talks The Official Ted Guide To Public Speaking

In this instant New York Times bestseller, Angela Duckworth shows anyone striving to succeed that the secret to outstanding achievement is not talent, but a special blend of passion and persistence she calls "grit." "Inspiration for non-geniuses everywhere" (People). The daughter of a scientist who frequently noted her lack of "genius," Angela Duckworth is now a celebrated researcher and professor. It was her early eye-opening stints in teaching, business consulting, and neuroscience that led to her hypothesis about what really drives success: not genius, but a unique combination of passion and long-term perseverance. In Grit, she takes us into the field to visit cadets struggling through their first days at West Point, teachers working in some of the toughest schools, and young finalists in the National Spelling Bee. She also mines fascinating insights from history and shows what can be gleaned from modern experiments in peak performance. Finally, she shares what she's learned from interviewing dozens of high achievers—from JP Morgan CEO Jamie Dimon to New Yorker cartoon editor Bob Mankoff to Seattle Seahawks Coach Pete Carroll. "Duckworth's ideas about the cultivation of tenacity have clearly changed some lives for the better" (The New York Times Book Review). Among Grit's most valuable insights, why an effort you make ultimately counts twice toward your goal; grit can be learned, regardless of IQ or circumstances; when it comes to child-rearing, neither a warm embrace nor high standards will work by themselves; how to trigger liferigging interest; the magic of the Hard Thing Rule; and so much more. Wriminely personal, insightful, and even life-changing, Grit is a book about what goes through your head when you fall down, and how that doesn't talent or luck—makes all the difference. This is "a fascinating tour of the psychological research on success" (The Wall Street Journal).

FT BUSINESS BOOK OF THE MONTH - MAY "Ask forgiveness, not permission! A unique approach...reminds me of the fun we've had with our airlines". -Sir Richard Branson "I'd rather be a pirate than join the navy" Steve Jobs "Totally compelling" Ed Miliband, Reason to be Cheerful podcast "A model for how to break the system and create radical change" Joy Lo Dico, Reasoning Standard "Be More Pirate feels so important as it looks to history to help us grip the future" Martha Lane Fox, CEO of Lastminute.com "This isn't a book, it's the beginning of a movement. Be More Pirate should come with a health warning" Tom Goodwin, author of Digital Darwinism "A refreshing, entertaining and inspiring perspective on work, leadership and why we do what we do" Bruce Daisley, VP, Twitter "A controversial call to arms, this contrarianism is exactly what we need to correct the corporation" Arlo Brady, CEO of Freud Communications ----- Pirates didn't just break the rules, they rewrote them. They didn't just reject society, they reinvented it. Pirates didn't just challenge the status-quo, they changed everythinglooking. Pirates faced a self-interested establishment, a broken system, industrial scale disruption and an uncertain future. Sound familiar? Pirates stood for MISCHIEF, PURPOSE and POWER. And you can too. In Be More Pirate, Sam Conniff Allende unveils the innovative strategies of Golden Age pirates, drawing parallels between the tactics and teachings of legends like Henry Morgan and Blackbeard with modern rebels, like Elon Musk, Malala and Banksy. Featuring takeaway sections and a guide to build your own pirate code 2.0, Be More Pirate will show you how to leave your mark on the 21st century. Whatever your ambitions, ideas and challenges, Be More Pirate will revolutionize the way you live, think and work today, and tomorrow. So what are you waiting for? Order now and join the rebellion. ----- Sam Conniff Allende is the founder and former CEO of Livify, a multi-award-winning youth marketing agency. Sam has led the unlikely collaborations between brands and bright young people on the edges of society, resulting in real innovation. He has worked with Google, Unilever, PlayStation and Dyson, and regularly speaks and runs Be More Pirate workshops at these industry-leading companies. Sam believes in the power of professional rule-breaking and is on a mission to instigate modern mutinies in organisations around the world, where the teams takeover the running of the ship to ultimately become more accountable, motivated and rebellious.

INSTANT NEW YORK TIMES BESTSELLER "One of the most important books I've ever read"—an indispensable guide to thinking clearly about the world. — Bill Gates "Hans Rosling tells the story of 'the secret silent miracle of human progress' as only he can. But Factfulness does much more than that. It also explains why progress is so often secret and silent and teaches readers how to see it clearly." —Melinda Gates "Factfulness by Hans Rosling, an outstanding international public health expert, is a hopeful book about the potential for human progress when we work off facts rather than our inherent biases." — Former U.S. President Barack Obama "Factfulness: The stress-reducing habit of only carrying opinions for which you have strong supporting facts. When asked simple questions about global trends—what percentage of the world's population live in poverty; why the world is getting warmer; why the odds against us winning a global nuclear war are hugely overblown; and why the U.S. is doing better than you think—most of us get the answers wrong. So wrong that a chimpanzee choosing answers at random will consistently outguess teachers, journalists, Nobel laureates, and investment bankers. In Factfulness, Professor of International Health and global TED phenomenon Hans Rosling, together with his two long-time collaborators, Anna and Ola, offers a radical new explanation of why this happens. They reveal the ten instincts that distort our perspective—from our tendency to divide the world into two camps (usually some version of us and them) to the way we consume media (where fear rules) to how we perceive progress (believing that many things are getting worse). Our problem is that we don't know what we don't know, and even our guesses are informed by unconscious and predictable biases. It turns out that the world, for all its imperfections, is in a much better state than we might think. That doesn't mean there aren't real concerns. But when we worry about everything all the time instead of embracing a worldview based on facts, we can lose our ability to focus on the things that threaten us most. Inspiring and revelatory, filled with lively anecdotes and moving stories, Factfulness is an urgent and essential book that will change the way you see the world and empower you to respond to the crises and opportunities of the future. --- "This book is my last battle in my life-long mission to fight devastating ignorance...Previously I armed myself with huge data sets, eye-opening software, an energetic learning style and a Swedish bayonet for sword-swallowing. It wasn't enough. But I hope this book will be." Hans Rosling, February 2017.

Throughout your life, you've had parents, coaches, teachers, friends, and mentors who have pushed you to be better than your excuses and bigger than your fears. What if the secret to having the confidence and courage to enrich your life and work is simply knowing how to push yourself? Using the science habits, riveting stories and surprising facts from some of the most famous moments in history, art and business, Mel Robbins will explain the power of a "push moment". Then, she'll give you one simple tool you can use to become your greatest self. It takes just five seconds to use this tool, and every time you do, you'll be in great company. More than 8 million people have watched Mel's TEDx Talk, and executives inside of the world's largest brands are using the tool to increase productivity, collaboration, and engagement. In The 5 Second Rule, you'll discover it takes just five seconds to: Become confident Break the habit of procrastination and self-doubt Beat fear and uncertainty Stop worrying and feel happier Share your ideas with courage The 5 Second Rule is a simple, one-size-fits-all solution for the one problem we all face—we hold ourselves back. The secret isn't knowing what to do—it's knowing how to make yourself do it. p.1 [margin: 0.0px 0.0px 0.0px 0.0px; font: 12.0px Arial]

A Joosr Guide to... TED Talks by Chris Anderson

Reading the World

How to Design TED-Worthy Presentation Slides (Black and White Edition)

Why Everything We Know Has an Expiration Date

Summary Ted Talks by Chris Anderson

How a Worldwide Movement Is Challenging the Cult of Speed

Ten Reasons We're Wrong About the World—and Why Things Are Better Than You Think

"Every speaker can put these ideas into practice immediately -- and they should!" - Dr. Richard C. Harris, Certified World Class Speaking Coach "An insightful read -Dennis Waller, Top 500 Reviewer "Superb communication advice" - Larry Nocella **MASTER THE ONE THING ALL GREAT TED TALKS HAVE IN COMMON** What is the secret to delivering a great TED talk? What is the magic ingredient that makes a TED talk captivating? And more importantly, how can you use those secrets to make your presentations more powerful, dynamic and engaging? To try to answer these questions, I studied over 200 of the best TED Talks. I broke each TED talk down in terms of structure, message and delivery. Here's what I discovered. After studying over 200 TED Talks, the one commonality among all the great TED talks is that they contain stories. UTILIZE ADVANCED STORYTELLING TECHNIQUES TO INJECT LIFE INTO YOUR PRESENTATIONS Essentially, the best speakers on the TED stage were the ones who had mastered the art of storytelling. They had mastered how to craft and present their stories in a way that allowed them to share their message with the world without seeming like they were lecturing their audience. DISCOVER THE 23 STORYTELLING SECRETS OF THE BEST TED TALKS In this short but powerful guide, you're going to learn how to use stories to make your presentations engaging and entertaining. Using case studies drawn from TED talks by Sir Ken Robinson, Dr. Jill Bolte Taylor, Susan Cain, Leslie Morgan Steiner, Mike Rowe and Malcolm Gladwell, you'll learn how to craft stories that keep your audience mesmerized. By the time you've finished reading this storytelling manifesto, you will have picked up twenty-three principles on how to create stories that keep your audiences mesmerized. Whether you are giving a TED talk or a corporate presentation, you will be able to apply the principles you pick up in this guide to make your next talk a roaring success! **NAVE REVIEWS FROM READERS** "No more boring speeches and presentations" - Douglas L. Coppock "A crisp and no fluff book" - Kam Syed "A great book on storytelling!" - David Bishop "Excellent book for any speaker" - Dean Krosocz

Researcher and thought leader Dr. Brené Brown offers a powerful new vision in Daring Greatly that encourages us to embrace vulnerability and imperfection, to live wholeheartedly and courageously. "It is not the caring who counts; not the man who points out how the strong man stumbles, or where the door of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly... who at best knows in the end the triumph of high achievement, and who at worst, if he fails, at least fails widely during greatly" - Theodore Roosevelt Every time we are introduced to someone new, try to be creative, or start a difficult conversation, we take a risk. We feel uncertain and exposed. We feel vulnerable. Most of us try to fight those feelings - we strive to appear perfect. Challenging everything we think we know about vulnerability, Dr. Brené Brown dispels the widely accepted myth that it's a weakness. She argues that vulnerability is in fact a strength, and when we shut ourselves out from revealing our true selves we grow distant from the things that bring purpose and meaning to our lives. Daring Greatly is the culmination of 12 years of groundbreaking social research, across the home, relationships, work, and parenting. It is an invitation to be courageous; to show up and let ourselves be seen, even when there are no guarantees. This is vulnerability. This is daring greatly. "Brilliantly insightful. I can't stop thinking about this book" -Gretchen Rubin Brené Brown, PhD, LMSW is a #1 New York Times bestselling author and a research professor at the University of Houston Graduate College of Social Work. Her groundbreaking work was featured on Oprah Winfrey's Super Soul Sunday, NPR, and CNN. Her TED talk is one of the most watched TED talks of all time. Brené is also the author of The Gifts of Imperfection and I Thought It Was Just Me (but it isn't).

A follow up to Pico Iyer 's essay " The Joy of Quiet. " The Art of Stillness considers the unexpected adventure of staying put and reveals a counterintuitive truth: The more ways we have to connect, the more we seem desperate to unplug. Why might a lifelong traveler like Pico Iyer, who has journeyed from Easter Island to Ethiopia, Cuba to Kathmandu, think the sitting quietly in a room might be the ultimate adventure? Because in our madly accelerating world, our lives are crowded, chaotic and noisy. There 's never been a greater need to slow down, tune out and give ourselves permission to be still. In The Art of Stillness—a TED Books release—Iyer investigate the lives of people who have made a life seeking stillness. Richard, a Frenchman with a PhD in molecular biology who left a promising scientific career to become a Tibetan monk, to revered singer-songwriter Leonard Cohen, who traded the pleasures of the senses for several years of living the near-silent life of meditation as a Zen monk. Iyer also draws on his own experiences as a travel writer to explore why advances in technology are making us more likely to retreat. He reflects that this is perhaps the reason why many people—even those with no religious commitment—seem to be turning to yoga, or meditation, or seeking silent retreats. These aren't New Age fads. So much as ways to rediscover the wisdom of an earlier age. Growing trends like observing an " Internet Sabbath "—turning off online connections from Friday night to Monday morning—highlight how increasingly desperate many of us are to unplug and bring stillness into our lives. The Art of Stillness paints a picture of why so many—(from Marcel Proust to Mahatma Gandhi to Emily Dickinson—have found richness in stillness. Ultimately, Iyer shows that, in this age of constant movement and connectedness, perhaps staying in one place is a more exciting prospect, and a greater necessity than ever before. In 2013, Pico Iyer gave a blockbuster TED Talk. This lyrical and inspiring book expands on an new idea, offering a way forward for all those feeling affected by the frenetic pace of our modern world.

In the tradition of such trailblazing books as No Logo and The Tipping Point, In Praise of Slow heralds a growing international movement of people dedicated to slowing down the pace of our contemporary times and enjoying a richer, fuller life as a result. These days, almost everyone complains about the hectic pace of their lives. We live in a world where speed rules and everyone is under pressure to go faster. But when speed is king, anyone or anything that gets in our way, that slows us down, becomes an enemy. Thanks to speed, we are living in the age of rage. Carl Honoré has discovered a movement that is quickly working its way into the mainstream. Groups of people are developing a recipe for living better in a fast-paced, modern environment by striving for a new balance between fast and slow. In an entertaining and hands-on investigation of this new movement, Honoré takes us from a Tantric sex workshop in a trendy neighbourhood in London, England to Bra, Italy, the home of the Slow Food, Slow Cities and Slow Sex movements. He examines how we can continue to live productive lives by embracing the tenets of the slow movement. A challenging take on the cult of speed, as well as a corrective look at how we can approach our lives with new understanding, In Praise of Slow uncovers a movement whose time has come.

The 5 Second Rule

Sailing Alone Around the Room

The Modern Denial of Human Nature

Far and Away

Your Turn

Presentation Design Principles from the Best TED Talks

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 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. As a Frenchman with a PhD in molecular biology who left a promising scientific career to become a Tibetan monk, to revered singer-songwriter Leonard Cohen, who traded the pleasures of the senses for several years of living the near-silent life of meditation as a Zen monk, Iyer also draws on his own experiences as a travel writer to explore why advances in technology are making us more likely to retreat. He reflects that this is perhaps the reason why many people—even those with no religious commitment—seem to be turning to yoga, or meditation, or seeking silent retreats. These aren't New Age fads. So much as ways to rediscover the wisdom of an earlier age. Growing trends like observing an " Internet Sabbath "—turning off online connections from Friday night to Monday morning—highlight how increasingly desperate many of us are to unplug and bring stillness into our lives. The Art of Stillness paints a picture of why so many—(from Marcel Proust to Mahatma Gandhi to Emily Dickinson—have found richness in stillness. Ultimately, Iyer shows that, in this age of constant movement and connectedness, perhaps staying in one place is a more exciting prospect, and a greater necessity than ever before. In 2013, Pico Iyer gave a blockbuster TED Talk. This lyrical and inspiring book expands on an new idea, offering a way forward for all those feeling affected by the frenetic pace of our modern world.

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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 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. As a Frenchman with a PhD in molecular biology who left a promising scientific career to become a Tibetan monk, to revered singer-songwriter Leonard Cohen, who traded the pleasures of the senses for several years of living the near-silent life of meditation as a Zen monk, Iyer also draws on his own experiences as a travel writer to explore why advances in technology are making us more likely to retreat. He reflects that this is perhaps the reason why many people—even those with no religious commitment—seem to be turning to yoga, or meditation, or seeking silent retreats. These aren't New Age fads. So much as ways to rediscover the wisdom of an earlier age. Growing trends like observing an " Internet Sabbath "—turning off online connections from Friday night to Monday morning—highlight how increasingly desperate many of us are to unplug and bring stillness into our lives. The Art of Stillness paints a picture of why so many—(from Marcel Proust to Mahatma Gandhi to Emily Dickinson—have found richness in stillness. Ultimately, Iyer shows that, in this age of constant movement and connectedness, perhaps staying in one place is a more exciting prospect, and a greater necessity than ever before. In 2013, Pico Iyer gave a blockbuster TED Talk. This lyrical and inspiring book expands on an new idea, offering a way forward for all those feeling affected by the frenetic pace of our modern world.

In the tradition of such trailblazing books as No Logo and The Tipping Point, In Praise of Slow heralds a growing international movement of people dedicated to slowing down the pace of our contemporary times and enjoying a richer, fuller life as a result. These days, almost everyone complains about the hectic pace of their lives. We live in a world where speed rules and everyone is under pressure to go faster. But when speed is king, anyone or anything that gets in our way, that slows us down, becomes an enemy. Thanks to speed, we are living in the age of rage. Carl Honoré has discovered a movement that is quickly working its way into the mainstream. Groups of people are developing a recipe for living better in a fast-paced, modern environment by striving for a new balance between fast and slow. In an entertaining and hands-on investigation of this new movement, Honoré takes us from a Tantric sex workshop in a trendy neighbourhood in London, England to Bra, Italy, the home of the Slow Food, Slow Cities and Slow Sex movements. He examines how we can continue to live productive lives by embracing the tenets of the slow movement. A challenging take on the cult of speed, as well as a corrective look at how we can approach our lives with new understanding, In Praise of Slow uncovers a movement whose time has come.

The 5 Second Rule

Sailing Alone Around the Room

The Modern Denial of Human Nature

Far and Away

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The Last Lecture

How to Learn Anything . . . Fast!

The Misfit's Manifesto

A Teen Guide to Great Public Speaking

Forget the 10,000 hour rule— what if it's possible to learn the basics of any new skill in 20 hours or less? Take a moment to consider how many things you want to learn to do. What's on your list? What's holding you back from getting started? Are you worried about the time and effort it takes to acquire new skills—time you don't have and effort you can't spare? Research suggests it takes 10,000 hours to develop a new skill. In this nonstop world when will you ever find that much time and energy? To make matters worse, the early hours of practicing something new are always the most frustrating. That's why it's difficult to learn how to speak a new language, play an instrument, hit a golf ball, or shoot great photos. It's so much easier to watch TV or surf the web . . . In The First 20 Hours, Josh Kaufman offers a systematic approach to rapid skill acquisition— how to learn any new skill as quickly as possible. His method shows you how to deconstruct complex skills, maximize productive practice, and remove common learning barriers. By completing just 20 hours of focused, deliberate practice you'll go from knowing absolutely nothing to performing noticeably well. Kaufman personally field-tested the methods in this book. You'll have a front row seat as he develops a personal yoga practice, writes his own web-based computer programs, teaches himself to touch type on a nonstandard keyboard, explores the oldest and most complex board game in history, picks up the ukulele, and learns how to windsurf. Here are a few of the simple techniques he teaches: Define your target performance level; Figure out what your desired level of skill looks like, what you're trying to achieve, and what you'll be able to do when you're done. The more specific, the better. Deconstruct the skill: Most of the things we think of as skills are actually bundles of smaller subskills. If you break down the subcomponents, it's easier to figure out which ones are most important and practice those first. Eliminate barriers to practice: Removing common distractions and unnecessary effort makes it much easier to sit down and focus on deliberate practice. Create fast feedback loops: Getting accurate, real-time information about how well you're performing during practice makes it much easier to improve. Whether you want to paint a portrait, launch a start-up, fly an airplane, or juggle flaming chainsaws, The First 20 Hours will help you pick up the basics of any skill in record time . . . and have more fun along the way.

An eye-opening, groundbreaking tour of the purpose of work in our lives, showing how work operates in our culture and how you can find your own path to happiness in the workplace. Why do we work? The question seems so simple. But Professor Barry Schwartz proves that the answer is surprising, complex, and urgent. We've long been taught that the reason we work is primarily for a paycheck. In fact, we've shaped much of the infrastructure of our society to accommodate this belief. Then why are so many people dissatisfied with their work, despite healthy compensation? And why do so many people find immense fulfillment and satisfaction through "menial" jobs? Schwartz explores why so many believe that the goal for working should be to earn money, how we arrived to believe that paying workers more leads to better work, and why this has made our society confused, unhappy, and has established a dangerously misguided system. Through fascinating studies and compelling anecdotes, this book dispels this myth. Schwartz takes us through hospitals and hair salons, auto plants and boardrooms, showing workers in all walks of life, showcasing the trends and patterns that lead to happiness in the workplace. Ultimately, Schwartz proves that the root of what drives us to do good work can rarely be incentivized, and that the cause of bad work is often an attempt to do just that. How did we get to this tangled place? How do we change the way we work? With great insight and wisdom, Schwartz shows us how to take our first steps toward understanding, and empowering us all to find great work.

From the winner of the National Book Award and the National Books Critics' Circle Award—and one of the most original thinkers of our time—"Andrew Solomon's magisterial Far and Away collects a quarter-century of soul-shaking essays" (Vanity Fair). Far and Away chronicles Andrew Solomon's writings about places undergoing seismic shifts—political, cultural, and spiritual. From his stint on the barricades in Moscow in 1991, when he joined artists in resisting the coup whose failure ended the Soviet Union, his 2002 account of the rebirth of culture in Afghanistan following the fall of the Taliban, his insightful appraisal of a Myanmar seeped in contradictions as it slowly, fitfully pushes toward freedom, and many other stories of profound upheaval, this book provides a unique window onto the very idea of social change. With his signature brilliance and compassion, Solomon demonstrates both how history is altered by individuals, and how personal identities are altered when governments alter. A journalist and essayist of remarkable perception and prescience, Solomon captures the essence of these cultures. Ranging across seven continents and twenty-five years, these "meaty dispatches...are brilliant geopolitical travelogues that also comprise a very personal and reflective resume of the National Book Award winner's globe-trotting adventures" (Eile). Far and Away takes a magnificent journey into the heart of extraordinarily diverse experiences: "You will not only know the world better after having seen it through Solomon's eyes, you will also care about it more" (Elizabeth Gilbert).

Words of wisdom on what it takes to lead from 100 prominent TED Conference speakers. The TED talks have become legendary for bringing the wisdom and experience of thought leaders to a worldwide audience. In 2006, they became accessible online, and have since been viewed more than a billion times. Great TED Talks: Leadership highlights the words of 100 TED Conference speakers and discusses how their ideas can be applied to your own life. Whether you're a leader of a business group or the organizer of a small social club, the advice in this book will help you visualize and achieve your goals. Included in each section are URLs directing you to the TED website so you can watch the original videos in their entirety.

The Surprising Truth About What Motivates Us

How to Deliver a TED Talk: Secrets of the World's Most Inspiring Presentations, Revised and Expanded New Edition, with a Foreword by Richard St. John and an Afterword by Simon Sinek

Lost Connections

Or How to Take On the World and Win

Talk Like TED

TED Talks

Transform Your Life, Work, and Confidence with Everyday Courage

THE INTERNATIONAL BESTSELLER 'A book that could actually make us happy' SIMON AMSTELL 'This amazing book will change your life' ELTON JOHN 'One of the most important texts of recent years' BRITISH JOURNAL OF GENERAL PRACTICE 'Brilliant, stimulating, radical' MATT HAIG 'The more people read this book, the better off the world will be' NAOMI KLEIN 'Wonderful' HILLARY CLINTON 'Eye-opening' GUARDIAN 'Brilliant for anyone wanting a better understanding of mental health' ZOE BALL 'A game-changer' DAVINA MCCALL 'Extraordinary' DR MAX PEMBERTON 'Beautiful' RUSSELL BRAND Depression and anxiety are now at epidemic levels. Why? Across the world, scientists have uncovered evidence for nine different causes. Some are in our biology, but most are in the way we are living today. Lost Connections offers a radical new way of thinking about this crisis. It shows that once we understand the real causes, we can begin to turn to pioneering new solutions – ones that offer real hope.

Malcolm Gladwell, host of the podcast Revisionist History and author of the #1 New York Times bestseller Outliers, offers a powerful examination of our interactions with strangers and why they often go wrong—now with a new afterword by the author. A Best Book of the Year: The Financial Times, Bloomberg, Chicago Tribune, and Detroit Free Press How did Fidel Castro fool the CIA for a generation? Why did Neville Chamberlain think he could trust Adolf Hitler? Why are campus sexual assaults on the rise? Do television sitcoms teach us something about the way we relate to one another that isn't true? Talking to Strangers is a classically Gladwellian intellectual adventure, a challenging and controversial excursion through history, psychology, and scandals taken straight from the news. He revisits the deceptions of Bernie Madoff, the trial of Amanda Knox, the suicide of Sylvia Plath, the Jerry Sandusky pedophilia scandal at Penn State University, and the death of Sandra Bland—throwing our understanding of these and other stories into doubt. Something is very wrong, Gladwell argues, with the tools and strategies we use to make sense of people we don't know. And because we don't know how to talk to strangers, we are inviting conflict and misunderstanding in ways that have a profound effect on our lives and our world. In his first book since his #1 bestseller David and Goliath, Malcolm Gladwell has written a gripping guidebook for troubled times.

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How We Can Solve the Climate Crisis

Daring Greatly

Be More Pirate

Confessions of a Literary Explorer

The World Between Two Covers: Reading the Globe

Why We Work