

### The Lifespan Of A Fact

New York Times Bestseller! A delightful and quirky compendium of the Animal Kingdom ’ s more unfortunate truths, with over 150 hand-drawn illustrations. Ever wonder what a mayfly thinks of its one-day lifespan? (They ’ re curious what a sunset is.) Or how a jellyfish feels about not having a heart? (Sorry, but they ’ re not sorry.) This melancholy menagerie pairs the more unsavory facts of animal life with their hilarious thoughts and reactions. Sneakily informative, and wildly witty, SAD ANIMAL FACTS will have you crying with laughter.

A collection of Courtney’s columns from the Texas Monthly, curing the curious, exorcizing bedevilment, and orienting the disoriented, advising "on such things as: Is it wrong to wear your football team's jersey to church? When out at a dancehall, do you need to stick with the one that brung ya? Is it real Tex-Mex if it's served with a side of black beans? Can one have too many Texas-themed tattoos?"--Amazon.com.

All the facts and information you want to know about Lionhead Rabbits and more. Guaranteed to answer all your questions, this book is a must have for anybody passionate about Lionhead Rabbits. In a straightforward, no nonsense fashion, Ann L. Fletcher covers all aspects of caring for Lionhead bunnies - including handling, health, housing, breeding, lifespan, personality, temperament, diet, suitability as pets, the equipment you need and responsibilities as an owner. The book is written in an easy to read and understandable style, based on years of experience of keeping rabbits including Lionhead Rabbits. The book is full of sound advice and answers to your questions - including some you didn't know you had!

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 ’ s population is increasing; how many girls finish school—we systematically 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 most 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.

Surprising Discoveries for Health and Long Life from the Landmark Eight-Decade S tudy Lifespan

Explaining Divergent Levels of Longevity in High-Income Countries

Family Violence Across the Lifespan

The Chinchilla Care Guide. Enjoying Chinchillas as Pets. Covers

Halls of Fame

The Making of the American Essay

African Grey Parrots are known as the "Einstein's" of the parrot world because of their incredible talking and mimicking ability which gave it quite a reputation among bird enthusiasts for centuries! Although this bird is a favorite among experts, this is a bird that comes with a thick instruction manual to keep this amazing pet happy and healthy. This book will give you tons of great information in understanding your grey parrot, their behaviors as well as their characteristics. This will easily guide you on how you should feed and care for them and keep them for life! Embark on the wonderful journey of sharing your life with an African Grey Parrot. Learn to maximize the great privilege of living with one and be able to share this unique and unforgettable experience just like the royalties that came before you! African Grey Parrot facts & information including where to buy, health, diet, lifespan, types, breeding, fun facts and more!

Depicts the arguments, negotiations and revisions that took place in extensive correspondence between an essayist and his fact-checker as they tried to determine the boundaries of literary nonfiction and offers a discussion on the correlation between [truth] and [accuracy.] Original. 15,000 first printing.

The Chinchilla Care Guide, is a genuine authority on the subject of Chinchillas and caring for them. The chinchilla is soft and fluffy mammal that will always make for a truly fun pet to own. This pet guide covers all of the essential information and facts that you will ever need to know about this adorable small animal. Some of the core topics covered include: Origins & History, Health, Lifespan, Food & Treats, Breeding, Behavior & Temperament, Bedding, Housing & Habitat set up, Dust Bath usage, and Toys & Accessories. The different types of coats and colours are also discussed in depth, along with how to really make a comfortable home for your chinchilla. Common health problems and illnesses, and how to deal with them are also included, along with how to keep your chinchilla in good health through regular exercise and activity. Information on the recommended nutrition and developing a relationship and bond with your chinchilla is also documented within. You will really enjoy this popular care guide which features many great chinchilla pictures, an array of wonderful facts and reliable information, along with detailed advice for current or soon-to-be owners. This care guide is part of a series of books which have been reviewed by pet care experts and veterinarians. It is definitely a highly recommended addition to your book shelf.

Drug overdose, driven largely by overdose related to the use of opioids, is now the leading cause of unintentional injury death in the United States. The ongoing opioid crisis lies at the intersection of two public health challenges: reducing the burden of suffering from pain and containing the rising toll of the harms that can arise from the use of opioid medications. Chronic pain and opioid use disorder both represent complex human conditions affecting millions of Americans and causing untold disability and loss of function. In the context of the growing opioid problem, the U.S. Food and Drug Administration (FDA) launched an Opioids Action Plan in early 2016. As part of this plan, the FDA asked the National Academies of Sciences, Engineering, and Medicine to convene a committee to update the state of the science on pain research, care, and education and to identify actions the FDA and others can take to respond to the opioid epidemic, with a particular focus on informing FDA’s development of a formal method for incorporating individual and societal considerations into its risk-benefit framework for opioid approval and monitoring.

Facts and Fallacies of Software Engineering

Now a Broadway Play

Why Everything We Know Has an Expiration Date

Homo Deus

Pathways to Health Equity

A Short History of Living Longer

Reality Hunger

**The internationally renowned, clinically tested, revolutionary diet program to lose weight, fight disease, and live a longer, healthier life. Can what you eat determine how long, and how well, you live? The clinically proven answer is yes, and The Longevity Diet is easier to follow than you'd think. The culmination of 25 years of research on ageing, nutrition, and disease across the globe, this unique combination of an everyday diet and fasting-mimicking diet (FMD) to be done only 3-4 times per year lays out a simple solution to living to a healthy old age through nutrition. FMD does away with the misery and starvation most of us experience while fasting and helps you reap all the beneficial health effects of a restrictive diet while avoiding the negative stressors, like low energy and sleeplessness. Valter Longo, Director of the Longevity Institute at USC and the Program on Longevity and Cancer at IFOM in Milan, developed THE FMD after making a series of remarkable discoveries in mice and humans indicating that specific diets can activate stem cells and promote regeneration and rejuvenation in multiple organs to reduce the risk for diabetes, cancer, Alzheimer's and heart disease. Longo's simple pescatarian daily eating plan and the periodic, fasting-mimicking techniques can both yield impressive results. Low in proteins and sugars and rich in healthy fats and plant-based foods, The Longevity Diet is clinically proven to help you: Lose weight and reduce abdominal fat Make simple changes which can extend the healthy lifespan Prevent age-related muscle and bone loss Build your resistance to diabetes, cardiovascular disease, Alzheimer's and cancer Longo's healthy, life span-extending plan is based on an easy-to-adopt pescatarian plan along with the fasting-mimicking diet 4 times a year, and just 5 days at a time. The Longevity Diet is the key to living a longer, healthier, and more fulfilled life.**

**New insights from the science of science Facts change all the time. Smoking has gone from doctor recommended to deadly. We used to think the Earth was the center of the universe and that the brontosaurus was a real dinosaur. In short, what we know about the world is constantly changing. Samuel Arbesman shows us how knowledge in most fields evolves systematically and predictably, and how this evolution unfolds in a fascinating way that can have a powerful impact on our lives. He takes us through a wide variety of fields, including those that change quickly, over the course of a few years, or over the span of centuries.**

**Based on the book by John D’Agata and Jim Fingal. Jim Fingal is a fresh-out-of-Harvard fact checker for a prominent but sinking New York magazine. John D’Agata is a talented writer with a transcendent essay about the suicide of a teenage boy—an essay that could save the magazine from collapse. When Jim is assigned to fact check D’Agata’s essay, the two come head to head in a comedic yet gripping battle over facts versus truth.**

**This book explores the lifespan by combining research with a practicing psychologist's understanding of human development from infancy to old age.**

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

**Experiencing the Lifespan**

**The Encyclopaedia Britannica**

**Workshop Summary**

**The Lifespan of a Fact**

**The Half-Life of Facts**

**The God of Isaac**

*A NEW YORK TIMES BESTSELLER “Brilliant and enthralling.” –The Wall Street Journal A paradigm-shifting book from an acclaimed Harvard Medical School scientist and one of Time’s most influential people. It’s a seemingly undeniable truth that aging is inevitable. But what if everything we’ve been taught to believe about aging is wrong? What if we could choose our lifespan? In this groundbreaking book, Dr. David Sinclair, leading world authority on genetics and longevity, reveals a bold new theory for why we age. As he writes: “Aging is a disease, and that disease is treatable.” This eye-opening and provocative work takes us to the frontlines of research that is pushing the boundaries on our perceived scientific limitations, revealing incredible breakthroughs—many from Dr. David Sinclair’s own lab at Harvard—that demonstrate how we can slow down, or even reverse, aging. The key is activating newly discovered vitality genes, the descendants of an ancient genetic survival circuit that is both the cause of aging and the key to reversing it. Recent experiments in genetic reprogramming suggest that in the near future we may not just be able to feel younger, but actually become younger. Through a page-turning narrative, Dr. Sinclair invites you into the process of scientific discovery and reveals the emerging technologies and simple lifestyle changes—such as intermittent fasting, cold exposure, exercising with the right intensity, and eating less meat—that have been shown to help us live younger and healthier for longer. At once a roadmap for taking charge of our own health destiny and a bold new vision for the future of humankind, Lifespan will forever change the way we think about why we age and what we can do about it.*

*Sunday Times Bestseller ‘A paradigm-smashing chronicle of joyous entanglement’ Charles Foster Waterstones Non-Fiction Book of the Month (September) Are trees social beings? How do trees live? Do they feel pain or have awareness of their surroundings?*

*In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual’s health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. Communities in Action: Pathways to Health Equity seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.*

*"When Isaac Adams, a second generation American Jew, learns of plans for a neo-Nazi group to stage a demonstration in Skokie, Illinois, he wonders, what, if anything, his involvement should be. Determined to find the truth, Isaac ultimately comes to terms with his heritage, his mother, and himself"---Publisher description.*

*Realizing Opportunity for All Youth*

*Pain Management and the Opioid Epidemic*

*From Neurons to Neighborhoods*

*A Dictionary of Arts, Sciences, Literature and General Information*

*A Brief History of Tomorrow*

*Terraforming Mars, Interstellar Travel, Immortality, and Our Destiny Beyond Earth*

*Sad Animal Facts*

**During the last 25 years, life expectancy at age 50 in the United States has been rising, but at a slower pace than in many other high-income countries, such as Japan and Australia. This difference is particularly notable given that the United States spends more on health care than any other nation. Concerned about this divergence, the National Institute on Aging asked the National Research Council to examine evidence on its possible causes. According to Explaining Divergent Levels of Longevity in High-Income Countries, the nation's history of heavy smoking is a major reason why lifespans in the United States fall short of those in many other high-income nations. Evidence suggests that current obesity levels play a substantial part as well. The book reports that lack of universal access to health care in the U.S. also has increased mortality and reduced life expectancy, though this is a less significant factor for those over age 65 because of Medicare access. For the main causes of death at older ages -- cancer and cardiovascular disease -- available indicators do not suggest that the U.S. health care system is failing to prevent deaths that would be averted elsewhere. In fact, cancer detection and survival appear to be better in the U.S. than in most other high-income nations, and survival rates following a heart attack also are favorable. Explaining Divergent Levels of Longevity in High-Income Countries identifies many gaps in research. For instance, while lung cancer deaths are a reliable marker of the damage from smoking, no clear-cut marker exists for obesity, physical inactivity, social integration, or other risks considered in this book. Moreover, evaluation of these risk factors is based on observational studies, which -- unlike randomized controlled trials -- are subject to many biases.**

**2019 Foreword Indie Silver Award Winner for Science Welcome to the biggest, fastest, deadliest science book you'll ever read. The world's largest land mammal could help us end cancer. The fastest bird is showing us how to solve a century-old engineering mystery. The oldest tree is giving us insights into climate change. The loudest whale is offering clues about the impact of solar storms. For a long time, scientists ignored superlative life forms as outliers. Increasingly, though, researchers are coming to see great value in studying plants and animals that exist on the outermost edges of the bell curve. As it turns out, there's a lot of value in paying close attention to the "oddballs" nature has to offer. Go for a swim with a ghost shark, the slowest-evolving creature known to humankind, which is teaching us new ways to think about immunity. Get to know the axolotl, which has the longest-known genome and may hold the secret to cellular regeneration. Learn about Monorhaphis chuni, the oldest discovered animal, which is providing insights into the connection between our terrestrial and aquatic worlds. Superlative is the story of extreme evolution, and what we can learn from it about ourselves, our planet, and the cosmos. It's a tale of crazy-fast cheetahs and super-strong beetles, of microbacteria and enormous plants, of whip-smart dolphins and killer snakes. This book will inspire you to change the way you think about the world and your relationship to everything in it.**

**The most comprehensive research-based text on family violence - now more accessible and visually inviting than ever before Streamlined and updated throughout with state-of-the-art information, this Third Edition of the authors' bestselling book gives readers an accessible introduction to the methodology, etiology, prevalence, treatment, and prevention of family violence. Research from experts in the fields of psychology, sociology, criminology, and social welfare informs the book's broad coverage of current viewpoints and debates within the field. Organized chronologically, chapters cover child physical, sexual, and emotional abuse; abused and abusive adolescents; courtship violence and date rape; spouse abuse, battered women, and batterers; and elder abuse.**

**A landmark book, "brilliant, thoughtful" (The Atlantic) and “raw and gorgeous” (LA Times), that fast-forwards the discussion of the central artistic issues of our time, from the bestselling author of The Thing About Life Is That One Day You'll Be Dead. Who owns ideas? How clear is the distinction between fiction and nonfiction? Has the velocity of digital culture rendered traditional modes obsolete? Exploring these and related questions, Shields orchestrates a chorus of voices, past and present, to reframe debates about the veracity of memoir and the relevance of the novel. He argues that our culture is obsessed with “reality,” precisely because we experience hardly any, and urgently calls for new forms that embody and convey the fractured nature of contemporary experience.**

**The Next American Essay**  
**Fine Advice on Living in Texas**  
**Providing Healthy and Safe Foods As We Age**  
**Factfulness**  
**Balancing Societal and Individual Benefits and Risks of Prescription Opioid Use**  
**The Future of the Public's Health in the 21st Century**

**The Complete Young's Guide to Lionhead Bunnies: The Facts on How to Care for These Beautiful Pets, Including Breeding, Lifespan, Personality, Health, Temperament and Diet**  
*How we raise young children is one of today's most highly personalized and sharply politicized issues, in part because each of us can claim some level of "expertise." The debate has intensified as discoveries about our development—in the womb and in the first months and years—have reached the popular media. How can we use our burgeoning knowledge to assure the well-being of all young children, for their own sake as well as for the sake of our nation? Drawing from new findings, this book presents important conclusions about nature-versus-nurture, the impact of being born into a working family, the effect of politics on programs for children, the costs and benefits of intervention, and other issues. The committee issues a series of challenges to decision makers regarding the quality of child care, issues of racial and ethnic diversity, the integration of children's cognitive and emotional development, and more. Authoritative yet accessible, From Neurons to Neighborhoods presents the evidence about "brain wiring" and how kids learn to speak, think, and regulate their behavior. It examines the effect of the climate—family, child care, community—within which the child grows.*

*A collection of nonfiction essays on such topics as culture, myth, history, romance, and sex includes contributions by such prominent authors as Guy Davenport, Annie Dillard, Jamaica Kincaid, Susan Sontag, Barry Lopez, Sherman Alexie, David Foster Wallace, and John McPhee. Original. The practice of building software is a “new kid on the block” technology. Though it may not seem this way for those who have been in the field for most of their careers, in the overall scheme of professions, software builders are relative “newbies.” In the short history of the software field, a lot of facts have been identified, and a lot of fallacies promulgated. Those facts and fallacies are what this book is about. There's a problem with those facts-and, as you might imagine, those fallacies. Many of these fundamentally important facts are learned by a software engineer, but over the short lifespan of the software field, all too many of them have been forgotten. While reading Facts and Fallacies of Software Engineering , you may experience moments of “Oh, yes, I had forgotten that,” alongside some “Is that really true?” thoughts. The author of this book doesn't shy away from controversy. In fact, each of the facts and fallacies is accompanied by a discussion of whatever controversy envelops it. You may find yourself agreeing with a lot of the facts and fallacies, yet emotionally disturbed by a few of them! Whether you agree or disagree, you will learn why the author has been called “the premier curmudgeon of software practice.” These facts and fallacies are fundamental to the software building field—forget or neglect them at your peril!*

*The anthrax incidents following the 9/11 terrorist attacks put the spotlight on the nation's public health agencies, placing it under an unprecedented scrutiny that added new dimensions to the complex issues considered in this report. The Future of the Public's Health in the 21st Century reaffirms the vision of Healthy People 2010, and outlines a systems approach to assuring the nation's health in practice, research, and policy. This approach focuses on joining the unique resources and perspectives of diverse sectors and entities and challenges these groups to work in a concerted, strategic way to promote and protect the public's health. Focusing on diverse partnerships as the framework for public health, the book discusses: The need for a shift from an individual to a population-based approach in practice, research, policy, and community engagement. The status of the governmental public health infrastructure and what needs to be improved, including its interface with the health care delivery system. The roles nongovernment actors, such as academia, business, local communities and the media can play in creating a healthy nation. Providing an accessible analysis, this book will be important to public health policy-makers and practitioners, business and community leaders, health advocates, educators and journalists.*

*Longevity Diet*  
*The Future of Humanity*  
*Extra Life*  
*A Comedy in Two Acts*  
*Communities in Action*  
*The Hidden Life of Trees: What They Feel, How They Communicate*  
*Lionhead Rabbits*

“Offers a useful reminder of the role of modern science in fundamentally transforming all of our lives.” —President Barack Obama (on Twitter) “An important book.” —Steven Pinker, The New York Times Book Review The surprising and important story of how humans gained what amounts to an extra life, from the bestselling author of How We Got to Now and Where Good Ideas Come From In 1920, at the end of the last major pandemic, global life expectancy was just over forty years. Today, in many parts of the world, human beings can expect to live more than eighty years. As a species we have doubled our life expectancy in just one century. There are few measures of human progress more astonishing than this increased longevity. Extra Life is Steven Johnson’s attempt to understand where that progress came from, telling the epic story of one of humanity’s greatest achievements. How many of those extra years came from vaccines, or the decrease in famines, or seatbelts? What are the forces that now keep us alive longer? Behind each breakthrough lies an inspiring story of cooperative innovation, of brilliant thinkers bolstered by strong systems of public support and collaborative networks, and of dedicated activists fighting for meaningful reform. But for all its focus on positive change, this book is also a reminder that meaningful gaps in life expectancy still exist, and that new threats loom on the horizon, as the COVID-19 pandemic has made clear. How do we avoid decreases in life expectancy as our public health systems face unprecedented challenges? What current technologies or interventions that could reduce the impact of future crises are we somehow ignoring? A study in how meaningful change happens in society, Extra Life celebrates the enduring power of common goals and public resources, and the heroes of public health and medicine too often ignored in popular accounts of our history. This is the sweeping story of a revolution with immense public and personal consequences: the doubling of the human life span.

Grief Doodling is a different approach to coping with loss. It gets tweens and teens to participate, think, set goals, and start walking a healing path. From the very first page, Grief Doodling invites action. Topics range from the benefits of doodling, to why doodling is fun, to doodling tips, and responding to doodling prompts. The prompts, based on grief research, promote self-worth and healing. This is a hopeful book—something all grieving kids need. Grief Doodling will take the reader’s hand and lead them down an inspiring and whimsical path toward healing. Hodgson has created a magnificent tool that every person experiencing loss should have at their fingertips. I love this book!” - Sandy Goodman, grief speaker and author of Love Never Dies Grief Doodling is an insightful, creative way for tweens and teens to express and process grief. Hodgson aptly reminds readers that there is no right or wrong way to doodle—or to grieve.

Hodgson’s illustrations are poignant in how they illustrate and bio-psycho-social impact of grief. Grief Doodling will help children and bereaved people of all ages.” - Heidi Smith, Fellow in Thanatology, Certified Grief Therapist

Official U.S. edition with full color illustrations throughout. NEW YORK TIMES BESTSELLER Yuval Noah Harari, author of the critically-acclaimed New York Times bestseller and international phenomenon Sapiens, returns with an equally original, compelling, and provocative book, turning his focus toward humanity’s future, and our quest to upgrade humans into gods. Over the past century humankind has managed to do the impossible and rein in famine, plague, and war. This may seem hard to accept, but, as Harari explains in his trademark style—thorough, yet riveting—famine, plague and war have been transformed from incomprehensible and uncontrollable forces of nature into manageable challenges. For the first time ever, more people die from eating too much than from eating too little; more people die from old age than from infectious diseases; and more people commit suicide than are killed by soldiers, terrorists and criminals put together. The average American is a thousand times more likely to die from binging at McDonalds than from being blown up by Al Qaeda. What then will replace famine, plague, and war at the top of the human agenda? As the self-made gods of planet earth, what destinies will we set ourselves, and which quests will we undertake? Homo Deus explores the projects, dreams and nightmares that will shape the twenty-first century—from overcoming death to creating artificial life. It asks the fundamental questions: Where do we go from here? And how will we protect this fragile world from our own destructive powers? This is the next stage of evolution. This is Homo Deus. With the same insight and clarity that made Sapiens an international hit and a New York Times bestseller, Harari maps out our future.

The Lifespan of a FactNow a Broadway PlayHachette UK  
 Essays  
 Bringing Back your Smiles  
 About a Mountain  
 The Longevity Project  
 The Promise of Adolescence  
 Superlative

Adolescence“beginning with the onset of puberty and ending in the mid-20s”is a critical period of development during which key areas of the brain mature and develop. These changes in brain structure, function, and connectivity mark adolescence as a period of opportunity to discover new vistas, to form relationships with peers and adults, and to explore one’s developing identity. It is also a period of resilience that can ameliorate childhood setbacks and set the stage for a thriving trajectory over the life course. Because adolescents comprise nearly one-fourth of the entire U.S. population, the nation needs policies and practices that will better leverage these developmental opportunities to harness the promise of adolescence“rather than focusing myopically on containing its risks. This report examines the neurobiological and socio-behavioral science of adolescent development and outlines how this knowledge can be applied, both to promote adolescent well-being, resilience, and development, and to rectify structural barriers and inequalities in opportunity, enabling all adolescents to flourish.

Watch a video Watch a Fox News segment on The Longevity Project. This landmark study—which Dr. Andrew Weil calls "a remarkable achievement with surprising conclusions"—upends the advice we have been told about how to live to a healthy old age. We have been told that the key to longevity involves obsessing over what we eat, how much we stress, and how fast we run. Based on the most extensive study of longevity ever conducted, The Longevity Project exposes what really impacts our lifespan-including friends, family, personality, and work. Gathering new information and using modern statistics to study participants across eight decades, Dr. Howard Friedman and Dr. Leslie Martin bust myths about achieving health and long life. For example, people do not die from working long hours at a challenging job- many who worked the hardest lived the longest. Getting and staying married is not the magic ticket to long life, especially if you’re a woman. And it’s not the happy-go-lucky ones who thrive-it’s the prudent and persistent who flourish through the years. With questionnaires that help you determine where you are heading on the longevity spectrum and advice about how to stay healthy, this book changes the conversation about living a long, healthy life.

Named One of the 100 Best Nonfiction Books Written by the New York Times Magazine, a Publishers Weekly Best Book of the Year, and a New York Times Editors’ Choice. When John D’Agata helps his mother move to Las Vegas one summer, he begins to follow a story about the federal government’s plan to store nuclear waste at Yucca Mountain; the result is a startling portrait that compels a reexamination of the future of human life.

NOW A BROADWAY PLAY STARRING DANIEL RADCLIFFE 'Provocative, maddening and compulsively readable' Maggie Nelson In 2003, American essayist John D’Agata wrote a piece for Harper’s about Las Vegas’s alarmingly high suicide rate, after a sixteen-year-old boy had thrown himself from the top of the Stratosphere Tower. The article he delivered, 'What Happens There', was rejected by the magazine for inaccuracies. But it was soon picked up by another, who assigned it a fact checker: their fresh-faced intern, and recent Harvard graduate, Jim Fingal. What resulted from that assignment, and beyond the essay's eventual publication in the magazine, was seven years of arguments, negotiations, and revisions as D’Agata and Fingal struggled to navigate the boundaries of literary nonfiction. This book includes an early draft of D’Agata’s essay, along with D’Agata and Fingal’s extensive discussion around the text. The Lifespan of a Fact is a brilliant and eye-opening meditation on the relationship between 'truth' and 'accuracy', and a penetrating conversation about whether it is appropriate for a writer to substitute one for the other. 'A fascinating and dramatic power struggle over the intriguing question of what nonfiction should, or can, be' Lydia Davis

**Unlocking the Power of Sleep and Dreams**  
**An Introduction**  
**African Grey Parrots as Pets: African Grey Parrot Facts & Information Including Where to Buy, Health, Diet, Lifespan, Types, Breeding, Fun Facts and Why We Sleep**  
**Grief Doodling**  
**Cell Biology by the Numbers**

**Deaths of Despair and the Future of Capitalism**  
*For two decades, essayist John D’Agata has been exploring the contours of the essay through a series of innovative, informative, and expansive anthologies that have become foundational texts in the study of the genre. The breakthrough first volume, The Next American Essay, highlighted major work from 1974 to 2003, while the second, The Lost Origins of the Essay, showcased the essay's ancient and international forebears. Now, with The Making of the American Essay, D’Agata concludes his monumental tour of this inexhaustible form, with selections ranging from Anne Bradstreet's secular prayers to Washington Irving's satires, Emily Dickinson's love letters to Kenneth Goldsmith's catalogues, Gertrude Stein's portraits to James Baldwin's and Norman Mailer's meditations on boxing. Across the anthologies, D’Agata's introductions to each selection-intimate and brilliantly provocative throughout-serve as an extended treatise, collectively forming the backbone of the trilogy. He uncovers new stories in the American essay's past, and shows us that some of the most fiercely daring writers in the American literary canon have turned to the essay in order to produce our culture's most exhilarating art. The Making of the American Essay offers the essay at its most varied, unique, and imaginative best, proving that the impulse to make essays in America is as old and as original as the nation itself.*

*A New York Times Bestseller A Wall Street Journal Bestseller A New York Times Notable Book of 2020 A New York Times Book Review Editors’ Choice Shortlisted for the Financial Times and McKinsey Business Book of the Year A New Statesman Book to Read From economist Anne Case and Nobel Prize winner Angus Deaton, a groundbreaking account of how the flaws in capitalism are fatal for America's working class Deaths of despair from suicide, drug overdose, and alcoholism are rising dramatically in the United States, claiming hundreds of thousands of American lives. Anne Case and Angus Deaton explain the overwhelming surge in these deaths and shed light on the social and economic forces that are making life harder for the working class. As the college educated become healthier and wealthier, adults without a degree are literally dying from pain and despair. Case and Deaton tie the crisis to the weakening position of labor, the growing power of corporations, and a rapacious health-care sector that redistributes working-class wages into the pockets of the wealthy. This critically important book paints a troubling portrait of the American dream in decline, and provides solutions that can rein in capitalism's excesses and make it work for everyone.*

*NEW YORK TIMES BESTSELLER The #1 bestselling author of The Future of the Mind traverses the frontiers of astrophysics, artificial intelligence, and technology to offer a stunning vision of man's future in space, from settling Mars to traveling to distant galaxies. We are entering a new Golden Age of space exploration. With irrepressible enthusiasm and a deep understanding of the cutting-edge research in space travel, World-renowned physicist and futurist Dr. Michio Kaku presents a compelling vision of how humanity may develop a sustainable civilization in outer space. He reveals the developments in robotics, nanotechnology, and biotechnology that may allow us to terraform and build habitable cities on Mars and beyond. He then journeys out of our solar system and discusses how new technologies such as nanoships, laser sails, and fusion rockets may actually make interstellar travel a possibility. We travel beyond our galaxy, and even beyond our universe, as Kaku investigates some of the hottest topics in science today, including warp drive, wormholes, hyperspace, parallel universes, and the multiverse. Ultimately, he shows us how humans may someday achieve a form of immortality and be able to leave our bodies entirely, laser porting to new havens in space.*

*"Sleep is one of the most important but least understood aspects of our life, wellness, and longevity ... An explosion of scientific discoveries in the last twenty years has shed new light on this fundamental aspect of our lives. Now ... neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming"--Amazon.com.*

*Facts, Training, Maintenance, Housing, Behavior, Sounds, Lifespan, Food, Breeding, Toys, Bedding, Cages, Dust Bath, and More*  
*The Texanist*

*The Science of Early Childhood Development*  
*Why We Age—and Why We Don't Have To*

*The Biology of Extremes*  
 Does a longer life mean a healthier life? The number of adults over 65 in the United States is growing, but many may not be aware that they are at greater risk from foodborne diseases and their nutritional needs change as they age. The IOM's Food Forum held a workshop October 29-30, 2009, to discuss food safety and nutrition concerns for older adults. A Top 25 CHOICE 2016 Title, and recipient of the CHOICE Outstanding Academic Title (OAT) Award. How much energy is released in ATP hydrolysis? How many mRNAs are in a cell? How genetically similar are two random people? What is faster, transcription or translation?Cell Biology by the Numbers explores these questions and dozens of others provid "John D’Agata is an alchemist who changes trash into purest gold.” —Guy Davenport, Harper’s John D’Agata journeys the endless corridors of America’s myriad halls of fame and faithfully reports on what he finds there. In a voice all his own, he brilliantly maps his terrain in lists, collage, and ludic narratives. With topics ranging from Martha Graham to the Flat Earth Society, from the brightest light in Vegas to the artist Henry Darger, who died in obscurity, Halls of Fame hovers on the brink between prose and poetry, deep seriousness and high comedy, the subject and the self.