

When Nothing Matters Anymore A Survival Guide For Depressed Teens By Cobain Rn C Bev Spirit Publishing2007 Paperback Revised Edition

"The most positive book on depression one could read ... should be available to all teens." - Voice of Youth Advocates.....
When Nothing Matters Anymore a survival guide for depressed teens
Everyone feels down or sad at times. These feelings are part of life and usually pass. But what if they hang on, affecting your body, your behavior, your emotions, and your thoughts? You may be more than sad. You may be depressed. If you are, you're not alone. More than 18 million Americans have depression. Millions of them are teens like you. If you think you might be depressed, please read this book. It has already helped countless teens, and it can help you, too. It includes the latest information on medication, nutrition, and health; current resources; and the Top Ten Questions teens have asked the author. Look inside to learn: The causes, symptoms, and types of depression.....How to tell if you might be depressed (take a quiz and find out)....
Survival tips - things you can do right now and in the future to help yourself feel better - and ways to stay healthy, strong, and positive....The connections between depression, suicide, and drug and alcohol abuseHow different kinds of treatment can help.....Ways real-life teens have dealt with depression.....Where to turn for more answers (books, organizations, Web sites).....Words you can use when it's hard to open up, share your problems, and ask for help
Mostly, you'll learn you don't have to feel sad, hopeless, or alone anymore. Bev Cobain, R.N.,C., has worked on hospital-based mental health units, helping treat teens and adults who have depression and depressive disorder. An expert on youth depression and suicide, she is a nationally recognized speaker and workshop facilitator.

"When tragedy strikes, Tess drops out of school and moves in with her funeral director dad, forcing her to examine life, death, and the boy she thought she knew and loved in a brand new light"~

A teenager offers a lucid, eloquent account of her ultimately successful battle against depression, discussing the ailment's debilitating symptoms, her struggle to find the best therapy and proper medication, and the triumph of putting her life back together again. Reprint. 35,000 first printing. Tour.

WITH FEATURETTES FROM NICHOLAS SPARKS AND THE MOVIE CAST, DELETED SCENES, MUSIC VIDEO, AND MORE! IN THEATERS OCTOBER 17, 2014! Starring Michelle Monaghan, James Marsden, Luke Bracey, and Liana Liberato "Everyone wanted to believe that endless love was possible. She'd believed in it once, too, back when she was eighteen." In the spring of 1984, high school students Amanda Collier and Dawson Cole fell deeply, irrevocably in love. Though they were from opposite sides of the tracks, their love for one another seemed to defy the realities of life in the small town of Oriental, North Carolina. But as the summer of their senior year came to a close, unforeseen events would tear the young couple apart, setting them on radically divergent paths. Now, twenty-five years later, Amanda and Dawson are summoned back to Oriental for the funeral of Tuck Hostetler, the mentor who once gave shelter to their high school romance. Neither has lived the life they imagined . . . and neither can forget the passionate first love that forever changed their lives. As Amanda and Dawson carry out the instructions Tuck left behind for them, they realize that everything they thought they knew -- about Tuck, about themselves, and about the dreams they held dear -- was not as it seemed. Forced to confront painful memories, the two former lovers will discover undeniable truths about the choices they have made. And in the course of a single, searing weekend, they will ask of the living, and the dead: Can love truly rewrite the past?

Will's Choice

A Guide to Diagnosis, Treatment, and Management

The Struggle

The Death of Expertise

The First Fifteen Lives of Harry August

A Survival Guide for Depressed Teens: Easyread Super Large 18pt Edition

An exploration of life at the margins of history from one of Russia's most exciting contemporary writers With the death of her aunt, the narrator is left to sift through an apartment full of faded photographs, old postcards, letters, diaries, and heaps of souvenirs: a withered repository of a century of life in Russia. Carefully reassembled with calm, steady hands, these shards tell the story of how a seemingly ordinary Jewish family somehow managed to survive the myriad persecutions and repressions of the last century. In dialogue with writers like Roland Barthes, W. G. Sebald, Susan Sontag, and Osip Mandelstam, In Memory of Memory is imbued with rare intellectual curiosity and a wonderfully soft-spoken, poetic voice. Dipping into various forms-essay, fiction, memoir, travelogue, and historical documents-Stepanova assembles a vast panorama of ideas and personalities and offers an entirely new and bold exploration of cultural and personal memory.

Technology and increasing levels of education have exposed people to more information than ever before. These societal gains, however, have also helped fuel a surge in narcissistic and misguided intellectual egalitarianism that has crippled informed debates on any number of issues. Today, everyone knows everything: with only a quick trip through WebMD or Wikipedia, average citizens believe themselves to be on an equal intellectual footing with doctors and diplomats. All voices, even the most ridiculous, demand to be taken with equal seriousness, and any claim to the contrary is dismissed as undemocratic elitism. Tom Nichols' The Death of Expertise shows how this rejection of experts has occurred: the openness of the internet, the emergence of a customer satisfaction model in higher education, and the transformation of the news industry into a 24-hour entertainment machine, among other reasons. Paradoxically, the increasingly democratic dissemination of information, rather than producing an educated public, has instead created an army of ill-informed and angry citizens who denounce intellectual achievement. When ordinary citizens believe that no one knows more than anyone else, democratic institutions themselves are in danger of falling either to populism or to technocracy or, in the worst case, a combination of both. An update to the 2017breakout hit, the paperback edition of The Death of Expertise provides a new foreword to cover the alarming exacerbation of these trends in the aftermath of Donald Trump's election. Judging from events on the ground since it first published, The Death of Expertise issues a warning about the stability and survival of modern democracy in the Information Age that is even more important today.

NOW A NETFLIX FILM, STARRING ELLE FANNING AND JUSTICE SMITH! The New York Times bestselling love story about two teens who find each other while standing on the edge. And don't miss Take Me with You When You Go, Jennifer Niven's highly anticipated new book with bestselling author David Levithan! Theodore Finch is fascinated by death. Every day he thinks of ways he might kill himself, but every day he also searches for--and manages to find--something to keep him here, and alive, and awake. Violet Markey lives for the future, counting the days until graduation, when she can escape her small Indiana town and her aching grief in the wake of her sister's recent death. When Finch and Violet meet on the ledge of the bell tower at school--six stories above the ground--it's unclear who saves whom. Soon it's only with Violet that Finch can be himself. And it's only with Finch that Violet can forget to count away the days and start living them. But as Violet's world grows, Finch's begins to shrink. . . . "A do-not-miss for fans of Eleanor & Park and The Fault in Our Stars, and basically anyone who can breathe." --Justine Magazine "At the heart--a big one of All the Bright Places lies a charming love story about this unlikely and endearing pair of broken teenagers." --The New York Times Book Review "A heart-rending, stylish love story." --The Wall Street Journal "A complex love story that will bring all the feels." --Seventeen Magazine "Impressively layered, lived-in, and real." --Buzzfeed

Despite what you might have been told, the feelings of sadness and hopelessness you may be struggling with are probably not "just a phase" or "something you'll grow out of." As many as 20 percent of people your age have symptoms of serious depression, yet many teens and even many adults don't recognize the signs. Only half of depressed teens get the help they need to overcome these feelings. If you're feeling depressed, this workbook offers things you can do, both on your own and with a counselor, to feel better. The activities in Beyond the Blues can help you cope with sad and difficult feelings, find new ways to make friends, and deal with conflicts. Little by little and on your own schedule, you can make small changes in your life that will lead you to a brighter, more enjoyable future.

The Spectacular Now

Dying to Be Free

A Novel

Teen Trilogy: Three Graphic Novels in One

A Firsthand Account of One Teenager's Experience with Bipolar Disorder

The Subtle Art of Not Giving a F*ck

Advaita and nondual teachings are about finding the Truth. This Truth is not a dogma that you study; it is the Truth about who you really are. This Truth is discovered, not learned. It is discovered through sincerely inquiring, Who am I? What you discover is that who you are has nothing to do with self-images or roles and everything to do with what you experience when you ask this question. What you discover is that who you think of yourself as is just that â € a thought! And beyond that thought is a great Mystery â € an experience of nothingness, which is your true nature.Nothing Personal leads you to the experience of your true nature and helps you explore its depth. Through exposition, questions and dialogues, it brings you to a place of realization of the Truth: you are that spacious Awareness in which everything appears, including your thoughts and feelings. Your thoughts and feelings do not define you but merely appear within Consciousness along with everything else. This Consciousness is who you are.Nothing Personal offers a gentle and persistent guide to seeing the underlying truth of your ultimate nature. In this concisely edited collection of satsang talks and dialogues, you are invited to honor the limitless love that is your true nature and to enjoy the sweet richness that is revealed when you give this Truth your undivided attention.From the introduction:Unlike most books, this one is not meant to add to your knowledge or understanding. It is about the Truth, that cannot be spoken or written. Although the Truth cannot be contained in this or any other book, each word written here is intended to point you toward that Truth. Many of the words and ideas may seem paradoxical or contradictory because what they point to is larger than our conceptual frameworks. Many questions are asked, which are not answered anywhere in the book. Find out what the experience is like to ask yourself these questions, even if they leave you emptier of knowledge and understanding. In this emptiness, you just may discover what you are looking for.The Truth is revealed when we allow ourselves to not know, so I invite you to set aside all that you know for the time being and allow yourself to look with innocent eyes at what the words are attempting to unveil. Take the time to experience the unspoken truth in each section before moving on to the next. Resist the temptation to read these words with your mind, which is likely to rush right past the Truth. Allow the words to sink into your heart and reveal the truth of who you are.

A positively rebellious take on a traditionally negative philosophy offers an antidote for our anxious times. Career success, a beautiful life, a beautiful Instagram account—what’s the point? In a world where meaning has become twisted into a form of currency that everyone is very keen to cash in on, journalist Wendy Syfret invites you to change the way you think about the way you think. In her seminal work, The Sunny Nihilist, Syfret presents the optimism in Nihilism, encouraging us to dismantle our self-care and self-centered way of living and accept a life more or less ordinary. Syfret re-examines the meaning of worth, value, time, happiness, success, and connection, and guides us towards the alternative path of pointless pleasure. When you let go of the idea that everything must have purpose, you will find relief from stress, exhaustion, and anxiety. Most importantly, you can embrace the opportunity to enjoy the moment, the present, the chaos and luck of being alive at all. The Sunny Nihilist is an inspiring call to action and survival adaptation for modern life.

Dinah Seabrooke is in seventh grade and distraught at learning that the sun will vaporize the earth in about 5 billion years. Nothing matters anymore-not class elections, the school play, even her relationship with Nick. Then Dinah suffers her first loss and discovers the reasons to live fully even though nothing lasts forever. "Sensitively told and a pleasure to read."-Kirkus Reviews

#1 New York Times Bestseller Over 10 million copies sold In this generation-defining self-help guide, a superstar blogger cuts through the crap to show us how to stop trying to be "positive" all the time so that we can truly become better, happier people. For decades, we've been told that positive thinking is the key to a happy, rich life. "F**k positivity," Mark Manson says. "Let's be honest, shit is f**ked and we have to live with it." In his wildly popular Internet blog, Manson doesn't sugarcoat or equivocate. He tells it like it is—a dose of raw, refreshing, honest truth that is sorely lacking today. The Subtle Art of Not Giving a F**k is his antidote to the codding, let's-all-feel-good mindset that has infected American society and spoiled a generation, rewarding them with gold medals just for showing up. Manson makes the argument, backed both by academic research and well-timed poop jokes, that improving our lives hinges not on our ability to turn lemons into lemonade, but on learning to stomach lemons better. Human beings are flawed and limited—"not everybody can be extraordinary, there are winners and losers in society, and some of it is not fair or your fault." Manson advises us to get to know our limitations and accept them. Once we embrace our fears, faults, and uncertainties, once we stop running and avoiding and start confronting painful truths, we can begin to find the courage, perseverance, honesty, responsibility, curiosity, and forgiveness we seek. There are only so many things we can give a f**k about so we need to figure out which ones really matter. Manson makes clear. While money is nice, caring about what you do with your life is better, because true wealth is about experience. A much-needed grab-you-by-the-shoulders-and-look-you-in-the-eye moment of real-talk, filled with entertaining stories and profane, ruthless humor, The Subtle Art of Not Giving a F**k is a refreshing slap for a generation to help them lead contented, grounded lives.

Civilianized

A Young Veteran's Memoir

Roll of Thunder, Hear My Cry

A Survival Guide for Depressed Teens: Easyread Super Large 20pt Edition

Nothing Personal: Seeing Beyond the Illusion of a Separate Self

The Forever Decision : for Those Thinking about Suicide and for Those who Know, Love, Or Counsel Them

On April 8, 1994, Kurt Cobain ended his long struggle with depression and chemical dependency by taking his own life. His suicide profoundly affected millions of fans around the world who identified with the music of Kurt and his band, Nirvana. Bev Cobain is Kurt's cousin, and this powerful book is her way of dealing with his death--and reaching out to teens with a life-saving message: You don't have to be sad, discouraged, or depressed. There is help and hope for you. Full of solid information and straight talk, When Nothing Matters Anymore defines and explains adolescent depression, reveals how common it is, describes the symptoms, and spreads the good news that depression is treatable. Personal stories, photos, and poetry from teens dealing with depression speak directly to readers' feelings, concerns, and experiences. Teens learn how to recognize depression in themselves and others, understand its effects, and take care of themselves by relaxing, exercising, eating right, and talking things over with people who care. For some teens, self-help isn't enough, so Bev also tells about treatment options, presents the facts about therapy, explains the differences between various types of helping professionals (psychiatrists, clinical psychologists, physicians, counselors, etc.), discusses medications, and more. This book isn't just for teens who have been diagnosed with depression. It's for any teen who feels hopeless, helpless, and alone. Clear, encouraging, and matter-of-fact, it's also recommended for parents, teachers, and counselors who want to know more about teen depression.

Honest, gentle advice for those who have survived an unspeakable loss--the suicide of a loved one. Surviving the heartbreak of a loved one's suicide - you don't have to go through it alone. Authors Beverly Cobain and Jean Larch break through suicide's silent stigma in Dying to Be Free, offering gentle advice for those left behind, so that healing can begin.

With the intrigue of a psychological thriller, Camus's masterpiece gives us the story of an ordinary man unwittingly drawn into a senseless murder on an Algerian beach. Behind the intrigue, Camus explores what he termed "the nakedness of man faced with the absurd" and describes the condition of reckless alienation and spiritual exhaustion that characterized so much of twentieth-century life. First published in 1946; now in translation by Matthew Ward.

Kafka on the Shore displays one of the world's great storytellers at the peak of his powers. Here we meet a teenage boy, Kafka Tamura, who is on the run, and Nakata, an aging simpleton who is drawn to Kafka for reasons that he cannot fathom. As their paths converge, acclaimed author Haruki Murakami enfolds readers in a world where cats talk, fish fall from the sky, and spirits slip out of their bodies to make love or commit murder, in what is a truly remarkable journey.

A Survival Guide For Depressed Teens

The 48 Laws Of Power

All the Bright Places

A Workbook to Help Teens Overcome Depression

A Survival Guide for Depressed Teens

Finding Joy in Every Moment

A young man describes his torment as he struggles to reconcile the diverse influences of Western culture and the traditions of his own Japanese heritage

When thirteen-year-old Pierre Anthon leaves school to sit in a plum tree and train for becoming part of nothing, his seventh grade classmates set out on a desperate quest for the meaning of life.

Young Cassie Logan endures humiliation and witnesses the racism of the KKK as they embark on a cross-burning rampage, before she fully understands the importance her family attributes to having land of their own.

Named a Best Book of the Year by Time, The Washington Post, and Harper's Bazaar "A tender, spiky family saga about love in all its mysterious incarnations." —Lorrie Moore, author of A Gate at the Stairs and Birds of America "Absolutely luminous . . . Weaves the transience of suburbia between the highs and lows of a family saga . . . Shocks, awes, and delights." —Bryan Washington, author of Memorial From the outside, the Chengs seem like so-called model immigrants. Once Patty landed a tech job near Dallas, she and Liang grew secure enough to have a second child, and to send for their first from his grandparents back in China. Isn't this what they sacrificed so much for? But then little Annabel begins to sleepwalk at night, putting into motion a string of misunderstandings that not only threaten to set their community against them but force to the surface the secrets that have made them fear one another. How can a man make peace with the terrors of his past? How can a child regain trust in unconditional love? How can a family stop burying its history and forge a way through it, to a more honest intimacy? Nights When Nothing Happened is gripping storytelling immersed in the crosscurrents that have reshaped the American landscape, from a prodigious new literary talent.

Dinah Forever

Beyond the Blues

Tools for Happiness, Fulfillment and Peace

A Declaration of the Pleasure of Pointlessness

Nights When Nothing Happened

Suicide

The life of a person with bipolar disorder can be tumultuous. Imagine living in a world divided into many parts: one is fast-paced, frantic, energetic--you are at the top of your game and feeling invincible; another is so bleak and dark that even the simple task of going to the store requires Herculean effort. Now imagine a third: going about your daily routing when another manifestation, the mixed state, combines these symptoms simultaneously. This is just a glimpse into the world of a person with bipolar disorder Many people diagnosed with this disorder are adolescents: young people who often feel isolated, unsure of who to talk to, or where to turn for help or answers. Having been diagnosed with the disorder at age fifteen, Patrick Jamieson knows firsthand the highs and lows and bring his experiences to bear in Mind Race: A Firsthand Account of One Teenager's Experience with Bipolar Disorder, the first in the Annenberg Mental Health Initiative series written specifically for teenagers and young adults. Mind Race is a first-person account, aimed at teens who have recently been diagnosed with bipolar disorder, informative in a compassionate, good-humored, yet authoritative manner. Jamieson discusses his own challenges and triumphs, and offers advice on dealing with developing symptoms such as how to recognize the beginning of a mood shift. In accessible language, he presents the latest in scientific research on the disorder, treatment options, and how to guide to understanding and coping with depression, discussing the different types, how and why the condition begins, how it may be linked to substance abuse or suicide, and how to get help.

After twelve months of military service in Iraq, Michael Anthony stepped off a plane, seemingly happy to be home(or at least back on US soil. He was twenty-one years old, a bit of a nerd, and carrying a pack of cigarettes that he thought would be his last. Two weeks later, Michael was stoned on Vicodin, drinking way too much, and picking a fight with a very large Hell's Angel. At his wit's end, he came to an agreement with himself: If things didn't improve in three months, he was going to kill himself. Civilianized is a memoir chronicling Michael's search for meaning in a suddenly destabilized world.

This is a frank, compassionate book written for those who contemplate suicide as a way out of their situations. The author issues an invitation to life, helping people accept the imperfections of their lives, and opening eyes to the possibilities of love.

Mind Race

The Campaign against Established Knowledge and Why It Matters

Eclipse

The Best of Me (Movie Tie-In Enhanced Ebook)

FREEDOM to Be Me

In Memory of Memory

In Lucy Krigore's her bags packed for her escape from her rural Tennessee upbringing, but a drunken mistake forever tethers her to the town and one of its least-admired residents, Jephth Taylor, who becomes the father of her child. Together, these two young people work to form a family, though neither has any idea how to accomplish that, and the odds are against them in a place with little to offer other than bluegrass music, tobacco fields, and a Walmart full of beer and firearms for the hunting season. Their path is harrowing, but Lucy and Jephth are characters to love, and readers will root for their success in a novel so riveting that no one will want to turn out the light until they know whether this family will survive. . -

Sutter's the guy you want at your party. Aimee's not. She needs help and it's up to Sutter to show Aimee a splendiferous time and then let her go forth and prosper. But Aimee's not like other girls and before long he's over his head. For the first time in his life he has the power to make a difference in someone else's life - or ruin it forever.

A fireman in charge of burning books meets a revolutionary school teacher who dares to read. Depicts a future world in which all printed reading material is burned.

On March 11, 2001, seventeen-year-old Will ingested a near-fatal dose of his antidepressant medication, an event that would forever change his life and the lives of his family. In Will's Choice, his mother, Gail Griffith, tells the story of her family's struggle to renew Will's interest in life and to regain their equilibrium in the aftermath. Griffith intersperses her own finely wrought prose with dozens of letters and journal entries from family and friends, including many from Will himself. A memoir with a social conscience, Will's Choice lays bare the social and political challenges that American families face in combating this most mysterious and stigmatized of illnesses. In Gail Griffith, depressed teens have found themselves a formidable advocate, and in the evocative and fiercely compelling narrative of Will's Choice, we all discover the promise of a second chance.

Conquering the Beast Within

Kafka on the Shore

"Nothing Is Worth More Than This Day."

Things I'm Seeing Without You

A Survival Guide for Depressed Teens: Easyread Comfort Edition

No Longer Human

A book of inspirational quotations, Nothing Is Worth More Than This Day presents hundreds of reminders from some of the smartest people who ever lived—from Dr. Seuss to Erma Bombeck, Thich Nhat Hanh to Lena Dunham—that happiness is everywhere and the glass is half-full. It's the perfect gift of optimism, for good times and not-so-good times.

Does love really matter so much? And what do you do when nothing matters anymore? Go on a roller coaster ride with Tara, Megha and Dolly. Three friends in their teens. Close enough to know those little secrets. Not so close to know they're wrong. Tara, blessed with a bit too much of health for her own good. Desperate to get the guy of her dreams, she ends up playing a very dangerous game. A game, that could cost her friendships, her peace of mind and even her life. Well, that's an exaggeration but she does make some serious blunders to impress her one true love. Can she do it and is it all really worth it? Megha, Tara's best friend, a super achiever with a perfect life has all that is needed to be happy. Afterall, why wouldn't she? A swimming champion, she is a good-looking girl with amazing friends and loving parents. What more can she ask for! A lot actually. Because even when she has it all, she does the unthinkable. A grave mistake that could take her to her own grave. Finally Dolly, second best friend of Tara...if that's even a thing. A part of the same group but kind of dumb to be taken seriously. Real love of Tara's love interest Karan. And loved (a lot unfortunately) by her love's dad—Uday Uncle, who is her mom, Mona aunty's best friend. Now that's complicated. Wait, there is more. Dolly's handsome brother Sandy gives Megha a hard time. More complications, misunderstandings, controversies, and entertainment galore! But don't forget the life lessons. About making a comeback. About staying true to yourself. About friendships, dealing with low self-esteem and facing break-ups. Twisted stories of abuse, learning difficulties and illicit relationships in a depraved messed up world. A world the young generation is meant to change. Do you still want to know? Do you have what it takes?

*Based on the latest scientific findings, a comprehensive guide to the diagnosis and treatment of teenage depression. Each year thousands of American teenagers are diagnosed with clinical depression. If ignored, poorly treated, or left untreated, it can be a devastating illness for adolescents and their families. Drawing on her many years of experience as a psychiatrist working with teenagers, Dr. Maureen Empfield answers the questions parents and teens have about depression, providing detailed information on: *Identifying the different types of depression *How depression is diagnosed *Which teenagers are most at risk *Suicide *The effect of depression on other teenage problems *How depression is treated and by whom *The drugs used to treat teenage depression - what they are and how they work *When a teenager needs to be hospitalized for depression *and more Understanding Teenage Depression provides the latest scientific findings on this serious condition, and the most up to date information on its treatment. The book includes numerous vignettes drawn from Dr. Empfield's clinical practice as well as first person accounts from teenagers who have themselves suffered from depression. Understanding Teenage Depression is a book that anyone who's been touched by this disease - whether parents, teachers, family members or teens themselves - will find invaluable.*

Wildly original, funny and moving, The First Fifteen Lives of Harry August is an extraordinary story of a life lived again and again from World Fantasy Award-winning author Claire North. Harry August is on his deathbed. Again. No matter what he does or the decisions he makes, when death comes, Harry always returns to where he began, a child with all the knowledge of a life he has already lived a dozen times before. Nothing ever changes. Until now. As Harry nears the end of his eleventh life, a little girl appears at his bedside. "I nearly missed you, Doctor August," she says. "I need to send a message." This is the story of what Harry does next, and what he did before, and how he tries to save a past he cannot change and a future he cannot allow.

My Parent Has Cancer and It Really Sucks

A Survival Guide for Depressed Teens: Easyread Edition

Nothing

Fahrenheit 451

Holding on to Nothing

A Counterintuitive Approach to Living a Good Life

A book teens can count on when cancer strikes a family member.

As the love triangle heats up in the third book, Bella must choose between her friendship with Jacob and her romance with Edward -- and her decision could change the fate of vampires and werewolves forever. As Seattle is ravaged by a string of mysterious killings and a malicious vampire continues her quest for revenge, Bella once again finds herself surrounded by danger. In the midst of it all, she is forced to choose between her love for Edward and her friendship with Jacob -- knowing that her decision has the potential to ignite the always struggle between vampire and werewolf. With her graduation quickly approaching, Bella has one more decision to make: life or death. But which is which? It's heret! #1 bestselling author Stephanie Meyer makes a triumphant return to the world of Twilight with the highly anticipated companion, Midnight Sun: the iconic love story of Bella and Edward told from the vampire's point of view. "People do not want to just read Meyer's books; they want to climb inside them and live there." -- "Time "A literary phenomenon." -- The New York Times

Do you feel like you're existing or not living life to the full? If you're fed up of putting others first and putting your needs on the back burner, or feel exhausted, unhappy or worthless, this book is for you. You'll get all the tools you need to find your purpose and live the life you desire.

THE MILLION COPY INTERNATIONAL BESTSELLER Drawn from 3,000 years of the history of power, this is the definitive guide to help readers achieve for themselves what Queen Elizabeth I, Henry Kissinger, Louis XIV and Machiavelli learnt the hard way. Law 1: Never outshine the master Law 2: Never put too much trust in friends; learn how to use enemies Law 3: Conceal your intentions Law 4: Always say less than necessary. The text is bold and elegant, laid out in black and red throughout and replete with fables and unique word sculptures. The 48 laws are illustrated through the tactics, triumphs and failures of great figures from the past who have wielded - or been victimised by - power. _____ (From the Playboy interview with Jay-Z, April 2003) PLAYBOY: Rap careers are usually over fast: one or two hits, then styles change and a new guy comes along. Why have you endured while most other rappers haven't? JAY-Z: I would say that it's from still being able to relate to people. It's natural to lose yourself when you have success, to start surrounding yourself with fake people. In The 48 Laws of Power, it says the worst thing you can do is build a fortress around yourself. I still got the people who grew up with me, my cousin and my childhood friends. This guy right here (gestures to the studio manager), he's my friend, and he told me that one of my records, Volume Three, was wack. People set higher standards for me, and I love it.

How I Fought Depression and Won-- and how You Can, Too

The Sunny Nihilist

A Suicidal Teen, a Desperate Mother, and a Chronicle of Recovery

When Nothing Matters Anymore

