

## Rapt Attention And The Focused Life

'An amazing book, beautiful and captivating.' Elif Shafak 'A gorgeous, destabilizing meditation' Raven Leilani From the author of A Separation, a taut and electrifying story about a woman caught between many truths. An interpreter has come to The Hague to escape New York and work at the International Court. A woman of many languages and identities, she is looking for a place to finally call home. She's drawn into simmering personal dramas: her lover, Adriaan, is separated from his wife but still entangled in his marriage. Her friend Jana witnesses a seemingly random act of violence, a crime the interpreter becomes increasingly obsessed with as she befriends the victim's sister. And she's pulled into an explosive political controversy when she's asked to interpret for a former president accused of war crimes. A woman of quiet passion, she confronts power, love, and violence, both in her personal intimacies and in her work at the Court. She is soon pushed to the precipice, where betrayal and heartbreak threaten to overwhelm her, forcing her to decide what she wants from her life. 'Katie Kitamura writes about being an outsider like no other author. Quiet moments are charged with tension and power. In short, the book is remarkable - beautifully written and intelligent.' Avni Doshi 'A perfect novel - taut and seductive. Kitamura has made the existential thriller all her own, and she effortlessly negotiates the personal and the geopolitical with a complex moral nuance.' Brandon Taylor 'Intimacies is a novel about the ruthlessness of power, the check of virtue, and the purportedly neutral bureaucracy meant to mediate between them. Katie Kitamura is among the most brilliant and profound writers at work today; she reminds me how high the moral stakes of fiction can be.' Garth Greenwell 'Kitamura writes with forceful, direct prose that makes for a bracing read and leaves the reader mesmerized.' Vogue \*Best Books to Read in 2021\*

Why do I exist? Is this all there is? What is my true nature? What is most important in life? How should I live? These are humanity's oldest spiritual questions. At the year 2000, however, many who ask them are profoundly estranged from religion. To some, religion is belief in the unbelievable--incom-patible with intelligence and learning. To others, it's just another bureaucratic institution--legalistic, hypo-critical, untrustworthy. Still others have been alienated by their birth traditions, while an increasing number lack any such grounding. What unites this diverse group of skeptical, ambivalent "neoagnostics" is a sense of something deep and vital that eludes the reach of their intellect and education and an inchoate desire for meaning. A half-century of the great secular experiment of Einstein, Marx, and Freud has proved that if religion--the record of our struggle to understand existence and behave accordingly--has grave flaws, so do the materialistic "faiths" that were intended to replace it. After looking for answers in some obvious places, from relationships and accomplishment to art and science, Winifred Gallagher realized that she had not seriously considered religion since childhood's version of Chris-tianity collided with a college education. Asking the question "What if religion could be about something else?" she decided to explore her own heritage, as well as Buddhism, Judaism, and the New Age. She discovered a vast, quiet, "millennial" spiritual revolution that is transforming religion into a process of moving toward--and struggling with--the sacred. Transcending denom-inational boundaries, this new sensibility embraces modern realities from physics to psychiatry, addresses existential questions, values personal experience over institutional authority,

draws insights from multiple traditions, welcomes women as clergy and teachers, and expands morality beyond the personal to the systemic, from economics to ecology. A reporter of behavioral science, Winifred Gallagher began her investigation of postmodern religion with research and interviews, but watched it also become a very personal story of epektasis--straining toward mystery. Journalism and journey unfold over time spent in a Zen monastery and a cloistered convent, small-group discussions and healing rituals, a Conservative synagogue that shares a Christian church, and the birthplace of the New Age. Written with humor, empathy, and a rigorous curiosity, *Working on God* breaks new ground in depicting the broad-based spiritual movement that is transforming culture as well as religion.

WINNER OF THE BETTY TRASK AWARD  
WINNER OF THE SOMERSET MAUGHAM AWARD  
LONGLISTED FOR THE MAN BOOKER PRIZE

'Governments around the world are using behavioural insights to help people achieve their goals. This great new book shows how you can use the same tools in your own life. Go nudge yourself!' - Richard Thaler, winner of the 2017 Nobel Prize in Economics  
A simple and accessible plan for success, based on seven scientifically tested steps that really work. We're often told to dream big, the sky's the limit and that nothing is impossible. While it is undoubtedly good advice to set yourself goals that have the potential to make you and those around you healthier and happier, how to reach those goals is often less clear. From getting fit or securing a new job to becoming a better manager or parent, simply setting your mind to something will rarely get you where you want to be, and big plans can quickly become overwhelming, leaving us feeling as though we've failed. Most of us set goals with very good intentions, so why do our best-laid plans so often go awry? When we're so committed to making positive changes and fulfilling our ambition at the outset, is there a way of avoiding the common roadblocks that stand between our goals and us? Thankfully, the answer is yes - and it's much easier to achieve than you might think. Working inside the world's first Nudge Unit, Owain Service and Rory Gallagher know the huge impact that small changes and clear plans, based on a scientific understanding of human behaviour, can have from an individual to an international level. For the first time, *Think Small* takes these successful approaches and translates them into an easy, simple framework that has the potential to make a big difference to all our lives.

On a Bangalore night in April 2008, cricket and India changed forever. It was the first night of the Indian Premier League – cricket, but not as we knew it. It involved big money, glitz, prancing girls and Bollywood stars. It was not so much sport as tamasha: a great entertainment. *The Great Tamasha* examines how a game and a country, both regarded as synonymous with infinite patience, managed to produce such an event. James Astill explains how India's economic surge and cricketing obsession made it the dominant power in world cricket, off the field if rarely on it. He tells how cricket has become the central focus of the world's second-biggest nation: the place where power and money and celebrity and corruption all meet, to the rapt attention of a billion eyeballs. Astill crosses the subcontinent and, over endless cups of tea, meets the people who make up modern India – from faded princes to back-street bookmakers, slum kids to squillionaires – and sees how cricket shapes their lives and that of their country. Finally, in London he meets Indian cricket's fallen star, Lalit Modi, whose driving energy helped build this new form of cricket before he was dismissed in

disgrace: a story that says much about modern India. The Great Tamasha is a fascinating examination of the most important development in cricket today. A brilliant evocation of an endlessly beguiling country, it is also essential reading for anyone who wants to understand the workings of modern India.

A riveting history of the American West told for the first time through the pioneering women who used the challenges of migration and settlement as opportunities to advocate for their rights, and transformed the country in the process. Between 1840 and 1910, hundreds of thousands of men and women traveled deep into the underdeveloped American West, lured by the prospect of adventure and opportunity, and galvanized by the spirit of Manifest Destiny. Alongside this rapid expansion of the United States, a second, overlapping social shift was taking place: survival in a settler society busy building itself from scratch required two equally hardworking partners, compelling women to compromise eastern sensibilities and take on some of the same responsibilities as their husbands. At a time when women had very few legal or economic--much less political--rights, these women soon proved they were just as essential as men to westward expansion. Their efforts to attain equality by acting as men's equals paid off, and well before the Nineteenth Amendment, they became the first American women to vote. During the mid-nineteenth century, the fight for women's suffrage was radical indeed. But as the traditional domestic model of womanhood shifted to one that included public service, the women of the West were becoming not only coproviders for their families but also town mothers who established schools, churches, and philanthropies. At a time of few economic opportunities elsewhere, they claimed their own homesteads and graduated from new, free coeducational colleges that provided career alternatives to marriage. In 1869, the men of the Wyoming Territory gave women the right to vote--partly to persuade more of them to move west--but with this victory in hand, western suffragists fought relentlessly until the rest of the region followed suit. By 1914 most western women could vote--a right still denied to women in every eastern state. In *New Women in the Old West*, Winifred Gallagher brings to life the riveting history of the little-known women--the White, Black, and Asian settlers, and the Native Americans and Hispanics they displaced--who played monumental roles in one of America's most transformative periods. Like western history in general, the record of women's crucial place at the intersection of settlement and suffrage has long been overlooked. Drawing on an extraordinary collection of research, Gallagher weaves together the striking legacy of the persistent individuals who not only created homes on weather-wracked prairies and built communities in muddy mining camps, but also played a vital, unrecognized role in the women's rights movement and forever redefined the "American woman."

Discover the revolutionary antidote to overload and exhaustion. Have you tried everything to become more productive—but you're still too busy and stressed? That's because the old approaches to productivity just don't work in today's fast-paced, tech-driven workplaces. What does work? Time management is outdated. Attention management is the solution you need. Attention management is the most essential skill you need to live a life of choice rather than a life of reaction and distraction. It's a collection of behaviors, including focus, mindfulness, control, presence, flow, and other skills, that will support your success. Productivity speaker, trainer, and author Maura Nevel Thomas shows you how to master attention management with practical

strategies that make an immediate impact.

The name of Pauline Viardot Garcia was well known during her lifetime, but after her death in 1910, she passed into obscurity. She was born in Paris in 1821, the youngest child of the Spanish tenor, Manuel Garcia; her sister was Maria Malibran, and her brother, Manuel Patrizio Garcia, was an eminent teacher of singing. The first volume of her biography ranges from 1836 until 1863 and covers the most important years of her operatic career. Several composers wrote for her, including Meyerbeer, for whom she created Fidès in *Le Prophète*; Saint Saëns modelled the role of Delilah on her and Brahms composed the Alto Rhapsody, which she premiered in 1870. She encouraged Gounod to write his first opera, *Sapho*, and sang the title role in the premiere at the Paris Opéra and at Covent Garden. Schumann dedicated his *Liederkreis Op. 24* to Viardot, and Fauré dedicated several of his songs to her. She launched the career of Jules Massenet, and gave valuable assistance to Sullivan, Bizet, Stanford, Arthur Goring Thomas and several other musicians at the beginning of their careers. Although she was not good looking, she had a fascinating personality and great charm and several men fell in love with her, including Alfred de Musset, Gounod, Maurice Sand, Ary Scheffer, Berlioz, and Ivan Turgenev, who loved her devotedly for forty years, although she was married to Louis Viardot for the whole of that time. She was a linguist, artist, composer and talented pianist who studied with Franz Liszt, as well as being a superb singer and actress. Liszt admired her songs and said that she was the first woman composer of genius. Her talent for friendship was great, and she counted Chopin and George Sand as two of her most intimate friends. From 1863 until 1870, she lived in Baden-Baden where she became a celebrated musical hostess, as well as a fine teacher and composer. This revised edition, which has additional images and an accompanying CD of songs by Viardot sung by the author, traces the life and work of one of the most important singers of the nineteenth century, Pauline Viardot Garcia. Her influence on figures such as Meyerbeer, Turgenev, Berlioz, Gounod and Liszt, makes this volume, only the second to appear in English, indispensable to the musicologist with an interest in the nineteenth century.

Reports of the death of reading are greatly exaggerated Do books have a future? Does reading? And what's the difference? Digital-age Jeremiahs lament that readers have lost patience for anything longer than a tweet. As our appetite for books dwindles, so too do the virtues in which printed, bound objects once trained us: the willpower to focus on a sustained argument, the curiosity to look beyond the day's news, even the willingness to be alone. However, by examining objects on the shelves of the world's great libraries, book historian Leah Price has discovered that no golden age of reading ever existed. From the dawn of mass literacy to the invention of the paperback, most readers skimmed and multitasked. Print-era doctors warned against the very same silent absorption now recommended as a cure for electronic addictions. A revealing examination of how readers have interacted with books over the centuries, *What We Talk About When We Talk About Books* holds lessons for bibliophiles and literature lovers alike.

**STOP READING THE NEWS** is a vital toolkit for managing the upsetting coronavirus news cycle and finding equilibrium and calm at a time of chaos and uncertainty In 2013 Rolf Dobelli stood in front of a roomful of journalists and proclaimed that he did not read the news. It caused a riot. Now the author of the bestselling *The Art of Thinking Clearly*

finally sets down his philosophy in detail. And he practises what he preaches: he hasn't read the news for a decade. *Stop Reading the News* is Dobelli's manifesto about the dangers of the most toxic form of information - news. He shows the damage it does to our concentration and well-being, and how a misplaced sense of duty can misdirect our behaviour. Most importantly, he offers the reader the guidance on how to live without news, and the many potential gains to be had: less disruption, more time, less anxiety, more insights. In a world of increasing disruption and division, *Stop Reading the News* is a welcome voice of calm and wisdom.

The importance of achieving focus goes well beyond your own productivity. Deep focus allows you to lead others successfully, find clarity amid uncertainty, and heighten your sense of professional fulfillment. Yet the forces that challenge sustained focus range from dingy phones to office politics to life's everyday worries. This book explains how to strengthen your ability to focus, manage your team's attention, and break the cycle of distraction. This volume includes the work of: Daniel Goleman Heidi Grant Amy Jen Su Rasmus Hougaard *HOW TO BE HUMAN AT WORK*. The HBR Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books describe the social skills that are critical for ambitious professionals to master.

"A rich inquiry into what it means to pay (and maintain) attention in a world increasingly permeated with distraction and interference." —Publisher's Weekly Combining expert storytelling with genuine self-scrutiny, Casey Schwartz details the decade she spend taking Adderall to help her pay attention (or so she thought) and then considers the role of attention in defining our lives as it has been understood by thinkers such as William James, David Foster Wallace, and Simone Weil. From our craving for distraction to our craving for a cure, from Silicon Valley consultants and psychedelic researchers to the findings of trauma expert Dr. Gabor Maté, Schwartz takes us on an eye-opening tour of the modern landscape of attention. Blending memoir, biography, and original reporting, Schwarz examines her attempts to preserve her authentic life and decide what is most important in it. *Attention: A Love Story* will resonate with readers who want to determine their own minds, away from the siren call of their screens.

Why are we attuned to the latest headline, diet craze, smartphone, fashion statement? Why do we relish a change of scene, eye attractive strangers, develop new interests? How did Homo sapiens survive near-extinction during an environmental crisis 80,000 years ago, while close cousins very like us have died out? Why is your characteristic reaction to novelty and change the key to your whole personality? Why do we enjoy inexpensive pleasures, like fresh flowers or great chocolate, more than costly comforts, like cars or appliances? How can a species genetically geared to engage with novelty cope in a world that increasingly bombards us with it? Follow a crawling baby around and you'll see that right from the beginning, nothing excites us more than something new and different. Our unique human brains are biologically primed to engage with and even generate novelty, from our ancestors' first bow and arrow to the latest tablet computer. This "neophilia" has enabled us to thrive in a world of cataclysmic change, but now, we confront an unprecedented deluge of new things, from products to

information, which has quadrupled in the past 30 years and shows no sign of slowing. To prevent our great strength from becoming a weakness in today's fast-paced world, we must re-connect with neophilia's grand evolutionary purpose: to help us learn, create, and adapt to new things that have real value and dismiss the rest as distractions. In *New: Understanding Our Need for Novelty and Change*, Winifred Gallagher, acclaimed behavioral science writer and author of *Rapt*, takes us to the cutting-edge laboratories and ancient archeological sites where scientists explore our special affinity for novelty and change. Although no other species can rival our capacity to explore and experiment with the new, we individuals vary in how we balance the conflicting needs to avoid risk and approach rewards. Most of us are moderate "neophiles," but some 15 per cent of us are die-hard "neophiliacs," who have an innate passion for new experiences, and another 15 per cent are cautious "neophobes," who try to steer clear of them—a 1-5-1 ratio that benefits the group's well-being. Wherever you sit on the continuum, *New* shows you how to use this special human gift to navigate more skillfully through our rapidly changing world by focusing on the new things that really matter.

First published in 1920, *The Intellectual Life* has been repeatedly reprinted and continues to inspire and instruct young scholars.

In unrelenting flow of choices confronts us at nearly every moment of our lives, and yet our culture offers us no clear way to choose. This predicament seems inevitable, but in fact it's quite new. In medieval Europe, God's calling was a grounding force. In ancient Greece, a whole pantheon of shining gods stood ready to draw an appropriate action out of you. Like an athlete in "the zone," you were called to a harmonious attunement with the world, so absorbed in it that you couldn't make a "wrong" choice. If our culture no longer takes for granted a belief in God, can we nevertheless get in touch with the Homeric moods of wonder and gratitude, and be guided by the meanings they reveal? *All Things Shining* says we can. Hubert Dreyfus and Sean Dorrance Kelly illuminate some of the greatest works of the West to reveal how we have lost our passionate engagement with and responsiveness to the world. Their journey takes us from the wonder and openness of Homer's polytheism to the monotheism of Dante; from the autonomy of Kant to the multiple worlds of Melville; and, finally, to the spiritual difficulties evoked by modern authors such as David Foster Wallace and Elizabeth Gilbert. Dreyfus, a philosopher at the University of California, Berkeley, for forty years, is an original thinker who finds in the classic texts of our culture a new relevance for people's everyday lives. His lively, thought-provoking lectures have earned him a podcast audience that often reaches the iTunesU Top 40. Kelly, chair of the philosophy department at Harvard University, is an eloquent new voice whose sensitivity to the sadness of the culture—and to what remains of the wonder and gratitude that could chase it away—captures a generation adrift. Re-envisioning modern spiritual life through their examination of literature, philosophy, and religious testimony, Dreyfus and Kelly unearth ancient sources of meaning, and teach us how to rediscover the sacred, shining things that surround us every day. This book will change the way we understand our culture, our history, our sacred practices, and ourselves. It offers a new—and very old—way to celebrate and be grateful for our existence in the modern world.

Previously published as *Create Your Own Economy* "Will change the way you think

about thinking."—Daniel H. Pink, author of *A Whole New Mind* Renowned behavioral economist and commentator Tyler Cowen shows that our supernetworked world is changing the way we think—and empowering us to thrive in any economic climate. Whether it is micro-blogging on Twitter or buying single songs at iTunes, we can now customize our lives to shape our own specific needs. In other words, we can create our own economy—and live smarter, happier, fuller lives. At a time when apocalyptic thinking has become all too common, Cowen offers a much-needed Information Age manifesto that will resonate with readers of Dan Ariely's *Predictably Irrational*, Steven Johnson's *Everything Bad is Good for You*, and everyone hungry to understand our potential to withstand, and even thrive, in any economic climate.

The behavioral scientist author of *Just the Way You Are* presents a provocative argument that the quality of one's life is directly related to the focus of one's attention, drawing on the latest findings in neuroscience and psychology to cover such topics as the human capacity for training concentration, the ways in which the creative mind thinks, and why people deliberate on the wrong factors when making big decisions.

If you supervise or mentor anyone in your work life, these pages will expose you to the mother lode for helping others grow, succeed, and excel. **POWER UP!—THE GUIDE TO LEADERSHIP COACHING WITH STRENGTHS** gives those who coach others the reasons, formats, skills and tools to thrive in that practice. Strengths coaching accesses that “sweet spot” between having a personal counselor and a wise consultant to provide optimal assistance. With a clear outline of the chief skills, tools, and critical mindsets for thriving with strengths-based coaching efforts, **POWER UP!** is an especially rich resource. Gene Knott is a widely sought “coach’s coach,” whose diverse client roster spans the range of leadership roles found in both for-profit and not-for-profit settings. Grounded in current knowledge about positive psychology principles and management scholarship, **POWER UP!** draws on the author’s 24 years of experience coaching executives and working with a range of organizations to deliver a robust, highly useful manual. In these pages you’ll find:

- o strengths coaching’s mental maps, lenses and platforms
- o the 7 key skills for coaching others using positive power
- o more than 40 easily adopted activities, instruments and tools
- o numerous case examples, stories and learning devices
- o a special chapter on leader, team and organization coaching
- o “strongboxes” with wisdom for coaching with strengths

- Gene Knott is a master coach, bringing to life the power of strength-based methods in the coaching process. His straightforward approach makes the theory and research easily understandable, with practical activities, insightful stories, and key takeaways in every chapter. Anyone interested in coaching and being part of the strengths revolution will profit from this book. - Tony Silbert, MSOD, Founding Partner, Innovation Partners International; co-author of *Healing Conversations Now*

*The Confident Teacher* offers a practical, step-by-step guide to developing the habits, characteristics and pedagogy that will enable you to do the best job possible. It unveils the tacit knowledge of great teachers and combines it with respected research and popular psychology. Covering topics such as organisation, using your body language effectively, combatting stress, managing student behaviour, questioning and feedback, and developing confident students, it shows how you can build the confidence and skill to flourish in the classroom. This book will be an essential resource for all qualified and trainee teachers wanting to reach their full potential in this challenging but rewarding profession.

A new edition of the bestselling classic – published with a special introduction to mark its 10th anniversary This pioneering account sets out to understand the structure of the human brain – the place where mind meets matter. Until recently, the left hemisphere of our brain has been seen as the ‘rational’ side, the superior partner to the right. But is this distinction true? Drawing on a vast body of experimental research, Iain McGilchrist argues while our left brain

makes for a wonderful servant, it is a very poor master. As he shows, it is the right side which is the more reliable and insightful. Without it, our world would be mechanistic – stripped of depth, colour and value.

AN INSTANT NEW YORK TIMES BESTSELLER “I absolutely loved Invisible Girl—Lisa Jewell has a way of combining furiously twisty, utterly gripping plots with wonderfully rich characterization—she has such compassion for her characters, and we feel we know them utterly... A triumph!” —Lucy Foley, New York Times bestselling author The #1 New York Times bestselling author of *Then She Was Gone* returns with an intricate thriller about a young woman’s disappearance and a group of strangers whose lives intersect in its wake. Young Saffyre Maddox spent three years under the care of renowned child psychologist Roan Fours. When Dr. Fours decides their sessions should end, Saffyre feels abandoned. She begins looking for ways to connect with him, from waiting outside his office to walking through his neighborhood late at night. She soon learns more than she ever wanted to about Roan and his deceptively perfect family life. On a chilly Valentine’s night, Saffyre will disappear, taking any secrets she has learned with her. Owen Pick’s life is falling apart. In his thirties and living in his aunt’s spare bedroom, he has just been suspended from his job as a teacher after accusations of sexual misconduct—accusations he strongly denies. Searching for professional advice online, he is inadvertently sucked into the dark world of incel forums, where he meets a charismatic and mysterious figure. Owen lives across the street from the Fours family. The Fours have a bad feeling about their neighbor; Owen is a bit creepy and suspect and their teenaged daughter swears he followed her home from the train station one night. Could Owen be responsible? What happened to the beautiful missing Saffyre, and does her disappearance truly connect them all? Evocative, vivid, and unputdownable, Lisa Jewell’s latest thriller is another “haunting, atmospheric, stay-up-way-too-late read” (Megan Miranda, New York Times bestselling author).

A revolutionary look at how what we pay attention to determines how we experience life Acclaimed behavioral science writer Winifred Gallagher's *Rapt* makes the radical argument that much of the quality of your life depends not on fame or fortune, beauty or brains, fate or coincidence, but on what you choose to pay attention to. *Rapt* introduces a diverse cast of characters, from researchers to artists to ranchers, to illustrate the art of living the interested life. As their stories show, by focusing on the most positive and productive elements of any situation, you can shape your inner experience and expand your world. By learning to focus, you can improve your concentration, broaden your inner horizons, and most important, feel what it means to be fully alive.

Journalism is a dangerous business when one’s “beat” is a war zone. Armoudian reveals the complications facing frontline journalists who cover warzones, hot spots and other hazardous situations. It compares yesterday’s conflict journalism, which was fraught with its own dangers, with today’s even more perilous situations—in the face of shrinking journalism budgets, greater reliance on freelancers, tracking technologies, and increasingly hostile adversaries. It also contrasts the difficulties of foreign correspondents who navigate alien sources, languages and land, with domestically-situated correspondents who witness their own homelands being torn apart.

"The author of *In the Mind Fields* now gives us a comprehensive journalistic exploration of our culture's flagging ability to pay attention, infused with the personal struggles and insights of a woman coming to terms with the demands and distractions of the information age. The average American checks their phone 150 times a day, but we touch our phones about 2,617 times in those same hours. Casey Schwartz wants to understand this change in our lives that seemingly happened without our consent. From attention disorders and medications, mindfulness, psychedelics and creativity, to a brief history of distraction itself, Schwartz acts as our sympathetic and qualified guide. Both validating and galvanizing, *Attention* examines our

lives ruled by distraction. Schwartz's personal attempt to revive her attention ("I'm in as deep as anyone, as splintered, dependent, and distracted. I am jittery and incomplete without my phone") and preserve her authentic life will resonate with readers who also find it very nearly impossible to avoid the pixilated siren call of our screens"--

Examines how information technologies are affecting jobs, skills, wages, and the economy.

Are New Yorkers and Californians so different because they live in such different settings? Why do some of us prefer the city to the country? How do urban settings increase crime? Why do we feel better after an experience in nature? In this fascinating and enormously entertaining book, Winifred Gallagher explores the complex relationships between people and the places in which they live, love, and work. Drawing on the latest research on behavioral and environmental science, *THE POWER OF PLACE* examines our reactions to light, temperature, the seasons, and other natural phenomena, and explores the interactions between our external and internal worlds. Gallagher's broad and dynamic definition of place includes mountaintops and the womb, Alaska's hinterlands and Manhattan's subways, and she relates these settings to everything from creativity to PMS, jet lag to tales of UFOs. Full of complex information made totally accessible, *THE POWER OF PLACE* offers the latest insights into the many ways we can change our lives by changing the places we live.

A masterful history of a long underappreciated institution, *How the Post Office Created America* examines the surprising role of the postal service in our nation's political, social, economic, and physical development. The founders established the post office before they had even signed the Declaration of Independence, and for a very long time, it was the U.S. government's largest and most important endeavor—indeed, it was the government for most citizens. This was no conventional mail network but the central nervous system of the new body politic, designed to bind thirteen quarrelsome colonies into the United States by delivering news about public affairs to every citizen—a radical idea that appalled Europe's great powers. America's uniquely democratic post powerfully shaped its lively, argumentative culture of uncensored ideas and opinions and made it the world's information and communications superpower with astonishing speed. Winifred Gallagher presents the history of the post office as America's own story, told from a fresh perspective over more than two centuries. The mandate to deliver the mail—then “the media”—imposed the federal footprint on vast, often contested parts of the continent and transformed a wilderness into a social landscape of post roads and villages centered on post offices. The post was the catalyst of the nation's transportation grid, from the stagecoach lines to the airlines, and the lifeline of the great migration from the Atlantic to the Pacific. It enabled America to shift from an agrarian to an industrial economy and to develop the publishing industry, the consumer culture, and the political party system. Still one of the country's two major civilian employers, the post was the first to hire women, African Americans, and other minorities for positions in public life. Starved by two world wars and the Great Depression, confronted with the country's increasingly anti-institutional mind-set, and struggling with its doubled mail volume, the post stumbled badly in the turbulent 1960s. Distracted by the ensuing modernization of its traditional services, however, it failed to transition from paper mail to email, which prescient observers saw as its logical next step. Now the post office is at a crossroads. Before deciding its future, Americans

should understand what this grand yet overlooked institution has accomplished since 1775 and consider what it should and could contribute in the twenty-first century. Gallagher argues that now, more than ever before, the imperiled post office deserves this effort, because just as the founders anticipated, it created forward-looking, communication-oriented, idea-driven America.

Evolution and Medicine provides an accessible introduction to the new field of evolutionary medicine. Evolutionary concepts help explain why we remain vulnerable to disease, how pathogens and cancer cells evolve, and how the diseases that affected our evolutionary ancestors have shaped our biology.

Tom loves Nina. Nina loves Tom. She only has a few days left to live. The biggest love story since *Love Story*. Barcelona, 1983: Tom has never seen anyone like Nina. She looks like a thirteen-year-old boy and has the stare of a hardened gangster. She's stubborn, bitchy and self-confident. She's also aimless, and much more sensitive than she wants to admit. He falls in love with her at first sight, and doesn't budge from her side until she takes pity on him and they drive from Barcelona to snowy Berlin in an old Mercedes. There they live in an unheated factory, experimenting with pop, drugs, and sex. By now Tom works as an international reporter, while Nina stands in front of the mirror and chain-smokes. Then the Berlin Wall comes down and the restless couple move on to LA, among the rich and the beautiful. Years later they have two sons and find out that cancer is ravaging Nina's body. Tom Kummer, the "Bad Boy" of German journalism, has written a memorial to the woman he loved and lost: a thoroughly shattering book.

Ethan Allen and HGTV may have plenty to say about making a home look right, but what makes a home feel right? In *House Thinking*, journalist and cultural critic Winifred Gallagher takes the reader on a psychological tour of the American home. By drawing on the latest research in behavioral science, an overview of cultural history, and interviews with leading architects and designers, she shows us not only how our homes reflect who we are but also how they influence our thoughts, feelings, and actions. How does your entryway prime you for experiencing your home? What makes a bedroom a sensual oasis? How can your bathroom exacerbate your worst fears? *House Thinking* addresses provocative questions like these, enabling us to understand the homes we've made for ourselves in a unique and powerful new way. It is an eye-opening look at how we live . . . and how we could live.

Trenchant, expansive essays on the cultural consequences of ongoing, all-permeating technological innovation In 1994, Sven Birkerts published *The Gutenberg Elegies*, his celebrated rallying cry to resist the oncoming digital advances, especially those that might affect the way we read literature and experience art—the very cultural activities that make us human. After two decades of rampant change, Birkerts has allowed a degree of everyday digital technology into his life. He refuses to use a smartphone, but communicates via e-mail and spends some time reading online. In *Changing the Subject*, he examines the changes that he observes in himself and others—the distraction when reading on the screen; the loss of personal agency through reliance on GPS and one-stop information resources; an increasing acceptance of "hive" behaviors. "An unprecedented shift is underway," he argues, and "this transformation is dramatically accelerated and more psychologically formative than any previous technological innovation." He finds solace in engagement with art, particularly literature,

and he brilliantly describes the countering energy available to us through acts of sustained attention, even as he worries that our increasingly mediated existences are not conducive to creativity. It is impossible to read *Changing the Subject* without coming away with a renewed sense of what is lost by our wholesale acceptance of digital innovation and what is regained when we immerse ourselves in a good book.

- Don't fall for the prodigy myth - Take off your watch - Embrace struggle - Take a nap - To learn it more deeply, teach it *The Little Book of Talent* is packed full of 52 simple, practical, proven tips that will help improve any skill. Whether you want a better singing voice, a more powerful golf swing or success in the business world, *The Little Book of Talent's* method will help you realise your potential.

*RaptAttention and the Focused Life* Penguin

A collection of Plato's dialogues addresses the importance of cross-examination in the search for truth, the nature of rhetoric and love, and the art of persuasion.

All of us love to spend. But before we can do that, we have to have earned or saved some money. Only sovereigns don't have to: they can print money, or borrow; in our country, where they own banks, they can use our deposits to lend and splurge for goals that may not always be economic in nature. Many rulers have succumbed to the temptation, with dire results - inflation, debased currency, payments crises, bankrupt banks, economic stagnation, loss of public confidence. After centuries of ruinous experiences, some governments learnt, others haven't, to control themselves, create self-governing Central banks and let them manage money and regulate banks. Sometime in 2015, news of unsustainable bad debts (non-performing assets or NPAs) in the Indian banking sector started to first trickle out, and then became a flood. In the forefront were some of India's largest government banks, and a series of tycoons who were running their empires on unpaid debts. The banks' problems landed on the table of Urjit Patel when he became Governor of Reserve Bank of India in September 2016. Based on thirty years of macroeconomic experience, he worked out the '9R' strategy which would save our savings, rescue our banks and protect them from unscrupulous racketeers. In this book, he explains the problem and how it blew up; and how he would have resolved it if he had not been prevented.

'If you want to achieve more (without going nuts), read this book.' - Charles Duhigg, bestselling author of *The Power of Habit* and *Smarter Faster Better* 'Make Time is essential reading for anyone who wants to create a happier, more successful life.' - Gretchen Rubin, author of *The Happiness Project* \_\_\_\_\_ Most of our time is spent by default. We all wish for more hours in the day. We all struggle to make time for what matters. Help is here. Productivity experts Jake Knapp and John Zeratsky have created a four-step framework that anyone can use, packed with more than 80 tactics to help you design your day around the things that matter. Tactics such as: · Choose a daily highlight · Be the boss of your phone · Stay out of social media infinity pools · Slow your inbox · Make TV a 'sometimes treat' · Exercise every day (but don't be a hero) · Eat without screens · Go off grid · Spend time with your tribe · Make your bedroom a bed room With tips and tricks to help you change your life, it's time to stop daydreaming about projects and activities that you'll get to 'someday', and start that someday today.

16-year-old Taji Kaur is living a blissful life - after a grand and lavish wedding ceremony she has her first baby and is expecting the second in August of 1947. In the backdrop, the British Raj in India is coming to an end and a line of partition is being proposed between India and Pakistan. Taji and her husband, Indian Sikhs, find themselves on the wrong side of the border. Amidst the ravages of riots and bloodshed, they make a desperate attempt to cross a mountainous region to reach India; but the journey is far from straightforward. This is a heart-wrenching, real-life story of borders, civil unrest, loss, migration, religion and incredible

bravery, told through the eyes of one woman who lived through these tragedies.

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