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Conflict and Courage

The hardest part of a manager's job isn't staying organized, meeting deliverable dates, or staying on budget. It's dealing with people who are too comfortable doing things the way they've always been done and too afraid to do things differently—workers who are, as author Bill Treasurer puts it, too “comfeartable.” Such workers fail to exert themselves any more than they have to, equating “just enough” with good enough. By avoiding even mild challenges, these workers thwart forward progress and make their businesses dangerously safe. To combat this affliction, Treasurer proposes a bold antidote: courage. In *Courage Goes to Work*, he lays out a comprehensive, step-by-step process that treats courage as a skill that can be developed and strengthened. He Treasurer shows how managers can build workplace courage by modeling courageous behavior themselves, creating an environment where people feel safe taking chances and helping workers deal with fear. To make the concept of courage more concrete, Treasurer identifies what he calls the Three Buckets of Courage: Try Courage, having the guts to take initiative; Trust Courage, being willing to follow the lead of others; and Tell Courage, being honest and assertive with coworkers and bosses. He illustrates each with a variety of vivid real-world examples and offers proven practices for helping your workers keep each bucket full. Aristotle said that courage is the first virtue because it makes all other virtues possible. It's as true in business as it is in life. With more courage, workers gain the necessary confidence to take on harder projects, embrace company changes with more enthusiasm, and extend themselves in ways that will benefit their careers and their company. *Courage Goes to Work* is the first book to take a systematic approach to developing a vital but overlooked component of business success.

Be Safe, Love Mom

From the founder of "layoff survivor sickness" an updated edition of a book for today's downsized workforce Thoroughly revised and updated, David Noer's classic book about downsized organizations has never been more relevant. Reports of the most recent layoffs are making the front pages of our newspapers with frightening regularity. And massive downsizing continues to reshape the face of American business. But what about those who remain behind? *Healing the Wounds* provides an antidote to the widespread malaise on the American business scene left in the

wake of workforce reductions. Drawing on case studies and original research, David M. Noer-an expert frequently quoted in major media such as The Wall Street Journal and Fortune on the topic of layoffs and layoff survivor sickness-provides executives, human resource professionals, managers, and consultants with an original model and clear guidelines for revitalizing downsized organizations and the employees left behind. Offers thoroughly revised edition of a book about layoffs and those who are left behind Filled with relevant case studies and recent research Written by David Noer an acclaimed expert on the topic Gives employers much-needed guidance for revitalizing downsized companies

My Courage to Tell

"This book is for teachers who have good days and bad -- and whose bad days bring the suffering that comes only from something one loves. It is for teachers who refuse to harden their hearts, because they love learners, learning, and the teaching life." - Parker J. Palmer [from the Introduction] Teachers choose their vocation for reasons of the heart, because they care deeply about their students and about their subject. But the demands of teaching cause too many educators to lose heart. Is it possible to take heart in teaching once more so that we can continue to do what good teachers always do -- give heart to our students? In *The Courage to Teach*, Parker Palmer takes teachers on an inner journey toward reconnecting with their vocation and their students -- and recovering their passion for one of the most difficult and important of human endeavors.

Face Your Fear

"There must be more to the Christian life than this—more than church each Sunday and waving to my neighbors and giving some clothes to Goodwill when I go through my closet each spring." These aren't bad things, of course. But they're safe and comfortable and easy. And there's a reason they're not satisfying your desire for something more significant and meaningful—we're created by God for adventure. International Justice Mission president Gary Haugen has found that engaging in the fight for justice is the most deeply satisfying way of life. This book shows how we too can be a part of God's great expedition.

Women of Courage

For fans of Jason Reynolds and Kwame Alexander, a poignant and timely novel about race, class, and second chances. Ever since T'Shawn's dad died, his mother has been struggling to keep the family afloat. So when he's offered a spot on a prestigious diving team at the local private swim club, he knows that joining would only add another bill to the pile. But T studies hard and never gets into trouble, so he thinks his mom might be willing to bear the cost... until he finds out that his older brother, Lamont, is getting released early from prison. Luckily, T'Shawn is given a scholarship, and he can put all his frustration into diving practices. But when criminal activity increases in the neighborhood and people begin to suspect Lamont, T'Shawn begins to worry that maybe his brother hasn't left his criminal past behind after all. And he struggles to hold on to the hope that they can put the broken pieces of their damaged relationship back together.

The Courage to Teach

"How do you rebuild your life after sexual abuse?'The Courage To Be Me' combines science, storytelling and illustration to send a message of hope to the millions of people who are living with the impact of rape or sexual abuse."--Back cover.

Daring Greatly

#1 NEW YORK TIMES BESTSELLER • A timely and important book that challenges everything we think we know about cultivating true belonging in our communities, organizations, and culture, from the #1 bestselling author of *Rising Strong*, *Daring Greatly*, and *The Gifts of Imperfection* Don't miss the hourlong Netflix special *Brené Brown: The Call to Courage!* HELLO SUNSHINE BOOK CLUB PICK "True belonging doesn't require us to change who we are. It requires us to be who we are." Social scientist Brené Brown, PhD, LMSW, has sparked a global conversation about the experiences that bring meaning to our lives—experiences of courage, vulnerability, love, belonging, shame, and empathy. In *Braving the Wilderness*, Brown redefines what it means to truly belong in an age of increased polarization. With her trademark mix of research, storytelling, and honesty, Brown will again change the cultural conversation while mapping a clear path to true belonging. Brown argues that we're experiencing a spiritual crisis of disconnection, and introduces four practices of true belonging that challenge everything we believe about ourselves and each other. She writes, "True belonging requires us to believe in and belong to ourselves so fully that we can find sacredness both in being a part of something and in standing alone when necessary. But in a culture that's rife with perfectionism and pleasing, and with the erosion of civility, it's easy to stay quiet, hide in our ideological bunkers, or fit in rather than show up as our true selves and brave the wilderness of uncertainty and criticism. But true belonging is not something we negotiate or accomplish with others; it's a daily practice that demands integrity and authenticity. It's a personal commitment that we carry in our hearts." Brown offers us the clarity and courage we need to find our way back to ourselves and to each other. And that path cuts right through the wilderness. Brown writes, "The wilderness is an untamed, unpredictable place of solitude and searching. It is a place as dangerous as it is breathtaking, a place as sought after as it is feared. But it turns out to be the place of true belonging, and it's the bravest and most sacred place you will ever stand."

The Courage Habit

Take Courage - Bible Study Book

Get out of the rut-and into a new career. What do you want to be when you grow up? That question nags at us long after childhood. Why is it so hard to figure out? Because finding your true calling takes courage. It means conquering fears, shedding misguided ideas, and mustering the strength to let go of a safe job and stage your next act. *Career Courage* serves as a personal coach through the soul-searching and planning process ahead, whether you're a college grad contemplating choices, a seasoned professional seeking new directions, or a stay-

at-home mom preparing to reenter the workplace. Packed with exercises and stories of inspiring second acts, the book poses tough questions about motivation, confidence, character, risk tolerance, and more. The answers will power your journey forward as you learn to: Clarify what really matters * Express your point of view * Build strong relationships and a robust network * Stay focused on finances * Think like an entrepreneur * Prioritize a truly fulfilling life * And more A career that seemed promising can feel like a dead end today. Career Courage helps you break free and create your own brand of success.

The Things They Carried

The Boy who was Afraid

In this book, Ruth Senter chronicles the journey of faith and risk that she began as a child and continues today. In warm and often candid revelations, you'll see how Ruth exchanged her fearful grasping after personal security for obedience to God. She challenges you to step out from the shelter of comfort and safety - physical or psychological - grow stronger in your faith, and open your life to wider possibilities.

The Courage to Be Me

Sexual healing has been a clandestine alternative healing modality in the shadows of public awareness. This guidebook seeks to bring sexual healing out of the shadows and inform both healers and those seeking healing about how to conduct sexual healing sessions safely. Safe Sexual Healing goes behind the scenes and reveals how sexual healing works and shares key principles and essential practices needed to provide safety for both clients and healers. It provides essential information to sexual trauma survivors on how to pick a sexual healer and what to expect in sexual healing sessions. Healers gain important insight into the healer-client relationship and learn what to watch out for during sessions to prevent harming their clients.

The Courage to Be Disliked

Before time began, you were imagined, planned, and created for a specific and unique purpose. There is something you were created to do and if you don't do it, it will never be done. It is urgent that you find the courage to be and do all you were created for. Someone is waiting for you to be you. Have you ever contemplated your particular purpose - the reason you are on this planet? Have you intentionally pursued your true identity and attempted to fulfill your destiny? Do You Have The Courage To Be You? If you answered "No" to any of these questions, but want to answer "Yes," then life coach, Jenny Williamson, will help you to do just that through the pages of this book. Do You Have The Courage To Be You? was the provocative question that changed the entire trajectory of Jenny's life, and became the impetus used to propel her on a journey of discovering her water-walking, giant-slaying, history-making destiny. She prays it will do the same for you. As Jenny neared her fortieth birthday, she felt pitifully ordinary, was mired in mediocrity, and cloaked in comfort. She knew courage would be required for her

to leave the known for the unknown. What does it mean to have the courage to be you? What thought patterns or belief systems keep you from being you? What challenges must be faced? How do you find your unique purpose? Within this powerful book, Jenny answers these questions, while transparently sharing her own story. Her journey led her to a vulnerable group of children - children who are being sold for sex - who needed a home and a family. Where will your answers lead you?

Beyond Safe Places

"Beautiful, vivid writing and a power-packed plot . . . I truly loved it." --Lauren Tarshis, bestselling author of the I SURVIVED series A major hurricane is raging across the southern United States, and two unsuspecting kids are about to have the adventure of a lifetime! Perfect for kids who love high-stakes plots and natural disaster movies, and anyone interested in extreme weather! A little rain and wind don't worry Alejo--they're just part of life at the beach. As his padrino says, as long as there are birds in the waves, it's safe. When people start evacuating, though, Alejo realizes things might be worse than he thought. And they are. A hurricane is headed straight for Puerto Rico. Emily's brother, Elliot, has been really sick. He can't go outside their New Orleans home, so Emily decides to have an adventure for him. She's on a secret mission to the tiny island Elliot loves. She's not expecting to meet up with an injured goose or a shy turtle. And nothing has prepared her for Megastorm Valerie. Soon Alejo and Emily will be in Valerie's deadly path. Who will survive?

Stop Playing Safe

A deeply personal account of Congresswoman Gabrielle Giffords' and astronaut Mark Kelly's lives together, recounting their courtship, Ms Giffords' rise in politics, and the tragic 8th January 2011 shooting in Arizona which killed six people and gravely wounded Representative Gifford and twelve others. The book also tells the story of her recovery progress and traces Kelly's career from decorated Desert Storm combat pilot to his recent mission as the commander of Space Shuttle Endeavour's final flight.

Call It Courage

"An older sister explains to her younger sister all the things she used to be afraid of, along with some tricks to help, whether it's a special blanket for bedtime or singing during a storm"--

Healing the Wounds

Tap the power of courage and achieve greater clarity, confidence, and satisfaction in your work and life Considering the current state of the global economy, it's easy to see why so many people and companies have become shy about sticking their necks out.

Choosing Courage

Easy-to-use guide that helps elementary and middle school students develop their Internet skills while keeping safe Most school-age children use the Internet every day. However, many possess naive attitudes about their online safety and can inadvertently engage in a range of high-risk behaviors. Developed by i-SAFE™, the leading nonprofit organization dedicated to Internet safety education, this important resource offers a series of fun lessons and teachers' guides to help students in grades K-8 learn how to stay safe online. Filled with activities, the book shows young children how to have fun online while keeping safe From i-SAFE™ the organization dedicated to Internet safety education Topics include basic Internet safety, protecting personal information, preventing cyberbullying, avoiding predators, netiquette, and much more This is a must-have book that teachers and parents can use to help kids become Internet-savvy.

Safe Sexual Healing

A classic work of American literature that has not stopped changing minds and lives since it burst onto the literary scene, *The Things They Carried* is a groundbreaking meditation on war, memory, imagination, and the redemptive power of storytelling. *The Things They Carried* depicts the men of Alpha Company: Jimmy Cross, Henry Dobbins, Rat Kiley, Mitchell Sanders, Norman Bowker, Kiowa, and the character Tim O'Brien, who has survived his tour in Vietnam to become a father and writer at the age of forty-three. Taught everywhere—from high school classrooms to graduate seminars in creative writing—it has become required reading for any American and continues to challenge readers in their perceptions of fact and fiction, war and peace, courage and fear and longing. *The Things They Carried* won France's prestigious Prix du Meilleur Livre Etranger and the Chicago Tribune Heartland Prize; it was also a finalist for the Pulitzer Prize and the National Book Critics Circle Award.

Fire Officer

Unlike the memoir of a famous person, my story lives with the millions of baby boomers who passed me a joint and a beer in college and again at the corporate picnic. Before the Woodstock weekend in 1969, I graduated from college and married the mother of our love child, began training for a computer programming career, and a few months later got a high number in the draft lottery. My use of recreational drugs escalated from fun getting high to a craving that trumped my love for drinking beer. I secured a project manager job at the corporate offices of a world-wide company which is where I entered a fast lane that became a free fall to the bottom of my life. My days began by smoking dope to medicate my alcohol ravaged insides, so I could tolerate the gridlock of morning rush hour traffic. Business days included getting high at noon while on the way to seedy strip joints for a lunch of drinking. The true measure of my self-destruction lay hidden on the dark side of my life where substances and out of control people influenced me into doing things I knew were wrong. On Dec 17, 2001 my doctor showed me the results of my physical to explain that if I continued to drink I would die sooner rather than later. His prognosis scared me, so I poured out my alcohol and used an old AA schedule to attend the first of some 1800 meetings. My story is full of experiences from my days at the bottom of life, through the first years in recovery,

to a day in sobriety. My book combines short stories of life with vivid descriptions of actual situations that allow the reader to see this life-threatening disease from all angles. There are messages for the friends and family of an addict, so they can see that secrecy and enabling are part of the madness. When you have finished my memoir some of the mystery that surrounds alcoholism and drug addiction will be answered: why people hit deep bottoms, fear based decisions, motive driven behavior, and how the disease twists the mind of the alcoholic / drug addict. Although my past is a mixture of shame and guilt, I'll tell you who I was, what I did, and the lessons I had to learn more than once. Since Dec. 17, 2001 I have not found a problem or instance that I thought drinking and using would improve. I do not preach the virtues of sobriety I merely open my story for the reader to take what they need.

Courage

Study the Book of Haggai to learn lessons from the ancient Israelites, who returned home from captivity to find their land and homes in shambles. They attempted to reconstruct the temple, however, they became discouraged and quit. Haggai challenged them to consider their priorities and get back to work. Like the Israelites, sometimes we find ourselves in transition, with wrecked lives and little hope. This study will challenge us to take courage, rebuild what is broken, and rise to be the women God calls us to be. (7 sessions) Features: Leader helps to guide questions and discussions within small groups Personal study segments to complete between 7 weeks of group sessions Interactive teaching videos, approximately 25 minutes per session, for purchase or rent Benefits: Defeat discouragement with God's presence, people, and Word. Choose devotion to God over promotion of self. See beyond your current circumstances to a future in Christ.

Eric Liddell

#1 NEW YORK TIMES BESTSELLER • Brené Brown has taught us what it means to dare greatly, rise strong, and brave the wilderness. Now, based on new research conducted with leaders, change makers, and culture shifters, she's showing us how to put those ideas into practice so we can step up and lead. Don't miss the hourlong Netflix special Brené Brown: The Call to Courage! NAMED ONE OF THE BEST BOOKS OF THE YEAR BY BLOOMBERG Leadership is not about titles, status, and wielding power. A leader is anyone who takes responsibility for recognizing the potential in people and ideas, and has the courage to develop that potential. When we dare to lead, we don't pretend to have the right answers; we stay curious and ask the right questions. We don't see power as finite and hoard it; we know that power becomes infinite when we share it with others. We don't avoid difficult conversations and situations; we lean into vulnerability when it's necessary to do good work. But daring leadership in a culture defined by scarcity, fear, and uncertainty requires skill-building around traits that are deeply and uniquely human. The irony is that we're choosing not to invest in developing the hearts and minds of leaders at the exact same time as we're scrambling to figure out what we have to offer that machines and AI can't do better and faster. What can we do better? Empathy, connection, and courage, to start. Four-time #1 New York Times bestselling author Brené Brown has spent the past two decades studying the

emotions and experiences that give meaning to our lives, and the past seven years working with transformative leaders and teams spanning the globe. She found that leaders in organizations ranging from small entrepreneurial startups and family-owned businesses to nonprofits, civic organizations, and Fortune 50 companies all ask the same question: How do you cultivate braver, more daring leaders, and how do you embed the value of courage in your culture? In this new book, Brown uses research, stories, and examples to answer these questions in the no-BS style that millions of readers have come to expect and love. Brown writes, "One of the most important findings of my career is that daring leadership is a collection of four skill sets that are 100 percent teachable, observable, and measurable. It's learning and unlearning that requires brave work, tough conversations, and showing up with your whole heart. Easy? No. Because choosing courage over comfort is not always our default. Worth it? Always. We want to be brave with our lives and our work. It's why we're here." Whether you've read *Daring Greatly* and *Rising Strong* or you're new to Brené Brown's work, this book is for anyone who wants to step up and into brave leadership.

New Woman

My Courage to Tell is the story of one woman's struggle to overcome a childhood of abuse at the hands of her cruel, bullying brother. Memories of this abuse remain deeply buried until an Aunt dies in Manhattan, leaving an estate Laura Corbeth must settle with her estranged brother. As she tries to administer the estate, Laura is plagued by symptoms of post-traumatic stress. Suppressed memories start to rise to the surface. Laura begins to remember, and to face, a childhood of psychological and physical abuse. No cuts. No bruises. No scratches. Her brother was sly, constraining her to spit in her face, lick her or perform tickle torture. He took pleasure in dominating her and playing on her fears - relishing his control over his younger sibling. His lies and manipulations terrified her. Witnessing his torture of animals, left no doubt in Laura's mind that her tormentor would follow through on his threat that he would kill her if she told. And, where were her parents? Rather than investigating Laura's deteriorating situation, they believed their son's continuous lies as he denied his abuse of Laura. When they did catch glimpses of their son's cruelty, they put it down to sibling rivalry. But it was not sibling rivalry. It was ruthless, relentless, psychological and physical abuse. And, by not dealing with it, her parents were complicit. Unheard, unprotected, Laura was completely on her own. *My Courage to Tell* is one of the first memoirs to shine a light on abuse from a sibling's perspective. It also reveals how families that buy into the lies and manipulations, ignore the problems and stonewall, enable the abuser and foster mental illness. Travel with Laura as she uncovers her past, finds the help and courage to face that past and ultimately confronts her abuser and her family.

The Courage to Surrender

A legend of a Polynesian boy, who, called a coward for being afraid of the sea, sets out to overcome his fears

Dare to Lead

****Now on Netflix as The Call to Courage**** Every time we are introduced to someone new, try to be creative, or start a difficult conversation, we take a risk. We feel uncertain and exposed. We feel vulnerable. Most of us try to fight those feelings - we strive to appear perfect. In a powerful new vision Dr Brené Brown challenges everything we think we know about vulnerability, and dispels the widely accepted myth that it's a weakness. She argues that, in truth, vulnerability is strength and when we shut ourselves off from vulnerability - from revealing our true selves - we distance ourselves from the experiences that bring purpose and meaning to our lives. *Daring Greatly* is the culmination of 12 years of groundbreaking social research, across every area of our lives including home, relationships, work, and parenting. It is an invitation to be courageous; to show up and let ourselves be seen, even when there are no guarantees. This is vulnerability. This is daring greatly.

Safe Spaces, Brave Spaces

When you enlist in the United States military, you don't just sign up for duty; you also commit your loved ones to lives of service all their own. No one knows this better than Elaine Brye, an "Army brat" turned military wife and the mother of four officers—one each in the Army, Navy, Air Force, and Marine Corps. For more than a decade she's endured countless teary goodbyes, empty chairs at Thanksgiving dinners, and sleepless hours waiting for phone calls in the night. She's navigated the complicated tangle of emotions—pride, worry, fear, hope, and deep, enduring love—that are part and parcel of life as a military mother. In *Be Safe, Love Mom* Elaine braids together her own personal experiences with those of fellow parents she's met along the way. She offers gentle guidance and hard-earned wisdom on topics ranging from that first anxious goodbye to surrendering all control of your child, from finding comfort in the support of the military community and the healing power of faith to coping with the enormous sacrifices life as a military mother requires. Readers looking for encouragement and hard-to-come-by information as they travel the challenging road of having a child in uniform will find Elaine a wise and trusted friend, and *Be Safe, Love Mom* an essential handbook to membership in a strong and special sisterhood.

Bye-Bye, Fears

A biography of the Scottish missionary and runner who won a gold medal in the 1924 Olympics and went on to do missionary work in China.

i-SAFE Internet Safety Activities

Get unstuck and chart your best course towards your biggest life If you've ever wondered if there's more to life than the one you're living, this book is for you. In 7 simple steps *Make Your Mark* will show you how to reset your compass to bring your boldest dreams into reality and make your own special mark on the world. Whether you want to get more enjoyment from the path you're on or completely over-haul your life, you'll learn valuable tools to map out a plan, achieve your biggest goals and overcome any challenge. Written with the realness and practical wisdom we've come to expect from bestselling author Margie Warrell, it combines

insightful advice with powerful questions to help you dig beneath your deepest fears and enjoy more of what you've longed for — in your work, relationships and life. Of course, changing what hasn't been working in your life requires courage. Courage to take risks and trade the familiarity of the known for the possibilities of your future. If you're ready to get out of the stands and take full ownership of your life, then grab a pen and get ready to bring your bravest self forward to create your biggest life. Rediscover your passion and clarify the highest vision for your life Upgrade your mental maps and rewrite the stories holding you back Reclaim the power your fears have held over you, often unconsciously Recharge your motivation with daily rituals that amplify your strengths and bring out the best in those around you Your future is still unwritten. Taking time to Make Your Mark will arm you with the clarity, confidence, and courage you need to write a story you'll be forever proud to tell.

The Warrior's Heart

Based on a Polynesian legend, this is the story of a youth who overcomes his fear of the sea and proves his courage to himself and his tribe.

Gabby

A critical evaluation of Philip Roth—the first of its kind—that takes on the man, the myth, and the work Philip Roth is one of the most renowned writers of our time. From his debut, *Goodbye, Columbus*, which won the National Book Award in 1960, and the explosion of Portnoy's Complaint in 1969 to his haunting reimaging of Anne Frank's story in *The Ghost Writer* ten years later and the series of masterworks starting in the mid-eighties—*The Counterlife*, *Patrimony*, *Operation Shylock*, *Sabbath's Theater*, *American Pastoral*, *The Human Stain*—Roth has produced some of the great American literature of the modern era. And yet there has been no major critical work about him until now. Here, at last, is the story of Roth's creative life. Roth *Unbound* is not a biography—though it contains a wealth of previously undisclosed biographical details and unpublished material—but something ultimately more rewarding: the exploration of a great writer through his art. Claudia Roth Pierpont, a staff writer for *The New Yorker*, has known Roth for nearly a decade. Her carefully researched and gracefully written account is filled with remarks from Roth himself, drawn from their ongoing conversations. Here are insights and anecdotes that will change the way many readers perceive this most controversial and galvanizing writer: a young and unhappily married Roth struggling to write; a wildly successful Roth, after the uproar over Portnoy, working to help writers from Eastern Europe and to get their books known in the West; Roth responding to the early, Jewish—and the later, feminist—attacks on his work. Here are Roth's family, his inspirations, his critics, the full range of his fiction, and his friendships with such figures as Saul Bellow and John Updike. Here is Roth at work and at play. Roth *Unbound* is a major achievement—a highly readable story that helps us make sense of one of the most vital literary careers of the twentieth and twenty-first centuries.

Make Your Mark

“Marie Kondo, but for your brain.” —HelloGiggles “Compelling from front to back. Highly recommend.” —Marc Andreessen Reading this book could change your life. *The Courage to Be Disliked*, already an enormous bestseller in Asia with more than 3.5 million copies sold, demonstrates how to unlock the power within yourself to be the person you truly want to be. Is happiness something you choose for yourself? *The Courage to Be Disliked* presents a simple and straightforward answer. Using the theories of Alfred Adler, one of the three giants of nineteenth-century psychology alongside Freud and Jung, this book follows an illuminating dialogue between a philosopher and a young man. Over the course of five conversations, the philosopher helps his student to understand how each of us is able to determine the direction of our own life, free from the shackles of past traumas and the expectations of others. Rich in wisdom, *The Courage to Be Disliked* will guide you through the concepts of self-forgiveness, self-care, and mind decluttering. It is a deeply liberating way of thinking, allowing you to develop the courage to change and ignore the limitations that you might be placing on yourself. This plainspoken and profoundly moving book unlocks the power within you to find lasting happiness and be the person you truly want to be. Millions have already benefited from its teachings, now you can too.

Roth Unbound

What kind of life would you live if you didn't allow your fears to hold you back? *The Courage Habit* offers a powerful program to help you conquer your inner critic, work toward your highest aspirations, and build a courageous community. Are your fears preventing you from living the life you truly want? Do you ever wish that you had a better job, lived in a different city, or had more authentic and nurturing relationships? Many people believe that they would do more, accomplish more, and feel more fulfilled if only they could rid themselves of that fearful inner voice that constantly whispers, “you can't do it.” In *The Courage Habit*, certified life coach Kate Swoboda offers a unique program based in cognitive behavioral therapy (CBT) and acceptance and commitment therapy (ACT) to help you act courageously in spite of fear. By identifying your fear triggers, releasing yourself from your past experiences, and acting on what you truly value, you can make courage a daily habit. Using a practical four-part program, you'll learn to understand the emotions that arise when fears are triggered, and to pause and evaluate your emotional state before you act. You'll discover how to listen without attachment to the self-defeating messages of your inner critic, understand the critic's function, and implement respectful boundaries so that your inner voice no longer controls your behavior. You'll reframe self-limiting life narratives that can—without conscious awareness—dictate your day-to-day decisions. And finally, you'll nurture more authentic connections with family, friends, and community in order to find support and reinforce the life changes you're making. If you feel like something is holding you back from landing your dream job, moving to a new city, having a satisfying love relationship, or simply taking advantage of all life has to offer—and if you have a sneaking suspicion that that something is you—then this one-of-a-kind guide will show you how to finally break free from self-doubt and start living your best life.

Make Trouble

More than forty women tell their stories of bravery, writing about how they overcame despair and depression, using their inner strength to carry them through. Original. 25,000 first printing. Tour.

Do You Have the Courage to Be You?

Heroes shall rise and fall, the earth shall be stained red, and the fate of the Banished Lands will be decided once and for all in *A Time of Courage*, the final book in acclaimed fantasy author John Gwynne's *Of Blood and Bone* trilogy. The demon king Asroth has been freed from his iron prison. Now, alongside his dark bride Fritha, he plans to conquer the whole of the Banished Lands. In the shadows of *Forn Forest*, Riv and the surviving Ben-Elim desperately search for a way to unite those who remain against Asroth's vast army. Far in the west, Drem is with the Order of the Bright Star, besieged by a demon horde. Their fragile defenses are on the brink of shattering, but they know that it is better to fight and die than to live without hope. And across the Banished Lands, armies are heading south, to settle ancient grudges and decide the fate of humanity. *Of Blood and Bone*
A Time of Dread
A Time of Blood
A Time of Courage
The Faithful and the Fallen
Malice
Valor
Ruin
Wrath

Just Courage

Shares the author's adventures as a young man that led him to a life of service as both a humanitarian and a Navy SEAL.

Braving the Wilderness

The National Fire Protection Association (NFPA) And The International Association Of Fire Chiefs (IAFC) Are Pleased To Bring You The Second Edition Of *Fire Officer: Principles And Practice*, A Modern Integrated Teaching And Learning System For The Fire Officer I And II Levels. Fire Officers Need To Know How To Make The Transition From Fire Fighter To Leader. *Fire Officer: Principles And Practice*, Second Edition Is Designed To Help Fire Fighters Make A Smooth Transition To Fire Officer. Covering The Entire Scope Of NFPA 1021, Standard For Fire Officer Professional Qualifications, 2009 Edition, *Fire Officer* Combines Current Content With Dynamic Features And Interactive Technology To Better Support Instructors And Help Prepare Future Fire Officers For Any Situation That May Arise. Safety Is Principle! The Second Edition Features A Laser-Like Focus On Fire Fighter Safety. Reducing Fire Fighter Injuries And Deaths Requires The Dedicated Efforts Of Every Fire Fighter, Fire Officer, Fire Department, And The Entire Fire Community Working Together. It Is With This Goal In Mind That We Have Integrated The 16 Firefighter Life Safety Initiatives Developed By The National Fallen Firefighters Foundation Into The Text. Likewise, In Each Of The Chapters, Actual National Fire Fighter Near-Miss Reporting System Cases Are Discussed To Drive Home Safety And The Lessons Learned From Those Incidents. Some Of The Guiding Principles Added To The New Edition Include:

- Description Of The "Everybody Goes Home" And The National Fire Fighter Near-Miss Reporting System, Including Over A Dozen Company Officer Near-Miss Examples Throughout The Text.
- Description Of The IAFC/IAFF Firefighter Safety And Deployment Study.
- The Latest Fire Fighter Death And Injury Issues As

Reported By The NFPA? National Fallen Firefighters Foundation, IAFC, And IAFF, Including Results Of A Thirty-Year Retrospective Study. •Changes In Fire-Ground Accountability And Rapid Intervention Practices. •Results Of National Institute Of Standards And Technology Research On Wind-Driven Fires, Thermal Imaging Cameras, And Fire Dynamics As Related To Fire Fighter Survival. •The Latest Developments In Crew Resource Management. The Second Edition Also Reflects The Latest Developments In: •Building A Personal Development Plan Through Education, Training, Self-Development, And Experience, Including A Description Of The Fire And Emergency Services Higher Education (FESHE) Program. •The Impact Of Blogs, Video Sharing, And Social Networks. •How To Budget For A Grant. •Changes In The National Response Framework And National Incident Management System. Additional Items Related To Fire Fighter Safety And Health Are Included.

A Time of Courage

A world famous thinker, author, lecturer, and activist, whose diverse, acclaimed and immensely popular body of work covers such subjects as religion, relationships, and bravery, Boteach now turns his attention to America's present state of mind and comes to the conclusion that fear is crippling society with unprecedented force. The only way to escape this climate is to learn what fear is and how to overcome it. He tackles fear headlong and answers the following questions: What is fear? What is it doing to us? Why is it affecting us now more than ever before? How can we be so powerful a society yet so susceptible to fear? How can we conquer it? Why do we need to conquer it? Face Your Fear is a book so relevant that it has a chance to be absorbed by society's consciousness and to change the way we think.

Storm Blown

How does an ordinary person become a hero? It happens in a split second, a moment of focus and clarity, when a choice is made. Here are the gripping accounts of Medal of Honor recipients who demonstrated guts and selflessness on the battlefield and confronted life-threatening danger to make a difference. There are the stories of George Sakato and Vernon Baker—both of whom overcame racial discrimination to enlist in the army during World War II (Sakato was a second-generation Japanese American, Baker an African American) and went on to prove that heroes come in all colors—and Clint Romesha, who led his outnumbered fellow soldiers against a determined enemy to prevent the Taliban from taking over a remote U.S. Army outpost in Afghanistan. Also included are civilians who have been honored by the Congressional Medal of Honor Foundation for outstanding acts of bravery in crisis situations, from a school shooting to the 9/11 attacks on the World Trade Center. Adding depth and context are illuminating essays on the combat experience and its aftermath, covering topics such as overcoming fear; a mother mourning the loss of her son; and “surviving hell” as a prisoner of war.

Courage Goes to Work

From Cecile Richards, the former president of Planned Parenthood for more than a decade, daughter of the late Ann Richards, featured speaker at the Women's

March on Washington, and “the heroine of the resistance” (Vogue), comes “an enthralling memoir” (Booklist, starred review) filled with “practical advice and inspiration for aspiring leaders everywhere” (Hillary Rodham Clinton). Cecile Richards has been an activist since she was taken to the principal’s office in seventh grade for wearing an armband in protest of the Vietnam War. Richards had an extraordinary childhood in ultra-conservative Texas, where her civil rights attorney father and activist mother taught their kids to be troublemakers. She had a front-row seat to observe the rise of women in American politics and watched her mother, Ann, transform from a housewife to an electrifying force in the Democratic party. As a young woman, Richards worked as a labor organizer alongside women earning minimum wage, and learned that those in power don’t give it up without a fight. She experienced first-hand the misogyny, sexism, fake news, and the ever-looming threat of violence that constantly confront women who challenge authority. Now, after years of advocacy, resistance, and progressive leadership, she shares her “truly inspiring” (Redbook) story for the first time—from the joy and heartbreak of activism to the challenges of raising kids, having a life, and making change, all the while garnering a reputation as “the most badass feminist EVER” (Teen Vogue). In the “powerful and infinitely readable” (Gloria Steinem) *Make Trouble*, Richards reflects on the people and lessons that have gotten her through good times and bad, and encourages the rest of us to take risks, make mistakes, and make trouble along the way.

Career Courage

How the essential democratic values of diversity and free expression can coexist on campus. Safe spaces, trigger warnings, microaggressions, the disinvitation of speakers, demands to rename campus landmarks—debate over these issues began in lecture halls and on college quads but ended up on op-ed pages in the *New York Times* and the *Wall Street Journal*, on cable news, and on social media. Some of these critiques had merit, but others took a series of cheap shots at “crybullies” who needed to be coddled and protected from the real world. Few questioned the assumption that colleges must choose between free expression and diversity. In *Safe Spaces, Brave Spaces*, John Palfrey argues that the essential democratic values of diversity and free expression can, and should, coexist on campus. Palfrey, currently Head of School at Phillips Academy, Andover, and formerly Professor and Vice Dean at Harvard Law School, writes that free expression and diversity are more compatible than opposed. Free expression can serve everyone—even if it has at times been dominated by white, male, Christian, heterosexual, able-bodied citizens. Diversity is about self-expression, learning from one another, and working together across differences; it can encompass academic freedom without condoning hate speech. Palfrey proposes an innovative way to support both diversity and free expression on campus: creating safe spaces and brave spaces. In safe spaces, students can explore ideas and express themselves without feeling marginalized. In brave spaces—classrooms, lecture halls, public forums—the search for knowledge is paramount, even if some discussions may make certain students uncomfortable. The strength of our democracy, says Palfrey, depends on a commitment to upholding both diversity and free expression, especially when it is hardest to do so.

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