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Buddha's Brain
The New York Times Practical Traveler
Handbook
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Hustle Harder, Hustle Smarter
Gas Chromatography and Mass Spectrometry: A Practical Guide
A Beginner's Guide to the End
The New York Times Explorer
The New York Times: Right at Home
Seventh Heaven
Advice for Future Corpses (and Those Who Love Them)

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Buddha's Brain

The only self-help book you'll ever need, from a psychiatrist and his comedy writer daughter, who will help you put aside your unrealistic wishes, stop trying to change things you can't change, and do the best with what you can control—the first steps to managing all of life's impossible problems. Need to stop screwing up? Feel like you're under a loser's curse? Work with an ass? Want to clear your name or get justice, rescue an addicted person, get closure after childhood abuse, get a lover to commit, not ruin your kid? Although other self-help books claim to reveal the path to happiness, *F*ck Feelings* warns that convincing yourself that there is such a path will actually lead you to feel like a true failure. What the Bennetts can promise you is that you can manage any situation life throws at you if you can keep your sense of humor, bend your wishes to fit reality, restrain your feelings, manage bad behavior, and do what you think is right. Life is hard. It's not fair. Our feelings cloud our rationality, and we become tangled in our efforts to achieve the impossible or change the unchangeable. In this groundbreaking, entirely sensible, and funny book, the Bennetts open the shrinks' secret solution manual and show you how to find a new kind of freedom by working toward realistic goals and doing the best with what you can control. They address the most common problems Dr. Bennett's patients bring to his private practice—problems with family, love, work, self-esteem, garden variety assholes, and more—and give you a script for going forward. With no-bullshit advice

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from a Harvard-educated shrink freed of all jargon and patronization by his smart-ass, comedy writer daughter, *F*ck Feelings* is the cut-to-the-chase therapy session you've been looking for.

The New York Times Practical Traveler Handbook

A Wall Street Journal and Publishers Weekly Bestseller
Lift your leadership to new heights Doug Conant, Founder of ConantLeadership, former CEO of Campbell Soup Company, and former President of Nabisco Foods, shares transformational insights in his new book, *The Blueprint*. Conant is the only former Fortune 500 CEO who is a New York Times bestselling author, a top 50 Leadership Innovator, a Top 100 Leadership Speaker, and a Top 100 Most Influential Author in the World. Get Unstuck In 1984, Doug Conant was fired without warning and with barely an explanation. He felt hopeless and stuck but, surprisingly, this defeating turn of events turned out to be the best thing that ever happened to him. Doug began to consider what might be holding him back from realizing his potential, fulfilling his dreams, and making a bigger impact on the world around him. Embarking on a journey of self-reflection and discovery, he forged a path to revolutionize his leadership and transform his career trajectory. Ultimately, Doug was able to condense his remarkable leadership story into six practical steps. It wasn't until Doug worked through these six steps that he was able to lift his leadership to heights that ultimately brought him career success, joy, and

fulfillment. Reach High - Envision Dig Deep - Reflect Lay the Groundwork - Study Design - Plan Build - Practice Reinforce - Improve In The Blueprint, part leadership manifesto, part practical manual, Doug teaches leaders how to work through the same six steps that he used to transform his journey. The six steps are manageable and incremental, designed to fit practically within the pace of busy modern life. Knowing how daunting the prospect of change can be, Doug arms readers with exercises and practices to realistically bring their foundation to life in every situation. Now, today's leaders who feel stuck and overwhelmed finally have a blueprint for lifting their leadership to make meaningful change in their organizations and in the world.

A Practical Guide to Dragon Riding

In The Seven Spiritual Laws of Success, Deepak Chopra distills the essence of his teachings into seven simple, yet powerful principles that can easily be applied to create success in all areas of your life. Based on natural laws that govern all of creation, this book shatters the myth that success is the result of hard work, exacting plans, or driving ambition. Instead, Chopra offers a life-altering perspective on the attainment of success: Once we understand our true nature and learn to live in harmony with natural law, a sense of well-being, good health, fulfilling relationships, energy and enthusiasm for life, and material abundance will spring forth easily and effortlessly. Filled with timeless wisdom and practical steps you can apply right away, this is a book you will

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cherish for a lifetime, for within its pages are the secrets to making all your dreams come true. "A must-read for anyone who missed *The Prophet*, by Kahlil Gibran." — The New York Times

The New York Times Presents Smarter by Sunday

An indispensable guide to welcoming children—from babies to teens—to a lifelong love of reading, written by Pamela Paul and Maria Russo, editors of The New York Times Book Review. Do you remember your first visit to where the wild things are? How about curling up for hours on end to discover the secret of the Sorcerer's Stone? Combining clear, practical advice with inspiration, wisdom, tips, and curated reading lists, *How to Raise a Reader* shows you how to instill the joy and time-stopping pleasure of reading. Divided into four sections, from baby through teen, and each illustrated by a different artist, this book offers something useful on every page, whether it's how to develop rituals around reading or build a family library, or ways to engage a reluctant reader. A fifth section, "More Books to Love: By Theme and Reading Level," is chockful of expert recommendations. Throughout, the authors debunk common myths, assuage parental fears, and deliver invaluable lessons in a positive and easy-to-act-on way.

A Practical Education

The extraordinary new novel from the author of

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PRACTICAL MAGIC and THE DOVEKEEPERS We first met the Owens in the glorious novel Practical Magic. We discovered the tragedy of the Owens siblings in Rules of Magic. Now we learn how it all began with a baby abandoned in a snowy English field in the 1600s. Under the care of gentle Hannah Owens, little Maria learns about the 'Unnamed Arts'. Maria has a gift for them - a gift that may well prove her undoing. When Maria is abandoned by the man she loves, she invokes the curse that will haunt her family for centuries. Because magic has rules, and they must be followed. This is the lesson that Maria will carry with her for the rest of her life, and pass on to her children and her children's children. PRAISE for ALICE

HOFFMAN 'Beautiful, harrowing, a major contribution to twenty-first century literature' Toni Morrison, Nobel Laureate in Literature, on The Dovekeepers 'I am still reeling from The Dovekeepers - from the history Alice Hoffman illuminates, from the language she uses to bring these women to life. This novel is a testament to the human spirit and to love rising from the ashes of war. But most of all, this novel is one that will never be forgotten by a reader.' Jodi Picoult 'In her remarkable new novel, Alice Hoffman holds a mirror to our ancient past as she explores the contemporary themes of sexual desire, women's solidarity in the face of strife, and the magic that's quietly present in our day-to-day living. Put The Dovekeepers at the pinnacle of Hoffman's extraordinary body of work. I was blown away.' Wally Lamb, author of She's Come Undone 'Alice Hoffman takes seemingly ordinary lives and lets us see and feel extraordinary things.' Amy Tan 'Miss Hoffman heals wounds with the gentle touch of an angel' Joseph Heller

The Essential New York Times Cookbook: Classic Recipes for a New Century

For the first time, Curtis “50 Cent” Jackson opens up about his amazing comeback—from tragic personal loss to thriving businessman and cable’s highest-paid executive—in this unique self-help guide, his first since his blockbuster New York Times bestseller *The 50th Law*. In his early twenties Curtis Jackson, known as 50 Cent rose to the heights of fame and power in the cutthroat music business. A decade ago the multi-platinum selling rap artist decided to pivot. His ability to adapt to change was demonstrated when he became the executive producer and star of *Power*, a high-octane, gripping crime drama centered around a drug kingpin’s family. The series quickly became “appointment” television, leading to Jackson inking a four-year, \$150 million contract with the Starz network—the most lucrative deal in premium cable history. Now, in his most personal book, Jackson shakes up the self-help category with his unique, cutting-edge lessons and hard-earned advice on embracing change. Where *The 50th Law* tells readers “fear nothing and you shall succeed,” *Hustle Harder, Hustle Smarter* builds on this message, combining it with Jackson’s street smarts and hard-learned corporate savvy to help readers successfully achieve their own comeback—and to learn to flow with the changes that disrupt their own lives.

The Four Agreements

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Wine Simple

The liberal arts major is often lampooned: lacking in "skills," unqualified for a professional career, underemployed. But studying for the joy of learning turns out to be surprisingly practical. Unlike career-focused education, liberal education prepares graduates for anything and everything—and nervous "fuzzy major" students, their even more nervous parents, college career center professionals, and prospective employers would do well to embrace liberal arts majors. Just look to Silicon Valley, of all places, to see that liberal arts majors can succeed not in spite of, but because of, their education. A Practical Education investigates the real-world experiences of graduates with humanities majors, the majors that would seem the least employable in Silicon Valley's engineering-centric workplaces. Drawing on the experiences of Stanford University graduates and using the students' own accounts of their education, job searches, and first work experiences, Randall Stross provides heartening demonstrations of how multi-capable liberal arts graduates are. When given a first opportunity, these majors thrive in work roles that no one would have predicted. Stross also weaves the students' stories with the history of Stanford, the rise of professional schools, the longstanding contention between engineering and the liberal arts, the birth of occupational testing, and the popularity of computer science education to trace the evolution in thinking about how to prepare students for professional futures. His unique blend of present and past produces a provocative exploration of how best

to utilize the undergraduate years. At a time when institutions of higher learning are increasingly called on to justify the tangible merits of the liberal arts, A Practical Education reminds readers that the most useful training for an unknowable future is the universal, time-tested preparation of a liberal education.

Atomic Habits

This “comforting...thoughtful” (The Washington Post) guide to maintaining a high quality of life—from resilient old age to the first inklings of a serious illness to the final breath—by the New York Times bestselling author of *Knocking on Heaven’s Door* is a “roadmap to the end that combines medical, practical, and spiritual guidance” (The Boston Globe). “A common sense path to define what a ‘good’ death looks like” (USA TODAY), *The Art of Dying Well* is about living as well as possible for as long as possible and adapting successfully to change. Packed with extraordinarily helpful insights and inspiring true stories, award-winning journalist Katy Butler shows how to thrive in later life (even when coping with a chronic medical condition), how to get the best from our health system, and how to make your own “good death” more likely. Butler explains how to successfully age in place, why to pick a younger doctor and how to have an honest conversation with them, when not to call 911, and how to make your death a sacred rite of passage rather than a medical event. This handbook of preparations—practical, communal, physical, and spiritual—will help you make the most of your

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remaining time, be it decades, years, or months. Based on Butler's experience caring for aging parents, and hundreds of interviews with people who have successfully navigated our fragmented health system and helped their loved ones have good deaths, *The Art of Dying Well* also draws on the expertise of national leaders in family medicine, palliative care, geriatrics, oncology, and hospice. This "empowering guide clearly outlines the steps necessary to prepare for a beautiful death without fear" (Shelf Awareness).

Finding the Space to Lead

From the beloved New York Times columnist, trusted authority on health, and bestselling author comes this complete guide to everything you need to know—emotionally, spiritually, and practically—to prepare for the end of life. An invaluable road map to putting your affairs in order—or helping your loved ones do the same—this comprehensive book will answer every question you might have about what does and does not help smooth the transition between life and the Great Beyond. Wise, practical, and characteristically straightforward throughout, Brody advises on • the intricacies of a well-thought-out (and fully spelled-out) living will that health care practitioners readily understand—and how to designate a health care proxy. • planning a funeral or memorial to ensure your wishes are followed, including tips on how to reduce expenses. • discussing prognoses and treatment options with doctors. • your options for controlling pain, shortness of breath, bed sores, and other physical

symptoms—plus the facts on feeding tubes. • receiving the support you need through hospice care—and suggestions for loved ones and friends who want to help. • lightening and enlightening your trials by incorporating spirituality into your life. • understanding what happens, physically and mentally, when death is imminent, and recognizing when hand-holding and reassurance, not food or drink or an oxygen mask or CPR, is the proper course of action. • easing your way through the journey of grief by admitting the reality of the loss, showing your emotions, and allowing yourself the time you feel you need. No matter your age or current health, preparing for the inevitable when you are still fully in control of your faculties ensures that you'll be in a far better position to enjoy the time you have left. As Brody notes, "From the start, consider the finish." From the Hardcover edition.

The Blueprint

A comprehensive compilation of travel tips offers advice on travel insurance, health risks abroad, how to cope with jet lag, caring for a passport, duty-free shopping, and other useful topics

The Rules of Magic

A comprehensive resource for hands-on pursuits in everyday and less-common areas features updated advice on topics ranging from going green and selling a home in a down market to job hunting in a challenged economy and traveling on a budget.

F*ck Feelings

James Clear presents strategies to form good habits, break bad ones, and master the tiny behaviors that help lead to an improved life.

The New York Times 36 Hours USA & Canada

This eagerly awaited new novel from Trevor Cole combines the humour and sharp observations of contemporary life that he is known for with an irresistibly twisted premise, for fans of the quirkily macabre *Six Feet Under* and *Dexter*, and readers of Paul Quarrington, Miriam Toews, Jonathan Franzen, and, of course, Trevor Cole. In his first two, GG-shortlisted novels, Trevor Cole proved himself a master of drawing us into the shadowy side of human nature with sharp observation and warm wit. In *Practical Jean*, he goes a step further: this is a darkly humorous and revelatory tale of an ordinary, small-town woman with the usual challenges of middle age — a do-nothing husband, a family that refuses to understand her — who realizes her fondest wish is to protect her dearest friends from the indignities of aging and illness. And that's when she decides to kill them . . . From the Hardcover edition.

Straight from the Horse's Mouth

A New York Times bestseller about a 1950s suburb

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transformed by the arrival of a divorced mother: “part American Graffiti, part early Updike” (The New York Times). On Hemlock Street, the houses are identical, the lawns tidy, and the families traditional. A perfect slice of suburbia, this Long Island community shows no signs of change as the 1950s draw to a close—until the fateful August morning when Nora Silk arrives. Recently divorced, Nora mows the lawn in slingback pumps and climbs her roof in the middle of the night to clean the gutters. She works three jobs, and when her casseroles don’t turn out, she feeds her two boys—eight-year-old Billy and his baby brother, James—Frosted Flakes for supper. She wears black stretch pants instead of Bermuda shorts, owns twenty-three shades of nail polish, and sings along to Elvis like a schoolgirl. Though Nora is eager to fit in on Hemlock Street, her effect on the neighbors is anything but normal. The wives distrust her, the husbands desire her, and the children think she’s a witch. But through Nora’s eyes, the neighborhood appears far from perfect. Behind every neatly trimmed hedge and freshly painted shutter is a family struggling to solve its own unique mysteries. Inspired by Nora, the residents of Hemlock Street finally unlock the secrets that will transform their lives forever. A tale of extraordinary discoveries, *Seventh Heaven* is an ode to a single mother’s heroic journey and a celebration of the courage it takes to change.

The Witches of Eastwick

A single-volume how-to reference to a broad range of key subjects features authoritative essays and advice

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on everything from personal finance and legal matters to home maintenance and gardening, in a guide that includes thorough indexing and subjects organized into such categories as Health and Fitness, Food and Drink, Travel, Everyday Science, Home and Garden, and more. 150,000 first printing.

How to Raise a Reader

New York Times Real Estate columnists and home experts Ronda Kaysen and Michelle Higgins share their insider knowledge in this essential, all-in-one resource for how to buy, decorate, organize and maintain your space. Whether you are shopping for a first home, renting a new apartment or are searching for smart and affordable ways to redecorate or reorganize, Right at Home is the book for you. Kaysen and Higgins have spent more than two decades interviewing experts and demystifying all aspects of home buying and care. This guide, drawn from their work, will be with you at every turn, whether you're unpacking the kitchen for the first time, moving in with your significant other, or figuring out what to do with all those baby bottles and sippy cups now that the last child is out of diapers and the cabinets are bursting. Including pro tips from experts such as Marie Kondo, Bunny Williams and Justina Blakeney, and a removable annual home maintenance checklist, Right at Home is the indispensable guide that you will return to again and again.

Practical Jean

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The second edition of Gas Chromatography and Mass Spectrometry: A Practical Guide follows the highly successful first edition by F.G. Kitson, B.S. Larsen, and C.N. McEwen (1996), which was designed as an indispensable resource for GC/MS practitioners regardless of whether they are a novice or well experienced. The Fundamentals section has been extensively reworked from the original edition to give more depth of an understanding of the techniques and science involved with GC/MS. Even with this expansion, the original brevity and simple didactic style has been retained. Information on chromatographic peak deconvolution has been added along with a more in-depth understanding of the use of mass spectral databases in the identification of unknowns. Since the last edition, a number of advances in GC inlet systems and sample introduction techniques have occurred, and they are included in the new edition. Other updates include a discussion on fast GC and options for combining GC detectors with mass spectrometry. The section regarding GC Conditions, Derivatization, and Mass Spectral Interpretation of Specific Compound Types has the same number of compound types as the original edition, but the information in each section has been expanded to not only explain some of the spectra but to also explain why certain fragmentations take place. The number of Appendices has been increased from 12 to 17. The Appendix on Atomic Masses and Isotope Abundances has been expanded to provide tools to aid in determination of elemental composition from isotope peak intensity ratios. An appendix with examples on "Steps to follow in the determination of elemental compositions based on isotope peak

intensities" has been added. Appendices on whether to use GC/MS or LC/MS, third-party software for use in data analysis, list of information required in reporting GC/MS data, X+1 and X+2 peak relative intensities based on the number of atoms of carbon in an ion, and list of available EI mass spectral databases have been added. Others such as the ones on derivatization, isotope peak patterns for ions with Cl and/or Br, terms used in GC and in mass spectrometry, and tips on setting up, maintaining and troubleshooting a GC/MS system have all been expanded and updated. Covers the practical instruction necessary for successful operation of GC/MS equipment Reviews the latest advances in instrumentation, ionization methods, and quantitation Includes troubleshooting techniques and a variety of additional information useful for the GC/MS practitioner A true benchtop reference A guide to a basic understanding of the components of a Gas Chromatograph-Mass Spectrometer (GC-MS) Quick References to data interpretation Ready source for information on new analyses

Practical Equality: Forging Justice in a Divided Nation

Identifies four self-limiting beliefs that impede one's experience of freedom, true happiness, and love.

Jane Brody's Guide to the Great Beyond

Political theorist Michael Walzer's classic guide is a perfect introduction to social activism, including what-

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to-do advice for deciding which issues to take on, organizing, fundraising, and providing effective leadership Political Action is a how-to book for activists that was written at one of the darkest moments of the Nixon administration and remains no less timely and intelligent and useful today. Michael Walzer draws on his extensive engagement in the civil rights and antiwar movements of the 1960s to lay out the practical steps necessary to keep movement politics alive both in victory and in defeat. What do people need to do when out of outrage or fear of looming disaster they come together to demand change? Should they focus on one or several issues? Should they form coalitions? What can and can't be accomplished through electoral politics? How can movements operate democratically? What is effective leadership? Walzer addresses such questions with clarity, concision, wisdom, and wit in a book that everywhere insists not only on the centrality of movement politics to the health of democratic societies but on the deep satisfaction that is to be found there. Political Action is both an indispensable resource for activists and a lasting and inspiring summons to arms.

The Mindful Day

The New York Public Library staff answers questions remarkable and preposterous, with illustrations by Barry Blitt. Have you've ever wondered if you can keep an octopus in a private home? Do you spend your time thinking about how much Napoleon's brain weighed? If so, Peculiar Questions and Practical

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Answers is the book for you. The New York Public Library has been fielding questions like these ever since it was founded in 1895. Of course, some of the questions have left the librarians scratching their heads “In what occupations may one be barefooted?” “What time does a bluebird sing?” “What does it mean when you’re being chased by an elephant?” “What kind of apple did Eve eat?” “How many neurotic people are there in the U.S.?” In Peculiar Questions and Practical Answers, the staff of the NYPL has dug through the archives to find thoughtful and often witty answers to over one hundred of the oddest, funniest, and most whimsical questions the library has received since it began record-keeping over seventy-five years ago. One of The New Yorker’s best-known and beloved illustrators, Barry Blitt, has created watercolors that bring many of the questions hilariously to life in a book that answers, among others, the question “Does anyone have a copyright on the Bible?”

The New York Times: 36 Hours. 125 Weekends in Europe

A marriage therapist and pastoral counselor explains that most of the feelings of receiving inadequate love come from unresolved childhood conflicts and describes how adults can learn to flourish as loving and loved people, in a new edition of the best-selling handbook. Reprint. 50,000 first printing.

Magic Lessons

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An instant New York Times bestseller and Reese Witherspoon Book Club pick from beloved author Alice Hoffman—the spellbinding prequel to Practical Magic. Find your magic. For the Owens family, love is a curse that began in 1620, when Maria Owens was charged with witchery for loving the wrong man. Hundreds of years later, in New York City at the cusp of the sixties, when the whole world is about to change, Susanna Owens knows that her three children are dangerously unique. Difficult Franny, with skin as pale as milk and blood red hair, shy and beautiful Jet, who can read other people’s thoughts, and charismatic Vincent, who began looking for trouble on the day he could walk. From the start Susanna sets down rules for her children: No walking in the moonlight, no red shoes, no wearing black, no cats, no crows, no candles, no books about magic. And most importantly, never, ever, fall in love. But when her children visit their Aunt Isabelle, in the small Massachusetts town where the Owens family has been blamed for everything that has ever gone wrong, they uncover family secrets and begin to understand the truth of who they are. Yet, the children cannot escape love even if they try, just as they cannot escape the pains of the human heart. The two beautiful sisters will grow up to be the memorable aunts in Practical Magic, while Vincent, their beloved brother, will leave an unexpected legacy. Alice Hoffman delivers “fairy-tale promise with real-life struggle” (The New York Times Book Review) in a story how the only remedy for being human is to be true to yourself. Thrilling and exquisite, real and fantastical, The Rules of Magic is “irresistible...the kind of book you race through, then pause at the last forty pages, savoring your final

moments with the characters” (USA TODAY, 4/4 stars).

The Practical Guide to Practically Everything

A path-breaking account of how Americans have used innovative legal measures to overcome injustice—and an indispensable guide to pursuing equality in our time. Equality is easy to grasp in theory but often hard to achieve in reality. In this accessible and wide-ranging work, American University law professor Robert L. Tsai offers a stirring account of how legal ideas that aren’t necessarily about equality at all—ensuring fair play, behaving reasonably, avoiding cruelty, and protecting free speech—have often been used to overcome resistance to justice and remain vital today. *Practical Equality* is an original and compelling book on the intersection of law and society. Tsai, a leading expert on constitutional law who has written widely in the popular press, traces challenges to equality throughout American history: from the oppression of emancipated slaves after the Civil War to the internment of Japanese Americans during World War II to President Trump’s ban on Muslim travelers. He applies lessons from these and other past struggles to such pressing contemporary issues as the rights of sexual minorities and the homeless, racism in the criminal justice system, police brutality, voting restrictions, oppressive measures against migrants, and more. Deeply researched and well argued, *Practical Equality* offers a sense of optimism and a guide to pursuing equality for

activists, lawyers, public officials, and concerned citizens.

Ruffage

A NEW YORK TIMES BOOK CRITICS' TOP 10 BOOK OF THE YEAR "In its loving, fierce specificity, this book on how to die is also a blessedly saccharine-free guide for how to live" (The New York Times). Former NEA fellow and Pushcart Prize-winning writer Sallie Tisdale offers a lyrical, thought-provoking, yet practical perspective on death and dying in *Advice for Future Corpses (and Those Who Love Them)*. Informed by her many years working as a nurse, with more than a decade in palliative care, Tisdale provides a frank, direct, and compassionate meditation on the inevitable. From the sublime (the faint sound of Mozart as you take your last breath) to the ridiculous (lessons on how to close the sagging jaw of a corpse), Tisdale leads us through the peaks and troughs of death with a calm, wise, and humorous hand. *Advice for Future Corpses* is more than a how-to manual or a spiritual bible: it is a graceful compilation of honest and intimate anecdotes based on the deaths Tisdale has witnessed in her work and life, as well as stories from cultures, traditions, and literature around the world. Tisdale explores all the heartbreaking, beautiful, terrifying, confusing, absurd, and even joyful experiences that accompany the work of dying, including: A Good Death: What does it mean to die "a good death"? Can there be more than one kind of good death? What can I do to make my death, or the deaths of my loved ones, good? Communication:

What to say and not to say, what to ask, and when, from the dying, loved ones, doctors, and more. Last Months, Weeks, Days, and Hours: What you might expect, physically and emotionally, including the limitations, freedoms, pain, and joy of this unique time. Bodies: What happens to a body after death? What options are available to me after my death, and how do I choose—and make sure my wishes are followed? Grief: “Grief is the story that must be told over and overGrief is the breath after the last one.” Beautifully written and compulsively readable, Advice for Future Corpses offers the resources and reassurance that we all need for planning the ends of our lives, and is essential reading for future corpses everywhere. “Sallie Tisdale’s elegantly understated new book pretends to be a user’s guide when in fact it’s a profound meditation” (David Shields, bestselling author of Reality Hunger).

Alone Time

The complexity and relentless pace of our world places exceptional demands on leaders today. They work incredibly hard and yet feel that they are not meeting their own expectations of excellence. They feel disconnected from their own values and overburdened. By the thousands, they seek out books on leadership skills, time management, and “getting things done,” but the techniques these volumes offer, useful as they are, don't often don't speak to the leader's fundamental sense that something is missing. Janice Marturano, a senior executive with decades of experience in Fortune 500 corporations,

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explains how Mindful Leadership training integrates the practice of mindfulness-meditation and self-awareness-with the practical tools of management, enabling leaders to bring a wider range of their capacities to the challenges at hand. We already know from scientific research that mindfulness practices enhance mental health and improve clarity and focus. FINDING THE SPACE shows how this training has specific value for leaders. This is not a new “leadership system” to add to the burden of already overworked people. It brings the concepts of mindfulness into the everyday life of anyone in a leadership role, through specific exercises that address practical issues-the calendar, schedule, phone usage, meetings, to-do list, and strategic planning, as well as interpersonal challenges such as listening and working with difficult colleagues. Leaders who have experienced mindfulness training report that it provides a “transformative experience” with significant improvements in innovation, self-awareness, listening, and making better decisions. In FINDING THE SPACE TO LEAD, Marturano masterfully lays out her proven techniques for promoting mindfulness in the busy executive's working life.

Getting the Love You Want

From the flower-filled meadows of the Dolomites to a blanket of stars above Chile's Elqui Valley: set forth and share in the discoveries of the Mountains, Deserts & Plains edition of The New York Times Explorer. The Times writers offer their guidance--from the personal to the practical--on 25 dream destinations, along with

The Art of Dying Well

A handy, smaller, and more focused version of our popular New York Times knowledge books—organized by weekends and topic Fell asleep during history class in high school when World War II was covered? Learned the table of elements at one time but have forgotten it since? Always wondered who really invented the World Wide Web? Here is the book for you, with all the answers you've been looking for: The New York Times Presents Smarter by Sunday is based on the premise that there is a recognizable group of topics in history, literature, science, art, religion, philosophy, politics, and music that educated people should be familiar with today. Over 100 of these have been identified and arranged in a way that they can be studied over a year's time by spending two hours on a topic every weekend.

Peculiar Questions and Practical Answers

“John Updike is the great genial sorcerer of American letters [and] *The Witches of Eastwick* [is one of his] most ambitious works. . . . [A] comedy of the blackest sort.”—The New York Times Book Review Toward the end of the Vietnam era, in a snug little Rhode Island seacoast town, wonderful powers have descended upon Alexandra, Jane, and Sukie, bewitching divorcées with sudden access to all that is female, fecund, and mysterious. Alexandra, a sculptor, summons thunderstorms; Jane, a cellist, floats on the

air; and Sukie, the local gossip columnist, turns milk into cream. Their happy little coven takes on new, malignant life when a dark and moneyed stranger, Darryl Van Horne, refurbishes the long-derelict Lenox mansion and invites them in to play. Thenceforth scandal flits through the darkening, crooked streets of Eastwick—and through the even darker fantasies of the town’s collective psyche. “A great deal of fun to read . . . fresh, constantly entertaining . . . John Updike [is] a wizard of language and observation.”—The Philadelphia Inquirer “Vintage Updike, which is to say among the best fiction we have.”—Newsday

Political Action

2020 James Beard Award Nominee – Best Cookbooks – Vegetable-Forward Cooking Ruffage: A Practical Guide to Vegetables is not your typical cookbook—it is a how-to-cook book of a variety of vegetables. Author Abra Berens—chef, farmer, Midwesterner—shares a collection of techniques that result in new flavors, textures, and ways to enjoy all the vegetables you want to eat. From confit to caramelized and everything in between—braised, blistered, roasted and raw—the cooking methods covered here make this cookbook a go-to reference. Treasure trove of 300 recipes. Spanning 29 types of vegetables—from asparagus to zucchini—each chapter opens with an homage to the ingredients and variations on how to prepare them. 140 photographs show off not only the finished dishes, but also the vegetables and farms behind them. Vegetables as a side or a main. Take

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any vegetable recipe in this book and add a roasted chicken thigh, seared piece of fish, or hard-boiled egg to turn the dish into a meal not just vegetarians will enjoy. Some bound-to-be favorite recipes include: • Shaved Cabbage with Chili Oil, Cilantro, and Charred Melon • Blistered Cucumbers with Cumin Yogurt and Parsley • Charred Head Lettuce with Hard-Boiled Egg, Anchovy Vinaigrette, and Garlic Bread Crumbs • Massaged Kale with Creamed Mozzarella, Tomatoes, and Wild Rice • Poached Radishes with White Wine, Chicken Stock and Butter Ruffage will help you become empowered to shop for, store, and cook vegetables every day and in a variety of ways. You'll learn about the life and life-giving properties of plants the way a farmer sees it, build experience and confidence to try your own original variations, and never look at vegetables the same way again.

The New York Times Practical Guide to Practically Everything, Second Edition

Weekends on the road: The ultimate travel guide to the USA and Canada To travel in North America is to face a delicious quandary: over these vast spaces with so many riches, from glittering cities to eccentric small towns and heart-stoppingly beautiful mountains and plains, how to experience as much as possible in limited time? The New York Times has the answer, and has been offering up dream weekends with practical itineraries in its popular weekly "36 Hours" column for over a decade. And since 2011, starting with the publication of 36 Hours: USA & Canada, TASCHEN has been collecting these stories into best-

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selling books, organized continent by continent. Now, after compiling volumes on Europe, Asia, and the rest of the world, editor Barbara Ireland has come home, with a fully revised and updated second edition of *36 Hours: USA & Canada*. * Marquee metropolises like New York, Montreal, and Los Angeles; world-famous natural wonders at Niagara Falls and the Grand Canyon; the hidden charm of Rust Belt cities like Duluth and Detroit—they're all here. And so are 29 new destinations not published in the first edition, from Banff, with its crystal blue glacier-fed lakes, to El Paso, where the border culture spans two states and two countries. For a taste of adventure and a veritable journey throughout the continent, explore *36 Hours in America*. 150 North American destinations, from metropolitan hot spots to unexpected hideaways Practical recommendations for over 600 restaurants and 450 hotels Color-coded tabs and ribbons to bookmark your favorite cities in each region Nearly 1,000 photos All stories have been updated and adapted by Barbara Ireland, a veteran Times travel editor Illustrations by Olimpia Zagnoli of Milan, Italy Easy-to-reference indexes Detailed city-by-city maps that pinpoint every stop on your itinerary Also in this series: *36 Hours: Europe** *36 Hours: Latin America & The Caribbean** *36 Hours: Asia & Oceania** *36 Hours: USA & Canada Region Volumes: West Coast, Northeast, Southeast, Midwest & Great Lakes, and Southwest & Rocky Mountains* *36 Hours: World (3/36/365)* *Also available as ebooks

The Seven Spiritual Laws of Success

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Companion For Everyday Life

From the world-renowned sommelier Aldo Sohm, a dynamic, essential wine guide for a new generation NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY FOOD52 Aldo Sohm is one of the most respected and widely lauded sommeliers in the world. He's worked with celebrated chef Eric Ripert as wine director of three-Michelin-starred Le Bernardin for over a decade, yet his philosophy and approach to wine is much more casual. Aldo's debut book, *Wine Simple*, is full of confidence-building infographics and illustrations, an unbeatable depth of knowledge, effusive encouragement, and, most important, strong opinions on wine so you can learn to form your own. Imbued with Aldo's insatiable passion and eagerness to teach others, *Wine Simple* is accessible, deeply educational, and lively and fun, both in voice and visuals. This essential guide begins with the fundamentals of wine in easy-to-absorb hits of information and pragmatic, everyday tips—key varietals and winemaking regions, how to taste, when to save and when to splurge, and how to set up a wine tasting at home. Aldo then teaches you how to take your wine knowledge to the next level and evolve your palate, including techniques on building a “flavor library,” a cheat sheet to good (and great) vintages (and why you shouldn't put everything on the line for them), tips on troubleshooting tricky wines (corked? mousy?), and, for the daring, even how to saber a bottle of champagne. This visual, user-friendly approach will inspire readers to have the confidence, curiosity, and enthusiasm to taste smarter, drink boldly, and dive headfirst fearlessly into the exciting world of wine. Praise for *Wine Simple* “If you’ve ever felt like you ought to be smart about wine, this is the

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book. Aldo makes wine approachable and never dumbed down.”—Madeline Puckette, co-founder of Wine Folly “A meal at Le Bernardin is always an incredible experience, especially with Aldo’s expert knowledge and effortless charm! It can be intimidating to choose wine, but with Wine Simple we can all feel like world-class sommeliers.”—Chrissy Teigen “Whoever thinks wine is all about snobbery and intricate complexity should open this book! In less than 300 pages, Aldo Sohm manages to open the doors of this universe with wit, fun, and great pedagogy. A perfect, personal beginner’s guide by a legend in our industry, Wine Simple will surely be the bedside book for a new generation of wine lovers.”—Pascaline Lepeltier, Master Sommelier and managing partner, Racines NY

The New York Times Practical Guide to Practically Everything

A wise, passionate account of the pleasures of traveling solo In our hectic, hyperconnected lives, many people are uncomfortable with the prospect of solitude. Yet a little time to ourselves can be an opportunity to slow down, savor, and try new things, especially when traveling. Through on-the-ground reporting, insights from social science, and recounting the experiences of artists, writers, and innovators who cherished solitude, Stephanie Rosenbloom considers how traveling alone deepens appreciation for everyday beauty, bringing into sharp relief the sights, sounds, and smells that one isn't necessarily attuned to in the presence of company. Walking through four

cities--Paris, Florence, Istanbul, and New York--and four seasons, *Alone Time* gives us permission to pause, to relish the sensual details of the world rather than hurtling through museums and uploading photos to Instagram. In chapters about dining out, visiting museums, and pursuing knowledge, we begin to see how the moments we have to ourselves--on the road or at home--can be used to enrich our lives.

Rosenbloom's engaging and elegant prose makes *Alone Time* as warmly intimate an account as the details of a trip shared by a beloved friend--and will have its many readers eager to set off on their own solo adventures.

Hustle Harder, Hustle Smarter

"Jmiaa, a prostitute in Casablanca, lives alone with her daughter. A woman of strong character and quick wit, she doesn't hold back when describing the world around her: her lover Chaèiba, a crude, wordless brute, or Halima, her depressed fellow prostitute who reads the Qur'an between clients, or Mouy, her mother with implacable moral standards who seems completely ignorant of her daughter's work. Then along comes a young woman, Chadlia--dubbed 'Horse Mouth' by Jmiaa--who wants to make her first film about the life of this Casa neighborhood. She's looking for an actress"--Provided by publisher.

Gas Chromatography and Mass Spectrometry: A Practical Guide

Jesus, Moses, Mohammed, Gandhi, and the Buddha all

had brains built essentially like anyone else's, yet they were able to harness their thoughts and shape their patterns of thinking in ways that changed history. With new breakthroughs in modern neuroscience and the wisdom of thousands of years of contemplative practice, it is possible for us to shape our own thoughts in a similar way for greater happiness, love, compassion, and wisdom. Buddha's Brain joins the forces of modern neuroscience with ancient contemplative teachings to show readers how they can work toward greater emotional well-being, healthier relationships, more effective actions, and deepened religious and spiritual understanding. This book will explain how the core elements of both psychological well-being and religious or spiritual life--virtue, mindfulness, and wisdom--are based in the core functions of the brain: regulating, learning, and valuing. Readers will also learn practical ways to apply this information, as the book offers many exercises they can do to tap the unused potential of the brain and rewire it over time for greater peace and well-being.

A Beginner's Guide to the End

For overscheduled professionals looking to incorporate mindfulness into their daily lives, this bestselling, step-by-step guide draws on contemplative traditions, modern neuroscience, and leading psychology to bring peace and focus to the home, in the workplace, and beyond. Designed for busy professionals looking to integrate mindfulness into their daily lives, this ultimate guide draws on

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contemplative practice, modern neuroscience, and positive psychology to bring peace and focus to the home, in the workplace, and beyond. In this enriching book, noted mindfulness expert and international teacher and business leader Laurie J. Cameron - a veteran of the Search Inside Yourself Leadership Institute, a Senior Fellow at the Center for the Advancement of Well-Being at George Mason, and 20-year mindfulness meditation practitioner- shows how to seamlessly weave mindfulness and compassion practices into your life. Timeless teachings, compelling science and straightforward exercises designed for busy schedules -- from waking up to joy, the morning commute, to back-to-back meetings and evening dinners - show how mindfulness practice can help you navigate life's complexity with mastery, clarity and ease. Cameron's practical wisdom and concrete how-to steps will help you make the most of the present moment, creating a roadmap for inner peace - and a life of deeper purpose and joy.

The New York Times Explorer

Brief articles provide information on money, health, sexuality, education, careers, home life, travel, sports, entertainment, cars, computers, and the world

The New York Times: Right at Home

In this follow-up to A Practical Guide to Dragons, wizard's apprentice Sindri Suncatcher once again opens up his notebooks to share more wonders of

Seventh Heaven

“A gentle, knowledgeable guide to a fate we all share” (The Washington Post): the first and only all-encompassing action plan for the end of life. “There is nothing wrong with you for dying,” hospice physician B.J. Miller and journalist and caregiver Shoshana Berger write in *A Beginner’s Guide to the End*. “Our ultimate purpose here isn’t so much to help you die as it is to free up as much life as possible until you do.” Theirs is a clear-eyed and big-hearted action plan for approaching the end of life, written to help readers feel more in control of an experience that so often seems anything but controllable. Their book offers everything from step-by-step instructions for how to do your paperwork and navigate the healthcare system to answers to questions you might be afraid to ask your doctor, like whether or not sex is still okay when you’re sick. Get advice for how to break the news to your employer, whether to share old secrets with your family, how to face friends who might not be as empathetic as you’d hoped, and how to talk to your children about your will. (Don’t worry: if anyone gets snippy, it’ll likely be their spouses, not them.) There are also lessons for survivors, like how to shut down a loved one’s social media accounts, clean out the house, and write a great eulogy. An honest, surprising, and detail-oriented guide to the most universal of all experiences, *A Beginner’s Guide to the End* is “a book that every family should have, the equivalent of Dr. Spock but for this other phase of

Read Online The New York Times Practical Guide To Practically Everything The Essential Companion For Everyday Life life” (New York Times bestselling author Dr. Abraham Verghese).

Advice for Future Corpses (and Those Who Love Them)

A New York Times bestseller and Winner of the James Beard Award: All the best recipes from 150 years of distinguished food journalism—a volume to take its place in America's kitchens alongside *Mastering the Art of French Cooking* and *How to Cook Everything*. Amanda Hesser, co-founder and CEO of Food52 and former New York Times food columnist, brings her signature voice and expertise to this compendium of influential and delicious recipes from chefs, home cooks, and food writers. Devoted Times subscribers will find the many treasured recipes they have cooked for years—Plum Torte, David Eyre's Pancake, Pamela Sherrid's Summer Pasta—as well as favorites from the early Craig Claiborne New York Times Cookbook and a host of other classics—from 1940s Caesar salad and 1960s flourless chocolate cake to today's fava bean salad and no-knead bread. Hesser has cooked and updated every one of the 1,000-plus recipes here. Her chapter introductions showcase the history of American cooking, and her witty and fascinating headnotes share what makes each recipe special. The Essential New York Times Cookbook is for people who grew up in the kitchen with Claiborne, for curious cooks who want to serve a nineteenth-century raspberry granita to their friends, and for the new cook who needs a book that explains everything from how to roll out dough to how to slow-roast fish—a

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volume that will serve as a lifelong companion.

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