

## The Way We Re Working Isn T Working The Four Forgotten Needs That Energize Great Performance

A New York Times Editors' Choice A bold new book reveals how we can tap the intelligence that exists beyond our brains—in our bodies, our surroundings, and our relationships Use your head. That's what we tell ourselves when facing a tricky problem or a difficult project. But a growing body of research indicates that we've got it exactly backwards. What we need to do, says acclaimed science writer Annie Murphy Paul, is think outside the brain. A host of "extra-neural" resources—the feelings and movements of our bodies, the physical spaces in which we learn and work, and the minds of those around us— can help us focus more intently, comprehend more deeply, and create more imaginatively. The Extended Mind outlines the research behind this exciting new vision of human ability, exploring the findings of neuroscientists, cognitive scientists, psychologists, and examining the practices of educators, managers, and leaders who are already reaping the benefits of thinking outside the brain. She excavates the untold history of how artists, scientists, and authors—from Jackson Pollock to Jonas Salk to Robert Caro—have used mental extensions to solve problems, make discoveries, and create new works. In the tradition of Howard Gardner's Frames of Mind or Daniel Goleman's Emotional Intelligence, The Extended Mind offers a dramatic new view of how our minds work, full of practical advice on how we can all think better.

A revelatory exploration of the hottest trend in technology and the dramatic impact it will have on the economy, science, and society at large. Which paint color is most likely to tell you that a used car is in good shape? How can officials identify the most dangerous New York City manholes before they explode? And how did Google searches predict the spread of the H1N1 flu outbreak? The key to answering these questions, and many more, is big data. "Big data" refers to our burgeoning ability to crunch vast collections of information, analyze it instantly, and draw sometimes profoundly surprising conclusions from it. This emerging science can translate myriad phenomena—from the price of airline tickets to the text of millions of books—into searchable form, and uses our increasing computing power to unearth epiphanies that we never could have seen before. A revolution on par with the Internet or perhaps even the printing press, big data will change the way we think about business, health, politics, education, and innovation in the years to come. It also poses fresh threats, from the inevitable end of privacy as we know it to the prospect of being penalized for things we haven't even done yet, based on big data's ability to predict our future behavior. In this brilliantly clear, often surprising work, two leading experts explain what big data is, how it will change our lives, and what we can do to protect ourselves from its hazards. Big Data is the first big book about the next big thing. [www.big-data-book.com](http://www.big-data-book.com)

New York Times bestseller • Finalist for the Pulitzer Prize "This is a book to shake up the world." —Ann Patchett Nicholas Carr's bestseller *The Shallows* has become a foundational book in one of the most important debates of our time: As we enjoy the internet's bounties, are we sacrificing our ability to read and think deeply? This 10th-anniversary edition includes a new afterword that brings the story up to date, with a deep examination of the cognitive and behavioral effects of smartphones and social media. INSTANT NEW YORK TIMES BESTSELLER "One of the most important books I've ever read—an indispensable guide to thinking clearly about the world." – Bill Gates "Hans Rosling tells the story of 'the secret silent miracle of human progress' as only he can. But Factfulness does much more than that. It also explains why progress is so often secret and silent and teaches readers how to see it clearly." —Melinda Gates "Factfulness by Hans Rosling, an outstanding international public health expert, is a hopeful book about the potential for human progress when we work off facts rather than our inherent biases." - Former U.S. President Barack Obama Factfulness: The stress-reducing habit of only carrying opinions for which you have strong supporting facts. When asked simple questions about global trends—what percentage of the world's population live in poverty; why the world's population is increasing; how many girls finish school—we systematically get the answers wrong. So wrong that a chimpanzee choosing answers at random will consistently outguess teachers, journalists, Nobel laureates, and investment bankers. In Factfulness, Professor of International Health and global TED phenomenon Hans Rosling, together with his two long-time collaborators, Anna and Ola, offers a radical new explanation of why this happens. They reveal the ten instincts that distort our perspective—from our tendency to divide the world into two camps (usually some version of us and them) to the way we consume media (where fear rules) to how we perceive progress (believing that most things are getting worse). Our problem is that we don't know what we don't know, and even our guesses are informed by unconscious and predictable biases. It turns out that the world, for all its imperfections, is in a much better state than we might think. That doesn't mean there aren't real concerns. But when we worry about everything all the time instead of embracing a worldview based on facts, we can lose our ability to focus on the things that threaten us most. Inspiring and revelatory, filled with lively anecdotes and moving stories, Factfulness is an urgent and essential book that will change the way you see the world and empower you to respond to the crises and opportunities of the future. --- "This book is my last battle in my life-long mission to fight devastating ignorance...Previously I armed myself with huge data sets, eye-opening software, an energetic learning style and a Swedish bayonet for sword-swallowing. It wasn't enough. But I hope this book will be." Hans Rosling, February 2017.

Jason Fried and David Heinemeier Hansson, the authors of the New York Times bestseller *Rework*, are back with a manifesto to combat all your modern workplace worries and fears.

World-renowned economist Klaus Schwab, Founder and Executive Chairman of the World Economic Forum, explains that we have an opportunity to shape the fourth industrial revolution, which will fundamentally alter how we live and work. Schwab argues that this revolution is different in scale, scope and complexity from any that have come before. Characterized by a range of new technologies that are fusing the physical, digital and biological worlds, the developments are affecting all disciplines, economies, industries and governments, and even challenging ideas about what it means to be human. Artificial intelligence is already all around us, from supercomputers, drones and virtual assistants to 3D printing, DNA sequencing, smart thermostats, wearable sensors and microchips smaller than a grain of sand. But this is just the beginning: nanomaterials 200 times stronger than steel and a million times thinner than a strand of hair and the first transplant of a 3D printed liver are already in development. Imagine "smart factories" in which global systems of manufacturing are coordinated virtually, or implantable mobile phones made of biosynthetic materials. The fourth industrial revolution, says Schwab, is more significant, and its ramifications more profound, than in any prior period of human history. He outlines the key technologies driving this revolution and discusses the major impacts expected on government, business, civil society and individuals. Schwab also offers bold ideas on how to harness these changes and shape a better future—one in which technology empowers people rather than replaces them; progress serves society rather

than disrupts it; and in which innovators respect moral and ethical boundaries rather than cross them. We all have the opportunity to contribute to developing new frameworks that advance progress.

Three-time Navy SEAL platoon commander and founder of Perfect Fitness reveals how to put together teams that can accomplish any objective—by leveraging an unexpected set of values and priorities. SEALs and civilians operate in extremely different environments, but what makes both kinds of teams excel comes down to the same thing: service to others, trust, empathy, and a caring environment. Alden Mills has experience working in both the military and the private sector, as a SEAL platoon commander and as a startup founder of Perfect Fitness. He's seen firsthand what it takes to lead an unstoppable team of individuals. Teams are nothing more than a series of interconnected relationships with a collective, single-minded focus. Success almost never depends on individual talent and valor; instead, Alden Mills shows, it depends, first, on creating a strong foundation for yourself and, second, using that foundation to help others go beyond their individual pursuits and talents to create something bigger and better—an unstoppable team. Unstoppable Teams show managers at every level, at both large and small organizations, including private, public, and nonprofit, how to inspire, motivate, and lead the people around them. Mills draws on stories from his own experiences to impart these surprising team-building lessons: Too many people mistake groups of individuals for a team. No two people are alike, but we all have the same genetic drivers that motivate us—our will to survive, our ego-driven desire for personal gain, and our soul-driven yearning to be a part of something greater than ourselves. When we override our fears about survival, we can focus on our desire to thrive. The more you care for your teammates, the more they will dare for the team. Great ideas are not reserved for a select few—true teams embrace diversity of thought to find winning ideas. These lessons aren't exclusive to the Navy SEALs; they are used by successful entrepreneurs, nonprofit leaders, coaches, and sport captains—and now you can master them too. Unstoppable Teams is the handbook for how to build care-based teams that will push people to achieve more than they ever thought possible.

THE INTERNATIONAL BESTSELLER 'A book that could actually make us happy' SIMON AMSTELL 'This amazing book will change your life' ELTON JOHN 'One of the most important texts of recent years' BRITISH JOURNAL OF GENERAL PRACTICE 'Brilliant, stimulating, radical' MATT HAIG 'The more people read this book, the better off the world will be' NAOMI KLEIN 'Wonderful' HILLARY CLINTON 'Eye-opening' GUARDIAN 'Brilliant for anyone wanting a better understanding of mental health' ZOE BALL 'A game-changer' DAVINA MCCALL 'Extraordinary' DR MAX PEMBERTON 'Beautiful' RUSSELL BRAND Depression and anxiety are now at epidemic levels. Why? Across the world, scientists have uncovered evidence for nine different causes. Some are in our biology, but most are in the way we are living today. Lost Connections offers a radical new way of thinking about this crisis. It shows that once we understand the real causes, we can begin to turn to pioneering new solutions – ones that offer real hope.

#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. Look for Brené Brown's new podcast, Dare to Lead, as well as her ongoing podcast Unlocking Us! 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.

This New York Times and Wall Street Journal bestseller shows us that America's political system isn't broken. The truth is scarier: it's working exactly as designed. In this "superbly researched" (The Washington Post) and timely book, journalist Ezra Klein reveals how that system is polarizing us—and how we are polarizing it—with disastrous results. "The American political system—which includes everyone from voters to journalists to the president—is full of rational actors making rational decisions given the incentives they face," writes political analyst Ezra Klein. "We are a collection of functional parts whose efforts combine into a dysfunctional whole." "A thoughtful, clear and persuasive analysis" (The New York Times Book Review), Why We're Polarized reveals the structural and psychological forces behind America's descent into division and dysfunction. Neither a polemic nor a lament, this book offers a clear framework for understanding everything from Trump's rise to the Democratic Party's leftward shift to the politicization of everyday culture. America is polarized, first and foremost, by identity. Everyone engaged in American politics is engaged, at some level, in identity politics. Over the past fifty years in America, our partisan identities have merged with our racial, religious, geographic, ideological, and cultural identities. These merged identities have attained a weight that is breaking much in our politics and tearing at the bonds that hold this country together. Klein shows how and why American politics polarized around identity in the 20th century, and what that polarization did to the way we see the world and one another. And he traces the feedback loops between polarized political identities and polarized political institutions that are driving our system toward crisis. "Well worth reading" (New York magazine), this is an "eye-opening" (O, The Oprah Magazine) book that will change how you look at politics—and perhaps at yourself.

Bright Green Future chronicles a renaissance at the edge of a crisis. As climate change shifts our planet towards an uncertain future, a movement of unlikely heroes are building a blueprint for a better world. It's a world where clean power grows wealth for local communities, resources regenerate themselves, city planning is driven by the people, and healthy soil is our greatest asset. These changemakers have opened a gateway for ordinary people to begin imagining and building the bright future we deserve. Make work simple by using the tools and tactics that are right for you Your time is under attack. You just can't get enough done. You find yourself wondering where the hours go. You've tried every time-management system you can get your hands on—and they've only succeeded in making your work more complicated. Sound familiar? If you sometimes feel you spend more time managing your productivity than doing actual work, it's time for a change. In *Work Simply*, renowned productivity expert Carson Tate offers a step-by-step guide to making work simple again by using the style that works best for you. Tate has helped thousands of men and women better manage their time and become more productive. Her success owes partly to the realization that most of us fit into one of four distinct productivity styles: Arrangers, who think about their projects in terms of the people involved; Prioritizers, who are the definition of "goal-oriented"; Visualizers, who possess a unique ability to comprehend the big picture; and Planners, who live for the details. In this book, you'll learn How to identify your own productivity style as well as the styles of those around you—bosses, coworkers, staff, and family. How to select your "tools of the trade" to maximize your effectiveness, from the style of pen you use to the way you decorate your office. When face-to-face conversations are more effective than e-mails—and vice versa. What it takes to lead the perfect meeting. Why a messy desk is right for some, but a disaster for others—and how to tell. After reading *Work Simply*, you'll come away with a productivity system that truly and fundamentally fits you—and you'll never feel overwhelmed again.

• New York Times bestseller • The 100 most substantive solutions to reverse global warming, based on meticulous research by leading scientists and policymakers around the world "At this point in time, the *Drawdown* book is exactly what is needed; a credible, conservative solution-by-solution narrative that we can do it. Reading it is an effective inoculation against the widespread perception of doom that humanity cannot and will not solve the climate crisis. Reported by-effects include increased determination and a sense of grounded hope." —Per Espen Stoknes, Author, *What We Think About When We Try Not To Think About Global Warming* "There's been no real way for ordinary people to get an understanding of what they can do and what impact it can have. There remains no single, comprehensive, reliable compendium of carbon-reduction solutions across sectors. At least until now. . . . The public is hungry for this kind of practical wisdom." —David Roberts, *Vox* "This is the ideal environmental sciences textbook—only it is too interesting and inspiring to be called a textbook." —Peter Kareiva, Director of the Institute of the Environment and Sustainability, UCLA In the face of widespread fear and apathy, an international coalition of researchers, professionals, and scientists have come together to offer a set of realistic and bold solutions to climate change. One hundred techniques and practices are described here—some are well known; some you may have never heard of. They range from clean energy to educating girls in lower-income countries to land use practices that pull carbon out of the air. The solutions exist, are economically viable, and communities throughout the world are currently enacting them with skill and determination. If deployed collectively on a global scale over the next thirty years, they represent a credible path forward, not just to slow the earth's warming but to reach drawdown, that point in time when greenhouse gases in the atmosphere peak and begin to decline. These measures promise cascading benefits to human health, security, prosperity, and well-being—giving us every reason to see this planetary crisis as an opportunity to create a just and livable world.

A proposal to redefine design in a way that not only challenges the field's dominant paradigms but also changes the practice of design itself. In *Critical Fabulations*, Daniela Rosner proposes redefining design as investigative and activist, personal and culturally situated, responsive and responsible. Challenging the field's dominant paradigms and reinterpreting its history, Rosner wants to change the way we historicize the practice, reworking it from the inside. Focusing on the development of computational systems, she takes on powerful narratives of innovation and technology shaped by the professional expertise that has become integral to the field's mounting status within the new industrial economy. To do so, she intervenes in legacies of design, expanding what is considered "design" to include long-silenced narratives of practice, and enhancing existing design methodologies based on these rediscovered inheritances. Drawing on discourses of feminist technoscience, she examines craftwork's contributions to computing innovation--how craftwork becomes hardware manufacturing, and how hardware manufacturing becomes craftwork. "Hosts of all kinds, this is a must-read!" --Chris Anderson, owner and curator of TED From the host of the New York Times podcast *Together Apart*, an exciting new approach to how we gather that will transform the ways we spend our time together—at home, at work, in our communities, and beyond. In *The Art of Gathering*, Priya Parker argues that the gatherings in our lives are lackluster and unproductive--which they don't have to be. We rely too much on routine and the conventions of gatherings when we should focus on distinctiveness and the people involved. At a time when coming together is more important than ever, Parker sets forth a human-centered approach to gathering that will help everyone create meaningful, memorable experiences, large and small, for work and for play. Drawing on her expertise as a facilitator of high-powered gatherings around the world, Parker takes us inside events of all kinds to show what works, what doesn't, and why. She investigates a wide array of gatherings--conferences, meetings, a courtroom, a flash-mob party, an Arab-Israeli summer camp--and explains how simple, specific changes can invigorate any group experience. The result is a book that's both journey and guide, full of exciting ideas with real-world applications. *The Art of Gathering* will forever alter the way you look at your next meeting, industry conference, dinner party, and backyard barbecue--and how you host and attend them.

This book was previously titled, *Be Excellent at Anything*. *The Way We're Working Isn't Working* is one of those rare books with the power to profoundly transform the way we work and live. Demand is exceeding our capacity. The ethic of "more, bigger, faster" exacts a series of silent but pernicious costs at work, undermining our energy, focus, creativity, and passion. Nearly 75 percent of employees around the world feel disengaged at work every day. *The Way We're Working Isn't Working* offers a groundbreaking approach to reenergizing our lives so we're both more satisfied and more productive—on the job and off. By integrating multidisciplinary findings from the science of high performance, Tony Schwartz, coauthor of the #1 bestselling *The Power of Full Engagement*, makes a persuasive case that we're neglecting the four core needs that energize great performance: sustainability (physical); security (emotional); self-expression (mental); and significance (spiritual). Rather than running like computers at high speeds for long periods, we're at our best when we pulse rhythmically between expending and regularly renewing energy across each of our four needs. Organizations undermine sustainable high performance by forever seeking to get more out of their people. Instead they should seek systematically to meet their four core needs so they're freed, fueled, and inspired to bring the best of

themselves to work every day. Drawing on extensive work with an extra-ordinary range of organizations, among them Google, Ford, Sony, Ernst & Young, Shell, IBM, the Los Angeles Police Department, and the Cleveland Clinic, Schwartz creates a road map for a new way of working. At the individual level, he explains how we can build specific rituals into our daily schedules to balance intense effort with regular renewal; offset emotionally draining experiences with practices that fuel resilience; move between a narrow focus on urgent demands and more strategic, creative thinking; and balance a short-term focus on immediate results with a values-driven commitment to serving the greater good. At the organizational level, he outlines new policies, practices, and cultural messages that Schwartz's client companies have adopted. *The Way We're Working Isn't Working* offers individuals, leaders, and organizations a highly practical, proven set of strategies to better manage the relentlessly rising demands we all face in an increasingly complex world.

An eye-opening, groundbreaking tour of the purpose of work in our lives, showing how work operates in our culture and how you can find your own path to happiness in the workplace. Why do we work? The question seems so simple. But Professor Barry Schwartz proves that the answer is surprising, complex, and urgent. We've long been taught that the reason we work is primarily for a paycheck. In fact, we've shaped much of the infrastructure of our society to accommodate this belief. Then why are so many people dissatisfied with their work, despite healthy compensation? And why do so many people find immense fulfillment and satisfaction through "menial" jobs? Schwartz explores why so many believe that the goal for working should be to earn money, how we arrived to believe that paying workers more leads to better work, and why this has made our society confused, unhappy, and has established a dangerously misguided system. Through fascinating studies and compelling anecdotes, this book dispels this myth. Schwartz takes us through hospitals and hair salons, auto plants and boardrooms, showing workers in all walks of life, showcasing the trends and patterns that lead to happiness in the workplace. Ultimately, Schwartz proves that the root of what drives us to do good work can rarely be incentivized, and that the cause of bad work is often an attempt to do just that. How did we get to this tangled place? How do we change the way we work? With great insight and wisdom, Schwartz shows us how to take our first steps toward understanding, and empowering us all to find great work.

Read the Wall Street Journal Bestseller for "cultivating intense focus" for fast, powerful performance results for achieving success and true meaning in one's professional life (Adam Grant, author of *Give and Take*). Deep work is the ability to focus without distraction on a cognitively demanding task. It's a skill that allows you to quickly master complicated information and produce better results in less time. Deep Work will make you better at what you do and provide the sense of true fulfillment that comes from craftsmanship. In short, deep work is like a super power in our increasingly competitive twenty-first century economy. And yet, most people have lost the ability to go deep—spending their days instead in a frantic blur of e-mail and social media, not even realizing there's a better way. In *Deep Work*, author and professor Cal Newport flips the narrative on impact in a connected age. Instead of arguing distraction is bad, he instead celebrates the power of its opposite. Dividing this book into two parts, he first makes the case that in almost any profession, cultivating a deep work ethic will produce massive benefits. He then presents a rigorous training regimen, presented as a series of four "rules," for transforming your mind and habits to support this skill. 1. Work Deeply 2. Embrace Boredom 3. Quit Social Media 4. Drain the Shallows A mix of cultural criticism and actionable advice, *Deep Work* takes the reader on a journey through memorable stories—from Carl Jung building a stone tower in the woods to focus his mind, to a social media pioneer buying a round-trip business class ticket to Tokyo to write a book free from distraction in the air—and no-nonsense advice, such as the claim that most serious professionals should quit social media and that you should practice being bored. *Deep Work* is an indispensable guide to anyone seeking focused success in a distracted world. An Amazon Best Book of 2016 Pick in Business & Leadership Wall Street Journal Business Bestseller A Business Book of the Week at 800-CEO-READ

A personal energy training program outlines strategies on how to prevent burnout and improve productivity, discussing such areas as how to work with four key sources of energy, balancing stress and recovery, expanding capacity, and implementing positive routines. Reprint. 60,000 first printing.

A teenage boy uncovers a horrific family secret. A widower seeks vengeance on the creatures that killed his wife. A drug addled writer stalks the woman of his dreams, a woman much more sinister than she appears. A federal agent races to find the cursed relic powering this city full of spooks, spirits, and serial killers. The lives of these and others will collide in the dark and dangerous streets of Adderlass. A seed of evil was planted under Adderlass, a city where monsters hide behind masks of humanity and ordinary people shuffle anesthetized and addicted by the sickly supernatural power wafting up from below. The city was built over the crystalline skull of a bloodthirsty beast. Now, the hunt is on for this lost treasure and whoever finds it first will control the fate not only of Adderlass but of the entire world. Sixteen-year-old Simon Cubbins, young and naive, may be the key to unlocking the mystery buried in this twisted labyrinth of hidden agendas. He also unknowingly harbors a secret that could destroy the Cubbins bloodline. As different characters fight for control over Simon, he will have to decide whether or not to carry on his family's legacy.

An award-winning food writer takes us on a global tour of what the world eats—and shows us how we can change it for the better. Food is one of life's great joys. So why has eating become such a source of anxiety and confusion? Bee Wilson shows that in two generations the world has undergone a massive shift from traditional, limited diets to more globalized ways of eating, from bubble tea to quinoa, from Soylent to meal kits. Paradoxically, our diets are getting healthier and less healthy at the same time. For some, there has never been a happier food era than today: a time of unusual herbs, farmers' markets, and internet recipe swaps. Yet modern food also kills—diabetes and heart disease are on the rise everywhere on earth. This is a book about the good, the terrible, and the avocado toast. A riveting exploration of the hidden forces behind what we eat, *The Way We Eat Now* explains how this food revolution has transformed our bodies, our social lives, and the world we live in.

"This highly engaging landmark work, a natural history of exercise--by the author of the best seller *The Story of the Human Body*--seeks to answer a fundamental question: were you born to run or rest The first three parts of *Exercised* roughly follow the evolutionary story of human physical activity and inactivity, even as each chapter shatters a particular myth about exercise. Because we cannot understand physical activity without understanding its absence, Part One begins with physical inactivity. What are our bodies doing when we take it easy, including when we sit or sleep? Part Two explores physical activities that require speed, strength, and power, such as sprinting, lifting, and fighting. Part Three surveys physical activities that involve endurance, such as walking, running, or dancing, as well as their effect on aging. Part Four considers how anthropological and evolutionary approaches can help us exercise better in the modern world. How can we more effectively manage to exercise, and in what ways? To what extent, how, and why do different types and durations of exercise help prevent or treat the major diseases that are likely to make us sick and kill us?"--

President Donald J. Trump lays out his professional and personal worldview in this classic work—a firsthand account of the rise of America’s foremost deal-maker. “I like thinking big. I always have. To me it’s very simple: If you’re going to be thinking anyway, you might as well think big.”—Donald J. Trump Here is Trump in action—how he runs his organization and how he runs his life—as he meets the people he needs to meet, chats with family and friends, clashes with enemies, and challenges conventional thinking. But even a maverick plays by rules, and Trump has formulated time-tested guidelines for success. He isolates the common elements in his greatest accomplishments; he shatters myths; he names names, spells out the zeros, and fully reveals the deal-maker’s art. And throughout, Trump talks—really talks—about how he does it. *Trump: The Art of the Deal* is an unguarded look at the mind of a brilliant entrepreneur—the ultimate read for anyone interested in the man behind the spotlight. Praise for *Trump: The Art of the Deal* “Trump makes one believe for a moment in the American dream again.”—*The New York Times* “Donald Trump is a deal maker. He is a deal maker the way lions are carnivores and water is wet.”—*Chicago Tribune* “Fascinating . . . wholly absorbing . . . conveys Trump’s larger-than-life demeanor so vibrantly that the reader’s attention is instantly and fully claimed.”—*Boston Herald* “A chatty, generous, chutzpa-filled autobiography.”—*New York Post*

How will artificial intelligence change our world within twenty years? “This inspired collaboration between a pioneering technologist and a visionary writer of science fiction offers bold and urgent insights.”—Yann LeCun, winner of the Turing Award; chief AI scientist, Facebook “Amazingly entertaining . . . Lee and Chen take us on an immersive trip through the future. . . . Eye-opening.”—Mark Cuban AI will be the defining development of the twenty-first century. Within two decades, aspects of daily human life will be unrecognizable. AI will generate unprecedented wealth, revolutionize medicine and education through human-machine symbiosis, and create brand-new forms of communication and entertainment. In liberating us from routine work, however, AI will also challenge the organizing principles of our economic and social order. Meanwhile, AI will bring new risks in the form of autonomous weapons and smart technology that inherits human bias. AI is at a tipping point, and people need to wake up—both to AI’s radiant pathways and its existential perils for life as we know it. In this provocative, utterly original work, Kai-Fu Lee, the former president of Google China and bestselling author of *AI Superpowers*, teams up with celebrated novelist Chen Qiufan to imagine our world in 2041 and how it will be shaped by AI. In ten gripping short stories, they introduce readers to an array of eye-opening 2041 settings, such as: • In San Francisco, the “job reallocation” industry emerges as deep learning AI causes widespread job displacement • In Tokyo, a music fan is swept up in an immersive form of celebrity worship based on virtual reality and mixed reality • In Mumbai, a teenage girl rebels when AI’s crunching of big data gets in the way of romance • In Seoul, virtual companions with perfected natural language processing (NLP) skills offer orphaned twins new ways to connect • In Munich, a rogue scientist draws on quantum computing, computer vision and other AI technologies in a revenge plot that imperils the world By gazing toward a not-so-distant horizon, *AI 2041* offers urgent insights into our collective future—while reminding readers that, ultimately, humankind remains the author of its destiny.

Shows how executives can achieve optimum success at work by focusing on a program advocating self-improvement through mental and physical fitness

Longlisted for the Booker Prize An astonishing, visceral autobiographical novel about a young man straddling two cultures: the university where he is studying English Literature and the disregarded world of London gang warfare. The unforgettable narrator of this compelling, thought-provoking debut goes by two names in his two worlds. At the university he attends, he's Gabriel, a seemingly ordinary, partying student learning about morality at a distance. But in his life outside the classroom, he's Snoopz, a hard living member of London's gangs, well-acquainted with drugs, guns, stabbings, and robbery. Navigating these sides of himself, dealing with loving parents at the same time as treacherous, endangering friends and the looming threat of prison, he is forced to come to terms with who he really is and the life he's chosen for himself. In a distinct, lyrical urban slang all his own, author Gabriel Krauze brings to vivid life the underworld of his city and the destructive impact of toxic masculinity. *Who They Was* is a disturbing yet tender and perspective-altering account of the thrill of violence and the trauma it leaves behind. It is the story of inner cities everywhere, and of the lost boys who must find themselves in their tower blocks.

The future isn't about where we will work, but how. For years we have struggled to balance work and life, with most of us feeling overwhelmed and burned out because our relationship to work is broken. This “isn't just a book about remote work. It's a book that helps us imagine a future where our lives—at the office and home—are happier, more productive, and genuinely meaningful” (Charles Duhigg, bestselling author of *The Power of Habit*). If you think you've been working from home recently, Charlie Warzel and Anne Helen Petersen are here to tell you otherwise. What we've been doing is something else entirely, a jury-rigged compromise made under the duress of a national crisis that's satisfactory for neither the worker nor the employer. For Warzel and Petersen, the past year has revealed that there may be another path forward for work, one that doesn't involve hellish daily commutes and the demands of jam-packed work schedules that no longer make sense. As a society, we have talked for decades about flexible work arrangements. In this book, the authors make clear that we are at an inflection point where this becomes possible for many companies and their employees. *Out of Office* combines groundbreaking reporting and the couple's own

experiences after they made the decision to leave their desk jobs in New York City for Montana. They describe how workers and employers across America, and around the world, are finding new ways of working that make people happier and more productive, and make companies more profitable. This is a book that aims to reshape our entire relationship to the office.

When collaboration works, the results can be breath-taking! But it doesn't always deliver on its potential. Collaboration has been defined as "an unnatural act practiced by non-consenting adults". And often that's exactly what it is! Some collaboration can be painfully difficult with the result that problems are either ignored or smoothed over until the collaboration falters or disintegrates, or self-interest and personal agendas take over and conflict quickly arises. Collaboration and partnerships work well in the aid sector because they have to – no one body has the resources to solve massive problems on their own. Business often sees the advantages of collaboratively sharing costs without fully recognizing the shift in mindset that is required to take managers with a "winner takes all" worldview and get them performing effectively in a win-win world. Part of the solution lies in bringing consciousness to the workplace and developing it as a core competence. A conscious approach to business relationships, planning, and delivery can enable individuals and organizations to truly think about what they are doing, make changes where needed, and become more effective. It is a particularly effective way of managing the multiple and occasionally conflicting stakeholder objectives inherent in any collaborative project. The author draws on his experience in the aid sector and with non-profit organizations to describe the building blocks that underpin successful collaboration, and inspires us to re-think the way we work together, for good.

New York Times bestseller! From New York Times bestselling author Cal Newport comes a bold vision for liberating workers from the tyranny of the inbox--and unleashing a new era of productivity. Modern knowledge workers communicate constantly. Their days are defined by a relentless barrage of incoming messages and back-and-forth digital conversations--a state of constant, anxious chatter in which nobody can disconnect, and so nobody has the cognitive bandwidth to perform substantive work. There was a time when tools like email felt cutting edge, but a thorough review of current evidence reveals that the "hyperactive hive mind" workflow they helped create has become a productivity disaster, reducing profitability and perhaps even slowing overall economic growth. Equally worrisome, it makes us miserable. Humans are simply not wired for constant digital communication. We have become so used to an inbox-driven workday that it's hard to imagine alternatives. But they do exist. Drawing on years of investigative reporting, author and computer science professor Cal Newport makes the case that our current approach to work is broken, then lays out a series of principles and concrete instructions for fixing it. In *A World without Email*, he argues for a workplace in which clear processes--not haphazard messaging--define how tasks are identified, assigned and reviewed. Each person works on fewer things (but does them better), and aggressive investment in support reduces the ever-increasing burden of administrative tasks. Above all else, important communication is streamlined, and inboxes and chat channels are no longer central to how work unfolds. The knowledge sector's evolution beyond the hyperactive hive mind is inevitable. The question is not whether a world without email is coming (it is), but whether you'll be ahead of this trend. If you're a CEO seeking a competitive edge, an entrepreneur convinced your productivity could be higher, or an employee exhausted by your inbox, *A World Without Email* will convince you that the time has come for bold changes, and will walk you through exactly how to make them happen.

Offers strategies for enabling sustainable high performance by systematically investing in employee health and happiness, citing the vulnerabilities of common business practices while offering examples of effective leadership.

From bestselling writer David Graeber—"a master of opening up thought and stimulating debate" (Slate)—a powerful argument against the rise of meaningless, unfulfilling jobs...and their consequences. Does your job make a meaningful contribution to the world? In the spring of 2013, David Graeber asked this question in a playful, provocative essay titled "On the Phenomenon of Bullshit Jobs." It went viral. After one million online views in seventeen different languages, people all over the world are still debating the answer. There are hordes of people—HR consultants, communication coordinators, telemarketing researchers, corporate lawyers—whose jobs are useless, and, tragically, they know it. These people are caught in bullshit jobs. Graeber explores one of society's most vexing and deeply felt concerns, indicting among other villains a particular strain of finance capitalism that betrays ideals shared by thinkers ranging from Keynes to Lincoln. "Clever and charismatic" (The New Yorker), *Bullshit Jobs* gives individuals, corporations, and societies permission to undergo a shift in values, placing creative and caring work at the center of our culture. This book is for everyone who wants to turn their vocation back into an avocation and "a thought-provoking examination of our working lives" (Financial Times).

**\*\*Now on Netflix as The Call to Courage\*\*** 'She's so good, Brené Brown, at finding the language to articulate collective feeling' Dolly Alderton Every time we are faced with change, no matter how great or small, we also face risk. We feel uncertain and exposed. We feel vulnerable. Most of us try to fight those feelings - or feel guilt for feeling them in the first place. 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.

**#1 NEW YORK TIMES BESTSELLER** • When we deny our stories, they define us. When we own our stories, we get to write the ending. Look for Brené Brown's new podcast, *Dare to Lead*, as well as her ongoing podcast *Unlocking Us!* Social scientist Brené Brown has ignited a global conversation on courage, vulnerability, shame, and worthiness. Her pioneering work uncovered a profound truth: Vulnerability—the willingness to show up and be seen with no guarantee of outcome—is the only path to more love, belonging, creativity, and joy. But living a brave life is not always easy: We are, inevitably, going to stumble and fall. It is the rise from falling that Brown takes as her subject in *Rising Strong*. As a grounded theory researcher, Brown has listened as a range of people—from leaders in Fortune 500 companies and the military to artists, couples in long-term relationships, teachers, and parents—shared their stories of being brave, falling, and getting back up. She asked herself, What do these people with strong and loving relationships, leaders nurturing creativity, artists pushing innovation, and clergy walking with people through faith and mystery have in common? The answer was clear: They recognize the power of emotion and they're not afraid to lean in to discomfort. Walking into our stories of hurt can feel dangerous. But the process of regaining our footing in the midst of struggle is where our courage is tested and our values are forged. Our stories of struggle can be big ones, like the loss of a job or the end of a relationship, or smaller ones, like a conflict with a friend or colleague. Regardless of magnitude or circumstance, the rising strong

process is the same: We reckon with our emotions and get curious about what we're feeling; we rumble with our stories until we get to a place of truth; and we live this process, every day, until it becomes a practice and creates nothing short of a revolution in our lives. Rising strong after a fall is how we cultivate wholeheartedness. It's the process, Brown writes, that teaches us the most about who we are. ONE OF GREATER GOOD'S FAVORITE BOOKS OF THE YEAR "[Brené Brown's] research and work have given us a new vocabulary, a way to talk with each other about the ideas and feelings and fears we've all had but haven't quite known how to articulate. . . . Brené empowers us each to be a little more courageous."—The Huffington Post

From Dr. Nicole LePera, creator of "the holistic psychologist"—the online phenomenon with more than two million Instagram followers—comes a revolutionary approach to healing that harnesses the power of the self to produce lasting change. As a clinical psychologist, Dr. Nicole LePera often found herself frustrated by the limitations of traditional psychotherapy. Wanting more for her patients—and for herself—she began a journey to develop a united philosophy of mental, physical and spiritual wellness that equips people with the interdisciplinary tools necessary to heal themselves. After experiencing the life-changing results herself, she began to share what she'd learned with others—and soon "The Holistic Psychologist" was born. Now, Dr. LePera is ready to share her much-requested protocol with the world. In *How to Do the Work*, she offers both a manifesto for SelfHealing as well as an essential guide to creating a more vibrant, authentic, and joyful life. Drawing on the latest research from a diversity of scientific fields and healing modalities, Dr. LePera helps us recognize how adverse experiences and trauma in childhood live with us, resulting in whole body dysfunction—activating harmful stress responses that keep us stuck engaging in patterns of codependency, emotional immaturity, and trauma bonds. Unless addressed, these self-sabotaging behaviors can quickly become cyclical, leaving people feeling unhappy, unfulfilled, and unwell. In *How to Do the Work*, Dr. LePera offers readers the support and tools that will allow them to break free from destructive behaviors to reclaim and recreate their lives. Nothing short of a paradigm shift, this is a celebration of empowerment that will forever change the way we approach mental wellness and self-care.

The authoritative account of the rise of Amazon and its intensely driven founder, Jeff Bezos, praised by the *Seattle Times* as "the definitive account of how a tech icon came to life." Amazon.com started off delivering books through the mail. But its visionary founder, Jeff Bezos, wasn't content with being a bookseller. He wanted Amazon to become the everything store, offering limitless selection and seductive convenience at disruptively low prices. To do so, he developed a corporate culture of relentless ambition and secrecy that's never been cracked. Until now. Brad Stone enjoyed unprecedented access to current and former Amazon employees and Bezos family members, giving readers the first in-depth, fly-on-the-wall account of life at Amazon. Compared to tech's other elite innovators -- Jobs, Gates, Zuckerberg -- Bezos is a private man. But he stands out for his restless pursuit of new markets, leading Amazon into risky new ventures like the Kindle and cloud computing, and transforming retail in the same way Henry Ford revolutionized manufacturing. *The Everything Store* is the revealing, definitive biography of the company that placed one of the first and largest bets on the Internet and forever changed the way we shop and read.

The classic guide to working from home and why we should embrace a virtual office, from the bestselling authors of *Rework* "A paradigm-smashing, compulsively readable case for a radically remote workplace."—Susan Cain, *New York Times* bestselling author of *Quiet* Does working from home—or anywhere else but the office—make sense? In *Remote*, Jason Fried and David Heinemeier Hansson, the founders of Basecamp, bring new insight to the hotly debated argument. While providing a complete overview of remote work's challenges, Jason and David persuasively argue that, often, the advantages of working "off-site" far outweigh the drawbacks. In the past decade, the "under one roof" model of conducting work has been steadily declining, owing to technology that is rapidly creating virtual workspaces. Today the new paradigm is "move work to the workers, rather than workers to the workplace." Companies see advantages in the way remote work increases their talent pool, reduces turnover, lessens their real estate footprint, and improves their ability to conduct business across multiple time zones. But what about the workers? Jason and David point out that remote work means working at the best job (not just one that is nearby) and achieving a harmonious work-life balance while increasing productivity. And those are just some of the perks to be gained from leaving the office behind.

*Remote* reveals a multitude of other benefits, along with in-the-trenches tips for easing your way out of the office door where you control how your workday will unfold. Whether you're a manager fretting over how to manage workers who "want out" or a worker who wants to achieve a lifestyle upgrade while still being a top performer professionally, this book is your indispensable guide. "I often talk about the importance of trust when it comes to work: the trust of your employees and building trust with your customers. This book provides a blueprint for how to build and maintain that trust and connection in a digital environment." —Eric S. Yuan, founder and CEO of Zoom A Harvard Business School professor and leading expert in virtual and global work provides remote workers and leaders with the best practices necessary to perform at the highest levels in their organizations. The rapid and unprecedented changes brought on by Covid-19 have accelerated the transition to remote working, requiring the wholesale migration of nearly entire companies to virtual work in just weeks, leaving managers and employees scrambling to adjust. This massive transition has forced companies to rapidly advance their digital footprint, using cloud, storage, cybersecurity, and device tools to accommodate their new remote workforce. Experiencing the benefits of remote working—including nonexistent commute times, lower operational costs, and a larger pool of global job applicants—many companies, including Twitter and Google, plan to permanently incorporate remote days or give employees the option to work from home full-time. But virtual work has its challenges. Employees feel lost, isolated, out of sync, and out of sight. They want to know how to build trust, maintain connections without in-person interactions, and a proper work/life balance. Managers want to know how to lead virtually, how to keep their teams motivated, what digital tools they'll need, and how to keep employees productive. Providing compelling, evidence-based answers to these and other pressing issues, *Remote Work Revolution* is essential for navigating the enduring challenges teams and managers face. Filled with specific actionable steps and interactive tools, this timely book will help team members deliver results previously out of reach. Following Neeley's advice, employees will be able to break through routine norms to successfully use remote work to benefit themselves, their groups, and ultimately their organizations.

*Rework* shows you a better, faster, easier way to succeed in business. Most business books give you the same old advice: Write a business plan, study the competition, seek investors, yadda yadda. If you're looking for a book like that, put this one back on the shelf. Read it and you'll know why plans are actually harmful, why you don't need outside investors, and why you're better off ignoring the competition. The truth is, you need less than you think. You don't need to be a workaholic. You don't need to staff up. You don't need to waste time on paperwork or meetings. You don't even need an office. Those are all just excuses. What you really need to do is stop talking and start working. This book shows you the way. You'll learn how to be more productive, how to get exposure without breaking the bank, and tons more counterintuitive ideas that will inspire and provoke you. With its

straightforward language and easy-is-better approach, Rework is the perfect playbook for anyone who's ever dreamed of doing it on their own. Hardcore entrepreneurs, small-business owners, people stuck in day jobs they hate, victims of "downsizing," and artists who don't want to starve anymore will all find valuable guidance in these pages.

A fearless young woman from a small African village starts a revolution against an American oil company in this sweeping, inspiring novel from the New York Times bestselling author of Behold the Dreamers. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY ESQUIRE • "Mbue reaches for the moon and, by the novel's end, has it firmly held in her hand."—NPR We should have known the end was near. So begins Imbolo Mbue's powerful second novel, How Beautiful We Were. Set in the fictional African village of Kosawa, it tells of a people living in fear amid environmental degradation wrought by an American oil company. Pipeline spills have rendered farmlands infertile. Children are dying from drinking toxic water. Promises of cleanup and financial reparations to the villagers are made—and ignored. The country's government, led by a brazen dictator, exists to serve its own interests. Left with few choices, the people of Kosawa decide to fight back. Their struggle will last for decades and come at a steep price. Told from the perspective of a generation of children and the family of a girl named Thula who grows up to become a revolutionary, How Beautiful We Were is a masterful exploration of what happens when the reckless drive for profit, coupled with the ghost of colonialism, comes up against one community's determination to hold on to its ancestral land and a young woman's willingness to sacrifice everything for the sake of her people's freedom.

A deeply-reported examination of why "doing what you love" is a recipe for exploitation, creating a new tyranny of work in which we cheerily acquiesce to doing jobs that take over our lives. You're told that if you "do what you love, you'll never work a day in your life." Whether it's working for "exposure" and "experience," or enduring poor treatment in the name of "being part of the family," all employees are pushed to make sacrifices for the privilege of being able to do what we love. In Work Won't Love You Back, Sarah Jaffe, a preeminent voice on labor, inequality, and social movements, examines this "labor of love" myth -- the idea that certain work is not really work, and therefore should be done out of passion instead of pay. Told through the lives and experiences of workers in various industries -- from the unpaid intern, to the overworked teacher, to the nonprofit worker and even the professional athlete -- Jaffe reveals how all of us have been tricked into buying into a new tyranny of work. As Jaffe argues, understanding the trap of the labor of love will empower us to work less and demand what our work is worth. And once freed from those binds, we can finally figure out what actually gives us joy, pleasure, and satisfaction.

[Copyright: 5125c23ec7027a7f6da65136ab561c59](#)