

[DOC] Showing Up For Life Thoughts On The Gifts Of A Lifetime

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Showing Up for Life-Bill Gates, Sr. 2009-04-28 A heartfelt, deeply personal book that shines a bright light on the values and principles that Bill Gates Sr. has learned over a lifetime of “showing up”: lessons that he learned growing up during the Great Depression, and that he instilled in his children and continues to practice on the world stage as the co-chair of the Bill & Melinda Gates Foundation. Through the course of several dozen narratives arranged in roughly chronological fashion, Gates introduces the people and experiences that influenced his thinking and guided his moral compass. Among them: the scoutmaster who taught him about teamwork and self reliance; and his famous son, Trey, whose curiosity and passion for computers and software led him to ultimately co-found Microsoft. Through revealing stories of his daughters, Kristi and Libby; his late wife, Mary, and his current wife, Mimi; and his work with Nelson Mandela and Jimmy Carter, among others, he discusses the importance of hard work, getting along, honoring a confidence, speaking out, and much more. Showing Up for Life translates one man’s experiences over fourscore years of living into an inspiring road map for readers everywhere. As Bill Gates Sr. puts it: "I’m 83 years old. Representing the Bill & Melinda Gates Foundation and everyone who is a part of it has given me the opportunity to see more of the world and its rich possibilities than most people ever do. I never imagined that I’d be working this late in life, or enjoying it so much."

Showing Up for Life-William H. Gates 2009 Through stories and anecdotes, the father of one of the most successful businessmen in history conveys the values and principles he has learned in life, has instilled in his children, and which he now practices on a world stage as the co-chair of the Bill and Melinda Gates Foundation. Original. The Art of Showing Up-Rachel Wilkerson Miller 2020-05-12 Showing up is what turns the people you know into your people. It’s at the core of creating and maintaining strong, meaningful bonds with friends, family, coworkers, and internet pals. Showing up is the act of bearing witness to people’s joy, pain, and true selves; validating their experiences; easing their load; and communicating that they are not alone in this life. If you’re having trouble connecting with those around you, know that you’re not the only one. Adult friendships are tricky!!! Part manifesto, part guide, The Art of Showing Up is soul medicine for our modern, tech-mediated age. Rachel Wilkerson Miller charts a course to kinder, more thoughtful, and more fulfilling relationships—and, crucially, she reminds us that “you can’t show up for others if you aren’t showing up for yourself first.” Learn to fearlessly . . . define your needs, reclaim your time, and commit to self-care ask for backup when times are tough—and take action when others are in crisis meet and care for new friends, and gently end toxic friendships help your people feel more seen (and more OK) overall!

Stop Missing Your Life-Cory Muscara 2019-12-31 What Tim Ferriss did for life design and Brene Brown did for vulnerability, Stop Missing Your Life will do for presence. In Stop Missing Your Life, mindfulness instructor Cory Muscara takes readers on a journey from "being present" to embodying "presence," helping peel back the layers that prevent us from being our full, honest, integrated selves in the world. Muscara explains that most of us are living on autopilot, often so guarded that we aren't experiencing the potential richness that life has to offer. Stop Missing Your Life reveals: How we build internal walls, which Muscara refers to as a "Pain Box," that both protect us and inhibit us from living a deeply connected and meaningful life A four-part FACE model (Focus, Allow, Curiosity, Embodiment) that helps chip away at the walls and find presence Why it's a risk to be our true selves in the world, and why safety (which does not mean comfort) is one of the missing ingredients to finding presence How we can make technology a part of our mindfulness practice--meditating with our devices, and also creating parameters around when and how we use technology Stop Missing Your Life ultimately teaches how we can create new behaviors, stop self-sabotaging our growth, and let go of the things that hold us back.

Show Up for Your Life-Chrystal Evans Hurst 2019-02-05 From popular author Chrystal Evans Hurst comes Show Up for Your Life, a topical YA book that empowers readers and reminds individuals who they are in God’s eyes. Chrystal keeps it real, exploring the daily ups and downs of life as a young adult today. Readers will discover how to shift their focus from everyday moments gone wrong to a mindset that celebrates the simple yet beautiful things in life. Chrystal’s conversational tone, honesty, and humble wisdom make this book perfect for YA readers who seek to be all God intended them to be while living a positive, impactful life. Show Up for Your Life: What the Girl You’ll Be Tomorrow Wants You to Know Today includes stories from Chrystal’s adventuresome life geared specifically for readers 13 and up, and touches on content related to the #1 adult nonfiction bestseller She’s Still There.

Emotional Agility-Susan A. David 2016 “The counterintuitive approach to achieving your true potential, heralded by the Harvard Business Review as a groundbreaking idea of the year”--

Born Standing Up-Steve Martin 2008-09-04 Steve Martin has been an international star for over thirty years. Here, for the first time, he looks back to the beginning of his career and charmingly evokes the young man he once was. Born in Texas but raised in California, Steve was seduced early by the comedy shows that played on the radio when the family travelled back and forth to visit relatives. When Disneyland opened just a couple of miles away from home, an enchanted Steve was given his first chance to learn magic and entertain an audience. He describes how he noted the reaction to each joke in a ledger - 'big laugh' or 'quiet' - and assiduously studied the acts of colleagues, stealing jokes when needed. With superb detail, Steve recreates the world of small, dark clubs and the fear and exhilaration of standing in the spotlight. While a philosophy student at UCLA, he worked hard at local clubs honing his comedy and slowly attracting a following until he was picked up to write for TV. From here on, Steve Martin became an acclaimed comedian, packing out venues nationwide. One night, however, he noticed empty seats and realised he had 'reached the top of the rollercoaster'. BORN STANDING UP is a funny and riveting chronicle of how Steve Martin became the comedy genius we now know and is also a fascinating portrait of an era. 12 Rules for Life-Jordan B. Peterson 2018 "What does everyone in the modern world need to know? [The author's] answer to this most difficult of questions uniquely combines the hard-won truths of ancient tradition with the stunning revelations of cutting-edge scientific research. [The author discusses] discussing discipline, freedom, adventure and responsibility, distilling the world's wisdom into 12 practical and profound rules for life"--

The Moment of Lift-Melinda Gates 2019-04-23 NEW YORK TIMES BESTSELLER “In her book, Melinda tells the stories of the inspiring people she’s met through her work all over the world, digs into the data, and powerfully illustrates issues that need our attention—from child marriage to gender inequity in the workplace.” — President Barack Obama “The Moment of Lift is an urgent call to courage. It changed how I think about myself, my family, my work, and what’s possible in the world. Melinda weaves together vulnerable, brave storytelling and compelling data to make this one of those rare books that you carry in your heart and mind long after the last page.” — Brené Brown, Ph.D., author of the New York Times #1 bestseller Dare to Lead “Melinda Gates has spent many years working with women around the world. This book is an urgent manifesto for an equal society where women are valued and recognized in all spheres of life. Most of all, it is a call for unity, inclusion and connection. We need this message more than ever.” — Malala Yousafzai “Melinda Gates’s book is a lesson in listening. A powerful, poignant, and ultimately humble call to arms.” — Tara Westover, author of the New York Times #1 bestseller Educated A debut from Melinda Gates, a timely and necessary call to action for women’s empowerment. “How can we summon a moment of lift for human beings - and especially for women? Because when you lift up women, you lift up humanity.” For the last twenty years, Melinda Gates has been on a mission to find solutions for people with the most urgent needs, wherever they live. Throughout this journey, one thing has become increasingly clear to her: If you want to lift a society up, you need to stop keeping women down. In this moving and compelling book, Melinda shares lessons she’s learned from the inspiring people she’s met during her work and travels around the world. As she writes in the introduction, “That is why I had to write this book—to share the stories of people who have given focus and urgency to my life. I want all of us to see ways we can lift women up where we live.” Melinda’s unforgettable narrative is backed by startling data as she presents the issues that most need our attention—from child marriage to lack of access to contraceptives to gender inequity in the workplace. And, for the first time, she writes about her personal life and the road to equality in her own marriage. Throughout, she shows how there has never been more opportunity to change the world—and ourselves. Writing with emotion, candor, and grace, she introduces us to remarkable women and shows the power of connecting with one another. When we lift others up, they lift us up, too. Awful Beautiful Life-Becky Powell 2019 "Becky Powell faced the unthinkable on May 16, 2013. Her husband Mark called and said, "I've done something terrible." Within hours, she learned that he had taken his own life and, over a period of several years, millions of dollars from friends and colleagues. Everything she believed to be true, the very fiber of her marriage, was called into question. Within a week, rather than planning carpool runs and volunteer fund-raisers, she owed almost one hundred creditors millions of dollars and had her own team of ten lawyers. She was also the subject of open FBI, SEC, and DOJ investigations-- and faced potential criminal charges. And, although she instantly denounced every cent of Mark's \$15 million in life insurance and promised to repay every penny taken, her lawyers knew that in reality she faced years of court battles and lawsuits, and possible jail time. Yet from that first horrific moment, God was there. He showed up in his Word, in Becky's fricnes, in her lawyers, and in the generosity of those around her. He worked miracles. CNBC, the Wall street Journal, Forbes, and others covered the first moment, but what about the last? What about the story in which God gives your next breath because you can't find it on your own? What about the story of a mom and three kids trying to make sense of their pasts, present, and future while living under a microscope? "Awful beautiful life" is Becky's journey through the two years surrounding Mark's death and how she overcame. It came down to a loving God who surrounded her, a present and dedicated family, and friends who made her life, offered her sanctuary, and showed up for her and her kids in tangible ways. This is a story of remarkable grit, strength, and what the Body of Christ in action looks like."--

The Compound Effect-Darren Hardy 2011-11-01 The New York Times and Wall Street Journal bestseller, based on the principle that little, everyday decisions will either take you to the life you desire or to disaster by default. No gimmicks. No Hyperbole. No Magic Bullet. The Compound Effect is a distillation of the fundamental principles that have guided the most phenomenal achievements in business, relationships, and beyond. This easy-to-use, step-by-step operating system allows you to multiply your success, chart your progress, and achieve any desire. If you're serious about living an extraordinary life, use the power of The Compound Effect to create the success you want. You will find strategies including: How to win--every time! The No. 1 strategy to achieve any goal and triumph over any competitor, even if they're smarter, more talented or more experienced. Eradicating your bad habits (some you might be unaware of!) that are derailing your progress. The real, lasting keys to motivation--how to get yourself to do things you don't feel like doing. Capturing the elusive, awesome force of momentum. Catch this, and you'll be unstoppable. The acceleration secrets of superachievers. Do they have an unfair advantage? Yes they do, and now you can too!

Eggshells-Caitriona Lally 2017-03-14 — Irish Book of the Year Finalist! — An Amazon Best Books of the Year So Far pick! A whimsical, touching debut about loneliness, friendship and hope... Vivian doesn't feel like she fits in - and never has. As a child, she was so whimsical that her parents told her she was "left by fairies." Now, living alone in Dublin, the neighbors treat her like she's crazy, her older sister condescends to her, social workers seem to have registered her as troubled, and she hasn't a friend in the world. So, she decides it's time to change her life: She begins by advertising for a friend. Not just any friend. She wants one named Penelope. Meanwhile, she roams the city, mapping out a new neighborhood every day, seeking her escape route to a better world, the other world her parents told her she came from. And then one day someone named Penelope answers her ad for a friend. And from that moment on, Vivian's life begins to change. Debut author Caitriona Lally offers readers an exhilaratingly fresh take on the Irish love for lyricism, humor, and inventive wordplay in a book that is, in itself, deeply charming, and deeply moving.

Bird by Bird-Anne Lamott 2007-12-18 For a quarter century, more than a million readers—scribes and scribblers of all ages and abilities—have been inspired by Anne Lamott’s hilarious, big-hearted, homespun advice. Advice that begins with the simple words of wisdom passed down from Anne’s father—also a writer—in the iconic passage that gives the book its title: “Thirty years ago my older brother, who was ten years old at the time, was trying to get a report on birds written that he’d had three months to write. It was due the next day. We were out at our family cabin in Bolinas, and he was at the kitchen table close to tears, surrounded by binder paper and pencils and unopened books on birds, immobilized by the hugeness of the task ahead. Then my father sat down beside him, put his arm around my brother’s shoulder, and said, ‘Bird by bird, buddy. Just take it bird by bird.’” An essential volume for generations of writers young and old, Bird by Bird is a modern classic. This twenty-fifth anniversary edition will continue to spark creative minds for years to come.

The Absolutely True Diary of a Part-Time Indian-Sherman Alexie 2012-01-10 Bestselling author Sherman Alexie tells the story of Junior, a budding cartoonist growing up on the Spokane Indian Reservation. Determined to take his future into his own hands, Junior leaves his troubled school on the rez to attend an all-white farm town high school where the only other Indian is the school mascot. Heartbreaking, funny, and beautifully written, The Absolutely True Diary of a Part-Time Indian, which is based on the author's own experiences, coupled with poignant drawings by Ellen Forney that reflect the character's art, chronicles the contemporary adolescence of one Native American boy as he attempts to break away from the life he was destined to live. With a forward by Markus Zusak, interviews with Sherman Alexie and Ellen Forney, and four-color interior art throughout, this edition is perfect for fans and collectors alike.

On Writing-Stephen King 2001-09-01 There is a reason why Stephen King is one of the bestselling writers in the world, ever. Described in the Guardian as 'the most remarkable storyteller in modern American literature', Stephen King writes books that draw you in and are impossible to put down. Part memoir, part master class by one of the bestselling authors of all time, this superb volume is a revealing and practical view of the writer's craft, comprising the basic tools of the trade every writer must have. King's advice is grounded in the vivid memories from childhood through his emergence as a writer, from his struggling early career to his widely reported, near-fatal accident in 1999 - and how the inextricable link between writing and living spurred his recovery.

The Miracle Morning-Hal Elrod The Not-So-Obvious Secret Guaranteed to Transform Your Life

The Showing-Will Macmillan Jones 2019-04-17 'His visit to the house has awoken that which was sleeping: how many must be taken before IT can be laid to rest?'For Sale again is Mister Jones' family home: a house he had known and feared since his childhood. On a nostalgic whim he decides to visit the house, with disastrous results. The house reacts to his appearance and the estate agent who is showing him around vanishes. Shortly afterwards the next agent appointed to handle the sale of the property also disappears.Mister Jones wants nothing to do with the property. His visit has awoken old memories for him, and the memories are not pleasant. But it is clear that something else has also been awoken by his visit, and when he is begged to help find the young agent who has vanished, he can no longer avoid the responsibility of facing his legacy of evil, and dealing with the curse laid upon the house.But what will happen when he faces IT, and who will emerge alive?If you knew just how much of this story is true, how well would you sleep tonight?The following books in the series of Mister Jones Mysteries are:Portrait of a GirlThe House Next DoorThe Curse of Clyffe HouseYou will find links to the next books in the collection on the author's Amazon page.

Fences-August Wilson 2019-08-06 From legendary playwright August Wilson comes the powerful, stunning dramatic bestseller that won him critical acclaim, including the Tony Award for Best Play and the Pulitzer Prize. Troy Maxson is a strong man, a hard man. He has had to be to survive. Troy Maxson has gone through life in an America where to be proud and black is to face pressures that could crush a man, body and soul. But the 1950s are yielding to the new spirit of liberation in the 1960s, a spirit that is changing the world Troy Maxson has learned to deal with the only way he can, a spirit that is making him a stranger, angry and afraid, in a world he never knew and to a wife and son he understands less and less. This is a modern classic, a book that deals with the impossibly difficult themes of race in America, set during the Civil Rights Movement of the 1950s and 60s. Now an Academy Award-winning film directed by and starring Denzel Washington, along with Academy Award and Golden Globe winner Viola Davis.

The Power of Habit-Charles Duhigg 2012-02-28 Groundbreaking new research shows that by grabbing hold of the three-step "loop" all habits form in our brains--cue, routine, reward--we can change them, giving us the power to take control over our lives. "We are what we repeatedly do," said Aristotle. "Excellence, then, is not an act, but a habit." On the most basic level, a habit is a simple neurological loop: there is a cue (my mouth feels gross), a routine (hello, Crest), and a reward (ahhh, minty fresh). Understanding this loop is the key to exercising regularly or becoming more productive at work or tapping into reserves of creativity. Marketers, too, are learning how to exploit these loops to boost sales; CEOs and coaches are using them to change how employees work and athletes compete. As this book shows, tweaking even one habit, as long as it's the right one, can have staggering effects. In The Power of Habit, award-winning New York Times business reporter Charles Duhigg takes readers inside labs where brain scans record habits as they flourish and die; classrooms in which students learn to boost their willpower; and boardrooms where executives dream up products that tug on our deepest habitual urges. Full of compelling narratives that will appeal to fans of Michael Lewis, Jonah Lehrer, and Chip and Dan Heath, The Power of Habit contains an exhilarating argument: our most basic actions are not the product of well-considered decision making, but of habits we often do not realize exist. By harnessing this new science, we can transform our lives.

The Path Made Clear-Oprah Winfrey 2019-03-26 Everyone has a purpose. And, according to Oprah Winfrey, “Your real job in life is to figure out as soon as possible what that is, who you are meant to be, and begin to honor your calling in the best way possible.” That journey starts right here. In her latest book, The Path Made Clear, Oprah shares what she sees as a guide for activating your deepest vision of yourself, offering the framework for creating not just a life of success, but one of significance. The book’s ten chapters are organized to help you recognize the important milestones along the road to self-discovery, laying out what you really need in order to achieve personal contentment, and what life’s detours are there to teach us. Oprah opens each chapter by sharing her own key lessons and the personal stories that helped set the course for her best life. She then brings together wisdom and insights from luminaries in a wide array of fields, inspiring readers to consider what they’re meant to do in the world

and how to pursue it with passion and focus. Renowned figures such as Eckhart Tolle, Brene Brown, Lin-Manuel Miranda, Elizabeth Gilbert, Jay-Z, and Ellen DeGeneres share the greatest lessons from their own journeys toward a life filled with purpose. Paired with over 100 awe-inspiring photographs to help illuminate the wisdom of these messages, *The Path Made Clear* provides readers with a beautiful resource for achieving a life lived in service of your calling – whatever it may be.

Chasing the Dream-Bill Lindsey 2016-09-12 In *Chasing the Dream*, Bill Lindsey eloquently explores religion, race, family, flying, politics, education, success, and failure—all in the search for meaning. This book is part introspective memoir, part family history, and part spiritual journey. It's a story that explores those grand, most important-yet illusive-questions about our purpose on this earth. Chasing your dream requires more than just ambition and persistence. It means putting in hard work and time. It means showing up. But mostly, it means believing you'll get there—no matter how convoluted the path seems. Lindsey learned these lessons growing up during troubled times in Mississippi—the early civil rights movement—and in a life filled with fascinating, diverse careers. As an officer in the navy, he served aboard a ship and flew planes along the coast of Vietnam. As a civilian, he worked for a well-known international consulting firm and for Hughes Aircraft Company in California. And, he founded a management consulting firm. Although Lindsey excelled in these positions, his job success left him strangely dissatisfied. Through it all, Lindsey knew he had yet to find his true purpose. Leaning on God for understanding and direction, he found knowledge and strength to keep chasing his dream, even though he couldn't define what that dream was. Finally, after a long trek of self-discovery, he found his destination: directing an executive MBA program at Loyola Marymount University where he taught executive students to be true leaders. But it wasn't until he began writing his memoir that he realized how valuable his life's journey had been in revealing truths about the nature of self-fulfillment and success. Now he shares those helpful lessons and his story with other dreamers.

The Complete Guide Book to Raising and Showing Indian Fantails-Ardy Prekker 2017-02-09 The Indian Fantail has become one of the most popular breeds of fancy pigeons. This guide book, by one of the leading experts of the breed, presents the received wisdom on all the finer points of the official breed standard as well as fully-informed advice on 21st century methods of proper care for the year-round well-being of the birds. The book includes an abundance of excellent full-color pictures that vividly illustrate even the most subtle points. It is a must read for all serious Indian Fantail fanciers be they novices or veterans

Living an Examined Life-James Hollis 2018-02-01 How do you define “growing up”? Does it mean you achieve certain cultural benchmarks—a steady income, paying taxes, marriage, and children? Or does it mean leaving behind the expectations of others and growing into the person you were meant to be? If you find yourself in a career, place, relationship, or crisis you never foresaw and that seems at odds with your beliefs about who you are, it means your soul is calling on you to reexamine your path. With *Living an Examined Life*, James Hollis offers an essential guidebook for anyone at a crossroads in life Here this acclaimed author guides you through 21 areas for self-inquiry and growth—such as how to exorcise the ghosts of your past, when to choose meaning over happiness, how to construct a mature spirituality, and how to seize permission to be who you really are With his trademark eloquence and insight, Dr. Hollis offers a potent resource you'll return to time and again to energize and inspire you on your journey to create a life of personal authority, integrity, and fulfillment.

Becoming-Michelle Obama 2018-11-13 In a life filled with meaning and accomplishment, Michelle Obama has emerged as one of the most iconic and compelling women of our era. As First Lady of the United States of America, she helped create the most welcoming and inclusive White House in history. With unerring honesty and lively wit, she describes her triumphs and her disappointments, both public and private. A deeply personal reckoning of a woman of soul and substance who has steadily defied expectations.

A Star Is Bored-Byron Lane 2020-07-28 "A Star is Bored is an absolute knockout. Riotously funny and wickedly tender." — Taylor Jenkins Reid, *New York Times* bestselling author of *Daisy Jones and the Six* *People Magazine* Best Book of Summer 2020 - Named a Must-Read Summer book by *Town & Country* - Named One of the 14 Best Books of Summer 2020 by *Harper's Bazaar* - One of *Library Journal's* 2020 "Titles to Watch" - One of the 30 Best Beach Reads According to *Parade Magazine* *The Devil Wears Prada* meets *Postcards From the Edge* in a hilariously heartfelt novel influenced in part by the author's time assisting Carrie Fisher. Charlie Besson is tense and sweating as he prepares for an insane job interview. His car is idling, like his life, outside the Hollywood mansion of Kathi Kannon, star of stage and screen and *People* magazine's worst dressed list. She needs an assistant. He needs a hero. Kathi is an icon, bestselling author, and an award winning actress, most known for her role as Priestess Talara in a blockbuster sci-fi film. She's also known in another role: crazy. Admittedly so. Famously so. Fabulously so, as Charlie quickly discovers. Their three year odyssey is filled with late night shopping sprees, last minute trips to see the aurora borealis, and an initiation to that most sacred of Hollywood tribes: the personal assistant. But Kathi becomes much more than a boss, and as their friendship grows, Charlie must make a choice. Will he always be on the sidelines of life, assisting the great forces that be, or can he step into his own leading role? Laugh-out-loud funny, and searingly poignant, *Byron Lane's A Star is Bored* is a novel that, like the star at its center, is enchanting and joyous, heartbreaking and hopeful.

She's Still There-Chrystal Evans Hurst 2017-08-08 What's a woman to do if her life is not taking shape the way that she thought that it would? What happens when she looks at herself in the mirror, lingering just a little longer than usual and realizes that she no longer recognizes the person staring back at her? What does she do when she sees that, somehow, her life has drifted away from all her original hopes, dreams, or plans? Speaker, blogger and writer Chrystal Evans Hurst wrote this book because she was that woman. One day she realized that she had somehow wandered away from the life that she had purposed to live a long time ago. Chrystal since discovered that this moment of awareness happens to lots of women at different seasons of their lives. Poor decisions, a lack of intentionality or planning, or a long-term denial of deep hopes and dreams can leave a woman, old or young, reeling from the realization that she is lost, disappointed, or simply numb. And she just needs encouragement. This woman simply needs someone to hold her hand, to cheer her on, and to believe with her that she is capable of still being the person she intended to be or discovering the girl she never knew was there in the first place. Chrystal uses her poignant story of an early and unexpected pregnancy, as well as other raw and vulnerable moments in her life, to let readers know she understands what it's like to try and find your way after some missteps or decisions you didn't plan on. In *She's Still There* Chrystal emphasizes the importance of the personal process and the beauty of that path as it is shared authentically from one girlfriend to another. It's a book of “me toos”, reminders of the hoped for, and challenges for the path ahead - to find direction, purpose, and true satisfaction.

Show Up for Yourself-Janet Philbin 2020-04-04

Visualise Your Highest Self, Start Showing Up As Her-.Inspiration Journal for Boss & Coworker 2019-10-15 *Super Boss & Girl Boss & Coworker Inspirational Quotes Journal & Notebook* (Boss Appreciation Gifts) This Inspirational Quote Notebook and Journal is the perfect Boss & Coworker Appreciation Gift. Over 100 boss & coworker inspiration, motivation and funny quotes on every page. The cover is an inspirational boss quote. The pages are lightly lined; perfect for planning, to do lists, lists, ideas, and thoughts. Give a gift that is thoughtful and useful! Features: High quality matte cover Portable size: 6x9 inches, 100 pages Inspirational quotes scattered throughout the journal.

The Daily Stoic-Ryan Holiday 2016-10-18 From the team that brought you *The Obstacle Is the Way* and *Ego Is the Enemy*, a beautiful daily devotional of Stoic meditations—an instant *Wall Street Journal* and *USA Today* Bestseller. Why have history's greatest minds—from George Washington to Frederick the Great to Ralph Waldo Emerson, along with today's top performers from Super Bowl-winning football coaches to CEOs and celebrities—embraced the wisdom of the ancient Stoics? Because they realize that the most valuable wisdom is timeless and that philosophy is for living a better life, not a classroom exercise. *The Daily Stoic* offers 366 days of Stoic insights and exercises, featuring all-new translations from the Emperor Marcus Aurelius, the playwright Seneca, or slave-turned-philosopher Epictetus, as well as lesser-known luminaries like Zeno, Cleanthes, and Musonius Rufus. Every day of the year you'll find one of their pithy, powerful quotations, as well as historical anecdotes, provocative commentary, and a helpful glossary of Greek terms. By following these teachings over the course of a year (and, indeed, for years to come) you'll find the serenity, self-knowledge, and resilience you need to live well.

The Stories of Goom'pa: Book 1-Vikrant Malhotra 2014-11-26 She emerged as innocent as any newborn. The party of starbursts and sparkles came to a standstill. In awe, millions of heavenly beings paused. Shine Star, Princess of the Universe, was the most precious and rare of all creations. As an expression of perfect happiness, thus was the king's daughter born. A magical love story unfolds in Vikrant Malhotra's wondrous debut, *The Stories of Goom'pa*: Book One. Meet Goom'pa. He is a Poofy, a small furry creature who resides on Earth in a place called Palidon, on the edge of the Miron National Forest. His world is a quiet one-until he spies Shine Star, a glorious star in the sky and the daughter of Prime Ray, the king of the universe. Enchanted by her elegance, Goom'pa knows he is willing to do anything to win the love of this celestial beauty. As the two meet and fall in love, Shine Star's father worries about his only daughter. Exploiting that concern is the Star Lord, Rath, who wants nothing more than to wrestle control of the universe away from Prime Ray. Will Goom'pa and Shine Star find a way to be together? Or will Rath's evil plan doom them all?

Things Fall Apart-Chinua Achebe 2013-04-25 One of the BBC's '100 Novels That Shaped Our World' A worldwide bestseller and the first part of Achebe's African Trilogy, *Things Fall Apart* is the compelling story of one man's battle to protect his community against the forces of change Okonkwo is the greatest wrestler and warrior alive, and his fame spreads throughout West Africa like a bush-fire in the harmattan. But when he accidentally kills a clansman, things begin to fall apart. Then Okonkwo returns from exile to find missionaries and colonial governors have arrived in the village. With his world thrown radically off-balance he can only hurtle towards tragedy. First published in 1958, Chinua Achebe's stark, coolly ironic novel reshaped both African and world literature, and has sold over ten million copies in forty-five languages. This arresting parable of a proud but powerless man witnessing the ruin of his people begins Achebe's landmark trilogy of works chronicling the fate of one African community, continued in *Arrow of God* and *No Longer at Ease*. 'His courage and generosity are made manifest in the work' Toni Morrison 'The writer in whose company the prison walls fell down' Nelson Mandela 'A great book, that bespeaks a great, brave, kind, human spirit' John Updike With an Introduction by Biyi Bandele

Life Undercover-Amaryllis Fox 2019-10-15 INSTANT NEW YORK TIMES BESTSELLER “Fast and thrilling . . . Life Undercover reads as if a John le Carré character landed in Eat Pray Love.” —The New York Times Amaryllis Fox's riveting memoir tells the story of her ten years in the most elite clandestine ops unit of the CIA, hunting the world's most dangerous terrorists in sixteen countries while marrying and giving birth to a daughter Amaryllis Fox was in her last year as an undergraduate at Oxford studying theology and international law when her writing mentor Daniel Pearl was captured and beheaded. Galvanized by this brutality, Fox applied to a master's program in conflict and terrorism at Georgetown's School of Foreign Service, where she created an algorithm that predicted, with uncanny certainty, the likelihood of a terrorist cell arising in any village around the world. At twenty-one, she was recruited by the CIA. Her first assignment was reading and analyzing hundreds of classified cables a day from foreign governments and synthesizing them into daily briefs for the president. Her next assignment was at the Iraq desk in the Counterterrorism center. At twenty-two, she was fast-tracked into advanced operations training, sent from Langley to “the Farm,” where she lived for six months in a simulated world learning how to use a Glock, how to get out of flexicuffs while locked in the trunk of a car, how to withstand torture, and the best ways to commit suicide in case of captivity. At the end of this training she was deployed as a spy under non-official cover—the most difficult and coveted job in the field as an art dealer specializing in tribal and indigenous art and sent to infiltrate terrorist networks in remote areas of the Middle East and Asia. Life Undercover is exhilarating, intimate, fiercely intelligent—an impossible to put down record of an extraordinary life, and of Amaryllis Fox's astonishing courage and passion.

The Road-Cormac McCarthy 2007-03-20 NATIONAL BESTSELLER WINNER OF THE PULITZER PRIZE The searing, post-apocalyptic novel about a father and son's fight to survive. A father and his son walk alone through burned America. Nothing moves in the ravaged landscape save the ash on the wind. It is cold enough to crack stones, and when the snow falls it is gray. The sky is dark. Their destination is the coast, although they don't know what, if anything, awaits them there. They have nothing; just a pistol to defend themselves against the lawless bands that stalk the road, the clothes they are wearing, a cart of scavenged food—and each other. The Road is the profoundly moving story of a journey. It boldly imagines a future in which no hope remains, but in which the father and his son, “each the other's world entire,” are sustained by love. Awesome in the totality of its vision, it is an unflinching meditation on the worst and the best that we are capable of: ultimate destructiveness, desperate tenacity, and the tenderness that keeps two people alive in the face of total devastation. A *New York Times* Notable Book One of the Best Books of the Year *The Boston Globe*, *The Christian Science Monitor*, *The Denver Post*, *The Kansas City Star*, *Los Angeles Times*, *New York, People*, *Rocky Mountain News*, *Time*, *The Village Voice*, *The Washington Post* *The Outsiders*-S. E. Hinton 2012-05-15 50 years of an iconic classic! This international bestseller and inspiration for a beloved movie is a heroic story of friendship and belonging. No one ever said life was easy. But Ponyboy is pretty sure that he's got things figured out. He knows that he can count on his brothers, Darry and Sodapop. And he knows that he can count on his friends—true friends who would do anything for him, like Johnny and Two-Bit. But not on much else besides trouble with the Socs, a vicious gang of rich kids whose idea of a good time is beating up on “greasers” like Ponyboy. At least he knows what to expect—until the night someone takes things too far. *The Outsiders* is a dramatic and enduring work of fiction that laid the groundwork for the YA genre. S. E. Hinton's classic story of a boy who finds himself on the outskirts of regular society remains as powerful today as it was the day it was first published. “The Outsiders transformed young-adult fiction from a genre mostly about prom queens, football players and high school crushes to one that portrayed a darker, truer world.” —The New York Times “Taut with tension, filled with drama.” —The Chicago Tribune “[A] classic coming-of-age book.” —Philadelphia Daily News A *New York Herald Tribune* Best Teenage Book A *Chicago Tribune* Book World Spring Book Festival Honor Book An ALA Best Book for Young Adults Winner of the Massachusetts Children's Book Award

The Life-Changing Magic of Tidying Up-Marie Kondo 2014-10-14 *The #1 New York Times* bestselling guide to decluttering your home and the inspiration for the hit Netflix show *Tidying Up with Marie Kondo*. Despite constant efforts to declutter your home, do papers still accumulate like snowdrifts and clothes pile up like a tangled mess of noodles? Japanese cleaning consultant Marie Kondo takes tidying to a whole new level, promising that if you properly simplify and organize your home once, you'll never have to do it again. Most methods advocate a room-by-room or little-by-little approach, which doom you to pick away at your piles of stuff forever. The KonMari Method, with its revolutionary category-by-category system, leads to lasting results. In fact, none of Kondo's clients have lapsed (and she still has a three-month waiting list). With detailed guidance for determining which items in your house “spark joy” (and which don't), this international bestseller featuring Tokyo's newest lifestyle phenomenon will help you clear your clutter and enjoy the unique magic of a tidy home—and the calm, motivated mindset it can inspire.

Wealth and Our Commonwealth-William H. Gates 2016-02-16 The ‘Man Bites Dog’ story of over 1,000 high net-worth individuals who rose up to protest the repeal of the estate tax made headlines everywhere last year. Central to the organization of what Newsweek tagged the ‘billionaire backlash’ were two visionaries: Bill Gates, Sr., cochair of the Bill and Melinda Gates Foundation, the largest foundation on earth, and Chuck Collins, cofounder of United for a Fair Economy and Responsible Wealth, and the great-grandson of meat packer Oscar Mayer who gave away his substantial inheritance at the age of twenty-six. Gates and Collins argue that individual wealth is a product not only of hard work and smart choices but of the society that provides the fertile soil for success. They don't subscribe to the ‘Great Man’ theory of wealth creation but contend that society's investments, such as economic development, education, health care, and property rights protection, all contribute to any individual's good fortune. With the repeal proposed by the Bush administration, we might be facing the future that Teddy Roosevelt feared—where huge fortunes amassed and untaxed would evolve into a dangerous and permanent aristocracy. Repeal would drop federal revenues \$294 billion in the first 10 years; 27 some \$750 billion would be lost in the second decade, not to mention that the U.S. Treasury estimates that charitable contributions would drop by \$6 billion a year. But what about all those modest families that would lose the farm? Gates and Collins expose the fallacy of this argument, pointing out that this is largely a myth and that the very same lobbies and politicians who are crying ‘cows’ have opposed other legislation that would actually have helped small farmers. Weaving in personal narratives, history, and plenty of solid economic sense, Gates and Collins make a sound and compelling case for tax reform, not repeal.

When Breath Becomes Air-Paul Kalanithi 2016 A cloth bag containing eight copies of the title.

Life of Pi-Yann Martel 2009-03-19 *Life of Pi* is a masterful and utterly original novel that is at once the story of a young castaway who faces immeasurable hardships on the high seas, and a meditation on religion, faith, art and life that is as witty as it is profound. Using the threads of all of our best stories, Yann Martel has woven a glorious spiritual adventure that makes us question what it means to be alive, and to believe.

The Indian in the Cupboard-Lynne Reid Banks 2010-07-07 Full of magic and appealing characters, this classic novel takes readers on a remarkable adventure. It's Omri's birthday, but all he gets from his best friend, Patrick, is a little plastic Indian toy. Trying to hide his disappointment, Omri puts the Indian in a metal cupboard and locks the door with a mysterious skeleton key that once belonged to his great-grandmother. Little does Omri know that by turning the key, he will transform his ordinary plastic Indian into a real live man from an altogether different time and place! Omri and the tiny warrior called Little Bear could hardly be more different, yet soon the two forge a very special friendship. Will Omri be able to keep Little Bear without anyone finding out and taking his precious Indian from him?

The Alchemist-Paulo Coelho 2015-02-24 A special 25th anniversary edition of the extraordinary international bestseller, including a new Foreword by Paulo Coelho. Combining magic, mysticism, wisdom and wonder into an inspiring tale of self-discovery, *The Alchemist* has become a modern classic, selling millions of copies around the world and transforming the lives of countless readers across generations. Paulo Coelho's masterpiece tells the mystical story of Santiago, an Andalusian shepherd boy who yearns to travel in search of a worldly treasure. His quest will lead him to riches far different—and far more satisfying—than he ever imagined. Santiago's journey teaches us about the essential wisdom of listening to our hearts, of recognizing opportunity and learning to read the omens strewn along life's path, and, most importantly, to follow our dreams.

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