

8000 Amazing Things You Should Know 512 Page Fact

A bright, bold debut about a girl who happens to have been born a boy, but refuses to let that stand in the way of her dream. George joins the Scholastic Gold line, which features award-winning and beloved novels. Includes exclusive bonus content! When people look at Melissa, they think they see a boy named George. But she knows she's not a boy. She knows she's a girl. Melissa thinks she'll have to keep this a secret forever. Then her teacher announces that their class play is going to be *Charlotte's Web*. Melissa really, really, REALLY wants to play Charlotte. But the teacher says she can't even try out for the part... because she's a boy. With the help of her best friend, Kelly, Melissa comes up with a plan. Not just so she can be Charlotte -- but so everyone can know who she is, once and for all.

Recounts lessons the author learned through taking on challenging and unique opportunities, offering commentary on the inherent compatibility of adventure and the Christian life as well as love's ability to encourage and inspire action.

Understanding how a multicellular animal develops from a single cell (the fertilized egg) poses one of the greatest challenges in biology today.

Development from egg to adult involves the sequential expression of virtually the whole of an organism's genetic instructions both in the mother as she lays down developmental cues in the egg, and in the embryo itself. Most of our present information on the role of genes in development comes from the invertebrate fruit fly, *Drosophila*. The two authors of this text (amongst the foremost authorities in the world) follow the developmental process from fertilization through the primitive structural development of the body plan of the fly after cleavage into the differentiation of the variety of tissues, organs and body parts that together define the fly. The developmental processes are fully explained throughout the text in the modern language of molecular biology and genetics. This text represents the vital synthesis of the subject that many have been waiting for and it will enable many specific courses in developmental biology and molecular genetics to focus on it. It will appeal to 2nd and 3rd year students in these disciplines as well as in biochemistry, neurobiology and zoology. It will also have widespread appeal among researchers. Authored by one of the foremost authorities in the world. A unique synthesis of the developmental cycle of *Drosophila* - our major source of information on the role of genes in development. Designed to provide the basis of new courses in developmental biology and molecular genetics at senior undergraduate level. A lucid explanation in the modern language of the science. A veteran mountaineer recalls some of his most dangerous climbs as he pursued the goal of reaching the summit of the world's fourteen 8,000-meter peaks, discussing some of his own close calls and rescues, and errors in judgment on the part of fellow climbers.

"This incredible reference resource covers eight subject areas and provides 8000 bulleted facts. There are 800 panels, each containing an illustration and ten key facts, star facts and news flashes. There are no long passages of text ..."--P [4] of cover.

Unauthorized guide to the underpinnings of the English language.

When *The Unbearable Lightness of Being* was first published in English, it was hailed as "a work of the boldest mastery, originality, and richness" by critic Elizabeth Hardwick and named one of the best books of 1984 by the *New York Times Book Review*. It went on to win the *Los Angeles Times Book Prize for Fiction* and quickly became an international bestseller. Twenty years later, the novel has established itself as a modern classic. To commemorate the anniversary of its first English-language publication, HarperCollins is proud to offer a special hardcover edition. A young woman in love with a man torn between his love for her and his incorrigible womanizing; one of his mistresses and her humbly faithful lover -- these are the two couples whose story is told in this masterful novel. Controlled by day, Tereza's jealousy awakens by night, transformed into ineffably sad death-dreams, while Tomas, a successful surgeon, alternates loving devotion to the dependent Tereza with the ardent pursuit of other women. Sabina, an independent, free-spirited artist, lives her life as a series of betrayals -- of parents, husband, country, love itself -- whereas her lover, the intellectual Franz, loses all because of his earnest goodness and fidelity. In a world in which lives are shaped by irrevocable choices and by fortuitous events, a world in which everything occurs but once, existence seems to lose its substance, its weight. Hence we feel, says the novelist, "the unbearable lightness of being" -- not only as the consequence of our private acts but also in the public sphere, and the two inevitably intertwine. This magnificent novel encompasses the extremes of comedy and tragedy, and embraces, it seems, all aspects of human existence. It juxtaposes geographically distant places (Prague, Geneva, Paris, Thailand, the United States, a forlorn Bohemian village); brilliant and playful reflections (on "eternal return," on kitsch, on man and animals -- Tomas and Tereza have a beloved doe named Karenin); and a variety of styles (from the farcical to the elegiac) to take its place as perhaps the major achievement of one of the world's truly great writers.

A riveting and powerful story of an unforgiving time, an unlikely friendship and an indestructible love

The invention of numerals is perhaps the greatest abstraction the human mind has ever created. Virtually everything in our lives is digital, numerical, or quantified. The story of how and where we got these numerals, which we so depend on, has for thousands of years been shrouded in mystery. *Finding Zero* is an adventure filled saga of Amir Aczel's lifelong obsession: to find the original sources of our numerals. Aczel has doggedly crisscrossed the ancient world, scouring dusty, moldy texts, cross examining so-called scholars who offered wildly differing sets of facts, and ultimately penetrating deep into a Cambodian jungle to find a definitive proof. Here, he takes the reader along for the ride. The history begins with the early Babylonian cuneiform numbers, followed by the later Greek and Roman letter numerals. Then

Aczel asks the key question: where do the numbers we use today, the so-called Hindu-Arabic numerals, come from? It is this search that leads him to explore uncharted territory, to go on a grand quest into India, Thailand, Laos, Vietnam, and ultimately into the wilds of Cambodia. There he is blown away to find the earliest zero—the keystone of our entire system of numbers—on a crumbling, vine-covered wall of a seventh-century temple adorned with eaten-away erotic sculptures. While on this odyssey, Aczel meets a host of fascinating characters: academics in search of truth, jungle trekkers looking for adventure, surprisingly honest politicians, shameless smugglers, and treacherous archaeological thieves—who finally reveal where our numbers come from.

Covers eight subject areas and provides 8000 bulleted facts. Eight hundred panels contain an illustration and ten key facts, star facts and news flashes.

A guide that cuts through the haze of misinformation and delivers an insightful message to anyone living with or at risk from the following: cancer, diabetes, heart disease, obesity, Alzheimer's disease and /or osteoporosis. Dr Campbell illuminates the connection between nutrition and these often fatal diseases and reveals the natural human diet. He also examines the source of nutritional confusion produced by powerful lobbies, government entities and opportunist scientists. Part medical thriller, part governmental exposé.

Turn your home into a Montessori home—and become a more mindful, attentive, and easygoing parent. It's time to change the way we see toddlers. Using the principles developed by the educator Dr. Maria Montessori, Simone Davies shows how to turn life with a “terrible two” into a mutually rich and rewarding time of curiosity, learning, respect, and discovery. With hundreds of practical ideas for every aspect of living with a toddler, here are five principles for feeding your child's natural curiosity, from “Trust in the child” to “Fostering a sense of wonder.” Step-by-step ways to cultivate daily routines with ease, like brushing teeth, toilet-training, dealing with siblings, losing the pacifier. Plus learn how to: Stay composed when your toddler is not and set limits with love and respect—without resorting to bribes or punishment Set up your home and get rid of the chaos Create Montessori activities that are just right for your one-to-three-year-old Raise an inquisitive learner who loves exploring the world around them See the world through your toddler's eyes and be surprised and delighted by their perspective Be your child's guide—and truly celebrate every stage

With half a million copies in print, *How to Read a Book* is the best and most successful guide to reading comprehension for the general reader, completely rewritten and updated with new material. A CNN Book of the Week: “Explains not just why we should read books, but how we should read them. It's masterfully done.” –Farheed Zakaria Originally published in 1940, this book is a rare phenomenon, a living classic that introduces and elucidates the various levels of reading and how to achieve them—from elementary reading, through systematic skimming and inspectional reading, to speed reading. Readers will learn when and how to “judge a book by its cover,” and also how to X-ray it, read critically, and extract the author's message from the text. Also included is instruction in the different techniques that work best for reading particular genres, such as practical books, imaginative literature, plays, poetry, history, science and mathematics, philosophy and social science works. Finally, the authors offer a recommended reading list and supply reading tests you can use measure your own progress in reading skills, comprehension, and speed.

An exhilarating exploration of the science and wonder of global bird migration. In the past two decades, our understanding of the navigational and physiological feats that enable birds to cross immense oceans, fly above the highest mountains, or remain in unbroken flight for months at a stretch has exploded. What we've learned of these key migrations—how billions of birds circumnavigate the globe, flying tens of thousands of miles between hemispheres on an annual basis—is nothing short of extraordinary. Bird migration entails almost unfathomable endurance, like a sparrow-sized sandpiper that will fly nonstop from Canada to Venezuela—the

equivalent of running 126 consecutive marathons without food, water, or rest—avoiding dehydration by "drinking" moisture from its own muscles and organs, while orienting itself using the earth's magnetic field through a form of quantum entanglement that made Einstein queasy. Crossing the Pacific Ocean in nine days of nonstop flight, as some birds do, leaves little time for sleep, but migrants can put half their brains to sleep for a few seconds at a time, alternating sides—and their reaction time actually improves. These and other revelations convey both the wonder of bird migration and its global sweep, from the mudflats of the Yellow Sea in China to the remote mountains of northeastern India to the dusty hills of southern Cyprus. This breathtaking work of nature writing from Pulitzer Prize finalist Scott Weidensaul also introduces readers to those scientists, researchers, and bird lovers trying to preserve global migratory patterns in the face of climate change and other environmental challenges. Drawing on his own extensive fieldwork, in *A World on the Wing* Weidensaul unveils with dazzling prose the miracle of nature taking place over our heads.

What if the ability to look, feel, and perform at peak capacity wasn't the stuff of lore but instead was within easy reach? In a perfect world, you would be able to have it all: complete optimization of mind, body, and spirit. In *Boundless*, the New York Times bestselling author of *Beyond Training* and health and fitness leader Ben Greenfield offers a first-of-its-kind blueprint for total human optimization. To catapult you down the path of maximizing cognition, mental clarity, and IQ, you will discover: How to rewire your skull's supercomputer (& 9 ways to fix your neurotransmitters) The 12 best ways to heal a leaky brain 8 proven methods to banish stress and kiss high cortisol goodbye 10 foods that break your brain, and how to eat yourself smart How to safely utilize nootropics and smart drugs, along with 8 of the best brain-boosting supplement stacks and psychedelics The top nutrient for brain health that you probably aren't getting enough of 6 ways to upgrade your brain using biohacking gear, games, and tools How to exercise the cells of your nervous system using technology and modern science Easy ways to train your brain for power, speed, and longevity The ultimate guide to optimizing your sleep, maximizing mental recovery, and stopping jet lag To ensure that you look good naked and live a long time, you will learn: 6 ways to get quick, powerful muscles (& why bigger muscles aren't better) How to burn fat fast without destroying your body The fitness secrets of 6 of the fittest old people on the planet The best training program for maximizing muscle gain and fat loss at the same time One simple tactic for staying lean year-round with minimal effort A step-by-step system for figuring out exactly which foods to eat 14 ways to build an unstoppable immune system Little-known tactics, tips, and tricks for recovering from workouts with lightning speed The best tools for biohacking your body at home and on the road How to eat, train, and live for optimal symmetry and beauty (& how to raise kids with superhuman bodies and brains) And to help you live a fulfilling and happy life, you will learn: 12 techniques to heal your body using your own internal pharmacy What the single most powerful emotion is and how to tap into it every day 4 of the best ways to heal your body and spirit using sounds and vibrations 6 ways to enhance your life and longevity with love, friendships, and lasting relationships How to biohack the bedroom for better sex and longer orgasms, and the top libido-enhancing herbs, supplements, and strategies The perfect morning, afternoon, and evening routines for enhancing sleep, productivity, and overall happiness 28 ways to combine ancestral wisdom and modern science to enhance longevity, including the best foods, herbs, supplements, injections, medical treatments, biohacks, fasting strategies, and much more The 4 hidden variables that

can make or break your mind, body, and spirit The exercise that will change your life forever (& how to reverse-engineer your perfect day) Boundless guides you every step of the way to becoming an expert in what makes your brain tick, your body work, and your spirit happy. You can flip open the book to any chapter and discover research-proven, trench-tested techniques to build muscle, burn fat, live longer, have mind-blowing sex, raise robust children, and much, much more!

Something to be happy about: This mesmerizing bestseller is revised and updated. Originally published 25 years ago (happy anniversary!) from a list that Barbara Ann Kipfer started making as a child, it's the book that marries obsession with happiness. And it now has 4,000 fresh and more current reasons to be happy: Rabbit tracks in the snow. Kiteboarding and kitesurfing. Caramel gelato. Scoring super-high on a Scrabble turn. Babies burping. Summer storms. White cupcakes with multicolored sprinkles. Big red barns. 20 minutes all to yourself. No opinions, no explanations, no asides, no footnotes, editorializing, or proselytizing. Just the simple premise of a list of things that make us smile. With its chunky shape, striking black-and-white cover, and 100 whimsical illustrations by Pierre Le-Tan, the new 14,000 Things is an irresistible catalog of good thoughts completely updated to reflect today's world—and an uplifting gift for people of all moods and all ages.

Based on thousands of personal notes, letters and other written sources, a definitive presentation of the late science-fiction and metaphysical author's unpublished masterwork offers insight into his life-long exploration of the nature of reality and perception and the relationship between humanity and the divine.

A NEW YORK TIMES EDITORS' CHOICE NAMED A BEST BOOK OF THE YEAR BY TIME , NPR, INSTYLE, AND GOOD HOUSEKEEPING "A sensational new book [that] tries to figure out whether it's possible to live an ethical life in a capitalist society. . . . The results are enthralling." —Associated Press A timely and arresting new look at affluence by the New York Times bestselling author, "one of the leading lights of the modern American essay." —Financial Times "My adult life can be divided into two distinct parts," Eula Biss writes, "the time before I owned a washing machine and the time after." Having just purchased her first home, the poet and essayist now embarks on a provocative exploration of the value system she has bought into. Through a series of engaging exchanges—in libraries and laundromats, over barstools and backyard fences—she examines our assumptions about class and property and the ways we internalize the demands of capitalism. Described by the New York Times as a writer who "advances from all sides, like a chess player," Biss offers an uncommonly immersive and deeply revealing new portrait of work and luxury, of accumulation and consumption, of the value of time and how we spend it. Ranging from IKEA to Beyoncé to Pokemon, Biss asks, of both herself and her class, "In what have we invested?"

#1 NEW YORK TIMES BESTSELLER • A special 20th anniversary edition of the beloved book that changed millions of lives—with a new afterword by the author Maybe it was a grandparent, or a teacher, or a colleague. Someone older, patient and wise, who understood you when you were young and searching, helped you see the world as a more profound place, gave you sound advice to help you make your way through it. For Mitch Albom, that person was Morrie Schwartz, his college professor from nearly twenty years ago. Maybe, like Mitch, you lost track of this mentor as you made your way, and the insights faded, and the world seemed colder. Wouldn't you like to see that

person again, ask the bigger questions that still haunt you, receive wisdom for your busy life today the way you once did when you were younger? Mitch Albom had that second chance. He rediscovered Morrie in the last months of the older man's life. Knowing he was dying, Morrie visited with Mitch in his study every Tuesday, just as they used to back in college. Their rekindled relationship turned into one final "class": lessons in how to live. Tuesdays with Morrie is a magical chronicle of their time together, through which Mitch shares Morrie's lasting gift with the world.

The New York Times bestseller is back! The career workbook Roadmap is better than ever. Roadmap has been updated and expanded with tons of brand new content—including chapters on changing directions mid-career and not letting your past define your future. Through inspirational stories and interviews, journal-like prompts, and practical career development information, this helpful resource will steer students, recent graduates, and career-changers toward an authentic, fulfilling life. • Features fresh perspectives from people like singer-songwriter John Legend, surfing world champion Layne Beachley, and MacArthur fellow and radio host Jad Abumrad • Full of advice for people seeking a fulfilling work life that will make them happy and keep them engaged • A self-mapped guide to creating a rewarding and satisfying work life

Roadtrip Nation, based in Costa Mesa, was founded by Nathan Gebhard, Mike Marriner, and Brian McAllister in 2001, and has grown into a national career exploration movement, educational organization, and PBS series. Since its original publication in 2015, the team at Roadtrip Nation has continued to travel the world and interview accomplished individuals about their path to success. • Great for recent college graduates, interns, or anyone questioning their career path and in need of advice and a fresh perspective • Useful as a resource for career advisers, educators, and companies who want to foster an engaged workforce • Add it to the collection of books like What Color Is Your Parachute? 2019: A Practical Manual for Job-Hunters and Career-Changers by Richard N. Bolles, Designing Your Life: How to Build a Well-Lived, Joyful Life by Bill Burnett and Dave Evans, and How to Have a Good Day: Harness the Power of Behavioral Science to Transform Your Working Life by Caroline Webb

****The instant Sunday Times bestseller**** ****A FINANCIAL TIMES BOOK OF THE YEAR**** ****ONE OF THE DAILY TELEGRAPH'S 75 BEST BOOKS OF 2021**** 'Life is finite. You don't have to fit everything in... Read this book and wake up to a new way of thinking and living' EMMA GANNON What if you stopped trying to do everything, so that you could finally get round to what counts? We're obsessed with our lengthening to-do lists, our overfilled inboxes, the struggle against distraction, and the sense that our attention spans are shrivelling. Still, we rarely make the connection between our daily struggles with time and the ultimate time management problem: the question of how best to use our ridiculously brief time on the planet, which amounts on average to about four thousand weeks. Four Thousand Weeks is an uplifting, engrossing and deeply realistic exploration of the challenge. Rejecting the futile modern obsession with 'getting everything done,' it introduces readers to tools for constructing a meaningful life by embracing rather than denying their limitations. Drawing on the insights of both ancient and contemporary philosophers, psychologists, and spiritual teachers, Oliver Burkeman sets out to realign our relationship with time - and in doing so, to liberate us from its tyranny. Embrace your limits. Change your life. Make your four thousand weeks count. The perfect gift for busy people this Christmas. 'A much-needed reality check on our

culture's crazy assumptions around work, productivity and living a meaningful life'
MARK MANSON, bestselling author of THE SUBTLE ART OF NOT GIVING A F*CK
'Comforting, fascinating, engaging, inspiring and USEFUL, actually genuinely useful'
MARIAN KEYES

Selected by the Modern Library as one of the 100 best nonfiction books of all time From the Modern Library's new set of beautifully repackaged hardcover classics by Truman Capote—also available are *Breakfast at Tiffany's* and *Other Voices, Other Rooms* (in one volume), *Portraits and Observations*, and *The Complete Stories* Truman Capote's masterpiece, *In Cold Blood*, created a sensation when it was first published, serially, in *The New Yorker* in 1965. The intensively researched, atmospheric narrative of the lives of the Clutter family of Holcomb, Kansas, and of the two men, Richard Eugene Hickock and Perry Edward Smith, who brutally killed them on the night of November 15, 1959, is the seminal work of the "new journalism." Perry Smith is one of the great dark characters of American literature, full of contradictory emotions. "I thought he was a very nice gentleman," he says of Herb Clutter. "Soft-spoken. I thought so right up to the moment I cut his throat." Told in chapters that alternate between the Clutter household and the approach of Smith and Hickock in their black Chevrolet, then between the investigation of the case and the killers' flight, Capote's account is so detailed that the reader comes to feel almost like a participant in the events. *Cloud Atlas* meets *Orphan Black* in this epic dimension-bending trilogy by New York Times bestselling author Claudia Gray about a girl who must chase her father's killer through multiple dimensions. Marguerite Caine's physicist parents are known for their groundbreaking achievements. Their most astonishing invention, called the Firebird, allows users to jump into multiple universes—and promises to revolutionize science forever. But then Marguerite's father is murdered, and the killer—her parent's handsome, enigmatic assistant Paul— escapes into another dimension before the law can touch him. Marguerite refuses to let the man who destroyed her family go free. So she races after Paul through different universes, always leaping into another version of herself. But she also meets alternate versions of the people she knows—including Paul, whose life entangles with hers in increasingly familiar ways. Before long she begins to question Paul's guilt—as well as her own heart. And soon she discovers the truth behind her father's death is far more sinister than she expected. *A Thousand Pieces of You* explores an amazingly intricate multi-universe where fate is unavoidable, the truth elusive, and love the greatest mystery of all.

A. K. Larkwood's *The Unspoken Name* is a stunning debut fantasy about a young priestess sentenced to die, who at the last minute escapes her fate; only to become an assassin for the wizard who saved her. What if you knew how and when you will die? Csorwe does—she will climb the mountain, enter the Shrine of the Unspoken, and gain the most honored title: sacrifice. But on the day of her foretold death, a powerful mage offers her a new fate. Leave with him, and live. Turn away from her destiny and her god to become a thief, a spy, an assassin—the wizard's loyal sword. Topple an empire, and help him reclaim his seat of power. But Csorwe will soon learn—gods remember, and if you live long enough, all debts come due. "In the vein of Le Guin's magnificent *Tombs of Atuan*—if Arha the Eaten One got to grow up to be a swordswoman mercenary in thrall to her dubious wizard mentor. I love this book so much."—Arkady Martine, author of *A Memory Called Empire* "I cannot recommend it enough." -- Tamsyn Muir, author of *Gideon the Ninth* At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

The chilling *Saga of Darren Shan*, the ordinary schoolboy plunged into the vampire world. *Kafka on the Shore* displays one of the world's great storytellers at the peak of his powers. Here we meet a teenage boy, Kafka Tamura, who is on the run, and Nakata, an aging simpleton who is drawn to Kafka for reasons that he cannot fathom. As their paths converge, acclaimed author Haruki Murakami enfoldes readers in a world where cats talk, fish fall from the

sky, and spirits slip out of their bodies to make love or commit murder, in what is a truly remarkable journey.

Buckland's Complete Book of Witchcraft has influenced and guided countless students, coven initiates, and solitaries around the world. One of modern Wicca's most recommended books, this comprehensive text features a step-by-step course in Witchcraft, with photographs and illustrations, rituals, beliefs, history, and lore, as well as instruction in spellwork, divination, herbalism, healing, channeling, dreamwork, sabbats, esbats, covens, and solitary practice. The workbook format includes exam questions at the end of each lesson, so you can build a permanent record of your spiritual and magical training. This complete self-study course in modern Wicca is a treasured classic—an essential and trusted guide that belongs in every Witch's library. Praise: "A masterwork by one of the great Elders of the Craft. Raymond Buckland has presented a treasure trove of Wiccan lore. It is a legacy that will provide magic, beauty, and wisdom to future generations of those who seek the ancient paths of the Old Religion."—Ed Fitch, author of *Magical Rites from the Crystal Well* "I read Buckland's Complete Book of Witchcraft with much pleasure. This book contains enough information and know-how for all approaches: the historical, the philosophical, and the pragmatic . . . quite entertaining, as much for the armchair enthusiast as for the practicing occultist."—Marion Zimmer Bradley, author of *The Mists of Avalon* "Never in the history of the Craft has a single book educated as many people, spurred as many spiritual paths, or conjured as much personal possibility as Buckland's Complete Book of Witchcraft."—Dorothy Morrison, author of *The Craft*

FROM THE AUTHOR OF THE NEW YORK TIMES BESTSELLER *THE LAST THING HE TOLD ME?* Heralded as "impossible to put down" (*Elle*), and named a Best Book of the Summer by *Glamour*, *Good Housekeeping*, *Cosmopolitan*, *Elle*, *Marie Claire*, and *Us Weekly*, *Eight Hundred Grapes* is a heartbreaking, funny, and deeply evocative novel about love, marriage, family, wine, and the treacherous terrain in which they all intersect. There are secrets you share, and secrets you hide... What if your beloved fiancé, he of the crinkly smile and irresistible British accent, had kept a life-changing secret from you? And what if, just a week before your dream wedding, you discovered it? Georgia Ford, bride-to-be, hops in her car and drives through the night, from Los Angeles to Sonoma, to her safe haven: her family, and the acclaimed family winery. Georgia craves the company of those who know her best, and whom she truly knows. Better yet, it's the eve of the last harvest—the best time of the growing season, and Georgia knows she'll find solace—and distraction—in the familiar rituals. But when Georgia arrives home, nothing is at all familiar. Her parents, her brothers, the family business, are all unrecognizable. It seems her fiancé isn't the only one who's been keeping secrets... *Eight Hundred Grapes* is a story about the messy realities of family, the strength (and weaknesses) of romantic love, and the importance of finding a place to call home. "This winning tale will both satisfy on a literary level and encourage oenophiles to pour themselves a glass of a recent vintage to enjoy while reading; it's a tasty treat for wine lovers and teetotalers alike" (*Publishers Weekly*). You won't be able to put this "addictive" (*Us Weekly*) novel down.

Recounts nearly nine thousand years of human interaction with cats, with examples of cats in art throughout history and photographs of contemporary cats
The #1 New York Times bestseller. Over 3 million copies sold! *Tiny Changes, Remarkable Results* No matter your goals, *Atomic Habits* offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and

again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to: • make time for new habits (even when life gets crazy); • overcome a lack of motivation and willpower; • design your environment to make success easier; • get back on track when you fall off course; ...and much more. Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

A collection of facts about diverse subjects such as food, animals, inventions and more.

'Susie Dent is a one-off. She breathes life and fun into words and language' Pam Ayres 'Susie Dent is a national treasure' Richard Osman Welcome to a year of wonder with Susie Dent, lexicographer, logophile, and longtime queen of Countdown's Dictionary Corner. From the real Jack the Lad to the theatrically literal story behind stealing someone's thunder, from tartle (forgetting someone's name at the very moment you need it) to snaccident (the unintentional eating of an entire packet of biscuits), WORD PERFECT is a brilliant linguistic almanac full of unforgettable stories, fascinating facts, and surprising etymologies tied to every day of the year. You'll never be lost for words again.

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