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Every person has a story, a personal narrative that informs their life, their decisions, and their way of thinking. But did you know that it also affects the wiring of your brain? Renowned psychiatrist and professor at Harvard Medical School John Sharp, M.D., offers an eight-step process to discovering your unconscious narrative and using your new insight to eradicate the "false truth" that has been at the core of your self-sabotage. His unique approach integrates four core domains of applied psychology—control mastery theory, attachment theory, narrative therapy, and positive psychology—with his own research and professional experience to construct an insightful and soul-searching path to insight. Throughout his step-by-step process, Dr. Sharp provides:

- The “Sharp Focus” to distill and emphasize important concepts
- Quizzes to help you analyze your internal and external tendencies
- “First Impressions” case studies from his professional practice
- Awareness, insight, change, and narrative tools to facilitate your transformation
- “Gut Checks” to help you figure out if you are ready to move on to the next step in the process

Dr. Sharp’s approach is simple and accessible, with the power to wield profound results. Through exercises, quizzes, thorough exploration of case studies, and clear guidance, you will be

able to find your false truth, rewrite your story, and transform your life. Once you have flipped the switch of insight, nothing can hold back the light that shines from within.

A collection of four erotic short stories about Matt, the experience captain, and Jake, a bratty superstar rookie on a professional hockey team. Matt loves to tease Jake about his age, push his buttons, and put him in his place, but deeply cares about his rookie. After their first sexual experience one night on a road trip, the two athletes have become more bold about how and where they fuck, and continue to create a stronger bond.

Daily inspiration from American philosopher and transcendentalist Ralph Waldo Emerson Featuring excerpts from Ralph Waldo Emerson's essays, poems, and lectures, Everyday Emerson offers 365 snippets of wisdom and insight from one of America's greatest writers and philosophers. An astute observer of both nature and society, Emerson's writing touches on themes of individuality, freedom, and human potential, all of it shot through with a profound love and awe of the natural world. The excerpts in Everyday Emerson are inspiring and thought provoking—a daily invitation to engage the world with imagination and intention. In addition to daily quotes, the end of the book also includes selections from Emerson's beloved essay "Self-Reliance." Both longtime appreciators of

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Emerson's work and readers who would be intimidated by a complete book of essays will find something delightful in its pages.

Johnny Tractor invites the reader to count from one to ten using objects found on a farm. On board pages.

Britain's best-selling comic, 'The Beano' celebrates its 75th birthday this year Join Dennis the Menace, The Bash Street Kids, Roger the Dodger and Minnie the Minx for 112 pages of mischief, mayhem and menacing

Rookie BundleA Collection of 4 Erotic Shorts about the Captain and Star Rookie on a Professional Hockey Team

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