

Reasons To Stay Alive

A set of tools for mastering the one skill standing between us and success: the ability to ask for the things we need to succeed. Imagine you're on a deadline for a big project, and feeling overwhelmed. Or you're looking for a job, but can't seem to get your foot in the door. Or you're dying for tickets to a sold out concert, and all your leads have gone cold. What do these problems have in common? They can all be solved simply by reaching out to a colleague, friend, or wider network and making an ask. Studies show that asking for help makes us better and less frustrated at our jobs. It helps us find new opportunities and new talent. It unlocks new ideas and solutions, and enhances team performance. And it helps us get the things we need outside the workplace as well. And yet, we rarely give ourselves permission to ask. Luckily, the research shows that asking—and getting—what we need is much easier than we tend to think. Here, Wayne Baker shares a set of strategies—used at companies like Google, GM, and IDEO—that individuals, teams, and leaders can use to make asking for help a personal and organizational habit, including:

- A quiz to identify your asking-giving style
- SMART criteria for who, when, and how to ask
- “Plug-and-play ” routines that make requests a standard component of meetings
- Mini-games that incentivize asking within teams
- The Reciprocity Ring, a guided activity that allows people to tap into the giving power of a network

Picking up where the bestselling book *Give and Take* left off, *All You Have to Do Is Ask* shows us how to ignite the cycle of giving and receiving by asking for the things we need. Advance praise for *All You Have to Do Is Ask* “Asking for help and support has been a key to my success. Wayne Baker expertly shares how everyone can do it.”—Shellye Archambeau, former CEO, MetricStream, and board director, Verizon and Nordstrom “Wayne Baker shares the formula for driving personal, organizational, and social change by tapping the power of our teams and networks for help. This insightful book is a must-read for anyone seeking practical and proven solutions to make our workplaces and world a better place.”—Noel Tichy, professor, University of Michigan, and author of *Judgment and Control Your Destiny or Someone Else Will*

FROM THE NUMBER ONE SUNDAY TIMES BESTSELLING AUTHOR Meet the Hunter family: Adam, Kate, and their children Hal and Charlotte. And Prince, their Labrador. Prince is an earnest young dog, striving hard to live up to the tenets of the Labrador Pact (Remain Loyal to Your Human Masters, Serve and Protect Your Family at Any Cost). Other dogs, led by the Springer Spaniels, have revolted. As things in the Hunter family begin to go badly awry – marital breakdown, rowdy teenage parties, attempted suicide – Prince's responsibilities threaten to overwhelm him and he is forced to break the Labrador Pact and take desperate action to save his Family.

A Sunday Times Bestseller Have you ever had a strange urge to jump from a tall building, or steer your car into oncoming traffic? You are not alone. In this captivating fusion of science, history and personal memoir, writer David Adam explores the weird thoughts that exist within every mind, and how they drive millions of us towards obsessions and compulsions. David has suffered from OCD for twenty years, and *The Man Who Couldn't Stop* is his unflinchingly honest attempt to understand the condition and his experiences. What might lead an Ethiopian schoolgirl to eat a wall of her house, piece by piece; or a pair of brothers to die beneath an avalanche of household junk that

Read Book Reasons To Stay Alive

they had compulsively hoarded? At what point does a harmless idea, a snowflake in a clear summer sky, become a blinding blizzard of unwanted thoughts? Drawing on the latest research on the brain, as well as historical accounts of patients and their treatments, this is a book that will challenge the way you think about what is normal, and what is mental illness. Told with fierce clarity, humour and urgent lyricism, this extraordinary book is both the haunting story of a personal nightmare, and a fascinating doorway into the darkest corners of our minds.

If you grow up in a world where wrinkles are practically illegal, going bald is cause for a mental breakdown, and women over size zero are encouraged to shoot themselves (immediately), what the hell do you do if you're, gasp ... DISABLED? Whatever body you're born into, the pressure to be normal is everywhere. But have you ever met a normal person? What do they look like? Where do they live? What do they eat for breakfast? And what the **** does normal mean anyway? This is the award-winning wobbly comedian Francesca Martinez's funny, personal, and universal story of how she learned to stick two shaky fingers up to the crazy expectations of a world obsessed with being 'normal'.

#1 bestselling author Stephenie Meyer makes a triumphant return to the world of Twilight with this highly anticipated companion: the iconic love story of Bella and Edward told from the vampire's point of view. When Edward Cullen and Bella Swan met in Twilight, an iconic love story was born. But until now, fans have heard only Bella's side of the story. At last, readers can experience Edward's version in the long-awaited companion novel, *Midnight Sun*. This unforgettable tale as told through Edward's eyes takes on a new and decidedly dark twist. Meeting Bella is both the most unnerving and intriguing event he has experienced in all his years as a vampire. As we learn more fascinating details about Edward's past and the complexity of his inner thoughts, we understand why this is the defining struggle of his life. How can he justify following his heart if it means leading Bella into danger? In *Midnight Sun*, Stephenie Meyer transports us back to a world that has captivated millions of readers and brings us an epic novel about the profound pleasures and devastating consequences of immortal love. An instant #1 New York Times Bestseller An instant #1 USA Today Bestseller An instant #1 Wall Street Journal Bestseller An instant #1 IndieBound Bestseller Apple Audiobook August Must-Listens Pick "People do not want to just read Meyer's books; they want to climb inside them and live there." -- Time "A literary phenomenon." -- New York Times

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

Read Book Reasons To Stay Alive

hope.

Struggling with overwork and parenting angst, English village doctor Peter Radley endeavors to hide his family's vampire nature until their daughter's oddly satisfying act of violence reveals the truth, an event that is complicated by the arrival of a practicing vampire family member.

Order THE COMFORT BOOK. Available now! THE NUMBER ONE SUNDAY TIMES BESTSELLER WHAT DOES IT MEAN TO FEEL TRULY ALIVE? Aged 24, Matt Haig's world caved in. He could see no way to go on living. This is the true story of how he came through crisis, triumphed over an illness that almost destroyed him and learned to live again. A moving, funny and joyous exploration of how to live better, love better and feel more alive, Reasons to Stay Alive is more than a memoir. It is a book about making the most of your time on earth. 'I wrote this book because the oldest clichés remain the truest. Time heals. The bottom of the valley never provides the clearest view. The tunnel does have light at the end of it, even if we haven't been able to see it . . . Words, just sometimes, really can set you free.'

Zelie Adebola remembers when the soil of Or sha hummed with magic. Burners ignited flames, Tiders beckoned waves, and Zelie s Reaper mother summoned forth souls. But everything changed the night magic disappeared. Under the orders of a ruthless king, maji were killed, leaving Zelie without a mother and her people without hope.

It doesn't matter that you've lived in shadows, that you've slept through years of your life, that you've done things you're ashamed to admit even to yourself. It doesn't matter that you're an anxious, depressed, spaghetti-brained mess with a shouty monster brain that keeps you from conforming to society's definition of normal. Beth McColl has been there – sometimes she still is there – but in this book she shares what's worked for her and what hasn't, what's gotten her into trouble and then back out of it again, and what she wishes she'd known from the start: How to get through a bad day Questions to ask your doctor The truth about medication Ways to practise self-care and mindfulness What to expect from a partner How to forgive your past self, and so much more... How to Come Alive Again is a relatable, honest, at times joyous and above all practical guide for anyone who has a mental illness – or anyone who knows and loves someone who does. It's the basics for mending your life, accepting yourself, changing what doesn't work, killing the worst of it and learning to live again.

Regarding humans unfavorably upon arriving on Earth, a reluctant extraterrestrial assumes the identity of a Cambridge mathematician before realizing that there's more to the human race than he suspected.

From the New York Times bestselling author of The Midnight Library. The world is messing with our minds. What if there was something we could do about it? Looking at sleep, news, social media, addiction, work and play, Matt Haig invites us to feel calmer, happier and to question the habits of the digital age. This book might even change the way you spend your precious time on earth.

Ratatouille meets Roald Dahl in the funny and fantastical story of a determined mouse on a mission to procure the world's tastiest cheese. From the author of A Boy Called Christmas--coming soon to Netflix! When Nikolas left the only home he had ever known, it was a mouse named Miika who kept him company, and it was Miika who accompanied him on his journey to the Far North, in search of his father. But before the events of A Boy Called Christmas, this little mouse was the hero of his own story. A Mouse Called Miika is an epic adventure story on a miniature scale. It's a tale of mice and men (and more mice). It is about one independent mouse who gets fed up with the other mice, and sets out on a quest of his own to prove that cheese exists, and learns to appreciate other creatures. It is also a tale of

Read Book Reasons To Stay Alive

great love (of cheese) and great danger. And learning the lesson that, with cheese, as with life, what matters most is not how strongly you smell, but how strong you are on the inside. Funny, cheeky, wise, and packed full of Matt Haig's signature warmth. This is set to become a year-round children's favorite.

A passionate eyewitness account of the mysteries and looming demise of glaciers—and what their fate means for our shared future The ice sheets and glaciers that cover one-tenth of Earth's land surface are in grave peril. High in the Alps, Andes, and Himalaya, once-indomitable glaciers are retreating, even dying. Meanwhile, in Antarctica, thinning glaciers may be unlocking vast quantities of methane stored for millions of years beneath the ice. In *Ice Rivers*, renowned glaciologist Jemma Wadham offers a searing personal account of glaciers and the rapidly unfolding crisis that they—and we—face. Taking readers on a personal journey from Europe and Asia to Antarctica and South America, Wadham introduces majestic glaciers around the globe as individuals—even friends—each with their own unique character and place in their community. She challenges their first appearance as silent, passive, and lifeless, and reveals that glaciers are, in fact, as alive as a forest or soil, teeming with microbial life and deeply connected to almost everything we know. They influence crucial systems on which people depend, from lucrative fisheries to fertile croplands, and represent some of the most sensitive and dynamic parts of our world. Their fate is inescapably entwined with our own, and unless we act to abate the greenhouse warming of our planet the potential consequences are almost unfathomable. A riveting blend of cutting-edge research and tales of encounters with polar bears and survival under the midnight sun, *Ice Rivers* is an unforgettable portrait of—and love letter to—our vanishing icy wildernesses.

"Based on an actual event that occurred during World War II, this heartbreaking narrative poem about history, immortality, and the power of song is accompanied by magnificent full-color paintings by award-winning artist Mark Podwal. It is the evening before the holiday of Purim, and the Nazis have given the ghetto's leaders twenty-four hours to turn over ten Jews to be hung to "avenge" the deaths of the ten sons of Haman, the villain of the Purim story, which celebrates the triumph of the Jews of Persia over potential genocide some 2,400 years ago. If they refuse, the entire ghetto will be liquidated. The terrified leaders go to the ghetto's rabbi for advice; he tells them to return the next morning. Over the course of the night the rabbi calls up the spirits of rabbis from centuries past for advice; each is rendered speechless by what the rabbi describes. The 18th century mystic and founder of Hasidism, the Ba'al Shem Tov, tries to intercede with God by singing a niggun, a wordless, joyful melody with the power to break the chains of evil, but his efforts end in failure. Then the beloved Rabbi Levi Yitzhak of Berdichev appears. There is only one possible response, he says. And the ghetto rabbi agrees. That evening, everyone in the ghetto is herded into the synagogue courtyard. When no one steps forward, they are informed that in an hour they will all be killed. How does one prepare to die? The question is laid before the ghetto rabbi, and he teaches them the song that the Ba'al Shem Tov taught him the night before. As their voices soar upward, they are joined by Jews from centuries past from all over the world, all singing the Ba'al Shem Tov's niggun as the massacre begins. And as the souls of these men, women, and children rise to the heavens, their song continues, uninterrupted, to the end of time and beyond"--

An engrossing memoir-meets-investigative report that takes a fresh, frank look at how we treat depression Depression is a havoc-wreaking illness that masquerades as personal failing and hijacks your life. After a major suicide attempt in her early twenties, Anna Mehler Paperny resolved to put her reporter's skills to use to get to know her enemy, setting off on a journey to understand her condition, the dizzying array of medical treatments on offer, and a medical profession in search of answers. Charting the way depression wrecks so many lives, she maps competing schools of therapy, pharmacology, cutting-edge medicine, the pill-popping pitfalls of long-term treatment, the glaring unknowns and the institutional shortcomings that both patients

Read Book Reasons To Stay Alive

and practitioners are up against. She interviews leading medical experts across the US and Canada, from psychiatrists to neurologists, brain-mapping pioneers to family practitioners, and others dabbling in strange hypotheses—and shares compassionate conversations with fellow sufferers. *Hello I Want to Die Please Fix Me* tracks Anna's quest for knowledge and her desire to get well. Impeccably reported, it is a profoundly compelling story about the human spirit and the myriad ways we treat (and fail to treat) the disease that accounts for more years swallowed up by disability than any other in the world.

Revealing glimpses of the Philippine Revolution and the Filipino writer Jose Rizal emerge despite the worst efforts of feuding academics in Apostol's hilariously erudite novel, which won the Philippine National Book Award. Gina Apostol's riotous second novel takes the form of a memoir by one Raymundo Mata, a half-blind bookworm and revolutionary, tracing his childhood, his education in Manila, his love affairs, and his discovery of writer and fellow revolutionary, Jose Rizal. Mata's 19th-century story is complicated by present-day foreword(s), afterword(s), and footnotes from three fiercely quarrelsome and comic voices: a nationalist editor, a neo-Freudian psychoanalyst critic, and a translator, Mimi C. Magsalin. In telling the contested and fragmentary story of Mata, Apostol finds new ways to depict the violence of the Spanish colonial era, and to reimagine the nation's great writer, Jose Rizal, who was executed by the Spanish for his revolutionary activities, and is considered by many to be the father of Philippine independence. *The Revolution According to Raymundo Mata* offers an intoxicating blend of fact and fiction, uncovering lost histories while building dazzling, anarchic modes of narrative.

WHEN EVIE TALKS TO ANIMALS . . . THEY TALK BACK. Eleven-year-old Evie has a talent: a supertalent. She can HEAR what animals are thinking. She promises to keep it top secret, but then an evil pet-thief strikes. Every animal in town is in danger and only by **DARING TO BE HERSELF** can Evie save her furry and feathered friends.

What is gender dysphoria? How does it affect people? What do terms like intersex, cisgender, and transsexualism mean? This book, the first of its kind, presents an easy-to-read, jargon-free guide to help anyone understand the terminology and the day-to-day reality of gender dysphoria and related concepts. **TRANS** is a book for everyone – insightful enough for professionals, but accessible enough for all. Put simply, **TRANS** explains what gender dysphoria is, how it affects people, and what is available, medically and psychotherapeutically, to support people with gender dysphoria. The editor, Dr Az Hakeem, has assembled a group of contributors to give readers a truly accessible guide to the psychology and the everyday reality of gender dysphoria, transvestism, gender reassignment, and being trans. The book even addresses 'the difficult questions' like 'What do we tell the children?' and 'What happens when you change your sex, then change your mind?'

FROM THE NUMBER ONE SUNDAY TIMES BESTSELLING AUTHOR Terence Cave, owner of Cave Antiques, has already experienced the tragedies of his mother's suicide and his wife's murder when his teenage son, Reuben, is killed in a grotesque accident. His remaining child, Bryony, has always been the family's golden girl and Terence comes to realise that his one duty in life is to protect her from the world's malign forces, whatever that may take. But as he starts to follow his grieving daughter's movements and enforce a draconian set of rules, his love for Bryony becomes a possessive force that leads to destruction.

From the New York Times bestselling author of *The Midnight Library*. "Destined to

Read Book Reasons To Stay Alive

become a modern classic." —Entertainment Weekly **WHAT DOES IT MEAN TO FEEL TRULY ALIVE?** At the age of 24, Matt Haig's world caved in. He could see no way to go on living. This is the true story of how he came through crisis, triumphed over an illness that almost destroyed him and learned to live again. A moving, funny and joyous exploration of how to live better, love better and feel more alive, *Reasons to Stay Alive* is more than a memoir. It is a book about making the most of your time on earth. "I wrote this book because the oldest clichés remain the truest. Time heals. The bottom of the valley never provides the clearest view. The tunnel does have light at the end of it, even if we haven't been able to see it . . . Words, just sometimes, really can set you free."

FROM THE NUMBER ONE SUNDAY TIMES BESTSELLING AUTHOR Philip Noble is an eleven-year-old in crisis. His pub landlord father has died in a road accident, and his mother is succumbing to the greasy charms of her dead husband's brother, Uncle Alan. The remaining certainties of Philip's life crumble away when his father's ghost appears in the pub and declares Uncle Alan murdered him. Arming himself with weapons from the school chemistry cupboard, Philip vows to carry out the ghost's relentless demands for revenge. But can the words of a ghost be trusted any more than the lies of the living?

From the New York Times bestselling author of *The Midnight Library*. "A quirky romcom dusted with philosophical observations....A delightfully witty...poignant novel." —The Washington Post "She smiled a soft, troubled smile and I felt the whole world slipping away, and I wanted to slip with it, to go wherever she was going... I had existed whole years without her, but that was all it had been. An existence. A book with no words." Tom Hazard has just moved back to London, his old home, to settle down and become a high school history teacher. And on his first day at school, he meets a captivating French teacher at his school who seems fascinated by him. But Tom has a dangerous secret. He may look like an ordinary 41-year-old, but owing to a rare condition, he's been alive for centuries. Tom has lived history--performing with Shakespeare, exploring the high seas with Captain Cook, and sharing cocktails with Fitzgerald. Now, he just wants an ordinary life. Unfortunately for Tom, the Albatross Society, the secretive group which protects people like Tom, has one rule: Never fall in love. As painful memories of his past and the erratic behavior of the Society's watchful leader threaten to derail his new life and romance, the one thing he can't have just happens to be the one thing that might save him. Tom will have to decide once and for all whether to remain stuck in the past, or finally begin living in the present. *How to Stop Time* tells a love story across the ages—and for the ages—about a man lost in time, the woman who could save him, and the lifetimes it can take to learn how to live. It is a bighearted, wildly original novel about losing and finding yourself, the inevitability of change, and how with enough time to learn, we just might find happiness. Soon to be a major motion picture starring Benedict Cumberbatch.

Comedian and Live from Here head writer Tom Papa, author of *Your Dad Stole My Rake*, tackles the modern condition in a heartwarming group of short essays. Tom Papa is a little worried about you. You seem stressed, overworked and, frankly, a little mixed up. Everyone is fighting an overwhelming feeling that things are getting worse, that we should be doing more, that we're not good enough. Well, life isn't perfect. There have always been problems and there always will be. You can fight for the things

Read Book Reasons To Stay Alive

you believe in, you can work really, really hard, but you shouldn't lose track of the fact that while you're doing all that, life is flying by at lightning-fast speed. If you actually take a breath and look around you'll realize you're actually doing great. Here's the thing: We live in an amazing time filled with airplanes, scooters, and peanut butter cups. We have air conditioning, blenders, and martini shakers. It's time to refocus, enjoy it all, and stop waiting for something better! Relax with comedian and Live from Here writer and performer Tom Papa as he explores his favorite subjects in 75 essays, including: You Don't Have to Live Your Best Life Don't Open the Mail I'm So Baked I Love Your Love Handles Don't Go Tubing Shut Up and Eat Recalibrate, turn off your device, and open your eyes to a better reality: You're doing great!

The author, at age eighty-two, was told that he needed immediate surgery to clear his blocked arteries. On what he knew might very well be his deathbed, he reflected on his many losses and accomplishments, and on all that remained to be done. Fortunately, he survived the life-threatening heart surgery to turn those reflections into a book which discusses his affection for his family both departed and still living, his aspirations for his writing, and his hope that he improved the world

Presents a controversial history of violence which argues that today's world is the most peaceful time in human existence, drawing on psychological insights into intrinsic values that are causing people to condemn violence as an acceptable measure.

From number one bestselling author Matt Haig comes a hilarious and heartwarming story, brilliantly illustrated throughout by Chris Mould Wherever she is, whatever the day, She only has one kind of thing to say. Just as cats go miaow and cows go moo, The Truth Pixie can only say things that are true. A very funny and lovable tale of how one special pixie learned to love herself. The Truth Pixie is an enchanting, rhyming story that will delight younger readers – with words by the bestselling mastermind Matt Haig and pictures by the inky genius Chris Mould.

A runaway bestseller in the UK--Matt Haig's accessible and life-affirming memoir of his struggle with depression, and how his triumph over the illness taught him to live Like nearly one in five people, Matt Haig suffers from depression. Reasons to Stay Alive is Matt's inspiring account of how, minute by minute and day by day, he overcame the disease with the help of reading, writing, and the love of his parents and his girlfriend (and now-wife), Andrea. And eventually, he learned to appreciate life all the more for it. Everyone's lives are touched by mental illness: if we do not suffer from it ourselves, then we have a friend or loved one who does. Matt's frankness about his experiences is both inspiring to those who feel daunted by depression and illuminating to those who are mystified by it. Above all, his humor and encouragement never let us lose sight of hope. Speaking as his present self to his former self in the depths of depression, Matt is adamant that the oldest cliché is the truest--there is light at the end of the tunnel. He teaches us to celebrate the small joys and moments of peace that life brings, and

Read Book Reasons To Stay Alive

reminds us that there are always reasons to stay alive.

"Life among the savages by stand-up comedian and family man Tom Papa. How do you deal with a whole host of characters and their bizarre behavior?

Especially when you're related to them? There are aunts with mustaches, grandparents who communicate by yelling, and uncles who use marijuana as a condiment. Tom Papa is here to help you make sense of it all. *Your Dad Stole My Rake* is a hilarious and warm book that saws deep into every branch of the family tree and uncovers the most bizarre and surprisingly meaningful aspects of our lives. Among the topics covered: - Tiger Mom v. Ice-Cream Mom - Stop Trying to be Cool - In Defense of Family Vacations - No Fighting Before Coffee - Least Popular Baby Names - Wife Lie Detector - Your Cat Thinks You're Too Needy Anyone who has a family, grew up in a family, or has spent time with another human being will love this book"--

The New York Times bestselling WORLDWIDE phenomenon Winner of the Goodreads Choice Award for Fiction | A Good Morning America Book Club Pick | Independent (London) Ten Best Books of the Year "A feel-good book guaranteed to lift your spirits."—The Washington Post The dazzling reader-favorite about the choices that go into a life well lived, from the acclaimed author of *How To Stop Time* and *The Comfort Book*. Somewhere out beyond the edge of the universe there is a library that contains an infinite number of books, each one the story of another reality. One tells the story of your life as it is, along with another book for the other life you could have lived if you had made a different choice at any point in your life. While we all wonder how our lives might have been, what if you had the chance to go to the library and see for yourself? Would any of these other lives truly be better? In *The Midnight Library*, Matt Haig's enchanting blockbuster novel, Nora Seed finds herself faced with this decision. Faced with the possibility of changing her life for a new one, following a different career, undoing old breakups, realizing her dreams of becoming a glaciologist; she must search within herself as she travels through the Midnight Library to decide what is truly fulfilling in life, and what makes it worth living in the first place.

Before there was Santa Claus, there was a young boy who believed in the impossible. . . . Lemony Snicket meets Klaus in this warmhearted Christmas caper. Eleven-year-old Nikolus—nicknamed “Christmas”—has received only one toy in his life: a doll carved out of a turnip. But he’s happy with his turnip doll, because it came from his parents, who love him. Then one day his father goes missing, and Nikolus must travel to the North Pole to save him. Along the way, Nikolus befriends a surly reindeer, bests a troublesome troll, and discovers a hidden world of enchantment in the frozen village of Elfhelm. But the elves of Elfhelm have troubles of their own: Christmas spirit and goodwill are at an all-time low, and Nikolus may be the only person who can fix things—if only he can reach his father before it’s too late. . . . Sparkling with wit and warmth, *A Boy Called Christmas* is a cheeky new Christmas classic-in-the-making from acclaimed author Matt Haig and illustrator Chris Mould. "Irresistibly readable.

Read Book Reasons To Stay Alive

Destined to become a Christmas and anytime-before-or-after-Christmas classic!" --Chris Grabenstein, New York Times bestselling author of *Escape from Mr. Lemoncello's Library* "The definitive (and funny) history of ho, ho, ho! My children loved it." —Yann Martel, bestselling author of *Life of Pi* "The most evergreen, immortal Christmas story to be published for decades." —Stephen Fry "Humorous and heartfelt, *A Boy Called Christmas* will grow your heart three sizes and make you believe in magic." --Liesl Shurtliff, New York Times bestselling author of *Rump* "Matt Haig has an empathy for the human condition, the light and the dark of it, and he uses the full palette to build his excellent stories."—Neil Gaiman, Newbery-winning author of *The Graveyard Book*

An instant New York Times Bestseller! The new uplifting book from Matt Haig, the New York Times bestselling author of *The Midnight Library*, for anyone in search of hope, looking for a path to a more meaningful life, or in need of a little encouragement. "It is a strange paradox, that many of the clearest, most comforting life lessons are learnt while we are at our lowest. But then we never think about food more than when we are hungry and we never think about life rafts more than when we are thrown overboard." **THE COMFORT BOOK** is Haig's life raft: it's a collection of notes, lists, and stories written over a span of several years that originally served as gentle reminders to Haig's future self that things are not always as dark as they may seem. Incorporating a diverse array of sources from across the world, history, science, and his own experiences, Haig offers warmth and reassurance, reminding us to slow down and appreciate the beauty and unpredictability of existence.

Twelve-year-old Barney Willow gets his wish to be a cat but soon discovers that not all felines are cute and cuddly--some are downright evil--and his life is in grave danger, but his missing father may be able to help.

A leading public critic reminds us of the compelling reasons people throughout time have found to stay alive

A Sunday Times bestseller, *Reasons to Stay Alive* is both a wonderfully moving and upbeat account of how Matt Haig survived depression and anxiety, and an accessible, life-affirming guide to helping yourself—and others—through mental illness. In the western world the suicide rate is highest amongst men under the age of 35. Matt Haig could have added to that statistic when, aged 24, he found himself staring at a cliff-edge about to jump off. This is the story of why he didn't, and how he recovered and learned to live with anxiety and depression. It's also an optimistic, joyous and often funny exploration of how to live better, love better, read better and feel more. A wonderful mix of memoir and hard-won wisdom, *Reasons to Stay Alive* is, at heart, about making the most of your time on earth.

NEW YORK TIMES BESTSELLER USA TODAY BESTSELLER NATIONAL INDIE BESTSELLER THE WASHINGTON POST BESTSELLER Recommended by Entertainment Weekly, Real Simple, NPR, Slate, and Oprah Magazine #1 Library Reads Pick—October 2020 #1 Indie Next Pick—October 2020 **BOOK OF THE YEAR (2020) FINALIST**—Book of The Month Club A "Best Of" Book From: Oprah Mag * CNN * Amazon * Amazon Editors * NPR * Goodreads * Bustle * PopSugar * BuzzFeed * Barnes & Noble * Kirkus Reviews * Lambda Literary * Nerdette * The Nerd Daily * Polygon * Library Reads * io9 * Smart Bitches Trashy Books * LiteraryHub * Medium * BookBub * The Mary Sue * Chicago Tribune * NY Daily News * SyFy Wire * Powells.com * Bookish * Book Riot * Library Reads Voter Favorite * In the vein of

Read Book Reasons To Stay Alive

The Time Traveler's Wife and Life After Life, The Invisible Life of Addie LaRue is New York Times bestselling author V. E. Schwab's genre-defying tour de force. A Life No One Will Remember. A Story You Will Never Forget. France, 1714: in a moment of desperation, a young woman makes a Faustian bargain to live forever—and is cursed to be forgotten by everyone she meets. Thus begins the extraordinary life of Addie LaRue, and a dazzling adventure that will play out across centuries and continents, across history and art, as a young woman learns how far she will go to leave her mark on the world. But everything changes when, after nearly 300 years, Addie stumbles across a young man in a hidden bookstore and he remembers her name. At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called “the Dear Abby of the work world.” Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit “reply all” • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for Ask a Manager “A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work.”—Booklist (starred review) “The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience.”—Library Journal (starred review) “I am a huge fan of Alison Green's Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor.”—Robert Sutton, Stanford professor and author of The No Asshole Rule and The Asshole Survival Guide “Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way.”—Erin Lowry, author of Broke Millennial: Stop Scraping By and Get Your Financial Life Together

[Copyright: 19be0f70634a605289ccae0743712c4d](#)