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## Concussion

*Random House Trade Paperbacks* **NEW YORK TIMES BESTSELLER • NOW A MAJOR MOTION PICTURE • Dr. Bennet Omalu discovered something he could not ignore. The NFL tried to silence him. His courage would change everything. “A gripping medical mystery and a dazzling portrait of the young scientist no one wanted to listen to . . . a fabulous, essential read.”—Rebecca Skloot, author of The Immortal Life of Henrietta Lacks** Jeanne Marie Laskas first met the young forensic pathologist Dr. Bennet Omalu in 2009, while reporting a story for GQ that would go on to inspire the movie *Concussion*. Omalu told her about a day in September 2002, when, in a dingy morgue in downtown Pittsburgh, he picked up a scalpel and made a discovery that would rattle America in ways he'd never intended. Omalu was new to America, chasing the dream, a deeply spiritual man escaping the wounds of civil war in Nigeria. The body on the slab in front of him belonged to a fifty-year-old named Mike Webster, aka “Iron Mike,” a Hall of Fame center for the Pittsburgh Steelers, one of the greatest ever to play the game. After retiring in 1990, Webster had suffered a dizzyingly steep decline. Toward the end of his life, he was living out of his van, tasing himself to relieve his chronic pain, and fixing his rotting teeth with Super Glue. How did this happen?, Omalu asked himself. How did a young man like Mike Webster end up like this? The search for answers would change Omalu's life forever and put him in the crosshairs of one of the most powerful corporations in America: the National Football League. What Omalu discovered in Webster's brain—proof that Iron Mike's mental deterioration was no accident but a disease caused by blows to the

head that could affect everyone playing the game—was the one truth the NFL wanted to ignore. Taut, gripping, and gorgeously told, *Concussion* is the stirring story of one unlikely man’s decision to stand up to a multibillion-dollar colossus, and to tell the world the truth.

## Hidden America

# From Coal Miners to Cowboys, an Extraordinary Exploration of the Unseen People Who Make This Country Work

*Penguin* An Oprah.com “Must-Read Book” Award-winning journalist Jeanne Marie Laskas reveals “enlightening, entertaining, and often poignant”\* profiles of America’s working class—the forgotten men and women who make our country run. Take the men of Hopedale Mining company in Cadiz, Ohio. Laskas spent several weeks with them, both below and above ground, and by the end, you will know not only about their work, but about Pap and his dying mom, Smitty and the mail-order bride who stood him up at the airport, and Scotty and his thwarted dreams of becoming a boxing champion. That is only one hidden world. Others that she explores: an Alaskan oil rig, a migrant labor camp in Maine, the air traffic control center at LaGuardia Airport in New York, a beef ranch in Texas, a landfill in California, a long-haul trucker in Iowa, a gun shop in Arizona, and the Cincinnati Ben-Gals cheerleaders, mere footnotes in the moneymaking spectacle that is professional football. “Jeanne Marie Laskas is a reporting and writing powerhouse. She doesn’t just interview the people who dig our coal and extract our oil, she goes deep into the mines and tundra with them. With beauty, wit, curiosity, and grace, she finds the hidden soul of America. *Hidden America* is essential reading.”—Rebecca Skloot, author of *The Immortal Life of Henrietta Lacks*

## Argumentation in Everyday Life

*SAGE Publications* *Argumentation in Everyday Life* provides you with the tools you need to argue effectively in the classroom and beyond. Jeffrey P. Mehlretter Drury offers rich coverage of theory while balancing everyday applicability, allowing you to use your skills soundly. Drury introduces the fundamentals of constructing and refuting arguments using the Toulmin model and ARG conditions (Acceptability, Relevance, and Grounds). Numerous real-word examples are connected to the theories of rhetoric

and argumentation discussed—enabling you to practice and apply the content in personal, civic, and professional contexts, as well as traditional academic debates. Encouraging self-reflection, this book empowers you to find your voice and create positive change through argumentation in everyday life.

## To Obama

### A People's History

*Bloomsbury Publishing* **One of the most important politics books of the year, *To Obama* is a record of a time when politics intersected with empathy. 'The real story of Obama's America' Sunday Times Every day, President Obama received ten thousand letters from ordinary American citizens. Every night, he read ten of them before going to bed. In *To Obama*, Jeanne Marie Laskas interviews President Obama, the letter-writers themselves and the White House staff in the Office of Presidential Correspondence who were witness to the millions of pleas, rants, thank-yous and apologies that landed in the mailroom during the Obama years. At once desperate, joyful, hateful and despairing, they form an intimate portrait of one man's relationship with the American people, and of a time when empathy intersected with politics in the White House.**

## League of Denial

### The NFL, Concussions, and the Battle for Truth

*Crown* **NEW YORK TIMES BESTSELLER • The story of how the NFL, over a period of nearly two decades, denied and sought to cover up mounting evidence of the connection between football and brain damage “League of Denial may turn out to be the most influential sports-related book of our time.”—The Boston Globe “Professional football players do not sustain frequent repetitive blows to the brain on a regular basis.” So concluded the National Football League in a December 2005 scientific paper on concussions in America’s most popular sport. That judgment, implausible even to a casual fan, also contradicted the opinion of a growing cadre of neuroscientists who worked in vain to convince the NFL that it was facing a deadly new scourge: a chronic brain disease that was driving an alarming number of players—including some of the all-time greats—to madness. In *League of Denial*, award-winning ESPN investigative reporters Mark Fainaru-Wada and Steve Fainaru tell the story of a public health crisis that emerged from the playing fields of our twenty-first-century pastime.**

Everyone knows that football is violent and dangerous. But what the players who built the NFL into a \$10 billion industry didn't know—and what the league sought to shield from them—is that no amount of padding could protect the human brain from the force generated by modern football, that the very essence of the game could be exposing these players to brain damage. In a fast-paced narrative that moves between the NFL trenches, America's research labs, and the boardrooms where the NFL went to war against science, *League of Denial* examines how the league used its power and resources to attack independent scientists and elevate its own flawed research—a campaign with echoes of Big Tobacco's fight to deny the connection between smoking and lung cancer. It chronicles the tragic fates of players like Hall of Fame Pittsburgh Steelers center Mike Webster, who was so disturbed at the time of his death he fantasized about shooting NFL executives, and former San Diego Chargers great Junior Seau, whose diseased brain became the target of an unseemly scientific battle between researchers and the NFL. Based on exclusive interviews, previously undisclosed documents, and private emails, this is the story of what the NFL knew and when it knew it—questions at the heart of a crisis that threatens football, from the highest levels all the way down to Pop Warner.

## Love, Zac

# Small-Town Football and the Life and Death of an American Boy

*Algonquin Books* "Love, Zac is not just a vital contribution to the national conversation about traumatic brain injury in athletes, it's so beautifully written it belongs on the shelf alongside classic works of literary journalism." —Jeanne Marie Laskas, New York Times bestselling author of *Concussion* In December 2015, Zac Easter, a twenty-four-year-old from small-town Iowa, decided to take his own life rather than continue his losing battle against traumatic brain injuries he had sustained as a high school football player and which led him to develop chronic traumatic encephalopathy (CTE). For this deeply reported and powerfully moving true story, award-winning writer Reid Forgrave was given access to Zac's own diaries and was able to speak with Zac's family, friends, and coaches. He explores Zac's tight-knit, football-obsessed Midwestern community; he interviews leading brain scientists, psychologists, and sports historians; he takes a deep dive into the triumphs and sins of the sports entertainment industry; and he shows us the fallout from the traditional notions of manhood that football instills. For parents wondering about whether to allow their kids to play football, for players, former players, and fans, for anyone concerned about concussions and sports, this eye-opening, heart-wrenching, and ultimately inspiring story may be one of the most

important books they will read.

## Summary of Concussion

# By Jeanne Marie Laskas Includes Analysis

*Idreambooks* Inside this Instaread Summary & Analysis of Concussion:\*  
Summary of book\* Introduction to the Important People in the book\*  
Analysis of the Themes and Author's Style

## The Balloon Lady and Other People I Know

This is the first title in a new series **Emerging Writers in Creative Nonfiction**. This collection of sixteen essays encompasses a wide range of fascinating characters: Tom Cruise, Geraldo Rivera, the woman who pilots balloons, the man who trains and races pigs and many other extraordinary people. Jeanne Marie Laskas is a highly talented story teller who looks at the world from her unique perspective.

## Concussion

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and put him in the crosshairs of one of the most powerful corporations in America: the National Football League. What Omalu discovered in Webster's brain—proof that Iron Mike's mental deterioration was no accident but a disease caused by blows to the head that could affect everyone playing the game—was the one truth the NFL wanted to ignore. Taut, gripping, and gorgeously told, *Concussion* is the stirring story of one unlikely man's decision to stand up to a multibillion-dollar colossus, and to tell the world the truth.

## God Bless Our Cubicles

## Sustaining Spirituality in the Workplace

*Wipf and Stock Publishers* **Weasels in the workplace, colleagues in crisis, and bombastic bosses--we all know what it is like to have a "job from hell." We also know that, despite our industriousness and integrity, many of us will someday have to choose between groceries, health care, and heating the apartment. The nuns who taught me in grade school said that all work, regardless of skills or status, was a ministry. By our helpfulness and kindness on the job, we contributed to the common good. Oh, to have those nuns in charge today! Our sense of social responsibility is eroding as the gap between the super-rich and everyone else grows, and as the rhetoric of leaders that is supposed to heal, deepen our humanity, and unite us is mean, shallow, and divisive. What are the spiritual to do in this material world, where social Darwinism and faith in God are joined at the hip? This book is about putting spirituality to work at work. It is about using spirituality to help us be in toxic places and not become toxic. It explores strategies for maintaining our humanity and moral compass, and it illuminates choices, prompts deep personal reflection, and chases demons from cubicles with humor.**

## Truth Doesn't Have a Side

## My Alarming Discovery about the Danger of Contact Sports

*Zondervan* **One day in 2002 the fifty-year old body of former Pittsburgh Steeler and hall of famer Mike Webster was laid on a cold table in front of pathologist Dr. Bennet Omalu. Webster's body looked to Omalu like the body of a much older man, and the circumstances of his behavior prior to his death were clouded in mystery. But when Omalu cut into Webster's**

brain, it appeared to be normal. Something didn't add up. It was at this moment, Omalu studying slides of Webster's brain tissue under a microscope, that the world of contact sports would never be the same: the discovery of Chronic Traumatic Encephalopathy. CTE can result in an array of devastating consequences including deterioration in attention, memory loss, social instability, depression, and even suicide. And Omalu's discovery of CTE in the brain of an American football player has become the catalyst of a blazing controversy across all contact sports. At the center of that controversy stands the unlikely Dr. Bennet Omalu, a Nigerian-born American citizen, a mild-mannered, gentle man of faith. It is fascinating that it would take someone on the outside of American culture to make this amazing discovery, and refuse to let it be kept hidden. Dr. Omalu began his life in strife, growing up in war-torn Nigeria. But his medical studies in forensic pathology proved to be a lifeline. It fed his natural curiosity and awakened within a deeper desire to always search for the truth. Who would have thought that such an unexpected character would play such a role in bringing to life this world-changing data? In *Truth Doesn't Have a Side*, discover the truth about CTE: Its causes and symptoms, how we might keep our children safe and guide professional athletes when CTE sets in. The problem of CTE is coming to light with each new story about an athlete's concussion problem, and we are likely facing dramatic changes to professional sports. You'll be inspired by Dr. Bennet Omalu a man driven by his love and concern for the welfare of all people, and his professional vow to speak the truth.

## How Starbucks Saved My Life

### A Son of Privilege Learns to Live Like Everyone Else

*Penguin* Now in paperback, the national bestselling riches-to-rags true story of an advertising executive who had it all, then lost it all—and was finally redeemed by his new job, and his twenty-eight-year-old boss, at Starbucks. In his fifties, Michael Gates Gill had it all: a mansion in the suburbs, a wife and loving children, a six-figure salary, and an Ivy League education. But in a few short years, he lost his job, got divorced, and was diagnosed with a brain tumor. With no money or health insurance, he was forced to get a job at Starbucks. Having gone from power lunches to scrubbing toilets, from being served to serving, Michael was a true fish out of water. But fate brings an unexpected teacher into his life who opens his eyes to what living well really looks like. The two seem to have nothing in common: She is a young African American, the daughter of a drug addict; he is used to being the boss but reports to her now. For the first time in his life he experiences being a member of a minority trying hard to survive in a

challenging new job. He learns the value of hard work and humility, as well as what it truly means to respect another person. Behind the scenes at one of America's most intriguing businesses, an inspiring friendship is born, a family begins to heal, and, thanks to his unlikely mentor, Michael Gill at last experiences a sense of self-worth and happiness he has never known before. Watch a QuickTime trailer for this book.

## Brand NFL

# Making and Selling America's Favorite Sport

*Univ of North Carolina Press* Professional football today is an \$8 billion sports entertainment industry--and the most popular spectator sport in America, with designs on expansion across the globe. In this astute field-level view of the National Football League since 1960, Michael Oriard looks closely at the development of the sport and at the image of the NFL and its unique place in American life. New to the paperback edition is Oriard's analysis of the offseason labor negotiations and their potential effects on the future of the sport, and his account of how the NFL is dealing with the latest research on concussions and head injuries.

## Looking for Alaska Deluxe Edition

*Penguin* A gorgeous collector's edition of the critically acclaimed debut novel by John Green, #1 bestselling author of *Turtles All the Way Down* and *The Fault in Our Stars* A perfect gift for every fan, this deluxe hardcover features a stunning special edition jacket and 50 pages of all-new exclusive content, including: - An introduction by John Green - Extensive Q&A: John Green answers readers' most frequently asked questions - Deleted scenes from the original manuscript ★ Winner of the Michael L. Printz Award ★ A Los Angeles Times Book Prize Finalist ★ A New York Times Bestseller • A USA Today Bestseller ★ NPR's Top Ten Best-Ever Teen Novels ★ TIME magazine's 100 Best Young Adult Novels of All Time ★ A PBS Great American Read Selection NOW A HULU ORIGINAL SERIES! Miles Halter is fascinated by famous last words—and tired of his safe life at home. He leaves for boarding school to seek what the dying poet Francois Rabelais called the "Great Perhaps." Much awaits Miles at Culver Creek, including Alaska Young, who will pull Miles into her labyrinth and catapult him into the Great Perhaps. *Looking for Alaska* brilliantly chronicles the indelible impact one life can have on another. A modern classic, this stunning debut marked #1 bestselling author John Green's arrival as a groundbreaking new voice in contemporary fiction.

## Finale

### A Novel of the Reagan Years

*Vintage* Captures the crusading ideologies, blunders, and glamour of the still-hotly-debated Reagan years, taking readers to the political gridiron of Washington, the wealthiest enclaves of Southern California, and the volcanic landscape of Iceland, where the president engages in two almost apocalyptic days of negotiation with Mikhail Gorbachev.

### The Concussion Crisis

### Anatomy of a Silent Epidemic

*Simon and Schuster* A cautionary assessment of the rising frequency of brain injuries among young athletes counsels parents on the risks associated with head trauma while identifying factors that contribute to missed diagnoses and brain damage, in a reference that is complemented by illustrative true stories.

## My Bookstore

### Writers Celebrate Their Favorite Places to Browse, Read, and Shop

*Black Dog & Leventhal* In My Bookstore our favorite writers-from Elin Hilderbrand, to John Grisham, to Dave Eggers-express their adoration and admiration for their favorite bookstores and booksellers. The relationship between a writer and her local bookstore can last for years or even decades. Often it is the author's local store that supported her during the early days of her career and that works tirelessly to introduce her work to new readers. But authors are also readers and customers, just like us. For them, as for most of us, bookstores serve as the anchor for our communities, the place that introduces us to new ideas (and new neighbors), and that sets our children on the path to becoming lifelong readers and lovers of books. Brimming with original, deeply moving, funny, and exceedingly well-crafted tributes to bookstores, from Longfellow Books in Portland, Maine (Ron Currie, Jr.) to Powells City of Books in Portland, Oregon (Chuck Palahniuk) and everywhere in between, My Bookstore is a joyful celebration of our bricks-and-mortar stores and a clarion call to readers everywhere at a time when the value and importance of these stores should be shouted from the rooftops.

# Death by Cyanide

## The Murder of Dr. Autumn Klein

*University Press of New England* **At just forty-one years old, Dr. Autumn Klein, a neurologist specializing in seizure disorders in pregnant women, had already been named chief of women's neurology at Pittsburgh's largest health system. More than just successful in her field, Dr. Klein was beloved - by her patients, colleagues, family, and friends. She collapsed suddenly on April 17, 2013, writhing in agony on her kitchen floor, and died three days later. The police said her husband, Dr. Robert Ferrante, twenty-three years Klein's senior, killed her through cyanide poisoning. Though Ferrante left a clear trail of circumstantial evidence, Klein's death from cyanide might have been overlooked if not for the investigators who were able to use Ferrante's computer, statements from the staff at his lab, and his own seemingly odd actions at the hospital during his wife's treatment to piece together what appeared to be a long-term plan to end his wife's life. In *Death by Cyanide*, Paula Reed Ward, reporter for the Pittsburgh Post-Gazette, describes the murder investigation and the trial in this sensational case, taking us from the poisoning and the medical staff's heroic measures to save Klein's life to the investigation of Ferrante and the emotion and drama inside the courtroom.**

## Homing Instincts

## Early Motherhood on a Midwestern Farm

*Vintage* **Long-Listed for the PEN/Diamonstein-Spielvogel Award for the Art of the Essay Sarah Menkedick spent her twenties trekking alone across South America, teaching English to recalcitrant teenagers on Reunion Island, picking grapes in France and camping on the Mongolian grasslands; for her, meaning and purpose were to be found on the road, in flight from the ordinary. Yet the biggest and most transformative adventure of her life might be one she never anticipated: at 31, she moves into a tiny 19th-century cabin on her family's Ohio farm, and begins the journey into motherhood. In eight vivid and boldly questioning essays, Menkedick explores the luminous, disorienting time just before and after becoming a mother. As she reacquaints herself with the subtle landscapes of the Midwest, and adjusts to the often surprising physicality of pregnancy, she ruminates on what this new stage of life means for her long-held concepts of self, settling, and creative fulfillment. In "Millie, Mildred, Grandma**

Menkedick,” she considers the nature of story through the life of her tough German grandmother, who raised two boys as a single mother in the 1950s and then spent her seventies traveling the world with her best friend Marge; in “Motherland,” on a trip back to Oaxaca, Mexico to visit her husband’s family, she finally embraces her Midwestern roots; in “The Milk Cave,” she discovers in breastfeeding a new appreciation for the spiritual and artistic potential of boredom; and in “The Lake,” she revisits her childhood with her father, whose relentless optimism and mystical streak she sees anew once she has a child of her own. A story of a traveler come home to the farm; of becoming a mother in spite of reservations and doubt; and of learning to appreciate the power and beauty of the quotidian, *Homing Instincts* speaks to the deepest concerns and hopes of a generation.

## When You Wonder, You're Learning Mister Rogers' Enduring Lessons for Raising Creative, Curious, Caring Kids

*Hachette Go* **Bringing the lessons of Mister Rogers into the digital age** Playful and practical, *When You Wonder, You're Learning* introduces a new generation of families to the lessons of Mister Rogers' Neighborhood. By exploring the science behind the iconic television program, the book reveals what Fred Rogers called the “tools for learning”: skills and mindsets that scientists now consider essential. These tools—curiosity, creativity, collaboration, and more—have been shown to boost everything from academic learning to children’s well-being, and they benefit kids of every background and age. They cost next to nothing to develop, and they hinge on the very things that make life worthwhile: self-acceptance; close, loving relationships; and a deep regard for one’s neighbor. *When You Wonder, You're Learning* shows parents and educators the many ways they might follow in Rogers’ footsteps, sharing his “tools for learning” with digital-age kids. With insights from thinkers, scientists, and teachers—many of whom worked with Rogers himself—the book is an essential exploration into how kids and their parents can excel at what Rogers taught best: being human.

## Concussion and Traumatic

# Encephalopathy

## Causes, Diagnosis and Management

*Cambridge University Press* Readers will discover how very recent scientific advances have overthrown a century of dogma about concussive brain injury.

## Football's Greatest Stars

*Firefly Books* "It's sure to be a hit with any gridiron fan." --*American Profile*  
 "A superb book for fans and a compelling history of a great game." --*BookPage*  
 At the heart of *Football's Greatest Stars* is author Allan Maki's picks for the 50 greatest and most exciting players in the history of professional football. They're all here: from the pioneers of the game to the current stars to the legends headed to the Hall of Fame. Exciting photographs show these past and present superstars in action, and 32 franchise profiles chart the league's rise to the top of professional sports. This third edition also features a new chapter on the future greats currently rumbling on the field. Some of the current NFL stars in this edition are: Marshawn Lynch Russell Wilson Aaron Rodgers Drew Brees Larry Fitzgerald Troy Polamalu Antonio Gates Darrelle Revis Antonio Brown Rob Gronkowski Justin Smith Andre Johnson Terrell Suggs Calvin Johnson Joe Thomas DeMarco Murray DeMarcus Ware J.J. Watt Patrick Willis Richard Sherman. Allan Maki also examines the sport in two insightful essays: one on the National Football League's spectacular rise to prominence, and the other on the leading men and defining moments that have shaped the league. *Football's Greatest Stars* is a must-read for anyone serious about football.

## Brain Damage in Contact Sports

### What Parents Should Know Before Letting Their Children Play

*Bennet Omalu, MD* Dr. Omalu provides answers to parents who fear that contact sports might cause injuries that have long-term effects. Should your child play football, ice hockey, mixed martial arts, boxing, wrestling, rugby, gymnastics, soccer, lacrosse, BMX bike riding, trampoline jumping and gymnastics or other sports? This book will help you answer this

question, for only you, the parent can answer this question. But after you have read the last page of this book, it will be a very easy question for you to answer. The simplicity of the truth can even be more fantastic and more beautiful than football or any other sport. Dr. Omalu has received phone calls, e-mails, text and social media messages from thousands of parents reaching out to him from across the world for help-asking the same questions: "Should my son continue to play rugby after his last concussion six months ago?" "I do not want my daughter to play soccer but she loves it so much, what should I do?" "Are concussions permanent brain damage?" "Is it true that helmets can cause brain damage?" "My son never suffered any brain injury while he played but did ice hockey cause his depression, diminishing intelligence and drug abuse?" "Was my son's suicide caused by football?" "If my child shouldn't play football or ice hockey, can I let him play lacrosse or soccer?"

## The Exact Same Moon

### Fifty Acres and a Family

*Bantam* In *Fifty Acres and a Poodle*, Jeanne Marie Laskas described how she survived her first hilariously tumultuous year at Sweetwater Farm. Now she returns with a funny, touching, and personal new memoir of what happens after your dream comes true... With a picture-postcard farm, a wonderful marriage, two mules, and a new refrigerator that spits crushed ice, what more can a girl ask for? That's precisely the question Jeanne Marie asks herself as she and Alex settle into their new life at Sweetwater Farm. Two years ago they left the city behind for a life filled with the practical, often comical, lessons of living close to the land—and they never looked back. Yet when her strong-willed mom is hospitalized with a sudden and mysterious paralysis, Jeanne Marie rushes home to Philadelphia and her extended, sometimes chaotic, but always loving family. It's there that she realizes what is still missing from her life: a family of her own. Now it's a matter of bringing up the subject to her husband, Alex, fifteen years older and with adult children of his own, who seems terrified that she's thinking of adopting a Chihuahua. With warmth, wisdom, and unfailing humor, Laskas tells the poignant story of her search for motherhood—and what happens when a woman risks happily-ever-after for something even more precious. As she tends to her own ailing mother, Jeanne Marie discovers that the challenges and rewards of living with Mother Nature pale in comparison to those awakened by the nature of mothering. *The Exact Same Moon* is filled with hilarious and heartwarming vignettes of people and a way of life you'll be glad you met. From "borrowing" sheep to help mow the lawn and sitting in on the racy hay jokes at the Agway Equine Clinic, to befriending the notorious old lady who holds the water rights to their future pond, corrupting the neighbors with satellite TV, and learning

the fine art of going a-calling, Laskas proves once again that laughter, love, and wisdom are truly homegrown.

## Let Your Mind Run

# A Memoir of Thinking My Way to Victory

*Crown* **NEW YORK TIMES BESTSELLER** Deena Kastor was a star youth runner with tremendous promise, yet her career almost ended after college, when her competitive method—run as hard as possible, for fear of losing—fostered a frustration and negativity and brought her to the brink of burnout. On the verge of quitting, she took a chance and moved to the high altitudes of Alamosa, Colorado, where legendary coach Joe Vigil had started the first professional distance-running team. There she encountered the idea that would transform her running career: the notion that changing her thinking—shaping her mind to be more encouraging, kind, and resilient—could make her faster than she'd ever imagined possible. Building a mind so strong would take years of effort and discipline, but it would propel Kastor to the pinnacle of running—to American records in every distance from the 5K to the marathon—and to the accomplishment of earning America's first Olympic medal in the marathon in twenty years. *Let Your Mind Run* is a fascinating intimate look inside the mind of an elite athlete, a remarkable story of achievement, and an insightful primer on how the small steps of cultivating positivity can give anyone a competitive edge.

## The Crime of Sheila McGough

*Vintage* "[N]o other writer tells better stories about the perpetual, the unwinnable, battle between narrative and truth." --The New York Times Book Review *The Crime of Sheila McGough* is Janet Malcolm's brilliant exposé of miscarriage of justice in the case of Sheila McGough, a disbarred lawyer recently released from prison. McGough had served 2 1/2 years for collaborating with a client in his fraud, but insisted that she didn't commit any of the 14 felonies she was convicted. An astonishingly persuasive condemnation of the cupidity of American law and its preference for convincing narrative rather than the truth, this is also a story with an unconventional heroine. McGough is a zealous defense lawyer duped by a white-collar con man; a woman who lives, at the age of 54, with her parents; a journalistic subject who frustrates her interviewer with her maddening literal-mindedness. Spirited, illuminating, delightfully detailed, *The Crime of Sheila McGough* is both a dazzling work of journalism and a searching meditation on character and the law.

# Handbook of Medical Neuropsychology Applications of Cognitive Neuroscience

*Springer Science & Business Media* **This handbook celebrates the abundantly productive interaction of neuropsychology and medicine. This interaction can be found in both clinical settings and research laboratories, often between research teams and clinical practitioners. It accounts for the rapidity with which awareness and understanding of the neuropsychological components of many common medical disorders have recently advanced. The introduction of neuropsychology into practice and research involving conditions without obvious neurological components follows older and eminently successful models of integrated care and treatment of the classical brain disorders. In the last 50 years, with the growing understanding of neurological disorders, neuropsychologists and medical specialists in clinics, at bedside, and in laboratories together have contributed to important clinical and scientific advances in the understanding of the common pathological conditions of the brain: stroke, trauma, epilepsy, certain movement disorders, tumor, toxic conditions (mostly alcohol-related), and degenerative brain diseases. It is not surprising that these seven pathological conditions were the first to receive attention from neuropsychologists as their behavioral symptoms can be both prominent and debilitating, often with serious social and economic consequences.**

## Reality Is Broken

## Why Games Make Us Better and How They Can Change the World

*Penguin* **“McGonigal is a clear, methodical writer, and her ideas are well argued. Assertions are backed by countless psychological studies.” —The Boston Globe “Powerful and provocative . . . McGonigal makes a persuasive case that games have a lot to teach us about how to make our lives, and the world, better.” —San Jose Mercury News “Jane McGonigal's insights have the elegant, compact, deadly simplicity of plutonium, and the same explosive force.” —Cory Doctorow, author of Little Brother A visionary**

game designer reveals how we can harness the power of games to boost global happiness. With 174 million gamers in the United States alone, we now live in a world where every generation will be a gamer generation. But why, Jane McGonigal asks, should games be used for escapist entertainment alone? In this groundbreaking book, she shows how we can leverage the power of games to fix what is wrong with the real world—from social problems like depression and obesity to global issues like poverty and climate change—and introduces us to cutting-edge games that are already changing the business, education, and nonprofit worlds. Written for gamers and non-gamers alike, *Reality Is Broken* shows that the future will belong to those who can understand, design, and play games. Jane McGonigal is also the author of *SuperBetter: A Revolutionary Approach to Getting Stronger, Happier, Braver and More Resilient*.

## The Kelloggs

# The Battling Brothers of Battle Creek

*Vintage* \*\*\*2017 National Book Critics Circle Award Finalist for Nonfiction\*\*\*  
 "What's more American than Corn Flakes?" —Bing Crosby From the much admired medical historian ("Markel shows just how compelling the medical history can be"—Andrea Barrett) and author of *An Anatomy of Addiction* ("Absorbing, vivid"—Sherwin Nuland, *The New York Times Book Review*, front page)—the story of America's empire builders: John and Will Kellogg. John Harvey Kellogg was one of America's most beloved physicians; a best-selling author, lecturer, and health-magazine publisher; founder of the Battle Creek Sanitarium; and patron saint of the pursuit of wellness. His youngest brother, Will, was the founder of the Battle Creek Toasted Corn Flake Company, which revolutionized the mass production of food and what we eat for breakfast. In *The Kelloggs*, Howard Markel tells the sweeping saga of these two extraordinary men, whose lifelong competition and enmity toward one another changed America's notion of health and wellness from the mid-nineteenth to the mid-twentieth centuries, and who helped change the course of American medicine, nutrition, wellness, and diet. The Kelloggs were of Puritan stock, a family that came to the shores of New England in the mid-seventeenth century, that became one of the biggest in the county, and then renounced it all for the religious calling of Ellen Harmon White, a self-proclaimed prophetess, and James White, whose new Seventh-day Adventist theology was based on Christian principles and sound body, mind, and hygiene rules—Ellen called it "health reform." The Whites groomed the young John Kellogg for a central role in the Seventh-day Adventist Church and sent him to America's finest Medical College. Kellogg's main medical focus—and America's number one malady:

indigestion (Walt Whitman described it as “the great American evil”). Markel gives us the life and times of the Kellogg brothers of Battle Creek: Dr. John Harvey Kellogg and his world-famous Battle Creek Sanitarium medical center, spa, and grand hotel attracted thousands actively pursuing health and well-being. Among the guests: Mary Todd Lincoln, Amelia Earhart, Booker T. Washington, Johnny Weissmuller, Dale Carnegie, Sojourner Truth, Henry Ford, John D. Rockefeller, Jr., and George Bernard Shaw. And the presidents he advised: Taft, Harding, Hoover, and Roosevelt, with first lady Eleanor. The brothers Kellogg experimented on malt, wheat, and corn meal, and, tinkering with special ovens and toasting devices, came up with a ready-to-eat, easily digested cereal they called Corn Flakes. As Markel chronicles the Kelloggs’ fascinating, Magnificent Ambersons-like ascent into the pantheon of American industrialists, we see the vast changes in American social mores that took shape in diet, health, medicine, philanthropy, and food manufacturing during seven decades—changing the lives of millions and helping to shape our industrial age.

## Don't Be Evil

## The Case Against Big Tech

*Currency* **A penetrating indictment of how today’s largest tech companies are hijacking our data, our livelihoods, our social fabric, and our minds—from an acclaimed Financial Times columnist and CNN analyst WINNER OF THE PORCHLIGHT BUSINESS BOOK AWARD • NAMED ONE OF THE BEST BOOKS OF THE YEAR BY FOREIGN AFFAIRS AND EVENING STANDARD “Don’t be evil” was enshrined as Google’s original corporate mantra back in its early days, when the company’s cheerful logo still conveyed the utopian vision for a future in which technology would inevitably make the world better, safer, and more prosperous. Unfortunately, it’s been quite a while since Google, or the majority of the Big Tech companies, lived up to this founding philosophy. Today, the utopia they sought to create is looking more dystopian than ever: from digital surveillance and the loss of privacy to the spreading of misinformation and hate speech to predatory algorithms targeting the weak and vulnerable to products that have been engineered to manipulate our desires. How did we get here? How did these once-scrappy and idealistic enterprises become rapacious monopolies with the power to corrupt our elections, co-opt all our data, and control the largest single chunk of corporate wealth—while evading all semblance of regulation and taxes? In Don’t Be Evil, Financial Times global business columnist Rana Foroohar tells the story of how Big Tech lost its soul—and ate our lunch. Through her skilled reporting and unparalleled access—won through nearly thirty years covering business and technology—she shows the true extent**

to which behemoths like Google, Facebook, Apple, and Amazon are monetizing both our data and our attention, without us seeing a penny of those exorbitant profits. Finally, Foroohar lays out a plan for how we can resist, by creating a framework that fosters innovation while also protecting us from the dark side of digital technology. Praise for *Don't Be Evil* "At first sight, *Don't Be Evil* looks like it's doing for Google what muckraking journalist Ida Tarbell did for Standard Oil over a century ago. But this whip-smart, highly readable book's scope turns out to be much broader. Worried about the monopolistic tendencies of big tech? The addictive apps on your iPhone? The role Facebook played in Donald Trump's election? Foroohar will leave you even more worried, but a lot better informed."—Niall Ferguson, Milbank Family Senior Fellow at the Hoover Institution, Stanford, and author of *The Square* and *the Tower*

## SuperBetter

### The Power of Living Gamefully

*Penguin* An innovative guide to living gamefully, based on the program that has already helped nearly half a million people achieve remarkable personal growth In 2009, internationally renowned game designer Jane McGonigal suffered a severe concussion. Unable to think clearly or work or even get out of bed, she became anxious and depressed, even suicidal. But rather than let herself sink further, she decided to get better by doing what she does best: she turned her recovery process into a resilience-building game. What started as a simple motivational exercise quickly became a set of rules for "post-traumatic growth" that she shared on her blog. These rules led to a digital game and a major research study with the National Institutes of Health. Today nearly half a million people have played SuperBetter to get stronger, happier, and healthier. But the life-changing ideas behind SuperBetter are much bigger than just one game. In this book, McGonigal reveals a decade's worth of scientific research into the ways all games—including videogames, sports, and puzzles—change how we respond to stress, challenge, and pain. She explains how we can cultivate new powers of recovery and resilience in everyday life simply by adopting a more "gameful" mind-set. Being gameful means bringing the same psychological strengths we naturally display when we play games—such as optimism, creativity, courage, and determination—to real-world goals. Drawing on hundreds of studies, McGonigal shows that getting superbetter is as simple as tapping into the three core psychological strengths that games help you build: • Your ability to control your attention, and therefore your thoughts and feelings • Your power to turn anyone into a potential ally, and to strengthen your existing relationships • Your natural capacity to motivate yourself and super-charge your heroic qualities, like willpower, compassion, and determination SuperBetter

contains nearly 100 playful challenges anyone can undertake in order to build these gameful strengths. It includes stories and data from people who have used the SuperBetter method to get stronger in the face of illness, injury, and other major setbacks, as well as to achieve goals like losing weight, running a marathon, and finding a new job. As inspiring as it is down to earth, and grounded in rigorous research, SuperBetter is a proven game plan for a better life. You'll never say that something is "just a game" again.

## Arnold

### The Education of a Bodybuilder

*Simon and Schuster* **Five-time Mr. Universe, seven-time Mr. Olympia, and Mr. World, Arnold Schwarzenegger is the name in bodybuilding. Here is his classic bestselling autobiography, which explains how the "Austrian Oak" came to the sport of bodybuilding and aspired to be the star he has become. I still remember that first visit to the bodybuilding gym. I had never seen anyone lifting weights before. Those guys were huge and brutal....The weight lifters shone with sweat; they were powerful looking, Herculean. And there it was before me—my life, the answer I'd been seeking. It clicked. It was something I suddenly just seemed to reach out and find, as if I'd been crossing a suspended bridge and finally stepped off onto solid ground. Arnold shares his fitness and training secrets—demonstrating with a comprehensive step-by-step program and dietary hints how to use bodybuilding for better health. His program includes a special four-day regimen of specific exercises to develop individual muscle groups—each exercise illustrated with photos of Arnold in action. For fans and would-be bodybuilders, this is Arnold in his own words.**

## Timeless Beauty

### Over 100 Tips, Secrets, and Shortcuts to Looking Great

*Grand Central Life & Style* **In her first book in more than 30 years, supermodel Christie Brinkley shares the secrets she's learned on what to eat, how to apply makeup like a pro, and what to wear to look like a knock out. She has the face and body of a 30-year-old and she just turned 60! From tips on which skincare products really make our skin look younger to which foods cut inflammation to a fitness plan with easy exercises to keep us strong and our waistlines lean, Brinkley draws on her years of experience**

**maintaining her supermodel appearance to help readers look and feel their youthful best. She also offers makeup tips that will make any face look younger, fashion advice on necklines, skirt lengths, and more! With never-before-read personal stories, beautiful photographs, hundreds of timesaving tips, plus a good dose of humor, this will be the book that every woman will want to own and share with her friends.**

## Animals in Space

### From Research Rockets to the Space Shuttle

*Springer Science & Business Media* **This book is as a detailed, but highly readable and balanced account of the history of animal space flights carried out by all nations, but principally the United States and the Soviet Union. It explores the ways in which animal high-altitude and space flight research impacted on space flight biomedicine and technology, and how the results - both successful and disappointing - allowed human beings to then undertake that same hazardous journey with far greater understanding and confidence. This complete and authoritative book will undoubtedly become the ultimate authority on animal space flights.**

## Pediatric Consultation-Liaison Psychiatry

### A Global, Healthcare Systems-Focused, and Problem-Based Approach

*Springer* **This ambitious resource presents an inventive approach to integrating pediatric and mental health care based in comprehensive, family-centered service delivery. Its framework adds a problem-solving focus to the core principles of pediatric consultation-liaison psychiatry, emphasizing young patients' developmental, family, and social context. An international panel of expert clinicians explores the value of the mental health component in treating complex and chronic cases across varied settings, as well as practical considerations in implementing collaborative pediatric care systemwide, including at the global level. Detailed case histories illustrate skills and traits essential to making this problem-based**

approach work, such as multidimensional thinking, a prevention mentality, a dedication to lifelong learning, and empathy and respect for young clients and their families. Included in the coverage: · Pediatric medicine for the child psychiatrist. · Safety issues in a general medical facility setting. · “Other medical” presentations and considerations in pediatric consultation-liaison psychiatry. · Principles of biopsychosocial formulation and interventions in the pediatric medical setting. · Preventive models for reducing major causes of morbidity and mortality in childhood. Child and adolescent psychiatrists, child and school psychologists, and physicians in pediatrics, general practice, and family medicine will welcome *Pediatric Consultation-Liaison Psychiatry* as both a robust training text and a blueprint for the future of children’s medicine.

## Play Hard Die Young

## Football Dementia, Depression and Death

*Neo Forenxis Books* "Forensic neuropathologist Bennet Omalu, MD, explains the science of brain trauma, offers practical solutions, and recounts the moving stories of the lives, and tragic deaths, of NFL stars cut down by gridiron dementia."-- Cover.

## Playing Through the Whistle

## Steel, Football, and an American Town

*Grove/Atlantic, Inc.* From a *Sports Illustrated* senior writer, “a richly detailed history of Aliquippa football . . . A remarkable story of urban struggle and athletic prowess” (*Pittsburgh Post-Gazette*). In the early twentieth century, down the Ohio River from Pittsburgh, the Jones & Laughlin Steel Company built one of the largest mills in the world and a town to go with it. Aliquippa was a beacon and a melting pot, pulling in thousands of families from Europe and the Jim Crow South. The J&L mill, though dirty and dangerous, offered a chance at a better life. It produced the steel that built American cities and won World War II and even became something of a workers’ paradise. But then, in the 1980s, the steel industry cratered. The mill closed. Crime rose and crack hit big. But another industry grew in Aliquippa. The town didn’t just make steel; it made elite football players, from Mike Ditka to Ty Law to Darrelle Revis. Few places churned out talent like Aliquippa, a town not far from the birthplace of professional football in

western Pennsylvania. Despite its troubles—maybe even because of them—Aliquippa became legendary for producing football greatness. A masterpiece of narrative journalism, *Playing Through the Whistle* tells the remarkable story of Aliquippa and through it, the larger history of American industry, sports, and life. Like football, it will make you marvel, wince, cry, and cheer. “Looks at the struggling steel town of Aliquippa, Pa., through the prism of its high school football team. The author understands the Rust Belt particulars of the region better than most political professionals.” —The Wall Street Journal

## Child Development From Infancy to Adolescence

### An Active Learning Approach

*SAGE Publications* Chronologically organized, *Child Development From Infancy to Adolescence, Second Edition* presents topics within the field of child development through unique and highly engaging Active Learning opportunities. The Active Learning features integrated within the print text and digital program foster a dynamic and personal learning process for students. Within each chapter, authors Laura E. Levine and Joyce Munsch introduce students to a wide range of real-world applications of psychological research to child development. The in-text pedagogical features and the accompanying digital components help students discover the excitement of studying child development and equip them with skills they can use long after completing the course.

## Diabetes

### A Doctor and Her Patients on the Front Lines of the Obesity-diabetes Epidemic

*Bantam* An expert in the prevention and treatment of diabetes discusses the soaring epidemic of type 2 diabetes that is affecting American society, explaining how excess weight destroys the body's ability to process sugar properly and its dangerous implications, and offers an innovative series of changes on every level of society that can help alleviate the problem. Reprint. 35,000 first printing.

# The Neuropathology of Dementia

*Cambridge University Press* **This completely rewritten, updated new edition, now illustrated in colour, is almost twice the size of its predecessor.**