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Film Listography

Your Life in Movie Lists

Chronicle Books Now fans of the smash-hit Listography journal series (over a quarter of a million copies sold!) can list all their favorite movie picks. Featuring the colorful illustrations of artist Jon Stich throughout, Film Listography boasts over 70 list topics ranging from the classic (favorite films of all time, favorite actors, directors, and soundtracks) to the lovably idiosyncratic (top so-bad-it's-good movies, scenes that made you cringe, characters you are most like). A celebration of celluloid that's sure to entertain, this is the ultimate fill-in journal for film fanatics, list lovers, and anyone who appreciates an alternative approach to journaling.

Date Night in

A Journal for Couples Spark Conversation & Connection

The Book of Lost Friends

A Novel

Ballantine Books NEW YORK TIMES BESTSELLER • From the bestselling author of *Before We Were Yours* comes a dramatic historical novel of three young women searching for family amid the destruction of the post-Civil War South, and of a modern-day teacher who learns of their story and its vital connection to her students' lives. "An absorbing historical . . . enthralling."—Library Journal Bestselling author Lisa Wingate brings to life startling stories from actual "Lost Friends" advertisements that appeared in Southern newspapers after the Civil War, as newly freed slaves desperately searched for loved ones who had been sold away. Louisiana, 1875: In the tumultuous era of Reconstruction, three young women set off as unwilling companions on a perilous quest: Hannie, a freed slave; Lavinia, the pampered heir to a now destitute plantation; and Juneau Jane, Lavinia's Creole half sister. Each carries private wounds and powerful secrets as they head for Texas, following roads rife with vigilantes and soldiers still fighting a war lost a decade before. For Lavinia and Juneau Jane, the journey is one of stolen inheritance and financial desperation, but for Hannie, torn from her mother and siblings before slavery's end, the pilgrimage west reignites an agonizing question: Could her long-lost family still be out there? Beyond the swamps lie the limitless frontiers of Texas and, improbably, hope. Louisiana, 1987: For first-year teacher Benedetta Silva, a subsidized job at a poor rural school seems like the ticket to canceling her hefty student debt—until she lands in a tiny, out-of-step Mississippi River town. Augustine, Louisiana, is suspicious of new ideas and new people, and Benny can scarcely comprehend the lives of her poverty-stricken students. But amid the gnarled live oaks and run-down plantation homes lie the century-old history of three young women, a long-ago journey, and a hidden book that could change everything.

Surprise Yourself

Get Out of Your Head and Into the World

Penguin Make every day a new beginning with this lively illustrated journal from the author of *Me, You, Us* Brimming with fun and quirky ways to learn, create and grow, this charming journal presents simple activities to make every day count. Prompts include: Compliment a stranger Be a tourist in your own town for the day Steal someone else's morning routine Go stargazing - Invent a new recipe Let a dog take you for a walk Revisit a place from your childhood Organise a treasure hunt Start a club - Romance yourself Learn a few words of a new language Interview the oldest woman you know. Filled with delightful illustrations and plenty of room to record your own reflections and insights, this is a DIY happiness guide to share with a friend or use as a secret personal playbook for jump-starting each day. Flip to any page and begin!

Before We Were Yours

A Novel

Ballantine Books THE BLOCKBUSTER HIT—Over two million copies sold! A New York Times, USA Today, Wall Street Journal, and Publishers Weekly Bestseller "Poignant, engrossing."—People • "Lisa Wingate takes an almost unthinkable chapter in our nation's history and weaves a tale of enduring power."—Paula McLain Memphis, 1939. Twelve-year-old Rill Foss and her four younger siblings live a magical life aboard their family's Mississippi River shantyboat. But when their father must rush their mother to the hospital one stormy night, Rill is left in charge—until strangers arrive in force. Wrenched from all that is familiar and thrown into a Tennessee Children's Home Society orphanage, the Foss children are assured that they will soon be returned to their parents—but they quickly realize the dark truth. At the mercy of the facility's cruel director, Rill fights to keep her sisters and brother together in a world of danger and uncertainty. Aiken, South Carolina, present day. Born into wealth and privilege, Avery Stafford seems to have it all: a successful career as a federal prosecutor, a handsome fiancé, and a lavish wedding on the horizon. But when Avery returns home to help her father weather a health crisis, a chance encounter leaves her with uncomfortable questions and compels her to take a journey through her family's long-hidden history, on a path that will ultimately lead either to devastation or to redemption. Based on one of America's most notorious real-life scandals—in which Georgia Tann, director of a Memphis-based adoption organization, kidnapped and sold poor children to wealthy families all over the country—Lisa Wingate's riveting, wrenching, and ultimately uplifting tale reminds us how, even though the paths we take can lead to many places, the heart never forgets where we belong. Publishers Weekly's #3 Longest-Running Bestseller of 2017 • Winner of the Southern Book Prize • If All Arkansas Read the Same Book Selection This edition includes a new essay by the author about shantyboat life.

Only With Your Love

Harper Collins Celia Vallerand fears for her life as she stares into the deep, arresting eyes of the dashing man who purchased her from the brigands who had abducted her. But it soon becomes clear that it's her virtue, not her life, that's in danger. The rugged, powerful renegade known only as "Griffin" arouses desires in Celia as dangerous as they are forbidden. And though she knows she must resist him, she fears she may be unable to do so. But the magnificent adventurer is a man trapped in a perilous deception. And the shocking secrets he guards could deny him the love of the fair captive lady who has enslaved his reckless heart.

Rewire Your Brain

Think Your Way to a Better Life

John Wiley & Sons How to rewire your brain to improve virtually every aspect of your life-based on the latest research in neuroscience and psychology on neuroplasticity and evidence-based practices Not long ago, it was thought that the brain you were born with was the brain you would die with, and that the brain cells you had at birth were the most you would ever possess. Your brain was thought to be "hardwired" to function in predetermined ways. It turns out that's not true. Your brain is not hardwired, it's "softwired" by experience. This book shows you how you can rewire parts of the brain to feel more positive about your life, remain calm during stressful times, and improve your social relationships. Written by a leader in the field of Brain-Based Therapy, it teaches you how to activate the parts of your brain that have been underactivated and calm down those areas that have been hyperactivated so that you feel positive about your life and remain calm during stressful times. You will also learn to improve your memory, boost your mood, have better relationships, and get a good night sleep. Reveals how cutting-edge developments in neuroscience, and evidence-based practices can be used to improve your everyday life Other titles by Dr. Arden include: Brain-Based Therapy-Adult, Brain-Based Therapy-Child, Improving Your Memory For Dummies and Heal Your Anxiety Workbook Dr. Arden is a leader in integrating the new developments in neuroscience with psychotherapy and Director of Training in Mental Health for Kaiser Permanente for the Northern California Region Explaining exciting new developments in neuroscience and their applications to daily living, Rewire Your Brain will guide you through the process of changing your brain so you can change your life and be free of self-imposed limitations.

My Life in Lists

A Journal to Record Loves + Goals + Dreams!

Crestline Books Revolutionize the way you plan, create, and record your day-to-day experiences with My Life in Lists. Here, talented artist Nicole Barlettano (@planthatblossom on Instagram) has created beautifully illustrated collection pages for you to start filling in your thoughts, dreams, and lists of favorites as you push past planning into the wilder possibilities of a free-form journal. Catalog the rodeo of ideas and distractions constantly rattling around in your brain as you fill in these pages, with collections that include exercises in self-discovery and gratitude, but also a place to record important information and track your progress on ongoing projects. Combining mindfulness with productivity, these thoughtfully designed collections will take you beyond basic journaling to help you manage your life in this crazy world: Life Goals Achievements & Milestones Book Tracker Music Tracker Idea Page Un-Do List Dear Diary Movie Tracker Self Care To-Do List Acts of Kindness Travel Bucket List Then vs. Now Yearly Check-In/Resolutions What Worked/What Didn't Improve every aspect of your life with this exceptionally useful journal.

The Uninhabitable Earth

Life After Warming

"It is worse, much worse, than you think. If your anxiety about global warming is dominated by fears of sea-level rise, you are barely scratching the surface of what terrors are possible. In California, wildfires now rage year-round, destroying thousands of homes. Across the US, "500-year" storms pummel communities month after month, and floods displace tens of millions annually. This is only a preview of the changes to come. And they are coming fast. Without a revolution in how billions of humans conduct their lives, parts of the Earth could become close to uninhabitable, and other parts horrifically inhospitable, as soon as the end of this century. In his travelogue of our near future, David Wallace-Wells brings into stark relief the climate troubles that await -- food shortages, refugee emergencies, and other crises that will reshape the globe. But the world will be remade by warming in more profound ways as well, transforming our politics, our culture, our relationship to technology, and our sense of history. It will be all-encompassing, shaping and distorting nearly every aspect of human life as it is lived today. Like An Inconvenient Truth and Silent Spring before it, The Uninhabitable Earth is both a meditation on the devastation we have brought upon ourselves and an impassioned call to action. For just as the world was brought to the brink of catastrophe within the span of a lifetime, the responsibility to avoid it now belongs to a single generation"--

Most Likely to Die

Zebra Books As their twenty-year high school reunion approaches, Lindsay, Kristen, and Rachel find themselves marked for death by the very same killer responsible for brutally murdering a fellow student.

White Space Is Not Your Enemy

A Beginner's Guide to Communicating Visually Through Graphic, Web & Multimedia Design

CRC Press White Space Is Not Your Enemy is a practical graphic design and layout guide that introduces concepts and practices necessary for producing effective visual communication across a variety of formats—from web to print. Sections on Gestalt theory, color theory, and WET layout are expanded to offer more in-depth content on those topics. This new edition features new covering current trends in web design—Mobile-first, UI/UX design, and web typography—and how they affect a designer's approach to a project. The entire book will receive an update using new examples and images that show a more diverse set of graphics that go beyond print and web and focus on tablet, mobile and advertising designs.

One Question a Day: A Five-Year Journal

A Personal Time Capsule of Questions and Answers

Macmillan An inspiring five year journal to get anybody writing and remembering.

My Life Map

A Journal to Help You Shape Your Future

Gotham A husband and wife team help readers set goals and envision a future with purpose through the creation of a visual road map that may reveal unnoticed patterns and help establish next steps and checkups for putting your map into action. 50,000 first printing.

It's Complicated

The Social Lives of Networked Teens

Yale University Press Surveys the online social habits of American teens and analyzes the role technology and social media plays in their lives, examining common misconceptions about such topics as identity, privacy, danger, and bullying.

McGraw-Hill's 10 ACT Practice Tests, Second Edition

McGraw Hill Professional We want to give you the practice you need on the ACT McGraw-Hill's 10 ACT Practice Tests helps you gauge what the test measures, how it's structured, and how to budget your time in each section. Written by the founder and faculty of Advantage Education, one of America's most respected providers of school-based test-prep classes, this book provides you with the intensive ACT practice that will help your scores improve from each test to the next. You'll be able to sharpen your skills, boost your confidence, reduce your stress-and to do your very best on test day. 10 complete sample ACT exams, with full explanations for every answer 10 sample writing prompts for the optional ACT essay portion Scoring Worksheets to help you calculate your total score for every test Expert guidance in prepping students for the ACT More practice and extra help online ACT is a registered trademark of ACT, Inc., which was not involved in the production of, and does not endorse, this product.

Love in the Afternoon

St. Martin's Press Love in the Afternoon continues the Hathaways series by Victorian romance author Lisa Kleypas. As a lover of animals and nature, Beatrix Hathaway has always been more comfortable outdoors than in the ballroom. Even though she participated in the London season in the past, the classic beauty and free-spirited Beatrix has never been swept away or seriously courted...and she has resigned herself to the fate of never finding love. Has the time come for the most unconventional of the Hathaway sisters to settle for an ordinary man—just to avoid spinsterhood? Captain Christopher Phelan is a handsome, daring soldier who plans to marry Beatrix's friend, the vivacious flirt Prudence Mercer, when he returns from fighting abroad. But, as he explains in his letters to Pru, life on the battlefield has darkened his soul—and it's becoming clear that Christopher won't come back as the same man. When Beatrix learns of Pru's disappointment, she decides to help by concocting Pru's letters to Christopher for her. Soon the correspondence between Beatrix and Christopher develops into something fulfilling and deep...and when Christopher comes home, he's determined to claim the woman he loves. What began as Beatrix's innocent deception has resulted in the agony of unfulfilled love—and a passion that can't be denied...

Pre-Incident Indicators of Terrorist Incidents

The Identification of Behavioral, Geographic and Temporal Patterns of Preparatory Conduct

DIANE Publishing This is a print on demand edition of a hard to find publication. Explores whether sufficient data exists to examine the temporal and spatial relationships that existed in terrorist group planning, and if so, could patterns of preparatory conduct be identified? About one-half of the terrorists resided, planned, and prepared for terrorism relatively close to their eventual target. The terrorist groups existed for 1,205 days from the first planning meeting to the date of the actual/planned terrorist incident. The planning process for specific acts began 2-3 months prior to the terrorist incident. This study examined selected terrorist groups/incidents in the U.S. from 1980-2002. It provides for the potential to identify patterns of conduct that might lead to intervention prior to the commission of the actual terrorist incidents. Illustrations.

The Blue Book of Grammar and Punctuation

An Easy-to-Use Guide with Clear Rules, Real-World Examples, and Reproducible Quizzes

John Wiley & Sons The bestselling workbook and grammar guide, revised and updated! Hailed as one of the best books around for teaching grammar, The Blue Book of Grammar and Punctuation includes easy-to-understand rules, abundant examples, dozens of reproducible quizzes, and pre- and post-tests to help teach grammar to middle and high schoolers, college students, ESL students, homeschoolers, and more. This concise, entertaining workbook makes learning English grammar and usage simple and fun. This updated 12th edition reflects the latest updates to English usage and grammar, and includes answers to all reproducible quizzes to facilitate self-assessment and learning. Clear and concise, with easy-to-follow explanations, offering "just the facts" on English grammar, punctuation, and usage Fully updated to reflect the latest rules, along with even more quizzes and pre- and post-tests to help teach grammar Ideal for students from seventh grade through adulthood in the US and abroad For anyone who wants to understand the major rules and subtle guidelines of English grammar and usage, The Blue Book of Grammar and Punctuation offers comprehensive, straightforward instruction.

Ice Moon

Entangled: Select Otherworld Jared Ayers works outdoors, embracing a solitary life, hiding from his inner demons. But after so many of his Pack brothers have found their mates, he starts wondering if there might be a mate in his future too. His world turns upside down after he's hired by the "Ice Queen of Lake Tahoe". One touch is all it takes. One touch to send the wolf howling within... A gifted psychic with pyrokinesis, Taryn Goldstone wields fire beyond her control- sometimes with dire consequences. With Jared, she discovers that some flames are meant for passion-and healing. She has enemies who covet her powerful gift, but they are about to learn just how far a wolf will go to protect his mate. Each book in the Moon series is a standalone, full-length story that can be enjoyed out of order. Reading Order: Book #1 Moonlight Book #2 Hunter's Moon Book #3 Blood Moon Book #4 Harvest Moon Book #5 Ice Moon Book #6 Blue Moon Book #7 Wolf Moon Book #8 New Moon

The Jezebel Remedy

A novel

Vintage Martin Clark—who has set, according to the Winston-Salem Journal, “the new standard by which other works of legal fiction should be judged”—now delivers his finest novel yet. Lisa and Joe Stone, married for twenty years and partners in their small law firm in Henry County, Virginia, handle less-than-glamorous cases, whether domestic disputes, personal injury settlements, or never-ending complaints from their cantankerous client Lettie VanSandt (“eccentric” by some accounts, “certifiable” by others). When Lettie dies in a freakish fire, the Stones think it’s certainly possible that she was cooking meth in her trailer. But details soon emerge that lead them to question how “accidental” her demise actually was, and settling her peculiar estate becomes endlessly complicated. Before long, the Stones find themselves entangled in a corporate conspiracy that will require all their legal skills—not to mention some difficult ethical choices—for them to survive. Meanwhile, Lisa is desperately trying to shield Joe from a secret, dreadful error that she would give anything to erase, even as his career—and her own—hangs in the balance. In *The Jezebel Remedy*, Clark gives us a stunning portrait of a marriage, an intricate tour of the legal system, and a relentlessly entertaining story that is full of inventions, shocks, and understanding. This eBook edition includes a Reading Group Guide.

New Orleans Noir

The Classics

Akashic Books “Explores the dark corners of our city . . . set both pre- and post-Katrina . . . harrowing reading, to be sure, but it’s pure page-turning pleasure, too.” —The Times-Picayune Residents of the Big Easy are proud of its unique history and character. Resourceful and resilient, they are survivors—of natural disasters, as well as everyday tragedies. For off the beaten path, where tourists never travel, is a city that revels in scandal, sin, and seduction. *New Orleans Noir* includes stories by Ace Atkins, Laura Lippman, Patty Friedmann, Barbara Hambly, Tim McLoughlin, Olympia Vernon, David Fulmer, Jervy Tervalon, James Nolan, Kalamu ya Salaam, Maureen Tan, Thomas Adcock, Jeri Cain Rossi, Christine Wiltz, Greg Herren, Julie Smith, Eric Overmyer, and Ted O’Brien. “A vivid series of impressions of the city in moments that brought out either the best or worst in people . . . a thrilling read and a harbinger of what should be an interesting stream of works.” —Gambit Weekly “When you’ve waded through these anguished pages, you can begin to understand why—as corrupt as it is, as broken as it is—so many of New Orleans’s refugees still long to go home.” —Mystery Scene “Excellent . . . Appropriately, Smith divides the book into pre- and post-Katrina sections, and many of the more powerful tales describe the disaster’s hellish aftermath.” —Publishers Weekly

Lifelines

A Doctor's Journey in the Fight for Public Health

Metropolitan Books From medical expert Leana Wen, MD, *Lifelines* is an insider’s account of public health and its crucial role—from opioid addiction to global pandemic—and an inspiring story of her journey from struggling immigrant to being one of Time’s 100 Most Influential People. “Public health saved your life today—you just don’t know it,” is a phrase that Dr. Leana Wen likes to use. You don’t know it because good public health is invisible. It becomes visible only in its absence, when it is underfunded and ignored, a bitter truth laid bare as never before by the devastation of COVID-19. Leana Wen—emergency physician, former Baltimore health commissioner, CNN medical analyst, and Washington Post contributing columnist—has lived on the front lines of public health, leading the fight against the opioid epidemic, outbreaks of infectious disease, maternal and infant mortality, and COVID-19 disinformation. Here, in gripping detail, Wen lays bare the lifesaving work of public health and its innovative approach to social ills, treating gun violence as a contagious disease, for example, and racism as a threat to health. Wen also tells her own uniquely American story: an immigrant from China, she and her family received food stamps and were at times homeless despite her parents working multiple jobs. That child went on to attend college at thirteen, become a Rhodes scholar, and turn to public health as the way to make a difference in the country that had offered her such possibilities. Ultimately, she insists, it is public health that ensures citizens are not robbed of decades of life, and that where children live does not determine whether they live.

The Heart's Disguise

Popular Library A beautiful French waif steals onto the *Sea Wolf*, disguising herself as a young man, but the captain soon discovers the woman behind his curvaceous cabin boy and teaches her a few lessons about the rough riding on the open sea

12 Rules for Life

An Antidote to Chaos

Random House Canada #1 NATIONAL BESTSELLER #1 INTERNATIONAL BESTSELLER What does everyone in the modern world need to know? Renowned psychologist Jordan B. Peterson’s answer to this most difficult of questions uniquely combines the hard-won truths of ancient tradition with the stunning revelations of cutting-edge scientific research. Humorous, surprising and informative, Dr. Peterson tells us why skateboarding boys and girls must be left alone, what terrible fate awaits those who criticize too easily, and why you should always pet a cat when you meet one on the street. What does the nervous system of the lowly lobster have to tell us about standing up straight (with our shoulders back) and about success in life? Why did ancient Egyptians worship the capacity to pay careful attention as the highest of gods? What dreadful paths do people tread when they become resentful, arrogant and vengeful? Dr. Peterson journeys broadly, discussing discipline, freedom, adventure and responsibility, distilling the world’s wisdom into 12 practical and profound rules for life. *12 Rules for Life* shatters the modern commonplaces of science, faith and human nature, while transforming and ennobling the mind and spirit of its readers.

Cognitive Behavioral Intervention for Trauma in Schools (CBITS)

The Cognitive Behavioral Intervention for Trauma in Schools program is designed to help students exposed to traumatic events who are experiencing emotional or behavioral problems. The new edition provides updates from two decades of field experience.

The lost symbol

Random House Digital, Inc. Robert Langdon, while at the U.S. Capital Building, finds an object encoded with five symbols, which is an ancient invitation to usher its recipient into a long-lost world of esoteric wisdom. When Langdon’s beloved mentor, Peter Solomon, is kidnapped, he realizes his only hope of saving Peter is to accept this mystical invitation and follow wherever it leads him. Langdon is instantly plunged into a clandestine world of Masonic secrets, hidden history, and never-before-seen locations - all of which seem to be dragging him toward a single, inconceivable truth.

The Newlywed Table

A Cookbook to Start Your Life Together

Artisan If cooking for someone is an act of love, then what better way for a newlywed couple to express their love than to cook with each other? Author Maria Zizka offers 100 recipes for classic and modern recipes to build a young couple's cooking repertoire. Couples will not only learn to cook as a team while creating meals to nourish themselves and friends and family but will master key culinary lessons in the process. Recipes such as Leek and Goat Cheese Tart and Spring Vegetable Curry with Rice Noodles are easy weeknight dinners. Seafood Stew with Saffron Broth and Whole Side of Salmon with Herb Sauce are made for entertaining, and One-Bowl Brownies and Birthday Cake will become beloved desserts. Zizka teaches readers how to store food properly and repurpose leftovers and explains topics newlywed couples will surely want to master: how to set up a pantry, set a table, plan a dinner party, create a signature cocktail, and cook together for a lifetime.

Wreck This Journal (Red) Expanded Ed.

Penguin "Not gonna lie, this is probably the coolest journal you'll ever see. . . . Wreck This Journal is here to inspire you." —Buzzfeed The internationally bestselling phenomenon with more than 10 million copies sold—and an excellent holiday gift! Paint, poke, create, destroy, and wreck—to create a journal as unique as you are For anyone who's ever had trouble starting, keeping, or finishing a journal or sketchbook comes this expanded edition of Wreck This Journal, a subversive illustrated book that challenges readers to muster up their best mistake- and mess-making abilities to fill the pages of the book—or destroy them. Through a series of creative and quirky prompts, acclaimed guerilla artist Keri Smith encourages journalers to engage in destructive acts—poking holes through pages, adding photos and defacing them, painting pages with coffee, coloring outside the lines, and more—in order to experience the true creative process. With Smith's unique sensibility, readers are introduced to a new way of art- and journal-making, discovering novel ways to escape the fear of the blank page and fully engage in the creative process. To create is to destroy. Happy wrecking!

The Negro Motorist Green Book

1940 Edition

Colchis Books The idea of "The Green Book" is to give the Motorist and Tourist a Guide not only of the Hotels and Tourist Homes in all of the large cities, but other classifications that will be found useful wherever he may be. Also facts and information that the Negro Motorist can use and depend upon. There are thousands of places that the public doesn't know about and aren't listed. Perhaps you know of some? If so send in their names and addresses and the kind of business, so that we might pass it along to the rest of your fellow Motorists. You will find it handy on your travels, whether at home or in some other state, and is up to date. Each year we are compiling new lists as some of these places move, or go out of business and new business places are started giving added employment to members of our race.

Putting the Supernatural in Its Place

Folklore, the Hypermodern, and the Ethereal

Grounds the supernatural in its particular places, both geographical and virtual

Stumbling Into Grace

Confessions of a Sometimes Spiritually Clumsy Woman

Thomas Nelson Inc Humorous yet poignant stories from Lisa's life help readers relate to spiritual truths found in the life and ministry of Christ. Stumbling Into Grace is the diary-devotional of one woman's honest, ongoing, bumbling journey of faith and how she finds encouragement through a deeper understanding of Christ's time on earth. Within each chapter she alternates her often humorous memoir with stirring portraits of Jesus and his own encounters as recorded in the New Testament. Both intimately relevant and refreshingly inspirational, this book will help readers to jettison the theological misconceptions, guilt, shame, and hypocrisy they struggle with, exchanging them for a vibrant, passionate relationship with Christ that results in a more abundant, joyful life.

The Chiron Effect

Healing Our Core Wounds through Astrology, Empathy, and Self-Forgiveness

Simon and Schuster A guide to using astrology to identify your core wounds and heal them using psychological techniques, affirmations, and self-compassion • Explains how the placement of Chiron in your birth chart identifies the core wounds and unconscious patterns that block empathy and self-forgiveness • Offers a descriptive chapter for each of the 12 zodiac sign placements for Chiron, revealing how Chiron affects you psychologically, emotionally, sexually, spiritually, socially, financially, and intellectually • Provides specific steps for each sign to shift self-destructive patterns as well as powerful affirmations infused with Reiki healing energy We all have experienced disappointment, sadness, rejection, or the loss of something meaningful in our lives. When you are wounded, innate animalistic instincts for self-protection kick in as a means for survival. These behavior patterns are a natural and necessary coping strategy, at first. But many dwell far too long in these patterns and separate themselves from their source of inner wisdom and intuition. Using astrology as a diagnostic tool, Lisa Tahir reveals how to use the astrological placement of the minor planet Chiron in your birth chart to identify the core wounds and unconscious patterns that block your capacity to have self-empathy and to forgive. Coining the phrase "Chiron Effect" to describe the magnetic pull that individuals have around specific areas of vulnerability, she explains how, like a raw nerve, the placement of Chiron describes what parts of our lives we might edit or hide for fear of being rejected as well as the areas of sensitivity where we are triggered. Offering a chart and online links to allow you to determine Chiron's placement in your chart, the author explains how Chiron affects you psychologically, emotionally, sexually, spiritually, socially, financially, and intellectually depending on the sign and house it falls within. She outlines how to begin healing your core wounds through empathy and self-forgiveness, providing several steps for each sign placement to shift self-destructive patterns and learn to protect yourself as well as powerful affirmations infused with Reiki healing energy to help you anchor a new belief system. As Lisa Tahir reveals, once identified, your personal Chiron placement can become the source of your greatest healing and empowerment. By recognizing your core wounding and learning to offer yourself empathy and forgiveness, you can finally break free from suffering, end self-sabotage, and allow your life to unfold in a new way.

Managing the Risks of Extreme Events and Disasters to Advance Climate Change Adaptation

Special Report of the Intergovernmental Panel on Climate Change

Cambridge University Press This Intergovernmental Panel on Climate Change Special Report (IPCC-SREX) explores the challenge of understanding and managing the risks of climate extremes to advance climate change adaptation. Extreme weather and climate events, interacting with exposed and vulnerable human and natural systems, can lead to disasters. Changes in the frequency and severity of the physical events affect disaster risk, but so do the spatially diverse and temporally dynamic patterns of exposure and vulnerability. Some types of extreme weather and climate events have increased in frequency or magnitude, but populations and assets at risk have also increased, with consequences for disaster risk. Opportunities for managing risks of weather- and climate-related disasters exist or can be developed at any scale, local to international. Prepared following strict IPCC procedures, SREX is an invaluable assessment for anyone interested in climate extremes, environmental disasters and adaptation to climate change, including policymakers, the private sector and academic researchers.

Every Note Played

Simon and Schuster "Unsparing in her depiction of the disease's harrowing effects, neuroscientist Genova also celebrates humanity." —People "Sometimes it's easier to tell truth in fiction...And she tells it with heart and hope." —NPR "Her juxtaposition of scientific detail with compassionate, heartfelt storytelling is unparalleled." —Bookreporter "Every Note Played will grip and gut you." —The Boston Globe From neuroscientist and New York Times bestselling author of Still Alice comes a powerful exploration of regret, forgiveness, freedom, and what it means to be alive. An accomplished concert pianist, Richard received standing ovations from audiences all over the world in awe of his rare combination of emotional resonance and flawless technique. Every finger of his hands was a finely calibrated instrument, dancing across the keys and striking each note with exacting precision. That was eight months ago. Richard now has ALS, and his entire right arm is paralyzed. His fingers are impotent, still, devoid of possibility. The loss of his hand feels like a death, a loss of true love, a divorce—his divorce. He knows his left arm will go next. Three years ago, Karina removed their framed wedding picture from the living room wall and hung a mirror there instead. But she still hasn't moved on. Karina is paralyzed by excuses and fear, stuck in an unfulfilling life as a piano teacher, afraid to pursue the path she abandoned as a young woman, blaming Richard and their failed marriage for all of it. When Richard becomes increasingly paralyzed and is no longer able to live on his own, Karina becomes his reluctant caretaker. As Richard's muscles, voice, and breath fade, both he and Karina try to reconcile their past before it's too late. Poignant and powerful, Every Note Played is a masterful exploration of redemption and what it means to find peace inside of forgiveness.

Satchmo

The Genius of Louis Armstrong

Da Capo Press Gary Giddins has been called "the best jazz writer in America today" (Esquire). Louis Armstrong has been called the most influential jazz musician of the century. Together this auspicious pairing has resulted in Satchmo, one of the most vivid and fascinating portraits ever drawn of perhaps the greatest figure in the history of American music. Available now at a new price, this text-only edition is the authoritative introduction to Armstrong's life and art for the curious newcomer, and offers fresh insight even for the serious student of Pops.

Listography

The Ultimate Party Game of Lists

Chronicle Books A new twist on the bestselling Listography journal series (almost 900,000 titles sold), this game invites players to create and share lists based on fun and thought-provoking topics from geography and pop culture to toothpaste and constellations! With the goal of being the first around the game board, players score points according to the number of similar or unique answers. Every round in the game results in creative thinking, surprise outcomes, and lots of laughs."

All on a Winter's Day

Point Lucy and her brother awaken one cold winter's night to discover that they are alone in their house, that someone has rearranged the furniture, and that two ghostly children and their evil aunt have arrived.

Understanding Music

Past and Present

Music moves through time; it is not static. In order to appreciate music we must remember what sounds happened, and anticipate what sounds might come next. This book takes you on a journey of music from past to present, from the Middle Ages to the Baroque Period to the 20th century and beyond!

The Advocate

The Advocate is a lesbian, gay, bisexual, transgender (LGBT) monthly newsmagazine. Established in 1967, it is the oldest continuing LGBT publication in the United States.

Business Ethics