

Online Library JOHN ROBBINS NEW BOOK Pdf Free Copy

A Word for Love Apr 15 2022 "A paean to unabashed, unbridled love." --Khaled Hosseini, New York Times-bestselling author of *The Kite Runner* A mesmerizing debut set in Syria on the cusp of the unrest, *A Word for Love* is the spare and exquisitely told story of a young American woman transformed by language, risk, war, and a startling new understanding of love. It is said there are ninety-nine Arabic words for love. Bea, an American exchange student, has learned them all: in search of deep feeling, she travels to a Middle Eastern country known to hold the "The Astonishing Text," an ancient, original manuscript of a famous Arabic love story that is said to move its best readers to tears. But once in this foreign country, Bea finds that instead of intensely reading Arabic she is entwined in her host family's complicated lives--as they lock the doors, and whisper anxiously about impending revolution. And suddenly, instead of the ancient love story she sought, it is her daily witness of a contemporary Romeo and Juliet-like romance--between a housemaid and policeman of different cultural and political backgrounds--that astonishes her, changes her, and makes her weep. But as the country drifts toward explosive unrest, Bea wonders how many secrets she can keep, and how long she can fight for a romance that does not belong to her. Ultimately, in a striking twist, Bea's own story begins to mirror that of "The Astonishing Text" that drew her there in the first place--not in the role of one of the lovers, as she might once have imagined, but as the character who lives to tell the story long after the lovers have gone. With melodic meditation on culture, language, and familial devotion, Robbins delivers a powerful novel that questions what it means to love from afar, to be an outsider within a love story, and to take someone else's passion and cradle it until it becomes your own.

Fierce Invalids Home From Hot Climates Nov 10 2021 "As clever and witty a novel as anyone has written in a long time . . . Robbins takes readers on a wild, delightful ride. . . . A delight from beginning to end."—Buffalo News Switters is a contradiction for all seasons: an anarchist who works for the government; a pacifist who carries a gun; a vegetarian who sops up ham gravy; a cyberwhiz who hates computers; a man who, though obsessed with the preservation of innocence, is aching to deflower his high-school-age stepsister (only to become equally enamored of a nun ten years his senior). Yet there is nothing remotely wishy-washy about Switters. He doesn't merely pack a pistol. He is a pistol. And as we dog Switters's strangely elevated heels across four continents, in and out of love and danger, discovering in the process the "true" Third Secret of Fatima, we experience Tom Robbins—that fearless storyteller, spiritual renegade, and verbal break dancer—at the top of his game. On one level this is a fast-paced CIA adventure story with comic overtones; on another it's a serious novel of ideas that brings the Big Picture into unexpected focus; but perhaps more than anything else, *Fierce Invalids* is a sexy celebration of language and life. Praise for *Fierce Invalids Home From Hot Climates* "Superb."—New York Post "Dangerous? Wicked? Forbidden? You bet. . . . Pour yourself a bowl of chips and dig in."—Daily News, New York "Robbins is a great writer . . . and definitely a provocative rascal."—The Tennessean "Whoever said truth is stranger than fiction never read a Tom Robbins novel. . . . Clever, creative, and witty, Robbins tosses off impassioned observations like handfuls of flower petals."—San Diego Union-Tribune

Giant Steps Dec 12 2021 Using tools and techniques from his book "Awaken the Giant Within," performance consultant Anthony Robbins offers 365 daily inspirations and exercises for improving the quality of life.

Unlimited Power Jul 07 2021 If you have ever dreamed of a better life, *Unlimited Power* from #1 New York Times bestseller Tony Robbins shows you how to achieve the extraordinary quality of life you desire and deserve, and how to master your personal and professional life. Anthony Robbins calls it the new science of personal achievement. You'll call it the best thing that ever happened to you. Anthony Robbins has proven to millions through his books, tapes, and seminars that by harnessing the power of the mind you can do, have, achieve, and create anything you want for your life. He has shown heads of state, royalty, Olympic and professional athletes, movie stars, and children how to achieve. With *Unlimited Power*, he passionately and eloquently reveals the science of personal achievement and teaches you: * How to find out what you really want * The Seven Lies of Success * How to reprogram your mind in minutes to eliminate fears and phobias * The secret of creating instant rapport with anyone you meet * How to duplicate the success of others * The Five Keys to Wealth and Happiness *Unlimited Power* is a revolutionary fitness book for the mind. It will show you, step by step, how to perform at your peak while gaining emotional and financial freedom, attaining leadership and self-confidence, and winning the cooperation of others. It will give you the knowledge and the courage to remake yourself and your world. *Unlimited Power* is a guidebook to superior performance in an age of success.

The High 5 Habit Sep 08 2021 AN INSTANT NEW YORK TIMES AND INTERNATIONAL BESTSELLER TO HELP YOU OVERCOME ANXIETY AND BECOME MORE CONFIDENT, EFFECTIVE, AND FULFILLED From Mel Robbins, #1 podcast host, best-selling author and expert on change and motivation. In her global phenomenon *The 5 Second Rule*, Mel Robbins taught millions the five second secret to motivation. Now she's back with another simple, proven science-backed tool you can use to take control of your life: *The High 5 Habit*. Don't let the title fool you. This isn't a book about high fiving everyone else in your life. You're already doing that. Cheering for your favorite teams. Celebrating your friends. Supporting the people you love as they go after what they want in life. Imagine if you gave that same love and encouragement to yourself. Or even better, you made it a daily habit. You'd be unstoppable. In this encouraging book, Mel teaches you how to start high fiving the most important person in your life, the one who is staring back at you in the mirror: YOURSELF. If you are: · Struggling with self-doubt (and who doesn't?) ... · Tired of that nagging critic in your head (could somebody evict them already?) ... · Successful but all you focus on is what's going wrong (you're not alone) ... · Sick of watching everybody else get ahead while you sit on the couch with your dog (don't bring your dog into this)Mel dedicates this book to you. Chapters Include: You Deserve a High 5 Life Science Says This Works I Have a Few Questions... Why Do I Torture Myself? Am I Broken? Where's All This Negative Crap Coming From? Why Am I Suddenly Seeing Hearts Everywhere? Why Is Life So Easy for Them and Not Me? Isn't It Easier If I Say Nothing? How About I Start . . . Tomorrow? But Do You Like Me? How Come I Screw Everything Up? Can I Actually Handle This? Okay, You May Not Want to Read This Chapter Eventually, It Will All Make Sense It's time to give yourself the high fives, celebration, and support you deserve. With this book, you'll learn how to: · Use the High 5 Habit to overcome negative self-talk and limiting beliefs · Create a clear vision for your life and set goals that align with your values · Take consistent action towards your goals, even when you don't feel like it · Develop a mindset of resilience and perseverance · Achieve more success and happiness in all areas of your life "When I stopped trashing myself and started giving my reflection a high five instead, it was more than an encouraging gesture on a low day. It flipped that self-criticism and self-hatred on its head. It changed the lens through which I viewed my life. That was the beginning of a massive shift in my life. A line in the sand. The beginning of a brand-new connection to the most important person in my life—myself. A new way of thinking about myself and about what was possible for me. It inspired me to create an entirely new way of experiencing life. That's why I wrote this book. It's time to cheer for YOU." Love, Mel Robbins Using her signature science-backed wisdom, deeply personal stories, and the real-life results that *The High 5 Habit* is creating in people's lives around the world, Mel will teach you how to make believing in yourself a habit so that you have more confidence, transform your mindset, and achieve your dreams.

We're All in This Together Jan 01 2021 Build trust and achieve high performance in your business by redefining team culture. Have you ever been on a team where the talent was strong, but the team wasn't very good? On the flip side, have you ever been on a team where not every single member was a rock star, but something about the team just worked? In this book, corporate consultant Mike Robbins dives deep into the ways great businesses build trust, collaborate, and operate at their peak level. As an expert in teamwork, leadership, and emotional intelligence, Mike draws on more than 20 years of experience working with top companies like Google and Microsoft, as well as his baseball career with the Kansas City Royals. And, while each team and organization have their own unique challenges, goals, and dynamics, there are some universal qualities that allow teams to truly come together and thrive. The book's core principles include facilitating an environment of psychological safety, fostering inclusion and belonging, addressing and navigating conflict, and maintaining a healthy balance of high expectations and empathy. Throughout, Mike shares powerful exercises and tools he's successfully utilized in the keynote speeches, group sessions, and corporate retreats that he delivers, so that you and your team can communicate more authentically, give and receive feedback with skill, and create deeper connections. "Mike Robbins shares tangible techniques that leaders and teams can use to excel, backs up his ideas with important research, and provides a road map for creating a team environment of personal connection and optimal performance." — Tom Rath, New York Times best-selling co-author of *How Full is Your Bucket?*

Question Your Thinking, Change the World Apr 23 2020 In this powerful book of quotations, Byron Katie talks about the most essential issues that face us all—love, sex, and relationships; health, sickness, and death; parents and children; work and money; and self-realization. The profound, lighthearted wisdom embodied within is not theoretical; it is absolutely authentic. Not only will this book help you on many specific issues, but it will point you toward your own wisdom and will encourage you to question your own mind, using the four simple yet incredibly powerful questions of Katie's process of self-inquiry, called *The Work*. Katie is a living example of the clear, all-embracing love that is our true identity. Because she has thoroughly questioned her own mind, her words shine with the joy of understanding. "People used to ask me if I was enlightened," she says, "and I would say, 'I don't know anything about that. I'm just someone who knows the difference between what hurts and what doesn't.' I'm someone who wants only what is. To meet as a friend each concept that arose turned out to be my freedom."

Still Life with Woodpecker Oct 10 2021 "Robbins's comic philosophical musings reveal a flamboyant genius."—People *Still Life with Woodpecker* is a sort of a love story that takes place inside a pack of Camel cigarettes. It reveals the purpose of the moon, explains the difference between criminals and outlaws, examines the conflict between social activism and romantic individualism, and paints a portrait of contemporary society that includes powerful Arabs, exiled royalty, and pregnant cheerleaders. It also deals with the problem of redheads.

The New Good Life Dec 24 2022 No Marketing Blurb

Giant Steps Sep 20 2022 WHAT GOOD IS INSPIRATION IF IT'S NOT BACKED UP BY ACTION? Based on the finest tools, techniques, principles, and strategies offered in *Awaken the Giant Within*, best-selling author and peak performance consultant Anthony Robbins offers daily inspirations and small actions -- exercises -- that will compel you to take giant steps forward in the quality of your life. From the simple power of decision-making to the more specific tools that can redefine the quality of your relationships, finances, health, and emotions, Robbins shows you how to get maximum results with a minimum investment of time.

Mob Boss Sep 28 2020 Reminiscent of *Wiseguy*, *Mob Boss* is a compelling biography from two prominent mob experts recounting the life and times of the first acting boss of an American Mafia family to turn government witness Alfonso "Little Al" D'Arco, the former acting boss of the Luchese organized crime family, was the highest-ranking mobster to ever turn government witness when he flipped in 1991. His decision to flip prompted many others to make the same choice, including John Gotti's top aide, Salvatore "Sammy the Bull" Gravano, and his testimony sent more than fifty mobsters to prison. In *Mob Boss*, award-winning news reporters Jerry Capeci and Tom Robbins team up for this unparalleled account of D'Arco's life and the New York mob scene that he embraced for four decades. Until the day he switched sides, D'Arco lived and breathed the old-school gangster lessons he learned growing up in Brooklyn and fine-tuned on the mean streets of Little Italy. But when he learned he was marked to be whacked, D'Arco quit the mob. His defection decimated his crime family and opened a window on mob secrets going back a hundred years. After speaking with D'Arco, the authors reveal unprecedented insights, exposing shocking secrets and troublesome truths about a city where a famous pizza parlor doubled as a Mafia center for multi-million-dollar heroin deals, where hit men carried out murders dressed as women, and where kidnapping a celebrity newsman's son was deemed appropriate revenge for the father's satirical novel. Capeci and Robbins spent hundreds of hours in conversation with D'Arco, and exhausted many hours more fleshing out his stories in this riveting narrative that takes readers behind the famous witness testimony for a comprehensive look at the Mafia in New York City.

Another Roadside Attraction Aug 20 2022 "Written with a style and humor that haven't been seen since Mark Twain."—Los Angeles Times What if the Second Coming didn't quite come off as advertised? What if "the Corpse" on display in that funky roadside zoo is really who they say it is—what does that portend for the future of western civilization? And what if a young clairvoyant named Amanda reestablishes the flea circus as popular entertainment and fertility worship as the principal religious form of our high-tech age? *Another Roadside Attraction* answers those questions and a lot more. It tell us, for example, what the sixties were truly all about, not by reporting on the psychedelic decade but by recreating it, from the inside out. In the process, this stunningly original seriocomic thriller is fully capable of simultaneously eating a literary hot dog and eroding the borders of the mind. "Hard to put down because of the sheer brilliance and fun of the writing. The sentiments of Brautigan and the joyously compassionate omniscience of Fielding dance through the pages garbed colorfully in the language of Joyce."—Rolling Stone

Healthy at 100 Oct 29 2020 Why do some people age in failing health and sadness, while others grow old with vitality and joy? In this revolutionary book, bestselling author John Robbins presents us with a bold new paradigm of aging, showing us how we can increase not only our lifespan but also our health span. Through the example of four very different cultures that have the distinction of producing some of the world's healthiest, oldest people, Robbins reveals the secrets for living an extended and fulfilling life in which our later years become a period of wisdom, vitality, and happiness. From Abkhazia in the Caucasus south of Russia, where age is beauty, and Vilcabamba in the Andes of South America, where laughter is the greatest medicine, to Hunza in Central Asia, where dance is ageless, and finally the southern Japanese islands of Okinawa, the modern Shangri-la, where people regularly live beyond a century, Robbins examines how the unique lifestyles of these peoples can influence and improve our own. Bringing the traditions of these ancient and vibrantly healthy cultures together with the latest breakthroughs in medical science, Robbins reveals that, remarkably, they both point in the same direction. The result is an inspirational synthesis of years of research into healthy aging in which Robbins has isolated the characteristics that will enable us to live long and—most important—joyous lives. With an emphasis on simple, wholesome, but satisfying fare, and the addition of a manageable daily exercise routine, many people can experience great improvement in the quality of their lives now and for many years to come. But perhaps more surprising is Robbins' discovery that it is not diet and exercise alone that helps people to live well past one hundred. The quality of personal relationships is enormously important. With startling medical evidence about the effects of our interactions with others, Robbins asserts that loneliness has more impact on lifespan than such known vices as smoking. There is clearly a strong beneficial power to love and connection.

Skinny Legs and All Oct 22 2022 An Arab and a Jew open a restaurant together across the street from the United Nations.... It sounds like the beginning of an ethnic joke, but it's the axis around which spins this gutsy, fun-loving, and alarmingly provocative novel, in which a bean can philosophizes, a dessert

spoon mystifies, a young waitress takes on the New York art world, and a rowdy redneck welder discovers the lost god of Palestine--while the illusions that obscure humanity's view of the true universe fall away, one by one, like Salome's veils. Skinny Legs and All deals with today's most sensitive issues: race, politics, marriage, art, religion, money, and lust. It weaves lyrically through what some call the "end days" of our planet. Refusing to avert its gaze from the horrors of the apocalypse, it also refuses to let the alleged end of the world spoil its mood. And its mood is defiantly upbeat. In the gloriously inventive Tom Robbins style, here are characters, phrases, stories, and ideas that dance together on the page, wild and sexy, like Salome herself. Or was it Jezebel?

Tibetan Peach Pie Feb 23 2023 Internationally bestselling novelist and American icon Tom Robbins' legendary memoir--wild tales of his life and times, both at home and around the globe. Tom Robbins' warm, wise, and wonderfully weird novels—including Still Life With Woodpecker, Jitterbug Perfume, and Fierce Invalids Home From Hot Climates—provide an entryway into the frontier of his singular imagination. Madcap but sincere, pulsating with strong social and philosophical undercurrents, his irreverent classics have introduced countless readers to natural born hitchhiking cowgirls, born-again monkeys, a philosophizing can of beans, exiled royalty, and problematic redheads. In Tibetan Peach Pie, Robbins turns that unparalleled literary sensibility inward, stitching together stories of his unconventional life, from his Appalachian childhood to his globetrotting adventures —told in his unique voice that combines the sweet and sly, the spiritual and earthy. The grandchild of Baptist preachers, Robbins would become over the course of half a century a poet-interruptus, an air force weatherman, a radio dj, an art-critic-turned-psychedelic-journeyman, a world-famous novelist, and a counter-culture hero, leading a life as unlikely, magical, and bizarre as those of his quixotic characters. Robbins offers intimate snapshots of Appalachia during the Great Depression, the West Coast during the Sixties psychedelic revolution, international roving before homeland security monitored our travels, and New York publishing when it still relied on trees. Written with the big-hearted comedy and mesmerizing linguistic invention for which he is known, Tibetan Peach Pie is an invitation into the private world of a literary legend.

Never Love a Stranger Jun 25 2020 Harold Robbins' very first novel is also one of his most powerful. Never Love a Stranger tells the gritty and passionate tale of Francis "Frankie" Kane, from his meager beginnings as an orphan in New York's Hell's Kitchen. From that confused and belittling start, Frank works his way up, choosing the wrong side of the law to make a name for himself. At a young age, he becomes one of the city's most dangerous men, indulging in his passion for power, sex, and the best things in life-whether or not they can be purchased. First published in 1948, the novel began Robbins' prolific career after someone made him a \$100 bet that he couldn't write a bestseller. Twenty-six pot-boiling novels later, he proved the power of his words. Never Love a Stranger takes an unflinching look at a New York that's long gone by-exposing life during and after the Great Depression, when the syndicate ruled the city without mercy.

Unlimited Power May 17 2022 NEW YORK TIMES BESTSELLING AUTHOR AND COACH TO MILLIONS BRINGS A TRANSFORMATIVE GUIDE TO HELP YOU ACHIEVE YOUR DREAMS. 'Tony's power is superhuman . . . He is a catalyst for getting people to change' Oprah Winfrey 'He has a great gift. He has the gift to inspire' Bill Clinton, former President of the United States 'Tony Robbins' coaching has made a remarkable difference in my life both on and off the court. He's helped me to discover what I'm really made of, and I've taken my tennis game - and my life - to a whole new level!' Serena Williams, 22-time Grand Slam tennis champion and Olympic gold medalist 'No matter who you are, no matter how successful, no matter how happy, Tony has something to offer you' Hugh Jackman, Emmy- and Tony Award-winning actor and producer If you have ever dreamed of a better life, Unlimited Power will show you how to achieve the extraordinary quality of life you desire and deserve, and how to master your personal and professional life. Tony Robbins has proven to millions through his books, tapes and seminars that by harnessing the power of your mind you can do, have, achieve and create anything you want for your life. He has shown heads of state, royalty, Olympic and professional athletes and film stars how to achieve. Unlimited Power is a revolutionary fitness book for the mind. It will show you, step by step, how to perform at your peak while gaining emotional and financial freedom, attaining leadership and self-confidence and winning the co-operation of others.

Forecasting: principles and practice Jul 27 2020 Forecasting is required in many situations. Stocking an inventory may require forecasts of demand months in advance. Telecommunication routing requires traffic forecasts a few minutes ahead. Whatever the circumstances or time horizons involved, forecasting is an important aid in effective and efficient planning. This textbook provides a comprehensive introduction to forecasting methods and presents enough information about each method for readers to use them sensibly.

The Path Jun 29 2023 Accelerate your journey to financial freedom with the tools, strategies, and mindset of money mastery. Regardless of your stage of life and your current financial picture, the quest for financial freedom can indeed be conquered. The journey will demand the right tools and strategies along with the mindset of money mastery. With decades of collective wisdom and hands-on experience, your guides for this expedition are Peter Mallouk, the only man in history to be ranked the #1 Financial Advisor in the U.S. for three consecutive years by Barron's (2013, 2014, 2015), and Tony Robbins, the world-renowned life and business strategist. Mallouk and Robbins take the seemingly daunting goal of financial freedom and simplify it into a step-by-step process that anyone can achieve. The pages of this book are filled with real-life success stories and vital lessons, such as... • Why the future is better than you think and why there is no greater time in history to be an investor • How to chart your personally tailored course for financial security • How markets behave and how to achieve peace of mind during volatility • What the financial services industry doesn't want you to know • How to select a financial advisor that puts your interests first • How to navigate, select, or reject the many types of investments available • Success without fulfillment is the ultimate failure! Financial freedom is not only about money—it's about feeling deeply fulfilled in your own personal journey “Want an eye-opening guide to money management—one that tells it like it is and will make you laugh along the way? Peter Mallouk's tour of the financial world is a tour de force that'll change the way you think about money.” —Jonathan Clements, Former Columnist for The Wall Street Journal “Robbins is the best economic moderator that I've ever worked with. His mission to bring insights from the world's greatest financial minds to the average investor is truly inspiring.” —Alan Greenspan, Former Federal Reserve Chairman “Tony is a force of nature.” —Jack Bogle, Founder of Vanguard

Just Breathe Jan 25 2023 Hailed by Tony Robbins as the “definitive breathwork handbook,” Just Breathe will teach you how to harness your breath to reduce stress, increase productivity, balance your health, and find the path to spiritual awakening. Big meeting jitters? Anxiety over a test or taxes? Hard time focusing? What if you could control your outcomes and change results simply by regulating your breath? In this simple and revolutionary guide, world-renowned pioneer of breathwork Dan Brulé shares the Breath Mastery technique that has helped people in more than fifty countries reduce anxiety, improve their health, and tap infinite stores of energy. Just Breathe reveals the truth that elite athletes, champion martial artists, Navy SEAL warriors, first responders, and spiritual yogis have always known—when you regulate your breathing, you can moderate your state of well-being. So if you want to clear and calm your mind and spark peak performance, the secret is just a breath away. Breathwork gives you the tools to achieve benefits in a wide range of issues including: managing acute/chronic pain; helping with insomnia, weight loss, attention deficit, anxiety, depression, trauma, and grief; improving intuition, creativity, mindfulness, self-esteem, and leadership; and much more. Recommended “for those who wish to destress naturally” (Library Journal), Just Breathe will help you utilize your breath to benefit your body, mind, and spirit.

Jitterbug Perfume Aug 08 2021 Jitterbug Perfume is an epic. Which is to say, it begins in the forests of ancient Bohemia and doesn't conclude until nine o'clock tonight (Paris time). It is a saga, as well. A saga must have a hero, and the hero of this one is a janitor with a missing bottle. The bottle is blue, very, very old, and embossed with the image of a goat-horned god. If the liquid in the bottle actually is the secret essence of the universe, as some folks seem to think, it had better be discovered soon because it is leaking and there is only a drop or two left.

What If? May 24 2020 From incomparable storyteller and beloved diversity and inclusion expert, Steve L. Robbins, comes the 10th Anniversary Edition of his classic book used by scores of companies globally for diversity training. This 10th anniversary edition of the beloved classic features 10 new stories written by Dr. Robbins that help readers gain deeper insight into the role our brains play in shaping our thoughts and actions, and what we can do to be more curious and open-minded in our diverse world. Based on his study of the fields of behavioural science and cognitive neuroscience, Robbins explores unconscious bias in many of its forms, including; availability bias, confirmation bias, anchoring bias and others. What If? is a fun, unpretentious guide for individuals and organizations that will help break down defenses and shine a helpful light on human behaviour in a world filled with differences.

MONEY Master the Game Mar 27 2023 "Bibliography found online at tonyrobbins.com/masterthegame"--Page [643].

Jerome Robbins, by Himself Jun 05 2021 The titanic choreographer, creator of memorable ballets, master of Broadway musicals, legendary show doctor and director, now revealed in his own words--the closest we will get to a memoir/autobiography--from his voluminous letters, journals, notes, diaries, never before published. Edited, and with commentary by Amanda Vaill, author of Robbins's biography, Somewhere, 2006 ("I can't imagine a better book about Robbins ever being written"--Terry Teachout, chief drama critic, The Wall Street Journal). He was famous for reinventing the Broadway musical, creating a vernacular American ballet, pushing the art form to new boundaries where it had never gone before, integrating dance seamlessly with character, story and music, and as Associate Artistic Director, Ballet Master, and Co-Artistic Director, with George Balanchine, shaping the New York City Ballet with daring and brio for more than five decades through his often startling choreography in ballet's classical idiom. He was known as the king of Broadway, the most sought-after director-choreographer and show doctor who gave shape to On the Town (1944), Call Me Madam (1950), The King and I (1951), Wonderful Town (1953), Peter Pan (1954), The Pajama Game (1954), Silk Stockings (1955), West Side Story (1957), Gypsy (1959), A Funny Thing Happened on the Way to the Forum (1962), Funny Girl (1964), Fiddler on the Roof (1964), and many other classic musicals, winning four Tony Awards, two Oscars, and an Emmy. He shocked and betrayed those he loved and worked with by naming names to the House Un-American Activities Committee. ("I betrayed my manhood, my Jewishness, my parents, my sister," he wrote in a diary. "I can't undo it.") Now, Amanda Vaill, Jerome Robbins biographer and authority, drawing on the vast and closely held Robbins archives, has put together a selection of his writings, giving us a sense of his extraordinary range as a thinker and artist, as well as a surprising and revealing glimpse into the mind and heart of this towering cultural giant. Interspersed throughout, his correspondence with George Balanchine, Leonard Bernstein, Aaron Copland, Robert Graves, Lincoln Kirstein, Arthur Laurents, Tanquil Le Clercq (the fourth of Balanchine's four wives, with whom Robbins was also in love), Laurence Olivier, Stephen Sondheim, et al.

Nothing Changes Until You Do Apr 03 2021 After three years of living his dream as a professional baseball pitcher, Mike Robbins had an arm injury that benched him for good, and when this happened, everything changed. He had to figure out who he was without the identity of "baseball player"—a process fraught with emotional highs and lows—and he quickly realized that the self-criticism and self-doubt he was feeling are in fact epidemic in our culture. Too often we base our value on our external world—our jobs, finances, appearance, or various other factors. Even the most successful people struggle with their relationship with themselves. In Nothing Changes Until You Do, Mike looks at this delicate relationship and brings to light a new way to look at life, opening your eyes to your innate value. These 40 inspiring essays, which are real tales from Mike's own life and the lives of his clients, boil down some of the most important lessons Mike has learned on his own personal journey—and as he's traveled throughout the country for over a decade speaking to groups of all kinds. With themes spanning from the importance of trusting yourself to the benefits of vulnerability to the strength inherent in embracing change, this book shows you how to get out of your own way and make peace with yourself. With humor, authenticity, and ease, Mike illustrates that with a little self-compassion and a healthy dose of self-acceptance, anyone can turn away from the negatives that manifest because of a critical self-perception—things like unkindness, insecurity, addictions, sabotaged relationships, unnecessary drama, and more. Making peace with yourself is fundamental to happiness and success. So join Mike and learn to have more compassion, more acceptance, and more love for yourself—thus giving you access to more compassion, more acceptance, and more love for the people (and everything else) in your life.

The Entitled Feb 11 2022 People say you can't find your soul mate at eight years old. I did. I found Reed and loved him more than I loved myself. We were young...beautiful...entitled. Money and private schools, our families' lavish parties and posh New York City apartments--it was all mere window dressing. What was real was our obsessive love, which grew right along with us as we moved toward adulthood. It consumed me, and only in his arms did I feel wanted and safe.But I have a secret. It's big, and to some, unforgivable. And it's why I let Reed destroy me, or maybe I destroyed us. Either way, I'm worse than broke-I'm broken. Once upon a time, we were happy...Yet privilege has an ugly underside and in the blink of an eye, my world crashed down around me. I don't feel entitled anymore.The Entitled is first in The Entitled Duet. Their story concludes in The Enlightened.

Unshakeable May 29 2023 After interviewing fifty of the world's greatest financial minds and penning the #1 New York Times bestseller Money: Master the Game, Tony Robbins returns with a step-by-step playbook, taking you on a journey to transform your financial life and accelerate your path to financial freedom. No matter your salary, your stage of life, or when you started, this book will provide the tools to help you achieve your financial goals more rapidly than you ever thought possible. Robbins, who has coached more than fifty million people from 100 countries, is the world's #1 life and business strategist. In this book, he teams up with Peter Mallouk, the only man in history to be ranked the #1 financial advisor in the US for three consecutive years by Barron's. Together they reveal how to become unshakeable--someone who can not only maintain true peace of mind in a world of immense uncertainty, economic volatility, and unprecedented change, but who can profit from the fear that immobilizes so many. In these pages, through plain English and inspiring stories, you'll discover... -How to put together a simple, actionable plan that can deliver true financial freedom. -Strategies from the world's top investors on how to protect yourself and your family and maximize profit from the inevitable crashes and corrections to come. -How a few simple steps can add a decade or more of additional retirement income by discovering what your 401(k) provider doesn't want you to know. -The core four principles that most of the world's greatest financial minds utilize so that you can maximize upside and minimize downside. -The fastest way to put money back in your pocket: uncover the hidden fees and half truths of Wall Street--how the biggest firms keep you overpaying for underperformance. -Master the mindset of true wealth and experience the fulfillment you deserve today.

The Daily Stoic Aug 27 2020 From the team that brought you The Obstacle Is the Way and Ego Is the Enemy, a daily devotional of Stoic meditations—an instant Wall Street Journal and USA Today Bestseller. Why have history's greatest minds—from George Washington to Frederick the Great to Ralph Waldo Emerson, along with today's top performers from Super Bowl-winning football coaches to CEOs and celebrities—embraced the wisdom of the ancient Stoics? Because they realize that the most valuable wisdom is timeless and that philosophy is for living a better life, not a classroom exercise. The Daily Stoic offers 366 days of Stoic insights and exercises, featuring all-new translations from the Emperor Marcus Aurelius, the playwright Seneca, or slave-turned-philosopher Epictetus, as well as lesser-known luminaries like Zeno, Cleanthes, and Musonius Rufus. Every day of the year you'll find one of their pithy, powerful quotations, as well as historical anecdotes, provocative commentary, and a helpful glossary of Greek terms. By following these teachings over the course of a year (and, indeed, for years to come) you'll find the serenity, self-knowledge, and resilience you need to live well.

No Happy Cows Jul 19 2022 The journalist and author of The Food Revolution offers a collection of essays on food politics, sustainability, and revolution. With words like food additives, GMOs, and Big Food buzzing around, it's getting harder to choose what to eat. Even the most well-informed eaters could learn a thing or two about real food and the food system. Gathering and updating articles from his Huffington Post column, celebrated food politics journalist John Robbins presents his most recent observations along with never before published material. With commentaries on what we should and shouldn't eat, Robbins brings us to the frontlines of today's food revolution. From his undercover investigations of feedlots and slaughterhouses, to the slave trade behind chocolate and coffee, he gives readers a look into the importance of working for a more compassionate and environmentally responsible world. In No

Happy Cows, you'll learn about: · Greed and salmonella · Soy and Alzheimer's · Vitaminwater deception · And much more!

Life Force Sep 01 2023 INSTANT #1 NEW YORK TIMES BESTSELLER Transform your life or the life of someone you love with Life Force—the newest breakthroughs in health technology to help maximize your energy and strength, prevent disease, and extend your health span—from Tony Robbins, author of the #1 New York Times bestseller *Money: Master the Game*. What if there were scientific solutions that could wipe out your deepest fears of falling ill, receiving a life-threatening diagnosis, or feeling the effects of aging? What if you had access to the same cutting-edge tools and technology used by peak performers and the world's greatest athletes? In a world full of fear and uncertainty about our health, it can be difficult to know where to turn for actionable advice you can trust. Today, leading scientists and doctors in the field of regenerative medicine are developing diagnostic tools and safe and effective therapies that can free you from fear. In this book, Tony Robbins, the world's #1 life and business strategist who has coached more than fifty million people, brings you more than 100 of the world's top medical minds and the latest research, inspiring comeback stories, and amazing advancements in precision medicine that you can apply today to help extend the length and quality of your life. This book is the result of Robbins going on his own life-changing journey. After being told that his health challenges were irreversible, he experienced firsthand how new regenerative technology not only helped him heal but made him stronger than ever before. Life Force will show you how you can wake up every day with increased energy, a more bulletproof immune system, and the know-how to help turn back your biological clock. This is a book for everyone, from peak performance athletes, to the average person who wants to increase their energy and strength, to those looking for healing. Life Force provides answers that can transform and even save your life, or that of someone you love.

Becoming Sinners Mar 15 2022 A study of cultural change through the study of the Christianization of the Urapmin, a Melanesian society in Papua New Guinea.

Awaken the Giant Within Jan 13 2022 Shows readers how to clarify their personal values, resolve internal conflicts, master emotions, and overcome debilitating habits.

Notes from a Friend Nov 22 2022 Now updated with new material, Notes from a Friend is a concise and easy-to-understand guide to the most powerful and life-changing tools and principles from Tony Robbins, bestselling author and an international leader in peak performance. Starting in 1991, a self-published version of this book has been handed out to thousands of people in need, as part of the Tony Robbins Foundation's Thanksgiving "Basket Brigade." The book helped so many individuals overcome the most challenging circumstances that people repeatedly asked to purchase it for themselves and for their friends. Now, for the first time, it is available to you in this special, updated edition containing new material. Buy this book and you change a life. Read this book and you'll change your own.

Stop Saying You're Fine Apr 27 2023 This hands-on guide from Mel Robbins, one of America's top relationship experts and radio/tv personalities, addresses why over 100 million Americans secretly feel frustrated and bored with their lives and reveals what you can do about it. Mel Robbins has spent her career teaching people how to push past their self-imposed limits to get what they truly desire. She has an in-depth understanding of the psychological and social factors that repeatedly hold you back, and more important, a unique set of tools for getting you where you want to be. In *Stop Saying You're Fine*, she draws on neuroscientific research, interviews with countless everyday people, and ideas she's tested in her own life to show what works and what doesn't. The key, she explains, is understanding how your own brain works against you. Because evolution has biased your mental gears against taking action, what you need are techniques to outsmart yourself. That may sound impossible, but Mel has created a remarkably effective method to help you do just that--and some of her discoveries will astonish you. By ignoring how you feel and seizing small moments of rich possibility--a process she calls "leaning in"--you can make tiny course directions add up to huge change. Among this book's other topics: how everything can depend on not hitting the "snooze" button; the science of connecting with other people, what children can teach us about getting things done; and why five seconds is the maximum time you should wait before acting on a great idea. Blending warmth, humor and unflinching honesty with up-to-the-minute science and hard-earned wisdom, *Stop Saying You're Fine* moves beyond the platitudes and easy fixes offered in many self-help books. Mel's insights will actually help vault you to a better life, ensuring that the next time someone asks how you're doing, you can truthfully answer, "Absolutely great."

Breathwalk Mar 03 2021 Breathing and walking comprise two of our simplest activities, yet they are also two of our most powerful actions. By bringing them together in a systematic and meditative way, we can enhance our physical, emotional, and spiritual fitness. We can tap our vitality to fully enjoy and excel in our lives. With a series of easy to follow, transformational exercises that combine breathing and walking in very specific ways for specific benefits, *Breathwalk* teaches us: • how to alleviate exhaustion, anxiety, sadness, and other problems • to heal physical, mental, and spiritual conflict in our lives • to enter a zone of total fitness within our own bodies and minds In this simple program that anyone can follow, two of the world's leading experts in meditation and kundalini yoga reveal the power and flexibility of this technique for the first time. Centuries old traditions come together with modern scientific research in an effective and enjoyable holistic way to exercise. This practical, insightful guide is a breath of fresh air that can change your life for the better every time you take a step.

Unlimited Power Jul 31 2023 If you have ever dreamed of a better life, UNLIMITED POWER will show you how to achieve the extraordinary quality of life you desire and deserve. Anthony Robbins has proven to millions through his books, tapes and seminars that by harnessing the power of your mind you can do, have, achieve and create anything you want for your life. UNLIMITED POWER is a revolutionary fitness book for the mind. It will show you, step by step, how to perform at your peak while gaining emotional and financial freedom, attaining leadership and self-confidence and winning the co-operation of others. UNLIMITED POWER is a guidebook to superior performance in an age of success.

Wild Ducks Flying Backward Nov 30 2020 Known for his meaty seriocomic novels--expansive works that are simultaneously lowbrow and highbrow--Tom Robbins has also published over the years a number of short pieces, predominantly nonfiction. His travel articles, essays, and tributes to actors, musicians, sex kittens, and thinkers have appeared in publications ranging from *Esquire* to Harper's, from *Playboy* to the *New York Times*, *High Times*, and *Life*. A generous sampling, collected here for the first time and including works as diverse as scholarly art criticism and some decidedly untypical country- music lyrics, *Wild Ducks Flying Backward* offers a rare sweeping overview of the eclectic sensibility of an American original. Whether he is rocking with the Doors, depoliticizing Picasso's *Guernica*, lamenting the angst-ridden state of contemporary literature, or drooling over tomato sandwiches and a species of womanhood he calls "the genius waitress," Robbins's briefer writings often exhibit the same five traits that perhaps best characterize his novels: an imaginative wit, a cheerfully brash disregard for convention, a sweetly nasty eroticism, a mystical but keenly observant eye, and an irrepressible love of language. Embedded in this primarily journalistic compilation are a couple of short stories, a sheaf of largely unpublished poems, and an off-beat assessment of our divided nation. And wherever we open *Wild Ducks Flying Backward*, we're apt to encounter examples of the intently serious playfulness that percolates from the mind of a self-described "romantic Zen hedonist" and "stray dog in the banquet halls of culture."

Unlimited Power Jun 17 2022 "Unlimited Power" guided millions along the path to empowerment and success. Now, this updated adaptation of the bestseller addresses the specific needs of African Americans in search of the knowledge--and courage--to remake themselves and their world. Charts & line drawings.

A Race Like No Other Jan 30 2021 When 39,195 competitors thunder over the Verrazano-Narrows Bridge to begin the thirty-eighth running of the famed New York City Marathon, they experience one of the most exhilarating moments in sports. But as they cross five towering bridges and five distinct boroughs, carried 26.2 miles by the cheers of two million fans and by their own indomitable wills, grueling challenges await them. *New York Times* sportswriter Liz Robbins brings race day to life in this gripping saga of the 2007 Marathon, weaving the unforgettable stories of runners into a vibrant mile-by-mile portrait of the world's largest marathon. The professionals pound out the suspense in two thrilling races. Paula Radcliffe, the women's world record holder from Great Britain, returns with new resolve after having given birth nine months earlier; Gete Wami, her longtime rival from Ethiopia, tries to win her second marathon in just five weeks; and Latvia's Jelena Prokopcuka desperately hopes for her third straight New York title. If the women's race plays out like a mesmerizing chess game, then the men's race quickly turns into a high-speed car chase. South Africa's Hendrick Ramaala, eager to recapture glory at age 35, surges to lead the pack as Kenya's Martin Lel and Morocco's Abderrahim Goumri stay within striking range. While the professionals offer insight into the intense, often painful experience of being an elite athlete, the amateurs provide timeless stories of courage and obsession that typify today's marathoner: Harrie Bakst, a cancer survivor at 22, who is a first-timer; Pam Rickard, a 45-year-old mother of three from Virginia, who is a recovering alcoholic; and 65-year-old Tucker Andersen, who has run the race every year since 1976. Enlivening the history of the New York City Marathon with stories of such legends as the late Fred Lebow, the race's charismatic founder, and nine-time champion Grete Waitz, *A Race Like No Other* provides a curbside seat to the drama of the first Sunday in November. Feel the anxiety at the start in Staten Island. Listen to gospel choirs in Brooklyn and the accordion in Queens. Bask in the delirious sound tunnel of Manhattan's Upper East Side. Hit The Wall in the Bronx. And overcome agony in the last hilly miles before arriving in Central Park--exhausted yet exhilarated--at the finish line.

The Geeks Shall Inherit the Earth May 05 2021 In a smart, entertaining, reassuring book that reads like fiction, Alexandra Robbins manages to cross *Gossip Girl* with *Freaks and Geeks* and explain the fascinating psychology and science behind popularity and outcasthood. She reveals that the things that set students apart in high school are the things that help them stand out later in life. Robbins follows seven real people grappling with the uncertainties of high school social life, including: The Loner, who has withdrawn from classmates since they persuaded her to unwittingly join her own hate club The Popular Bitch, a cheerleading captain both seduced by and trapped within her clique's perceived prestige The Nerd, whose differences cause students to laugh at him and his mother to needle him for not being "normal" The New Girl, determined to stay positive as classmates harass her for her mannerisms and target her because of her race The Gamer, an underachiever in danger of not graduating, despite his intellect and his yearning to connect with other students The Weird Girl, who battles discrimination and gossipy politics in school but leads a joyous life outside of it The Band Geek, who is alternately branded too serious and too emo, yet annually runs for class president In the middle of the year, Robbins surprises her subjects with a secret challenge--experiments that force them to change how classmates see them. Robbins intertwines these narratives--often triumphant, occasionally heartbreaking, and always captivating--with essays exploring subjects like the secrets of popularity, being excluded doesn't mean there's anything wrong with you, why outsiders succeed, how schools make the social scene worse--and how to fix it. *The Geeks Shall Inherit the Earth* is not just essential reading for students, teachers, parents, and anyone who deals with teenagers, but for all of us, because at some point in our lives we've all been on the outside looking in.

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