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An empowering guide to casual sex and hooking up from sex educator and Girl Sex 101 author Allison Moon. A comprehensive and fun-to-read guidebook for people of all sexual identities and experience levels, Getting It covers all the bases of hook-up culture from first moves and sex etiquette to navigating nonmonogamy and sexual health. In an era of endless crossed signals and heightened awareness of consent and respect, award-winning author and sex educator Allison Moon shows you how to achieve safe and enjoyable encounters by practicing clear communication and consideration of all parties involved--yourself included. Getting It helps you understand what casual sex means for you and offers an instructive and empowering deep dive into how to get it, do it well, and feel great about it every step of the way. And since we're all imperfect, Moon offers guidance for how to gracefully recover when you screw up--or get screwed over. Refreshingly intersectional and respectful, Getting It is an honest guide to understanding the basics of hook-up culture and how to partake. A complete author's toolkit: The guide that demystifies every step of the publishing process. No matter what type of book you want to write—fiction, nonfiction, humor, sci-fi, romance, cookbook, children's book—here is how to take an idea you're passionate about, develop it into a manuscript or proposal, get it published, and deliver it into the hands and hearts of readers. Includes interviews with dozens of publishing insiders—agents, editors, besteslling authors, and booksellers. Real-life success stories and the lessons they impart. Plus sample proposals and query letters, a resource guide, and more. Updated to cover ebooks, self-publishing, digital marketing, the power of social media, and more. This complete author's toolkit includes information on:- locating, luring, and landing an agent - perfecting your pitch - the nuts and bolts of a book proposal - conquering the query letter - finding the right publisher for YOU - four steps to reaching readers online - making Amazon work for you - kickstarting your Kickstarter campaign - the ins and outs of ebooks - 10 things you should have on your author website - turning rejection into a book deal - new frontiers in self-publishing Each fall, thousands of eager freshmen descend on college and university campuses expecting the best education imaginable: inspiring classes taught by top-ranked professors, academic advisors who will guide them to a prestigious job or graduate school, and an environment where learning flourishes outside the classroom as much as it does in lecture halls. Unfortunately, most of these freshmen soon learn that academic life is not what they imagined. Classes are taught by overworked graduate students and adjuncts rather than seasoned faculty members, undergrads receive minimal attention from advisors or administrators, and potentially valuable campus resources remain outside their grasp. Andrew Roberts' Thinking Student's Guide to College helps students take charge of their university experience by providing a blueprint they can follow to achieve their educational goals—whether at public or private schools, large research universities or small liberal arts colleges. An inside look penned by a professor at Northwestern University, this book offers concrete tips on choosing a college, selecting classes, deciding on a major, interacting with faculty, and applying to graduate school. Here, Roberts exposes the secrets of the ivory tower to reveal what motivates professors, where to find loopholes in university bureaucracy, and most importantly, how to get a personalized education. Based on interviews with faculty and cutting-edge educational research, The Thinking Student's Guide to College is a necessary handbook for students striving to excel academically, creatively, and personally during their undergraduate years. In this candid, refreshing guide for young women to take with us as we run the world, Emilie Aries shows you how to own your power, know your worth, and design your career and life accordingly. Young women today face an uncertain job market, the pressure to ascend at all costs, and a fear of burning out. But the landscape is changing, and women are taking an assertive role in shaping our careers and lives, while investing more and more in our community of support. Bossed Up teaches you how to: Break out of the "martyrdom mindset," and cultivate your Boss Identity by getting clear on what you really want for your career and life without apology; Hone the self-advocacy skills necessary for success; Understand the differences between being assertive (which is part of being a leader) and being aggressive (which is more like being a bully) - and how that clarity can transform your trajectory; Beat burnout by identifying how the warning signs may be showing up in your life and how to prioritize bringing more rest, purpose, agency, and community to your day-to-day life; Unpack the steps to cultivating something more than just confidence; a boss identity, which will establish your ability to be the boss of your life no matter what comes your way. Drawing from timely research, and with personal stories, and spotlights on a diverse group of women from the Bossed Up community, this book will show you how to craft a happy, healthy, and sustainable career path you'll love. For fans of Fleabag and Bridget Jones, this is a tongue-in-cheek self-help guide for those who've failed, f*cked up and felt bad about themselves - written by health journalist Casey Beros, who wishes she'd learned a few fundamental truths in life a little earlier on. Perfect for fans of Fleabag and Bridget Jones, this is a tongue-in-cheek self-help guide for those who've failed, f*cked up and felt bad about themselves. 'Like your best, naughtiest friend and older sister rolled into one. Beros delivers a hilarious, vital hug to a new generation of women.' - Natalie Imbruglia There's a little bit of bad in all of us, but if you've been a 'bad girl', can you move past it all to live a fundamentally good life? The answer is, 'Hell, yes!' The Bad Girl's Guide to Good is a bestie in a book - one that makes you feel like you aren't alone, aren't 'ruined' if you've made a few (or a fair few) mistakes, and allows you to embrace your inner bad girl moving forward. Because, let's face it, she's still in there. From learning how to be more emotionally intelligent to fixing your relationship with money, and from friendship to frose, Casey Beros's hilarious take on putting your f*ckups behind you will disarm you. A no-holds-barred look at growing through some of your worst behaviours into better ones. Hey, gorgeous! You know how you're always thinking about getting more organized? More focused? Healthier? Changing up your hair routine? And so many other things? It's time to stop thinking about it and do it! We know getting started seems overwhelming; we've been there. We're both busy professionals and moms, so we know how self-care gets pushed to the side. But that's not the way it should be! We want to help you become your best self—that's why we teamed up to write Get It! And gathered all our favorite tips, tricks, and secrets to help you get whatever "it" you want: Get Centered, Get on Track, Get Organized, Get Healthy, Get Fit, Get Beautiful Hair, Get Flawless Skin, Get Made Up, Get Stylish and Sexy—in just minutes a day. From finding a calm center amidst chaos and dressing for your body type in your 30s, 40s, and beyond, to getting in shape no matter what your schedule looks like and saving time on hair, makeup, and looking and feeling young, Get It! is the ultimate handbook to finding style, beauty, and wellness within yourself while getting exactly what you want out of life. We're so excited to share this book with you. Whatever you want—it's time to get it! XOXO, Jacqueline and Jené Give your business a successful credit and collections plan with this easy and clear guide Over 100,000 businesses have slow or non-paying customers. Yet very few actually have a workable plan for claiming the missing revenue that results. This book gives you a complete solution and tool set to ensure your business maximizes its collections while maintaining an effective, profitable credit plan. You'll discover how to set up an efficient in-house credit policy that not only lets you collect more debts, but also boost sales, increase cash flow, and grow profits. Step-by-step credit management instructions show you how to weed out bad-paying customers, add more good-paying customers, collect on past-due balances, avoid bad debt, and limit credit risk. Contains all needed forms to set up and implement an effective credit policy Author is a popular columnist for several newspapers and national magazines, and appears regularly in the media as a go-to authority on debt Get Paid enables you to decide what matters most to your business when it comes to billing, payment terms, pricing, cash flow, and more, then set up the systems to meet these goals and increase profitability. Every office has one - a Go-Getter Girl - someone who seems to just know certain stuff about how to get the plum jobs/lifestyle she wants and damn, always looks great while she's at it. Magic? No, it's about strategizing--and The Go-Getter Girl's Guide shows you how. Born out of interviews with hundreds of successful, stylish young women--including award-winning journalist Soledad O'Brien, Spanx founder Sara Blakely, and bestselling novelist Emily Giffin--The Go-Getter Girl's Guide provides a no-excuses, big-picture way of thinking about your life and career, as well as day-to-day strategies for how to: - Navigate the tricky terrain of office politics - Find and use a mentor - Figure out when it's time to get a new job (or career)-and have the courage to act - Dress (and groom!) for success - And take care of yourself physically and emotionally Combining the practical career wisdom of What Color Is Your Parachute? with the savvy fashion guidance of The Little Black Book of Style, this dynamite guide is sure to bring out the Go-Getter in generations of women to come. Definitive in every way, Ugly Christmas Sweater Party Book includes the history of the event, how to throw the perfect party, what to wear, and how to judge the all-important ugly Christmas sweater contest. But most important, Ugly Christmas Sweater Party Book is packed with more than 100 hilarious, full-color photos of outrageously ugly Christmas sweaters, including Scarf Face, Wreath Witherspoon, and Ryan Treecrest. It's a must-have for the millions who plan to throw or attend an ugly Christmas sweater party, and a sidesplitting look at the funniest, craziest, most unbelievable holiday sweaters you can imagine—authorized by Team Ugly, the recognized experts on ugly Christmas sweater parties. Praise for Ugly Christmas Sweater Party Book: “Part party primer, part not-so-tongue-in-cheek appraisal of holiday sweater fashion, this title delivers on both aspects.” —Library Journal “The queer teen historical you didn’t know was missing from your life.” — Teen Vogue, on The Gentleman’s Guide to Vice and Virtue In this funny and frothy novella that picks up where the New York Times bestselling The Gentleman’s Guide to Vice and Virtue leaves off, freshly minted couple Monty and Percy fumble through their first time together. Monty’s epic grand tour may be over, but now that he and Percy are finally a couple, he realizes there is something more nerve-wracking than being chased across Europe: getting together with the person you love. Will the romantic allure of Santorini make his first time with Percy magical, or will all the anticipation and build-up completely spoil the mood? Teaches how to customize workouts according to body type, achieving more success in losing weight and building muscle. "A practical guide to getting what you paid for from uncaring, unscrupulous, and unavailable companies, including the government, through the creative and legal use of technology"--

Provided by publisher. Straight shooting techniques for success with the ladies. Here, in this terrific, pocket-sized guide are all the tools needed to successfully approach and talk to a woman, get her phone number, and get a date. With tips on what to do and what not to do, this book covers everything from reading body language and using a wingman to learning what girls are looking for in terms of looks, money, and career. * Straightforward advice and practical tips for guys from the women they're trying to meet * Includes topics such as reading signals, moving in for the pick-up, starting a conversation, and keeping it going * There are 100 million single adults in the U.S. * According to a recent It's Just Lunch survey, 76% of men believe that a relationship is more important than their career Rachel Friedman has always been the consummate good girl who does well in school and plays it safe, so the college grad surprises no one more than herself when, on a whim (and in an effort to escape impending life decisions), she buys a ticket to Ireland, a place she has never visited. There she forms an unlikely bond with a free-spirited Australian girl, a born adventurer who spurs Rachel on to a yearlong odyssey that takes her to three continents, fills her life with newfound friends, and gives birth to a previously unrealized passion for adventure. As her journey takes her to Australia and South America, Rachel discovers and embraces her love of travel and unlocks more truths about herself than she ever realized she was seeking. Along the way, the erstwhile good girl finally learns to do something she's never done before: simply live for the moment. I know of no better guide for couples who genuinely desire a maturing relationship.M. Scott Peck, author of *The Road Less Traveled* A remarkable bookthe most incisive and persuasive I have ever read on the knotty problems of marriage relationships. Ann Roberts, former president, Rockefeller Family Fund Scientists today working on controversial issues from climate change to drought to COVID-19 are finding themselves more often in the middle of deeply traumatizing or polarized conflicts they feel unprepared to referee. It is no longer enough for scientists to communicate a scientific topic clearly. They must now be experts not only in their fields of study, but also in navigating the thoughts, feelings, and opinions of members of the public they engage with, and with each other. And the conversations are growing more fraught. In *Getting to the Heart of Science Communication*, Faith Kearns has penned a succinct guide for navigating the human relationships critical to the success of practice-based science. This meticulously researched volume takes science communication to the next level, helping scientists to see the value of listening as well as talking, understanding power dynamics in relationships, and addressing the roles of trauma, loss, grief, and healing. Do you feel like you're not heard but you don't want to have to scream? Personal development coach Mary Hartley explains the secrets of assertiveness – of how to communicate with other people in ways that are confident, effective – but also considerate. Mary reveals the simple steps you can take to help you relate to other people honestly and openly in every area of your life – at work, with your friends and family and in your love life. You will discover that you can be true to yourself and your needs without hurting or diminishing other people. • What assertiveness is and why it matters • How to avoid aggression, passivity and manipulation • Tips for handling tricky situations including put-downs and dealing with bullies • Mastering assertive body language and communication Packed with practical strategies and exercises, this book will show you how to be confident, assured and proactive – with style. Since 2001 William Germano's *Getting It Published* has helped thousands of scholars develop a compelling book proposal, find the right academic publisher, evaluate a contract, handle the review process, and, finally, emerge as published authors. But a lot has changed in the past seven years. With the publishing world both more competitive and mor... With distance learning, teens are having to manage their time and attention now more than ever. Procrastination is especially tough for young adults. Getting started is overwhelming, it's hard to get motivated, not knowing how long things take messes up planning, and distractions are everywhere. We are all wired to put things off, but we can learn tools and techniques to kick this habit. This book is a user-friendly guide to help teens get their tasks done. Simple, straightforward, and with a touch of humor, it's packed with practical solutions and easily digestible tips to stay on top of homework, develop a sense of time, manage digital distractions, create easy-to-follow routines, and get unstuck. In her breezy, witty style, internationally recognized academic and parenting coach Leslie Josel opens the door to a student's view of procrastination, dives deep into what that really looks like, and offers up her Triple Ts—tips, tools and techniques—to teach students how to get stuff done...now. "Hey Guys! This book is the easiest and fastest way for you to learn how to help yourself. If your parents are constantly on you about school stuff, how you manage your time or things like that you'll definitely want to use this book." — Ryan Wexelblatt, LCSW (ADHD Dude) "Listen up, parents! This is the book that will get teens nodding their heads—and actually using the strategies and tips as they transform their study time! Teens and college students alike will feel totally empowered as they tackle their toughest obstacles: procrastination, distraction, organization, and all the rest. With real-life examples and a super-readable format, students will gain the practical help they need to power through their studies and do their best work." Amy McCready, author of *The "Me, Me, Me" Epidemic: A Step-by-Step Guide to Raising Capable, Grateful Kids in an Over-Entitled World* A Guide to Academia is a handbook for all those individuals thinking seriously about going to graduate school. Written by an author with extensive experience navigating the academic world, the book explains all the steps and potential bumps in the road that a student might encounter as they take the plunge into academia. Each chapter begins with a section called the "hard truth," which will help students determine if they are on the right path. Starting with an undergraduate student looking for a graduate school, the reader is taken on a journey up the academic ladder through graduate studies, a postdoctoral fellowship and an assistant professorship. Each chapter gives advice on not only how to survive the current stage but how to get to the next stage quickly. Enhanced with material from the author's own job applications and interview presentations, *A Guide to Academia* provides concrete examples of the tools needed for a successful career in academia. The #1 New York Times bestseller. Over 10 million copies sold! *Tiny Changes, Remarkable Results* No matter your goals, *Atomic Habits* offers a proven framework for improving—every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to: make time for new habits (even when life gets crazy); overcome a lack of motivation and willpower; design your environment to make success easier; get back on track when you fall off course; ...and much more. *Atomic Habits* will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal. More information to be announced soon on this forthcoming title from Penguin USA Everyone feels stuck every now and again, paralyzed by the gnawing feeling that something must change – whether in one's work or work environment, or in a life situation or way of living. But when is this feeling an indication of major psychological impasse? And when will this failure to get “unstuck” threaten not only your personal life and career, but even the healthy functioning of the rest of your team or organization? What are the steps to navigate out of this kind of rut and find a meaningful way forward? In *Getting Unstuck*, psychologist Timothy Butler shares a proven model for moving from a state of career or life impasse to a new vision based on deeper knowledge of the work and life structures that will ultimately be most meaningful. Outlining a process that he has used with thousands of executives and MBA students, Butler explains how to recognize a state of psychological impasse and shows that this state is in fact the beginning of a necessary and predictable process of psychological development that is repeated many times throughout one's life. Further, he shows how to turn impasse into a vision of meaning and purpose, first by awakening and deepening one's imagination, then by recognizing patterns of meaning in one's life, and finally, by taking action to turn one's meaningful vision into a daily reality. Supported by a wide range of stories of others who have accomplished similar life transitions, this book is written for anyone who feels stuck and is looking for practical and authoritative guidance for moving out of his or her own immediate impasse. The measure of the executive, Peter Drucker reminds us, is the ability to 'get the right things done'. Usually this involves doing what other people have overlooked, as well as avoiding what is unproductive. He identifies five talents as essential to effectiveness, and these can be learned; in fact, they must be learned just as scales must be mastered by every piano student regardless of his natural gifts. Intelligence, imagination and knowledge may all be wasted in an executive job without the acquired habits of mind that convert these into results. One of the talents is the management of time. Another is choosing what to contribute to the particular organization. A third is knowing where and how to apply your strength to best effect. Fourth is setting up the right priorities. And all of them must be knitted together by effective decision-making. How these can be developed forms the main body of the book. The author ranges widely through the annals of business and government to demonstrate the distinctive skill of the executive. He turns familiar experience upside down to see it in new perspective. The book is full of surprises, with its fresh insights into old and seemingly trite situations. Find the right person to help supercharge your career. Whether you're eyeing a specific leadership role, hoping to advance your skills, or simply looking to broaden your professional network, you need to find someone who can help. Wait for a senior manager to come looking for you—and you'll probably be waiting forever. Instead, you need to find the mentoring that will help you achieve your goals. Managed correctly, mentoring is a powerful and efficient tool for moving up. The HBR Guide to Getting the Mentoring You Need will help you get it right. You'll learn how to: • Find new ways to stand out in your organization • Set clear and realistic development goals • Identify and build relationships with influential sponsors • Give back and bring value to mentors and senior advisers • Evaluate your progress in reaching your professional goals When a loved one has OCD, it's a constant struggle. It hurts to see your spouse so anxious or your teen spending so much time alone. You've tried logic, reassurance, even accommodating endless rituals—but, too often, these well-meaning attempts actually make OCD worse. Psychologist Jonathan Abramowitz has worked with countless families affected by OCD, and he understands the strain. He also knows you can turn things around. Grounded in state-of-the-art treatment research, this compassionate guide helps you change your own behavior to support your loved one's recovery. By gently but firmly encouraging the person you care about to face their fears, you can stop being controlled by the disorder, disentangle yourself from unhealthy patterns, and see your whole family grow more confident and hopeful. Vivid stories, dos and don'ts, and practical tools (which you can download and print for repeated use) help you follow the step-by-step strategies in this life-changing book. When Southern California high school senior Sofi Mendoza lies to her parents and crosses the border for a weekend party, she has no idea that she will get stuck in a Mexican village with family she has never met before, unable to return to the United States and the easy life she knew. Do you procrastinate? And if so, what's your procrastination type? In this fun and illustrated guide, author Jennifer Shannon blends acceptance and commitment therapy (ACT) and cognitive behavioral strategies to help you recognize your procrastination habits, discover the strengths of your unique procrastination type, and find the motivation you need to meet important deadlines and reach your highest goals. In the midst of modern-day distractions like smartphones, social media, and endless hours of movie and television streaming, it's no wonder you procrastinate! But despite what you may have heard, procrastination doesn't make you a bad or lazy person. In fact, procrastination may even work for you sometimes—creating a sense of urgency that can help you focus. But if procrastination doesn't work for you, it can get in the way of meeting your full potential—in high school, college, your career, and life. So, how can you get things done and be your very best? In *A Teen's Guide to Getting Stuff Done*, you'll discover your procrastination type—warrior, pleaser, perfectionist, or rebel—as well as the unique strengths inherent in each type. If you're a warrior, you love a good challenge, but may not be able to complete tasks you find uninteresting. If you're a pleaser, you may be so concerned about disappointing others that you postpone doing something. If you're a perfectionist, you may put things off because you're worried about your work being judged by teachers, parents, or peers. And finally, if you're a rebel, you're driven by a strong sense of independence. By understanding your type and using the practical strategies laid out in each chapter of this book, you'll be able to break the cycle of procrastination once and for all. This isn't a manual on how to please your parents, teachers, professors, or friends. This is a book to help you understand why you procrastinate, whether or not procrastination works for you, and if not, how to improve your work habits and really get things done. By helping you uncover your own unique strengths, this book will help you master your to-do list—and your life! This hilarious follow-up to the wildly popular *Bad Girl's Guide to the Open Road* is the ultimate guide to getting itanything and everythingin *Bad Girl* style. Delayed gratification is a thing of the past with this inspired collection of tips and tricks for scoring love, fame, money, power, parking spaces, and other essentials. With sure-fire schemes for everything from free food and airline miles to insider lingo for paving pesky resume gaps, *The Bad Girl's Guide to Getting What You Want* shows how to fake it fabulously. But spin and strategy are just the beginningthe truth can be an even more wicked weapon. Learn the secrets of men's hair, the landlord's Achilles' heel, and the maitre d's darkest desires, and the dream date, great apartment, and best table are yours! *Racy bad-girl confessions and edgy illustrations* make this indispensable volume even dishier. Ethics are overratedit's the results that count! Pack this sassy package in your purse and knowing what you want is as good as getting it. For those starting out in their careers—and those who wish to advance more quickly—this is a delightfully fussy guide to the hidden rules of the road in the workplace and in life. As bestselling author and social historian Charles Murray explains, at senior levels of an organization there are curmudgeons everywhere, judging your every move. Yet it is their good opinion you need to win if you hope to get ahead. Among the curmudgeon's day-to-day tips for the workplace: • Excise the word “like” from your spoken English • Don't suck up • Stop “reaching out” and “sharing” • Rid yourself of piercings, tattoos, and weird hair colors • Make strong language count His larger career advice includes: • What to do if you have a bad boss • Coming to grips with the difference between being nice and being good • How to write when you don't know what to say • Being judgmental (it's good, and you don't have a choice anyway) And on the great topics of life, the curmudgeon urges us to leave home no matter what, get real jobs (not internships), put ourselves in scary situations, and watch Groundhog Day repeatedly (he'll explain). Witty, wise, and pulling no punches, *The Curmudgeon's Guide to Getting Ahead* is an indispensable sourcebook for living an adult life. Your guide to making it as a real-life grownup! Like a lot of people, author Mary Traina spent her early twenties making a mess out of her life—until she realized it was time to toss the red Solo cups and finally grow up. In *The Twentysomething Guide to Getting It Together*, she teaches you how to bust out of your rut with practical advice for kicking your bad habits, taking action toward your goals, and moving on to the next stage of your life as an adult. From answering tough relationship questions to advancing your career, she'll tackle all your biggest issues as well as give you a step-by-step plan for getting through your twenties in one piece. Through Traina's signature humor, research, and real-world tips, this groundbreaking guide shows you how to: Date a real man. Escape entry-level hell. Stop binge-drinking and overeating. Emerge from a mountain of debt. Cut those toxic friends of convenience. With the same hip pop-culture references and endless wit that landed her a regular column on Zooey Deschanel's website, Mary Traina makes getting life together fun, easy, and—gasp!—the cool thing to do! The relationship teacher, coach, and founder of *The Relationship School* reveals the origins of conflict styles, how to stop avoiding difficult conversations, and how to resolve conflict in our most important relationships. Conflicts in our closest relationships are scary because so much is at stake. If the conflict doesn't go well, we could lose our marriage, our family or our job, all connected to our security and survival. So we do just about anything not to lose those relationships, including avoid conflict, betraying ourselves or becoming dishonest. Unresolved conflict affects every single aspect of our lives, from self-confidence to physical and mental health. Jayson Gaddis is a personal trainer for relationships and one of the world's leading authorities on interpersonal conflict. For almost two decades, Gaddis has helped individuals, couples, and teams get to the bottom of their deepest conflicts. He helps people see the wisdom in conflict and how to get to zero—which means we have successfully worked through our conflict and have nothing in the way of a good connection. In *Getting to Zero*, Gaddis shows the reader how to stop running away from uncomfortable conversations and instead learn how to work through them. Through funny personal stories, uncomfortable examples, and effective tools and skills, he shows the reader how to move from disconnection to connection, acceptance, and understanding. This method upgrades the old tired and static conflict resolution approaches and offers a fresh, street-level, user-friendly road map on exactly how to work through conflict with the people you care most about. ALLEN/GETTING THINGS DONE Just graduated? Feeling a little lost? *Life After College* is like a portable life coach, giving you straightforward guidance on maneuvering the real world—along with tips, inspiration, and exercises for getting you where you want to go. Congrats, you've graduated! You have your whole life ahead of you. Do you feel overwhelmed? Unsure? Deluged with information, but no real plan? *Jenny Blake's Life After College* gives you practical, actionable advice, helping you to navigate every area of your life -- from work, money, dating, health, family, and personal growth -- to help you see the big picture. It will get you focusing on your goals, dreams, and highest aspirations so that you can create the life you really want. Now in a repackaged edition! “An intriguing amalgam of personal memoir, philosophical speculation, natural lore, cultural history, and art criticism.” —Los Angeles Times From the award-winning author of *Orwell's Roses*, a stimulating exploration of wandering, being lost, and the uses of the unknown Written as a series of autobiographical essays, *A Field Guide to Getting Lost* draws on emblematic moments and relationships in Rebecca Solnit's life to explore issues of uncertainty, trust, loss, memory, desire, and place. Solnit is interested in the stories we use to navigate our way through the world, and the places we traverse, from wilderness to cities, in finding ourselves, or losing ourselves. While deeply personal, her own stories link up to larger stories, from captivity narratives of early Americans to the use of the color blue in Renaissance painting, not to mention encounters with tortoises, monks, punk rockers, mountains, deserts, and the movie *Vertigo*. The result is a distinctive, stimulating voyage of discovery. A fully revised and updated edition of the category leader. Includes two new chapters and 5 new illustrations. This guide gives new and experienced authors tips, advice and practical step-by-step instructions for writing book proposals and query letters, pitching ideas to agents and editors and writing outlines and sample chapters. Missed buses? Forgotten clarinet and homework? Lost cleats? No girl is born knowing how to organize her space, stuff, or time, but it's easy to learn! From backpack to bedroom, this book can teach you tips and tricks to take charge of things in life that may be tripping you up. Inside you'll find loads of ideas, fun quizzes, and even advice from other girls on how to get your life organized and keep it that way. The result? Not only will you forget and lose less, you'll feel less stressed and have more time for what you love. NATIONAL BESTSELLER • Considering a trip to a quaint English village? You'll think twice after learning about the countless murderous possibilities lurking behind the bucolic façades, thanks to this illustrated guide from #1 bestselling author Maureen Johnson and illustrator Jay Cooper—perfect for fans of cozy mysteries. A weekend roaming narrow old lanes, touring the faded glories of a country manor, and quaffing pints in the pub. How charming. That is, unless you have the misfortune of finding yourself in an English Murder Village, where danger lurks around each picturesque cobblestone corner and every sip of tea may be your last. If you insist on your travels, do yourself a favor and bring a copy of this little book. It may just keep you alive. Brought to life with dozens of Gorey-esque drawings by illustrator Jay Cooper and peppered with allusions to classic crime series and unmistakably British murder lore, *Your Guide to Not Getting Murdered in a Quaint English Village* gives you the tools you need to avoid the same fate, should you find yourself in a suspiciously cozy English village (or simply dream of going). Good luck! And whatever you do, avoid the vicar. Comforting and intimate, this “girlfriend” guide to getting pregnant gets to the heart of all the emotional issues around having children—biological pressure, in-law pressures, greater social pressures—to support women who are considering getting pregnant. Trying to get pregnant is enough to make any woman impatient. *The Impatient Woman's Guide to Getting Pregnant* is a complete guide to the medical, psychological, social, and sexual aspects of getting pregnant, told in a funny, compassionate way, like talking to a good friend who's been through it all. And in fact, Dr. Jean Twenge has been through it all—the mother of three young children, she started researching fertility when trying to conceive for the first time. A renowned sociologist and professor at San Diego State University, Dr. Twenge brought her research background to the huge amount of information—sometimes contradictory, frequently alarmist, and often discouraging— that she encountered online, from family and friends, and in books, and decided to go into the latest studies to find out the real story. The good news is: There is a lot less to worry about than you've been led to believe. Dr. Twenge gets to the heart of the emotional issues around getting pregnant,

including how to prepare mentally and physically when thinking about conceiving; how to talk about it with family, friends, and your partner; and how to handle the great sadness of a miscarriage. Also covered is how to know when you're ovulating, when to have sex, timing your pregnancy, maximizing your chances of getting pregnant, how to tilt the odds toward having a boy or a girl, and the best prenatal diet. Trying to conceive often involves an enormous amount of emotion, from anxiety and disappointment to hope and joy. With comfort, humor, and straightforward advice, *The Impatient Woman's Guide to Getting Pregnant* is the bedside companion to help you through it.

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