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In *Diversifying Power*, energy expert Jennie Stephens argues that the key to effectively addressing the climate crisis is diversifying leadership so that antiracist, feminist priorities are central. Stephens examines climate and energy leadership related to job creation and economic justice, health and nutrition, and housing and transportation. She explains why we need to reclaim and restructure climate and energy systems so policies are explicitly linked to social, economic, and racial justices. *Diversifying Power* shows that anyone working on issues related to energy or climate (directly or indirectly) can leverage the power of collective action. The work to shift away from an extractive, oppressive energy system has already begun. By highlighting the creative individuals and organizations making change happen, *Diversifying Power* provides inspiration and encourages action on climate and energy justice. The idea that business is only about the money doesn't hold true in the twenty-first century, when companies around the world are giving up traditional distinctions in order to succeed. Yet our expectations for businesses remain under the sway of an outdated worldview that emphasizes profits for shareholders above all else. *The Power of And* offers a new narrative about the nature of business, revealing the focus on responsibility and ethics that unites today's most influential ideas and companies. R. Edward Freeman, Kirsten E. Martin, and Bidhan L. Parmar detail an emerging business model built on five key concepts: prioritizing purpose as well as profits; creating value for stakeholders as well as shareholders; seeing business as embedded in society as well as markets; recognizing people's full humanity as well as their economic interests; and integrating business and ethics into a more holistic model. Drawing on examples across companies, industries, and countries, they show that these values support persevering in hard times and prospering over the long term. Real-world success stories disprove the conventional wisdom that there are unavoidable trade-offs between acting ethically and succeeding financially. *The Power of And* presents a conceptual revolution about what it means for business to be responsible, providing a new story for us to tell in order to help all kinds of companies thrive. Bob Beaudine believes Networking is Not working for Americans any longer. This highly respected and well-connected head hunter shares his philosophy on what really works in identifying what your dream in life is and how to get it. With his unique 100/40 principle, Beaudine takes the traditional networking concept, shakes it up and rebuilds it, explaining that individuals already know everyone they need to know. He shows readers that they have established a powerful network simply by interacting with people in their daily lives. Beaudine explains this new way to achieve dreams clearly, in a step-by-step fashion using his well-tested knowledge to break it down and help readers tap into the Power of Who. Bestselling author Cass R. Sunstein reveals the appeal and the danger of conformity We live in an era of tribalism, polarization, and intense social division—separating people along lines of religion, political conviction, race, ethnicity, and sometimes gender. How did this happen? In *Conformity*, Cass R. Sunstein argues that the key to making sense of living in this fractured world lies in understanding the idea of conformity—what it is and how it works—as well as the countervailing force of dissent. An understanding of conformity sheds new light on many issues confronting us today: the role of social media, the rise of fake news, the growth of authoritarianism, the success of Donald Trump, the functions of free speech, debates over immigration and the Supreme Court, and much more. Lacking information of our own and seeking the good opinion of others, we often follow the crowd, but Sunstein shows that when individuals suppress their own instincts about what is true and what is right, it can lead to significant social harm. While dissenters tend to be seen as selfish individualists, dissent is actually an important means of correcting the natural human tendency toward conformity and has enormous social benefits in reducing extremism, encouraging critical thinking, and protecting freedom itself. Sunstein concludes that while much of the time it is in the individual's interest to follow the crowd, it is in the social interest for individuals to say and do what they think is best. A well-functioning democracy depends on it. A fascinating and controversial study of the organization of our society, this well-known volume depicts the style and substance of the men and women at the pinnacles of fame, power, and fortune in mid-1900s America. Alan Wolfe's astute afterword to this new edition shows how Mills was a pioneer in helping readers think about the society they have and the society they might want. The true story of a prominent psychiatrist, his young patient, and the past-life therapy that changed both their lives. As a traditional psychotherapist, Dr. Brian Weiss was astonished and skeptical when one of his patients began recalling past-life traumas that seemed to hold the key to her recurring nightmares and anxiety attacks. His skepticism was eroded, however, when she began to channel messages from the "space between lives," which contained remarkable revelations about Dr. Weiss' family and his dead son. Using past-life therapy, he was able to cure the patient and embark on a new, more meaningful phase of his own career. "This book argues that the link between emotions and discourse provides a new and promising framework to theorize and empirically analyse power relationships in world politics. The expert contributors argue that emotions are not irrational forces but have a pattern to them that underpins social relations"-- Louise expands on her philosophy of loving the self and shows you how to overcome emotional barriers through learning to listen to your inner voice, loving the child within, letting your true feelings out, and much more! In September 2017, Hurricane Maria hit Puerto Rico, completely upending the energy grid of the

small island. The nearly year-long power outage that followed vividly shows how the new climate reality intersects with race and access to energy. The island is home to brown and black US citizens who lack the political power of those living in the continental US. As the world continues to warm and storms like Maria become more commonplace, it is critical that we rethink our current energy system to enable reliable, locally produced, and locally controlled energy without replicating the current structures of power and control. In *Revolutionary Power*, Shalanda Baker arms those made most vulnerable by our current energy system with the tools they need to remake the system in the service of their humanity. She argues that people of color, poor people, and indigenous people must engage in the creation of the new energy system in order to upend the unequal power dynamics of the current system. *Revolutionary Power* is a playbook for the energy transformation complete with a step-by-step analysis of the key energy policy areas that are ripe for intervention. Baker tells the stories of those who have been left behind in our current system and those who are working to be architects of a more just system. She draws from her experience as an energy-justice advocate, a lawyer, and a queer woman of color to inspire activists working to build our new energy system. Climate change will force us to rethink the way we generate and distribute energy and regulate the system. But how much are we willing to change the system? This unique moment in history provides an unprecedented opening for a deeper transformation of the energy system, and thus, an opportunity to transform society. *Revolutionary Power* shows us how. **OVER 250,000 COPIES IN PRINT, WITH A NEW CHAPTER ON THE 2018 TAX CUTS.** There's a massive freight train bearing down on the average American investor, and it's coming in the form of higher taxes. The United States Government has made trillions of dollars in unfunded promises for programs like Social Security and Medicare—and the only way to deliver on these promises is to raise taxes. Some experts have even suggested that tax rates will need to double, just to keep our country solvent. Unfortunately, if you're like most Americans, you've saved the majority of your retirement assets in tax-deferred vehicles like 401(k)s and IRAs. If tax rates go up, how much of your hard-earned money will you really get to keep? In *The Power of Zero*, McKnight provides a concise, step-by-step roadmap on how to get to the 0% tax bracket by the time you retire, effectively eliminating tax rate risk from your retirement picture. Now, in this expanded edition, McKnight has updated the book with a new chapter on the 2017 Tax Cuts and Jobs Act, showing readers how to navigate the new tax law in its first year of being in effect, and how they can extend the life of their retirement savings by taking advantage of it now. The day of reckoning is fast approaching. Are you ready to do what it takes to experience the power of zero? You're one more intentional thought and action away from discovering your best life In *The Power of One More*, renowned keynote speaker and performance expert Ed Mylett draws on 30 years of experience as an entrepreneur and coach to top athletes, entertainers, and business executives to reveal powerful strategies to help you live an extraordinary "one more" life. In *The Power of One More*, you'll: Learn why you're closer to your dreams and goals than you think and why using *The Power of One More* strategies will help you cross the finish line in whatever race you're running Understand the psychology and science of how to use *The Power of One More* in every part of your life to help you solve problems and achieve levels of success you never thought possible Discover time-tested and unique solutions to challenges that will remove the mental roadblocks you've been battling for years Perfect for anyone who wants more bliss, wealth, or better relationships, *The Power of One More* is an indispensable roadmap to realizing and exceeding your personal and professional goals by tapping into the superpowers and gifts you already have inside you. Provides a call for Christians to maintain a commitment to integrity, no matter what the cost Praise for *The Power of We* "In *The Power of We*, Jonathan Tisch reminds us again that working together still yields the best results. Jon has spent a lifetime mobilizing people and organizations to get a job done in business and in civic service. His experience, optimism, intelligence, and common sense are reflected in this fresh look at the rewards of partnerships." -President Bill Clinton "The *Power of We* offers a clear and compelling lesson in how today's business leaders can create new synergies and gain competitive advantage by learning how to partner successfully." -Kenneth I. Chenault, Chairman and CEO, American Express Company "Jon Tisch has lived the strategy he describes in *The Power of We*, and now this extraordinary man and successful leader shares his strategy with us. Building partnerships at all levels-social, intellectual, and political, as well as entrepreneurial-will be one of the keys to progress in the coming decades. Jon Tisch provides a road map for those who grasp that reality." -John Sexton, President, New York University "Being a leader requires vision, focus, and influence. Jonathan Tisch has exhibited all three in this great body of work about what it takes to be a partner and something bigger than yourself. *The Power of We* is a must read." -Pat Riley, President, the Miami HEAT A revolutionary and timely reconsideration of everything we know about power. Celebrated UC Berkeley psychologist Dr. Dacher Keltner argues that compassion and selflessness enable us to have the most influence over others and the result is power as a force for good in the world. Power is ubiquitous—but totally misunderstood. Turning conventional wisdom on its head, Dr. Dacher Keltner presents the very idea of power in a whole new light, demonstrating not just how it is a force for good in the world, but how—via compassion and selflessness—it is attainable for each and every one of us. It is taken for granted that power corrupts. This is reinforced culturally by everything from Machiavelli to contemporary politics. But how do we get power? And how does it change our behavior? So often, in spite of our best intentions, we lose our hard-won power. Enduring power comes from empathy and giving. Above all, power is given to us by other people. This is what we all too often forget, and it is the crux of the power paradox: by misunderstanding the behaviors that helped us to gain power in the first place we set ourselves up to fall from power. We abuse and lose our power, at work, in our family life, with our friends, because we've never understood it correctly—until now. Power isn't the capacity to act in cruel and uncaring ways; it is the ability to do good for others, expressed in daily life, and in and of itself a good thing. Dr. Keltner lays out exactly—in twenty original "Power Principles"—how to retain power; why power can be a demonstrably good thing; when we are likely to abuse power; and the terrible consequences of letting those around us languish in powerlessness. What would happen if women suddenly possessed a fierce new power? "The *Power* is our era's *The Handmaid's Tale*." --Ron Charles, Washington Post **\*\*WINNER OF THE BAILEYS WOMEN'S PRIZE FOR FICTION\*\*** One of the New York Times's Ten Best Books of the Year One of President Obama's favorite reads of the Year A Los Angeles Times Best Book of the Year One of the Washington Post's Ten Best Books of the Year An NPR Best Book of the Year One of Entertainment Weekly's Ten Best Books of the Year A San Francisco Chronicle Best Book of the Year A Bustle Best Book of the Year A Paste Magazine Best Novel of the Year A New York Times Book Review Editors' Choice An Amazon Best Book of the Year "Alderman's writing is beautiful, and her intelligence seems almost limitless. She also has a pitch-dark sense of humor that she wields perfectly." --Michael Schaub, NPR In *THE POWER*, the world is a recognizable place: there's a rich Nigerian boy who lounges around the family pool; a foster kid whose religious parents hide their true nature; an ambitious American politician;

a tough London girl from a tricky family. But then a vital new force takes root and flourishes, causing their lives to converge with devastating effect. Teenage girls now have immense physical power—they can cause agonizing pain and even death. And, with this small twist of nature, the world drastically resets. From award-winning author Naomi Alderman, *THE POWER* is speculative fiction at its most ambitious and provocative, at once taking us on a thrilling journey to an alternate reality, and exposing our own world in bold and surprising ways.

140 delicious, healthy recipes for dark, leafy greens that will please your palate and inspire you to clean your plate, including vegan, vegetarian, and gluten-free options. Kale and collards don't have to be the only greens on your shopping list anymore. Rising stars include romaine and parsley, Brussels sprouts and beet greens, and more. But say the words "Eat your greens," and even though we know they're good for us, many people are afraid that they won't taste good. Fear no more! *The Power Greens Cookbook* provides go-to recipes that are both nutritious and delicious. Acclaimed cookbook author and blogger Dana Jacobi expands your culinary repertoire and introduces the fifteen Power Greens—from arugula to watercress—that are loaded with health-supporting nutrients and phytochemicals that enhance vitality, all the while protecting against diabetes, heart disease, and high blood pressure, fortifying eyes and muscles, even making your skin glow. Jacobi also shares simple cooking techniques that help you prepare these super veggies quickly. Including main dishes and hearty salads, dips, spreads, snacks, and even drinks, *The Power Greens Cookbook* offers myriad mouthwatering vegetable-centric recipes.

- Soups: Cabbage and Brussels Sprouts Soup, Spinach Gazpacho with Walnuts, Hoppin' John Stew with Mustard Greens
- Salads: Caesar Salad with Parmesan Chickpeas, Tuscan Kale Salad with Pomegranate Seeds and Walnuts, Beets and Beet Greens with Citrus Dressing
- Main Dishes: Red Beans and Smoky Greens, Kale-Smothered Pork Chops with Carrot and Apple, Tortelloni with Broccoli Rabe Florets
- Small Meals and Snacks: Avocado and Watercress Tartine, Grilled Cheese and Tomato Sandwich with Kimchi, Poached Eggs in a Nest of Bacon-Wilted Kale
- Side Dishes and Condiments: Carrots with Wild Arugula Pesto, French Lettuce Stir-Fry, Tahini Creamed Spinach, Kale Za'atar

Shown in dozens of tantalizing photographs, these dishes are sure to become mainstays in your kitchen for weeknight family meals, casual entertaining, and elegant dinner parties. From the cruciferous and crunchy to the leafy and light, *The Power Greens Cookbook* is just what the doctor—and your taste buds—ordered. **NEW YORK TIMES BESTSELLER**

- This instant classic explores how we can change our lives by changing our habits. **NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Wall Street Journal**
- *Financial Times* In The Power of Habit, award-winning business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist and how they can be changed. Distilling vast amounts of information into engrossing narratives that take us from the boardrooms of Procter & Gamble to the sidelines of the NFL to the front lines of the civil rights movement, Duhigg presents a whole new understanding of human nature and its potential. At its core, *The Power of Habit* contains an exhilarating argument: The key to exercising regularly, losing weight, being more productive, and achieving success is understanding how habits work. As Duhigg shows, by harnessing this new science, we can transform our businesses, our communities, and our lives. With a new Afterword by the author "Sharp, provocative, and useful."—Jim Collins "Few [books] become essential manuals for business and living. *The Power of Habit* is an exception. Charles Duhigg not only explains how habits are formed but how to kick bad ones and hang on to the good."—*Financial Times* "A flat-out great read."—David Allen, bestselling author of *Getting Things Done: The Art of Stress-Free Productivity* "You'll never look at yourself, your organization, or your world quite the same way."—Daniel H. Pink, bestselling author of *Drive* and *A Whole New Mind* "Entertaining . . . enjoyable . . . fascinating . . . a serious look at the science of habit formation and change."—*The New York Times Book Review*

Offers strategies for companies of all sizes to help win and retain customers by practicing buyer-centric thinking that helps to interest and engage the target audience. Discusses the truths and wonders of God's promises and how they offer a source of spiritual encouragement and strength for seekers and believers. "No" is sometimes the hardest word to say. It's also the most necessary. How many times have you heard yourself saying yes to the wrong things—overwhelming requests, bad relationships, time-consuming obligations? How often have you wished you could summon the power to turn them down? This lively, practical guide helps you take back that power—and shows that a well-placed No can not only save you time and trouble, it can save your life. Drawing on their own stories as well as feedback from their readers and students, James Altucher and Claudia Azula Altucher clearly show that you have the right to say no: To anything that is hurting you. To standards that no longer serve you. To people who drain you of your creativity and expression. To beliefs that are not true to the real you. It's one thing to say no, the authors explain. It's another thing to have the Power of No. When you do, you will have a stronger sense of what is good for you and the people around you, and you will have a deeper understanding of who you are. And, ultimately, you'll be freed to say a truly powerful "Yes" in your life—one that opens the door to opportunities, abundance, and love. An expert on the psychology of leadership and the bestselling author of *Integrity*, *Necessary Endings*, and *Boundaries For Leaders* identifies the critical ingredient for personal and professional wellbeing. Most leadership coaching focuses on helping leaders build their skills and knowledge and close performance gaps. These are necessary, but not sufficient. Using evidence from neuroscience and his work with leaders, Dr. Henry Cloud shows that the best performers draw on another vital resource: personal and professional relationships that fuel growth and help them surpass current limits. Popular wisdom suggests that we should not allow others to have power over us, but the reality is that they do, for better or for worse. Consider the boss who diminishes you through cutting remarks versus one who challenges you to get better. Or the colleague who always seeks the limelight versus the one who gives you the confidence to finish a difficult project. Or the spouse who is honest and supportive versus the one who resents your success. No matter how talented, intelligent, or experienced, the greatest leaders share one commonality: the power of the others in their lives. Combining engaging case studies, persuasive findings from cutting-edge brain research, and examples from his consulting practice, Dr. Cloud argues that whether you're a Navy SEAL or a corporate executive, outstanding performance depends on having the right kind of connections to fuel personal growth and minimize toxic associations and their effects. Presenting a dynamic model of the impact these different kinds of connections produce, Dr. Cloud shows readers how to get more from themselves by drawing on the strength and expertise of others. You don't have a choice whether or not others have power in your life, but you can choose what kinds of relationships you want. This unique book explores the world of  $q$ , known technically as basic hypergeometric series, and represents the author's personal and life-long study—inspired by Ramanujan—of aspects of this broad topic. While the level of mathematical sophistication is graduated, the book is designed to appeal to advanced undergraduates as well as researchers in the field. The principal aims are to demonstrate the power of the methods and the beauty of the results. The book contains novel proofs of many results in the theory of partitions and the theory of representations, as

well as associated identities. Though not specifically designed as a textbook, parts of it may be presented in course work; it has many suitable exercises. After an introductory chapter, the power of q-series is demonstrated with proofs of Lagrange's four-squares theorem and Gauss's two-squares theorem. Attention then turns to partitions and Ramanujan's partition congruences. Several proofs of these are given throughout the book. Many chapters are devoted to related and other associated topics. One highlight is a simple proof of an identity of Jacobi with application to string theory. On the way, we come across the Rogers–Ramanujan identities and the Rogers–Ramanujan continued fraction, the famous “forty identities” of Ramanujan, and the representation results of Jacobi, Dirichlet and Lorenz, not to mention many other interesting and beautiful results. We also meet a challenge of D.H. Lehmer to give a formula for the number of partitions of a number into four squares, prove a “mysterious” partition theorem of H. Farkas and prove a conjecture of R.Wm. Gosper “which even Erdős couldn't do.” The book concludes with a look at Ramanujan's remarkable tau function.

Unlock God's power to elevate your position and reach your full potential with *Stepping Up!* by Lakewood Church pastor Johnny McGowan. No matter your current position, God will unlock the power for you to reach your incredible potential. The key is to approach all you do with a servant's heart versus your own ambition. This guide to serving with passion, integrity, and intuition for success explores how to appreciate today while anticipating the possibilities that await tomorrow. With biblical wisdom and personal insights, Johnny McGowan reveals his own exciting trajectory and the doors that were opened each time he stepped up to serve God. For the past thirty years, he has devoted his gifts to serving Lakewood, one of America's largest churches. Along the way, he has marveled at the leadership opportunities God presented as he stayed committed to serving something larger than himself. By seeking only to fulfill God's will for his life, Johnny has been blessed with increasing responsibility and innumerable ways to make a difference through *Stepping Up!* Regardless of where you are, God can take you where you want to go—and beyond! Chasing the “number one” role or promotion by your own hands will never be fulfilling. God has even bigger things in store for you, and your future starts now. Learn to listen to God's call and let Him direct your actions. As you do, you'll rise by discovering the true power of your position.

*The Power of Data Storytelling* is a book that aims to solve the classic dilemma of—How do I make company data interesting and present it in the form of a great data story for today's time-crunched professionals. The book focuses on various methods of converting dry facts and figures into interesting characters, events and relaying them in the form of a story to enable company's decision-making. The book covers all data story related aspects—art of storytelling, building, writing and visualizing. The book reflects practical corporate examples from varied fields and how data storytelling enabled the decision-making process. It does not require knowledge of sophisticated tools and introduces new, simple and application-oriented methods at every stage to take data storytelling forward. The book has wide application across industries and organizations with data sets that are big and small. It has explanatory written and visual examples at every discussion which makes it less theoretical and more practically applicable. To make the journey into the Now we will need to leave our analytical mind and its false created self, the ego, behind. From the very first page of Eckhart Tolle's extraordinary book, we move rapidly into a significantly higher altitude where we breathe a lighter air. We become connected to the indestructible essence of our Being, “The eternal, ever present One Life beyond the myriad forms of life that are subject to birth and death.” Although the journey is challenging, Eckhart Tolle uses simple language and an easy question and answer format to guide us. A word of mouth phenomenon since its first publication, *The Power of Now* is one of those rare books with the power to create an experience in readers, one that can radically change their lives for the better. In this groundbreaking book, the bestselling author of *Parenting from the Inside Out* and *The Whole-Brain Child* shows parents how to turn one of the most challenging developmental periods in their children's lives into one of the most rewarding. Between the ages of 12 and 24, the brain changes in important and often maddening ways. It's no wonder that many parents approach their child's adolescence with fear and trepidation. According to renowned neuropsychiatrist Daniel Siegel, however, if parents and teens can work together to form a deeper understanding of the brain science behind all the tumult, they will be able to turn conflict into connection and form a deeper understanding of one another. In *Brainstorm*, Siegel illuminates how brain development affects teenagers' behaviour and relationships. Drawing on important new research in the field of interpersonal neurobiology, he explores exciting ways in which understanding how the teenage brain functions can help parents make what is in fact an incredibly positive period of growth, change, and experimentation in their children's lives less lonely and distressing on both sides of the generational divide. Jeff Anderson and literacy coach Whitney La Rocca take you into primary and intermediate classrooms where students are curious about language, engage with the world around them, and notice and experiment with the conventions all writers use. Instead of chanting grammar rules or completing countless convention worksheets, we invite young writers to explore conventions as special effects devices that activate meaning. Our students study authentic texts and come to recognize these “patterns of power”—the essential grammar conventions that readers and writers require to make meaning. The first part of the book introduces a vibrant approach to grammar instruction and sets up what you need to immerse yourself in the *Patterns of Power* process, inviting students to experiment and play with language. The second part of the book offers over seventy practical, ready-to-use lessons, including: Extensive support materials Over 100 mentor sentences, curated for grades 1-5 Student work samples Tips and power notes to facilitate your own knowledge and learning Examples for application In *Patterns of Power* Jeff and Whitney suggest that taking just five minutes from your reading workshop and five minutes from your writing workshop to focus on how the conventions connect reading and writing will miraculously affect your students' understanding of how language works for readers and writers. Amoral, cunning, ruthless, and instructive, this multi-million-copy New York Times bestseller is the definitive manual for anyone interested in gaining, observing, or defending against ultimate control – from the author of *The Laws of Human Nature*. In the book that *People* magazine proclaimed “beguiling” and “fascinating,” Robert Greene and Joost Elffers have distilled three thousand years of the history of power into 48 essential laws by drawing from the philosophies of Machiavelli, Sun Tzu, and Carl Von Clausewitz and also from the lives of figures ranging from Henry Kissinger to P.T. Barnum. Some laws teach the need for prudence (“Law 1: Never Outshine the Master”), others teach the value of confidence (“Law 28: Enter Action with Boldness”), and many recommend absolute self-preservation (“Law 15: Crush Your Enemy Totally”). Every law, though, has one thing in common: an interest in total domination. In a bold and arresting two-color package, *The 48 Laws of Power* is ideal whether your aim is conquest, self-defense, or simply to understand the rules of the game. Learn the best time to do everything—from drink your coffee to have sex or go for a run—according to your body's chronotype. Most advice centers on what to do, or how to do it, and ignores the when of success. But exciting new research proves there is a right time to do just about everything, based on our biology and hormones. As Dr. Michael

Breus proves in *The Power Of When*, working with your body's inner clock for maximum health, happiness, and productivity is easy, exciting, and fun. *The Power Of When* presents a groundbreaking new program for getting back in sync with your natural rhythm by making minor changes to your daily routine. After you've taken Dr. Breus's comprehensive Bio-Time Quiz to figure out your chronotype (are you a Bear, Lion, Dolphin or Wolf?), you'll find out the best time to do over 50 different activities. Featuring a foreword by Mehmet C. Oz, MD, and packed with fascinating facts, fun personality quizzes, and easy-to-follow guidelines, *The Power Of When* is the ultimate "lifehack" to help you achieve your goals. The New York Times bestselling authors of *Switch* and *Made to Stick* explore why certain brief experiences can jolt us and elevate us and change us—and how we can learn to create such extraordinary moments in our life and work. While human lives are endlessly variable, our most memorable positive moments are dominated by four elements: elevation, insight, pride, and connection. If we embrace these elements, we can conjure more moments that matter. What if a teacher could design a lesson that he knew his students would remember twenty years later? What if a manager knew how to create an experience that would delight customers? What if you had a better sense of how to create memories that matter for your children? This book delves into some fascinating mysteries of experience: Why we tend to remember the best or worst moment of an experience, as well as the last moment, and forget the rest. Why “we feel most comfortable when things are certain, but we feel most alive when they’re not.” And why our most cherished memories are clustered into a brief period during our youth. Readers discover how brief experiences can change lives, such as the experiment in which two strangers meet in a room, and forty-five minutes later, they leave as best friends. (What happens in that time?) Or the tale of the world’s youngest female billionaire, who credits her resilience to something her father asked the family at the dinner table. (What was that simple question?) Many of the defining moments in our lives are the result of accident or luck—but why would we leave our most meaningful, memorable moments to chance when we can create them? *The Power of Moments* shows us how to be the author of richer experiences. An award-winning writer re-imagines the life of Jesus, from the points of view of four people closest to him before his death. This is the story of Yehoshuah, who wandered Roman-occupied Judea giving sermons and healing the sick. Now, a year after his death, four people tell their stories. His mother grieves, his friend Iehuda loses his faith, the High Priest of the Temple tries to keep the peace, and a rebel named Bar-Avo strives to bring that peace tumbling down. It was a time of political power-play and brutal tyranny. Men and women took to the streets to protest. Dictators put them down with iron force. In the midst of it all, one inconsequential preacher died. And either something miraculous happened, or someone lied. Viscerally powerful in its depictions of the period - massacres and riots, animal sacrifice and human betrayal - *The Liars' Gospel* makes the oldest story entirely new. Detailed summary and analysis of *The Power of Habit*. With this inspiring and brightly illustrated guide to power, learn about the different types of power, what it means to have power, and what you can do with your own power to create positive change in the world, no matter who or how old you are. What makes you the boss of me? What makes a king a king, or a queen a queen? Why can some people vote for their leaders, but other people can't? Does having lots of money make you powerful? Why are there fewer female scientists, leaders, and artists than men in history books? These are things that kids wonder about. *The Power Book* answers these and other questions in a relatable way for young people, including thought-provoking discussions on challenging topics, like war, bullying, racism, sexism, and homophobia. You will gain an understanding of your place in your family, your school, and the world, and will discover ways in which you can use your own power to shape the future. As you explore the many aspects of power, thinking points pose questions that spark self-reflection and quotes and stories from some of the greatest change-makers--such as Gandhi, Martin Luther King Jr., Emmeline Pankhurst, Rosa Parks, Malala Yousafzai, and Stephen Hawking--provide historical context and inspiration. Find more opportunities for learning at the back with a glossary of terms and suggestions for further reading. Gain a greater understanding of how power works, then learn how to harness it for good with *The Power Book*. The media’s bias toward stories of conflict, violence, and division is bad for your health. Hal Urban shows how to find the positive and uplifting all around us. What we eat greatly impacts our physical health. Hal Urban says that we can nourish our minds just like we nourish our bodies by choosing what information we consume. Urban explains why, due to neuroscience as much as economics, the media—left, right, and center—focuses mostly on negative stories. And he describes the psychological toll this takes on our mental health. But he’s not suggesting we ignore these stories, just that we vary our diets. We can find countless signs of progress and acts of kindness all around the world if we know where to look. And there are positive aspects in our own lives—family, friends, beauty, generosity, and progress—that we take for granted. Offering techniques he road tested as a teacher for thirty-six years, Urban helps readers become a conscious consumer of information, balancing sources like food groups. If, as the late Zig Ziglar put it, “you are what you are . . . because of what has gone into your mind,” then it’s in our best interest to choose positive, healthy, and uplifting input whenever possible. Urban shows how to do this with open eyes and an open heart. “A bold, playful, and invigorating” look at how asking challenging questions—without expectations—can lead Buddhist practitioners to powerful spiritual insights (Pema Chödrön) How do we find a resting place in a world that is complex and always changing? How do we practice spirituality beyond the limits of blind acceptance and doubt? Elizabeth Mattis-Namgyel proposes that when we ask challenging questions like these, we access our deepest intelligence and most powerful insights. “When we ask a question,” Mattis-Namgyel suggests, “our mind is engaged yet open. The process of inquiry protects us from our tendency to reach static conclusions. Instead, we can respond to uncertainty and change with inquisitiveness and a sense of wonder.” By telling the story of the Buddha's awakening, Mattis-Namgyel shows us that by contemplating hard questions—and by not simply rejecting seeming contradictions in his experience—the Buddha became enlightened. Her book guides us on a provocative, playful, and spiritually enriching journey of contemplation that could last a lifetime. This book examines what I consider one of life’s greatest paradox, that strength is found in humility. The problem is, humility does not come naturally to us. As we grow up, we find that pride is ingrained in our very being as we seek to prove to the world that our lives matter. We want to stand out in the crowd. Very few of us want to be completely out of the limelight with a sense that his or her life is not important. One of the most important truths I have learned over the course of my life is that we are responsible for seeking a humble life and cultivating a humble heart. We must therefore realize that humility is a choice that we must first make, and then pursue. - Richard E. Simmons III.

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