

How Kind

Imagine if one simple question could change your life...and your world. Awakening the reader like caffeine for the heart, am I being kind revives the spirit and blazes a direct path to a more peaceful and kindhearted world. In this captivating guide to personal transformation, author and inspirational speaker Michael J. Chase reveals how one simple question has the power to change your life and the lives of those around you. As you ask, "am I being kind" in seven vital areas of your life, you discover the secret to creating unlimited joy, inner peace, and the life you've always dreamed of. Having experienced the "art of unkindness" throughout much of his life, Michael shares his own journey of self-discovery and the lessons learned from unlikely spiritual teachers along the way. Through riveting true stories and a unique step-by-step program, am I being kind shows you how the astonishing power of kindness can change your heart, your life, and ultimately, your world.

"In Human(Kind), Ashlee Eiland shares her compelling story of being a black woman living on two sides of the fence: as the token black girl in majority-white spaces, and as the "whitewashed" black girl in majority black spaces. As she discovers her own unique worth through these recollections, Ashlee learns that extending radical kindness toward every person--regardless of their social status, political views, or religious beliefs--gives us hope and rekindles our common humanity"--

"Uju Asika has written a necessary book for our times."—Chika Unigwe, author of On Black Sisters' Street You can't avoid it, because it's everywhere. In the looks Black kids get in certain spaces, the manner in which some people speak to them, the stuff that goes over their heads. Stuff that makes them cry even when they don't know why. How do you bring up your kids to be kind and happy when there is so much out there trying to break them down? Bringing Up Race is an important book, for all families whatever their race or ethnicity. It's for everyone who wants to instill a sense of open-minded inclusivity in their kids, and those who want to discuss difference instead of shying away from tough questions. Uju Asika draws on often shocking personal stories of prejudice along with opinions of experts, influencers, and fellow parents to give prescriptive advice in this invaluable guide. Bringing Up Race explores: When children start noticing ethnic differences (hint: much earlier than you think) What to do if your child says something racist (try not to freak out) How to have open, honest, age-appropriate conversations about race How children and parents can handle racial bullying How to recognize and challenge everyday racism, aka microaggressions Bringing Up Race is a call to arms for all parents as our society works to combat white supremacy and dismantle the systemic racism that has existed for hundreds of years.

Hen gives Pig an egg, how kind says Pig. He keeps the egg safe and warm, Hen is so kind, he thought. I would like to do something kind too. So Pig is kind to Rabbit, and Rabbit to Cow ... and so it goes on. One good turn leads to another, and at the end is a cracking surprise for Hen

The only self-help book you'll ever need, from a psychiatrist and his comedy writer daughter, who will help you put aside your unrealistic wishes, stop trying to change things you can't change, and do the best with what you can control—the first steps to managing all of life's impossible problems. Need to stop screwing up? Feel like you're under a loser's curse? Work with an ass? Want to clear your name or get justice, rescue an addicted person, get closure after childhood abuse, get a lover to commit, not ruin your kid? Although other self-help books claim to reveal the path to happiness, F*ck Feelings warns that convincing yourself that there is such a path will actually lead you to feel like a true failure. What the Bennetts can promise you is that you can manage any situation life throws at you if you can keep your sense of humor, bend your wishes to fit reality, restrain your feelings, manage bad behavior, and do what you think is right. Life is hard. It's not fair. Our feelings cloud our rationality, and we become tangled in our efforts to achieve the impossible or change the unchangeable. In this groundbreaking, entirely sensible, and funny book, the Bennetts open the shrinks' secret solution manual and show you how to find a new kind of freedom by working toward realistic goals and doing the best with what you can control. They address the most common problems Dr. Bennett's patients bring to his private practice—problems with family, love, work, self-esteem, garden variety assholes, and more—and give you a script for going forward. With no-bullshit advice from a Harvard-educated shrink freed of all jargon and patronization by his smart-ass, comedy writer daughter, F*ck Feelings is the cut-to-the-chase therapy session you've been looking for.

2019 IPPY Gold Medal Winner in Self Help Kirkus Reviews Best Books of 2018 Being kind is something most of us do when it's easy and when it suits us. Being kind when we don't feel like it, or when all of our buttons are being pushed, is hard. But that's also when it's most needed; that's when it can defuse anger and even violence, when it can restore civility in our personal and virtual interactions. Kindness has the power to profoundly change our relationships with other people and with ourselves. It can, in fact, change the world. In A Year of Living Kindly—using stories, observation, humor, and summaries of expert research—Donna Cameron shares her experience committing to 365 days of practicing kindness. She presents compelling research into the myriad benefits of kindness, including health, wealth, longevity, improved relationships, and personal and business success. She explores what a kind life entails, and what gets in the way of it. And she provides practical and experiential suggestions for how each of us can strengthen our kindness muscle so choosing a life of kindness becomes ever easier and more natural. An inspiring, practical guide that can help any reader make a commitment to kindness, A Year of Living Kindly shines a light on how we can create a better, safer, and more just world—and how you can be part of that transformation.

An astonishing collection about interconnectedness--between the human and nonhuman, ancestors and ourselves--from National Book Critics Circle Award winner and National Book Award finalist Ada Limón. "I have always been too sensitive, a weeper / from a long line of weepers," writes Limón. "I am the hurting kind." What does it mean to be the hurting kind? To be sensitive not only to the world's pain and joys, but to the meanings that bend in the scrim between the natural world and the human world? To divine the relationships between us all? To perceive ourselves in other beings--and to know that those beings are resolutely their own, that they "do not / care to be seen as symbols"? With Limón's remarkable ability to trace thought, The Hurting Kind explores those questions--incorporating others' stories and ways of knowing, making surprising turns, and always reaching a place of startling insight. These poems slip through the seasons, teeming with horses and kingfishers and the gleaming eyes of fish. And they honor parents, stepparents, and grandparents: the sacrifices made, the separate lives lived, the tendernesses extended to a hurting child; the abundance, in retrospect, of having two families. Along the way, we glimpse loss. There are flashes of the pandemic, ghosts whose presence

manifests in unexpected memories and the mysterious behavior of pets left behind. But *The Hurting Kind* is filled, above all, with connection and the delight of being in the world. "Slippery and waddle thieving my tomatoes still / green in the morning's shade," writes Limón of a groundhog in her garden, "she is doing what she can to survive."

When We Are Kind celebrates simple acts of everyday kindness and encourages children to explore how they feel when they initiate and receive acts of kindness in their lives. Celebrated author Monique Gray Smith has written many books on the topics of resilience and reconciliation and communicates an important message through carefully chosen words for readers of all ages. Beautifully illustrated by artist Nicole Neidhardt, this book encourages children to be kind to others and to themselves.

The Mayo Clinic physician and founder of *The Patient Revolution* offers a "thoroughly convincing. . . call to action for medical industry reform" (Kirkus). Winner of the 2018 PenCraft Award for Literary Excellence, *Why We Revolt* exposes the corruption and negligence that are endemic in America's healthcare system—and offers a blueprint for revolutionizing patient care across the country. Through a series of essays and first-hand accounts, Dr. Victor M. Montori demonstrates how the system has been increasingly exploited and industrialized, putting profit before patients. As costs soar, the United States continues to fall behind other countries on patient outcomes. Offering concrete, direct actions we can take to bring positive change to the healthcare system, *Why We Revolt* is an inspiring call-to-action for physicians, policymakers, and patients alike. Dr. Montori shows how we can work together to create a system that offers tailored healthcare in a kind and careful way. All proceeds from *Why We Revolt* go directly to *Patient Revolution*, a non-profit organization founded by Dr. Montori that empowers patients, caregivers, community advocates, and clinicians to rebuild our healthcare system.

Do you wish you could be more assertive, but you worry that you'll come across as unkind or mean? Do you want to speak up and be the authentic you, without pushing people away? Do you want to ask for respect, without seeming arrogant or confrontational? Many people struggle to find the balance between assertiveness and kindness. Yet, it is perfectly possible. Based on Marlène Rose Shaw's work in helping thousands of clients, *How Kind People Get Tough* will help you achieve that balance, so that you can feel more confident and create happier, more fulfilling relationships. In this book you will learn how to: Gain respect without coming across as arrogant or unkind Speak your truth without fear of rejection Be heard and acknowledged Stop people-pleasing and feel confident in your own skin Say no with confidence, and without feeling guilty Know where you stand in your relationships This book is special in that it goes beyond teaching basic assertiveness skills. It explains why we human beings have an innate struggle with assertiveness, and it teaches you how to get past those fundamental blocks. Packed full of case studies, tools, tips, and techniques, the book also includes your free Online Companion Course to help you put those skills into practice.

When Hen gives Pig an unexpected present, he says, "How kind!" He's so touched that he decides to do something kind too. Soon, good deeds beget good deeds. Full color.

King Cyranus is a woman-hater, and Lady Jennava hates most men. This does not prevent them from secretly falling in love. But a phantom-like masked man towering between them crushes loves petals before they bloom...Royalty, romance, mystery, escapism; this book has it all. Just remember to breathe.

How Kind! Candlewick Press (MA)

The latest addition to Christine Pym's feelings titles in the this popular First Questions & Answers series, using the wonderful world of bugs to explore the importance of kindness. This beautiful book explores how to be kind and why kindness is so important. It's not just about being kind to others, it's about being kind to ourselves, kind to nature and kind to our planet too. Delightful examples from Christine Pym's bug world give plenty to talk about and be inspired by.

A collection of everyday courtesies illuminate the golden rule through examples drawn from real-life situations

Can you teach a child to be kind? This vital question is taking on a new urgency as our culture grows ever more abrasive and divided. We all want our kids to be kind. But that is not the same as knowing what to do when you catch your son being unkind. A world-renowned developmental psychologist, Dr. Thomas Lickona has led the character education movement in schools for forty years. Now he shares with parents the vital tools they need to bring peace and foster cooperation at home. Kindness doesn't stand on its own. It needs a supporting cast of other essential virtues—like courage, self-control, respect, and gratitude. With concrete examples drawn from the many families Dr. Lickona has worked with over the years and clear tips you can act on tonight, *How to Raise Kind Kids* will help you give and get respect, hold family meetings to tackle persistent problems, discipline in a way that builds character, and improve the dynamic of your relationship with your children while putting them on the path to a happier and more fulfilling life.

Are you frustrated in your relationships? Are you an employee, manager or boss? Are you parent, teacher or caregiver? Are you a sibling, friend or part of a couple? In this book, Dr. Marcia Sirota gives you the straight talk with real-life stories, deep psychological insights and practical, easy-to-apply tools to rebuild your self-esteem and stop trying so hard to make other people happy. In *Be Kind, Not Nice*, you'll discover how: To escape the vicious circle of people pleasing, being mistreated, frustration and addiction To become a more compassionate, kind person To love and accept yourself first To take better care of yourself and live a more authentic, empowered life To create positive, successful relationships at home, school and work If you're a people-pleaser and can't stop being nice, this book is for you. We use words like kindness and nice every day without ever really thinking about what they may actually mean. By deconstructing two seemingly simple words in an attempt to define them, this book opens a doorway to a deep meditation on self-forgiveness, healing and true personal potential. - Jeff de Boer, metal artist and creator of suits of armour for mice Every page of Dr. Marcia Sirota's new book reflects her own intelligence and compassion. *Be Kind, Not Nice* offers the kind of encouragement we all need - not rooted in fantasy or wishful thinking, but based in a truth that is unlocked with greater understanding of ourselves and our own potential. You are amazing, and Dr. Sirota can prove it. - David Hopkins, author of *We Miss All the Great Parties Finally*, a book that champions your success. Don't miss out on even one more day of getting all you want in life.

Talking math with your child is fun and easy with this better approach to counting! Written by a math educator, this innovative book encourages critical thinking and sparks memorable mathematical conversations. You and your child decide what to count on each page. You have many choices, and the longer you look, the more possibilities you'll notice. There are no wrong answers in this book. As long as you're talking about what you see, think, and wonder, you're talking math!

Produced in partnership with the nonprofit organization kindness.org, *Be Kind* emboldens you to try an act of kindness every week for a year, benefiting others and yourself while deepening

connections in your community. Each of the 52 weeks of kindness includes a dose of inspiration (a story about when a small act of kindness, an authentic personal gratitude letter that had a big impact, a Q&A, or a quote from a notable thinker); a fascinating statistic or fact about kindness that has been researched by Kindlab, the research arm of kindness.org (e.g. Kindness improves the well-being of both the giver and the receiver.); and a suggestion for an act of kindness to do in one of the following areas: Kindness toward those around you (service workers, colleagues, neighbors) Kindness to self Kindness with kids Kindness as a group Kindness to the environment Cyber-kindness Fully illustrated, engaging, and inspiring, *Be Kind* will have you changing not only yourself and your communities, but also the world, one week at a time.

Kindness is a universal language that starts with our most cherished humans. When the enchanting rhymes of "How Will YOU Be Kind Today?" reaches little ears, their hunger to listen, share, and draw others together despite differences will blossom. When we model kindness for our children, they'll grow up valuing the unique talents and abilities each of us can offer the world.

Molly Trim is a native of Lewiston, Minnesota and currently resides in Trempealeau, Wisconsin with her husband, Nate, and their two daughters, Delaney and Gracie. When she turned 40, she added two aspirations to her bucket list: pay it forward and write something enduring and meaningful for her little girls. With "How Will YOU Be Kind Today?" Molly shares an important message of kindness and plans to donate the book's profits to anti-bullying campaigns in her local community.

Previously published as *This is Happening* Rohan Gunatillake, creator of the best-selling buddhify app, argues that to lead more mindful, calm and happy lives, switching off is the last thing we need to do. Instead he gives you the ideas, principles and techniques to bring awareness, composure and kindness to wherever you are and whatever you are doing. Filled with over sixty practical exercises which you can plug into your life straight away, the mobile mindfulness approach of *Modern Mindfulness* presents a way to get the benefits from meditation however busy your life is.

Elmo shares mindfulness tips to help his Sesame Street friends--and preschoolers everywhere--stay calm and focused. Just like kids everywhere, Elmo, Grover, Cookie Monster, and their Sesame Street friends sometimes have trouble controlling their emotions. This board book offers thoughtful suggestions as to what to do when you're scared, angry, frustrated, upset, and overwhelmed. Young children can learn simple techniques to stay calm and focused such as belly breathing, counting to 10, hugging yourself, and using a glitter jar. This oversized board book, filled with color photographs and illustrations of Elmo and the other Sesame Street muppets, is a perfect format for parents and caretakers to read with their children. Sesame Workshop, the nonprofit educational organization behind Sesame Street, aims to help kids grow smarter, stronger, and kinder through its many unique domestic and international initiatives. These projects cover a wide array of topics for families around the world.

From a very young age, the author has had an intense connection with horses. They have had a profound impact on her life, and through her passion for their wellbeing and her extensive experience, she has discovered ways to create a communicative, two-way relationship which benefits the horse as much as the owner. *The Horse's Voice* offers a long-awaited, in-depth look into the many different ways that horses communicate and express their inner thoughts and feelings. The author delves beyond behaviour and body language into aspects that are widely misunderstood, or commonly go unnoticed, in the equestrian world. The book is overflowing with beautiful photographs, invaluable prompts and questions to help you stop, and reflect on how to implement her advice. Unlike many books on horses, in this treasure the author has revealed her unique methods of connecting with horses, and also shares her epiphanies and experiences of the horse industry. She explores how the modern 'horse-world' can actually lead us away from a true connection with horses, and offers help with navigating the sea of often conflicting advice and influence. Her refreshing findings and insights are fascinating, shocking at times, and ultimately reassuring and inspiring. Ultimately, this book will help you to hear and comprehend the many guises of your horse's 'voice'. It has the capacity to change lives, enable you to see your horse with fresh eyes, and take your equestrian experience to a whole new level.

"A clear, actionable, sometimes humorous (but always science-based) guide for parents on how to shape their kids into honest, kind, generous, confident, independent, and resilient people--who just might save the world one day"--

"Deep Kindness reminds us that when we show up in our lives with empathy, compassion, and love, our world changes for the better." —Leon Logothetis, bestselling author of *The Kindness Diaries* Spread meaningful kindness in your everyday life with this essential guidebook to making the world a kinder, more accepting place. Practicing kindness is an essential step in helping to repair a world that has grown to be more divisive, lonely, and anxious than ever. But with quotes like, "Just be kind" or, "Throw kindness around like confetti," we've oversimplified what it takes to actually demonstrate kindness in a world crying out for it. *Deep Kindness* pairs anecdotes with actions that can make real change in our own lives, the lives of others, and throughout the world. Diving into the types of kindness the world needs most today, this book takes an honest look at the gap between our belief in kindness and our ability to practice it well—and shows us how to put intention into action. Exploring everything from the empathy gap to the skill of emotional regulation, *Deep Kindness* is perfect for anyone who believes in a kinder world and recognizes that there is a lot of work to do before we achieve it.

A humorous and insightful look into what advice works, what doesn't, and what it means to transform yourself, by the co-hosts of the popular *By the Book* podcast. In each episode of their podcast *By the Book*, Jolenta Greenberg and Kristen Meinzer take a deep dive into a different self-help book, following its specific instructions, rules, and advice to the letter. From diet and productivity to decorating to social interactions, they try it all, record themselves along the way, then share what they've learned with their devoted and growing audience of fans who tune in. In *How to Be Fine*, Jolenta and Kristen synthesize the lessons and insights they've learned and share their experiences with everyone. *How to Be Fine* is a thoughtful look at the books and practices that have worked, real talk on those that didn't, and a list of philosophies they want to see explored in-depth. The topics they cover include: Getting off your device Engaging in positive self-talk Downsizing Admitting you're a liar Meditation Going outside Getting in touch with your emotions Seeing a therapist Before they began their podcast, Jolenta wanted to believe the promises of self-help books, while Kristen was very much the skeptic. They embraced their differences of opinion, hoping they'd be good for laughs and downloads. But in the years since launching the *By the Book*, they've come to realize their show is about much more than humor. In fact, reading and following each book's advice has actually changed and improved their

lives. Thanks to the show, Kristen penned the Amish romance novel she'd always joked about writing, traveled back to her past lives, and she broached some difficult conversations with her husband about their marriage. Jolenta finally memorized her husband's phone number, began tracking her finances, and fell in love with cutting clutter. Part memoir, part prescriptive handbook, this honest, funny, and heartfelt guide is like a warm soul-baring conversation with your closest and smartest friends.

A dangerous, homeless drifter who grew up picking cotton in virtual slavery. An upscale art dealer accustomed to the world of Armani and Chanel. A gutsy woman with a stubborn dream. A story so incredible no novelist would dare dream it. It begins outside a burning plantation hut in Louisiana. . . and an East Texas honky-tonk . . . and, without a doubt, in the heart of God. It unfolds in a Hollywood hacienda . . . an upscale New York gallery . . . a downtown dumpster. . . a Texas ranch. Gritty with pain and betrayal and brutality, it also shines with an unexpected, life-changing love. This incredible retelling now includes an interview with the authors and a reader's guide that is perfect for individual or group study. The most inspirational and emotionally gripping story of faith, fortitude, and friendship I have ever read. A powerful example of the healing, restorative power of forgiveness and the transformational, life-changing power of unconditional love.—Mark Clayman, Executive Producer for the Academy Award-nominated *The Pursuit of Happyness* Denver Moore and Ron Hall's story is one that moved me to tears. The friendship that forms between these two men at a time when both were in great need is an inspiration to all of us to be more compassionate to everyone we come in contact with. This is truly a wonderful book!—Mrs. Barbara Bush

From the best-selling author of the hugely popular *Kindergarten, Here I Come!*, here's a guidebook in verse that shows children how to be kind in the new and exciting world of kindergarten. Small enough to fit in a child's backpack, this collection of short poems—one to a page—spans the entire year of kindergarten, offering sweet and simple tips on how to be your best self—sharing your umbrella with a friend; taking turns on the swings, and inviting someone to join in a game. This is the perfect companion to DJ Steinberg's enormously successful *Kindergarten, Here I Come!*

Perfect for readers of *Song for a Whale* and *Counting by 7s*, a neurodivergent girl campaigns for a memorial when she learns that her small Scottish town used to burn witches simply because they were different. A must-read for students and adults alike. —School Library Journal, Starred Review Ever since Ms. Murphy told us about the witch trials that happened centuries ago right here in Juniper, I can't stop thinking about them. Those people weren't magic. They were like me. Different like me. I'm autistic. I see things that others do not. I hear sounds that they can ignore. And sometimes I feel things all at once. I think about the witches, with no one to speak for them. Not everyone in our small town understands. But if I keep trying, maybe someone will. I won't let the witches be forgotten. Because there is more to their story. Just like there is more to mine. Award-winning and neurodivergent author Elle McNicoll delivers an insightful and stirring debut about the European witch trials and a girl who refuses to relent in the fight for what she knows is right.

"Shares the story of Leonard the Lion—admired by all other animals as King of the Jungle—who wears a red cape and uses his power and status to make a positive impact on those around him. The fun, colorful book is sprinkled with magic and mystery"—

Even after years of spiritual practice, self-improvement, or therapy, many of us still have trouble with one essential challenge: self-acceptance. How do we stop from constantly judging ourselves as inadequate, finding fault with our bodies, or being plagued by our inner critics? The Self-Acceptance Project was created to help us find a solution. In this collection of essays, contemporary luminaries in spirituality, psychology, and creativity offer insights and teachings for truly embracing who we are—no matter what our circumstances. Why is it often so much easier to feel compassion and forgiveness toward others than toward ourselves? Where do our self-critical voices come from? Can we be motivated to grow and excel while still accepting ourselves as we are? In these 20 offerings, some of today's most trusted teachers share valuable practices and techniques for building confidence, transforming our relationships with our inner critics, and cultivating kindness and compassion toward ourselves on a consistent basis.

New York Times Bestseller "Compelling and utterly fascinating." --Lisa Wingate, author of *Before We Were Yours* An enthralling feat of historical suspense that unravels the extraordinary twists and turns in Anna Anderson's fifty-year battle to be recognized as Anastasia Romanov. Is she the Russian Grand Duchess or the thief of another woman's legacy? Countless others have rendered their verdict. Now it is your turn. Russia, July 17, 1918: Under direct orders from Vladimir Lenin, Bolshevik secret police force Anastasia Romanov, along with the entire imperial family, into a damp basement in Siberia, where they face a merciless firing squad. None survive. At least that is what the executioners have always claimed. Germany, February 17, 1920: A young woman bearing an uncanny resemblance to Anastasia Romanov is pulled shivering and senseless from a canal. Refusing to explain her presence in the freezing water or even acknowledge her rescuers, she is taken to the hospital where an examination reveals that her body is riddled with countless horrific scars. When she finally does speak, this frightened, mysterious young woman claims to be the Russian grand duchess. As rumors begin to circulate through European society that the youngest Romanov daughter has survived the massacre at Ekaterinburg, old enemies and new threats are awakened. The question of who Anna Anderson is and what actually happened to Anastasia Romanov spans fifty years and touches three continents. This thrilling saga is every bit as moving and momentous as it is harrowing and twisted.

How being called 'the world's ugliest woman' transformed one woman's life – and inspired millions of others. Because of a rare genetic condition, Lizzie Velasquez has dealt with harassment about her appearance for most of her life. In 2007, the rise of social media led to her most public and humiliating experience: a then 17-year-old Lizzie came across a YouTube video of herself entitled 'The world's ugliest woman'. Lizzie started using the very medium that spawned this hatred to fight back and spread positivity and compassion instead. 'The only way I could show those people that they weren't going to become my definition and my truth was to somehow make myself better'. Her response drew 34 million unique viewers and half a million subscribers to Lizzie's YouTube channel. She catapulted to international fame in 2013 when her TEDx address 'How Do You Define Yourself?' went viral. Today it has received more than 10 million views. In *Dare to be Kind* Lizzie shares her personal story, the solutions that have worked for her over a lifetime of bullying and on how we can transform society into a kinder, more accepting place. This book will be an invaluable resource for anyone facing bullying, their parents and friends – and anyone who wants to make a difference.

Meet the All-of-a-Kind Family -- Ella, Henny, Sarah, Charlotte, and Gertie -- who live with their parents in New York City at the turn of the century. Together they share adventures that find

them searching for hidden buttons while dusting Mama's front parlor and visiting with the peddlers in Papa's shop on rainy days. The girls enjoy doing everything together, especially when it involves holidays and surprises. But no one could have prepared them for the biggest surprise of all!

This bold, bright and happy picture book shows how acts of kindness are infectious. Pig is kind to Rabbit, and Rabbit to Cow... and so it goes on. One good turn leads to another in this big-hearted, funny farmyard tale, which ends with a cracking surprise for Hen!

From zines you can fold in a minute to luxurious leather journals and sumptuous sketchbooks, *How to Make Books* will walk you through the easy basics of bookmaking. Whether you're a writer, a scrapbooker, a political activist, or a postcard collector, let book artist Esther K. Smith be your guide as you discover your inner bookbinder. Using foolproof illustrations and step-by-step instructions, Smith reveals her time-tested techniques in a fun, easy-to-understand way.

This Wall Street Journal bestseller, USA Today bestseller and Canadian Book Club Awards winner is filled with true stories about how one small deed can make a world of difference. "Elegant and wise" (Deepak Chopra), "The most uplifting and life-affirming book in years." (Forbes) Brad Aronson's life changed in an instant when his wife, Mia, was diagnosed with leukemia. After her diagnosis, Brad spent most of the next two and a half years either by her side as she received treatment or trying to shield their five-year-old son, Jack, from the worst of Mia's illness. Amid the stress and despair of waiting for the treatment to work, Brad and Mia were met by an outpouring of kindness from friends, family and even complete strangers. Inspired by the many demonstrations of "humankindness" that supported their family through Mia's recovery, Brad began writing about the people who rescued his family from that dark time, often with the smallest of gestures. But he didn't stop there. Knowing that simple acts of kindness transform lives across the globe every day, he sought out these stories and shares some of the best ones here. In *HumanKind*, you'll meet the mentor who changed a child's life with a single lesson in shoe tying, the six-year-old who launched a global kindness movement, the band of seamstress grandmothers who mend clothes for homeless people, and many other heroes. Brad also provides dozens of ways you can make a difference through the simplest words and deeds. You'll discover how buying someone a meal or sharing a little encouragement at the right time can change someone's world, as well as your own. The resource section at the back of the book provides guidance and organizations that will help you channel and amplify your own acts of kindness. Here you'll discover: How you can fund a surgery to cure someone's blindness with a donation of less than \$200. Organizations through which you can provide a birthday gift for a child who otherwise wouldn't receive one. Multiple places where you can send letters of encouragement to support hospitalized kids, lonely seniors, refugees, veterans and others in need. And over fifty more ways you can change a life. *HumanKind* will leave you grateful for what you have and provide a refuge from the negativity that surrounds us. This feel-good book will touch your heart. You'll laugh, you'll cry and you'll be reminded of what really matters. All author royalties go to Big Brothers Big Sisters.

A thoughtful picture book illustrating the power of small acts of kindness, from the award-winning author of *Sophie's Squash*.

Harrow the Ninth, an Amazon pick for Best SFF of 2020 and the New York Times and USA Today bestselling sequel to *Gideon the Ninth*, turns a galaxy inside out as one necromancer struggles to survive the wreckage of herself aboard the Emperor's haunted space station. "Lesbian necromancers explore a haunted gothic palace in space! Decadent nobles vie to serve the deathless emperor! Skeletons!" —Charles Stross on *Gideon the Ninth* "Unlike anything I've ever read." —V.E. Schwab on *Gideon the Ninth* "Deft, tense and atmospheric, compellingly immersive and wildly original." —The New York Times on *Gideon the Ninth* She answered the Emperor's call. She arrived with her arts, her wits, and her only friend. In victory, her world has turned to ash. After rocking the cosmos with her deathly debut, Tamsyn Muir continues the story of the penumbral Ninth House in *Harrow the Ninth*, a mind-twisting puzzle box of mystery, murder, magic, and mayhem. Nothing is as it seems in the halls of the Emperor, and the fate of the galaxy rests on one woman's shoulders. Harrowhark Nonagesimus, last necromancer of the Ninth House, has been drafted by her Emperor to fight an unwinnable war. Side-by-side with a detested rival, Harrow must perfect her skills and become an angel of undeath — but her health is failing, her sword makes her nauseous, and even her mind is threatening to betray her. Sealed in the gothic gloom of the Emperor's Mithraeum with three unfriendly teachers, hunted by the mad ghost of a murdered planet, Harrow must confront two unwelcome questions: is somebody trying to kill her? And if they succeeded, would the universe be better off? **THE LOCKED TOMB SERIES BOOK 1: Gideon the Ninth BOOK 2: Harrow the Ninth BOOK 3: Nona the Ninth BOOK 4: Alecto the Ninth** At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

#1 NEW YORK TIMES BESTSELLER • Includes two new essays! NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY MICHIKO KAKUTANI, THE NEW YORK TIMES • NAMED ONE OF THE BEST BOOKS OF THE YEAR BY BUZZFEED, THE GLOBE AND MAIL, AND LIBRARY JOURNAL For readers of Nora Ephron, Tina Fey, and David Sedaris, this hilarious, wise, and fiercely candid collection of personal essays establishes Lena Dunham—the acclaimed creator, producer, and star of HBO's *Girls*—as one of the most original young talents writing today. In *Not That Kind of Girl*, Dunham illuminates the experiences that are part of making one's way in the world: falling in love, feeling alone, being ten pounds overweight despite eating only health food, having to prove yourself in a room full of men twice your age, finding true love, and most of all, having the guts to believe that your story is one that deserves to be told. "Take My Virginity (No Really, Take It)" is the account of Dunham's first time, and how her expectations of sex didn't quite live up to the actual event ("No floodgate had been opened, no vault of true womanhood unlocked"); "Girls & Jerks" explores her former attraction to less-than-nice guys—guys who had perfected the "dynamic of disrespect" she found so intriguing; "Is This Even Real?" is a meditation on her lifelong obsession with death and dying—what she

calls her “genetically predestined morbidity.” And in “I Didn’t F*** Them, but They Yelled at Me,” she imagines the tell-all she will write when she is eighty and past caring, able to reflect honestly on the sexism and condescension she has encountered in Hollywood, where women are “treated like the paper thingies that protect glasses in hotel bathrooms—necessary but infinitely disposable.” Exuberant, moving, and keenly observed, *Not That Kind of Girl* is a series of dispatches from the frontlines of the struggle that is growing up. “I’m already predicting my future shame at thinking I had anything to offer you,” Dunham writes. “But if I can take what I’ve learned and make one menial job easier for you, or prevent you from having the kind of sex where you feel you must keep your sneakers on in case you want to run away during the act, then every misstep of mine will have been worthwhile.” Praise for *Not That Kind of Girl* “The gifted Ms. Dunham not only writes with observant precision, but also brings a measure of perspective, nostalgia and an older person’s sort of wisdom to her portrait of her (not all that much) younger self and her world. . . . As acute and heartfelt as it is funny.”—Michiko Kakutani, *The New York Times* “It’s not Lena Dunham’s candor that makes me gasp. Rather, it’s her writing—which is full of surprises where you least expect them. A fine, subversive book.”—David Sedaris “This book should be required reading for anyone who thinks they understand the experience of being a young woman in our culture. I thought I knew the author rather well, and I found many (not altogether welcome) surprises.”—Carroll Dunham “Witty, illuminating, maddening, bracingly bleak . . . [Dunham] is a genuine artist, and a disturber of the order.”—*The Atlantic*

Blasting clichéd career advice, the contrarian pundit and creator of *Dilbert* recounts the humorous ups and downs of his career, revealing the outsized role of luck in our lives and how best to play the system. Scott Adams has likely failed at more things than anyone you’ve ever met or anyone you’ve even heard of. So how did he go from hapless office worker and serial failure to the creator of *Dilbert*, one of the world’s most famous syndicated comic strips, in just a few years? In *How to Fail at Almost Everything and Still Win Big*, Adams shares the game plan he’s followed since he was a teen: invite failure in, embrace it, then pick its pocket. No career guide can offer advice that works for everyone. As Adams explains, your best bet is to study the ways of others who made it big and try to glean some tricks and strategies that make sense for you. Adams pulls back the covers on his own unusual life and shares how he turned one failure after another—including his corporate career, his inventions, his investments, and his two restaurants—into something good and lasting. There’s a lot to learn from his personal story, and a lot of entertainment along the way. Adams discovered some unlikely truths that helped to propel him forward. For instance: • Goals are for losers. Systems are for winners. • “Passion” is bull. What you need is personal energy. • A combination of mediocre skills can make you surprisingly valuable. • You can manage your odds in a way that makes you look lucky to others. Adams hopes you can laugh at his failures while discovering some unique and helpful ideas on your own path to personal victory. As he writes: “This is a story of one person’s unlikely success within the context of scores of embarrassing failures. Was my eventual success primarily a result of talent, luck, hard work, or an accidental just-right balance of each? All I know for sure is that I pursued a conscious strategy of managing my opportunities in a way that would make it easier for luck to find me.”

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