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## Essentialism

### The Disciplined Pursuit of Less

*Random House Have you ever found yourself struggling with information overload? Have you ever felt both overworked and underutilised? Do you ever feel busy but not productive? If you answered yes to any of these, the way out is to become an Essentialist. In Essentialism, Greg McKeown, CEO of a Leadership and Strategy agency in Silicon Valley who has run courses at Apple, Google and Facebook, shows you how to achieve what he calls the disciplined pursuit of less. Being an Essentialist is about a disciplined way of thinking. It means challenging the core assumption of 'We can have it all' and 'I have to do everything' and replacing it with the pursuit of 'the right thing, in the right way, at the right time'. By applying a more selective criteria for what is essential, the pursuit of less allows us to regain control of our own choices so we can channel our time, energy and effort into making the highest possible contribution toward the goals and activities that matter. Using the experience and insight of working with the leaders of the most innovative companies and organisations in the world, McKeown shows you how to put Essentialism into practice in your own life, so you too can achieve something great.*

## Money and Government

# The Past and Future of Economics

*Yale University Press A critical examination of economics' past and future, and how it needs to change, by one of the most eminent political economists of our time The dominant view in economics is that money and government should play only minor roles in economic life. Economic outcomes, it is claimed, are best left to the "invisible hand" of the market. Yet these claims remain staunchly unsettled. The view taken in this important new book is that the omnipresence of uncertainty makes money and government essential features of any market economy. Since Adam Smith, classical economics has espoused non-intervention in markets. The Great Depression brought Keynesian economics to the fore; but stagflation in the 1970s brought a return to small-state orthodoxy. The 2008 global financial crash should have brought a reevaluation of that stance; instead the response has been punishing austerity and anemic recovery. This book aims to reintroduce Keynes's central insights to a new generation of economists, and embolden them to return money and government to the starring roles in the economic drama that they deserve.*

## Contemporary Asian Art and Exhibitions

### Connectivities and World-making

*ANU Press "... a diverse and stimulating group of essays that together represents a significant contribution to thinking about the nascent field of contemporary Asian art studies ... Contemporary Asian Art and Exhibitions: Connectivities and World-making ... brings together essays by significant academics, curators and artist working in Australia, Asia and the United Kingdom that reflect on contemporary art in the Asia-Pacific region, and Australia's cultural interconnections with Asia. It will be a welcome addition to the body of literature related to these emergent areas of art historical study. " — Dr Claire Roberts, Senior Lecturer in Art History, University of Adelaide This volume draws together essays by leading art experts observing the dramatic developments in Asian art and exhibitions in the last two decades. The authors explore new regional and global connections and new ways of understanding contemporary Asian art in the twenty-first century. The essays coalesce around four key themes: world-making; intra-Asian regional connections; art's affective capacity in cross-cultural engagement; and Australia's cultural connections with Asia. In exploring these themes, the essays adopt a diversity of approaches and encompass art history, art theory, visual culture and museum studies, as well as curatorial and artistic practice. With introductory and concluding essays by editors Michelle Antoinette and Caroline Turner this volume features contributions from key writers on the region and on contemporary art: Patrick D Flores, John Clark, Chaitanya Sambrani, Pat Hoffie, Charles Merewether, Marsha Meskimmon, Francis Maravillas, Oscar Ho, Alison Carroll and Jacqueline Lo. Richly illustrated with artworks by leading*

*contemporary Asian artists, Contemporary Asian Art and Exhibitions: Connectivities and World-making will be essential reading for those interested in recent developments in contemporary Asian art, including students and scholars of art history, Asian studies, museum studies, visual and cultural studies.*

## Money and Government

### A Challenge to Mainstream Economics

*Penguin UK The dominant view in economics is that money and government should play only a minor role in economic life. Money, it is claimed, is nothing more than a medium of exchange; and economic outcomes are best left to the 'invisible hand' of the market. In contrast, the view taken in this important new book is that the omnipresence of uncertainty makes money and government essential features of any market economy. One reason we want to hold onto money is that we don't know what the future will bring. Government - good government - makes the future more predictable and therefore reduces this demand for money. After Adam Smith, orthodoxy persistently espoused non-intervention in markets, but the Great Depression of 1929-32 stopped the artificers of orthodox economics in their tracks. A precarious balance of forces between government, employers, and trade unions enabled Keynesian economics to emerge as the new policy paradigm of the Western world. However, the stagflation of the 1970s led to the rejection of Keynesian policy and a return to small-state neoclassical dominance. Thirty years later, the 2008 global financial crash was severe enough to have shaken the neoclassical supremacy, but, curiously, this did not happen. Once the crisis had been overcome - by Keynesian measures taken in desperation - the pre-crash dogma was reinstated, undermined but unbowed. Since then, no new 'big idea' has emerged, and neoclassical economics has maintained its sway, enacting punishing austerity agendas that leave us with a still-anaemic global economy. This book aims to familiarize the reader with essential elements of Keynes's 'big idea'. By showing that much of economic orthodoxy is far from being the hard science it claims to be, it aims to embolden the next generation of economists to break free from their conceptual prisons and afford money and government the starring roles in the economic drama that they deserve.*

## The 4-hour Chef

### The Simple Path to Cooking Like a

## Pro, Learning Anything, and Living the Good Life

*Houghton Mifflin Harcourt Presents a practical but unusual guide to mastering food and cooking featuring recipes and cooking tricks from world-renowned chefs.*

## The Carnivore Code

## Unlocking the Secrets to Optimal Health by Returning to Our Ancestral Diet

*Houghton Mifflin The Plant Paradox meets The Keto Reset Diet. In this best-selling book, Dr. Paul Saladino—a rising star in the Paleo and Keto communities—reveals the surprising benefits of a meat-based diet and shares a complete plan to lose weight, decrease inflammation, and heal from chronic disease.*

## Lusting for London

## Australian Expatriate Writers at the Hub of Empire, 1870-1950

*Palgrave Macmillan Long before the post-WWII migration, over one hundred Australian writers left their homeland to seek fame and fortune in London. Some made little mark despite their arduous efforts; some made a tolerable living; a few, like Martin Boyd, H.H. Richardson and Christina Stead, actually achieved permanent fame. Lusting for London analyses how these writers reacted to their new surroundings—in both their autobiographical writings and their creative work. With wit and rigor, Peter Morton studies the expatriate experience and reveals the ways in which the loss of these expatriates affected the evolving literary culture of Australia.*

## Art-Based Research

*Jessica Kingsley Publishers Art therapy and all of the other creative arts therapies have promoted themselves as ways of expressing what cannot be conveyed in conventional language. Why is it that creative arts therapists fail to apply this line of thinking to research? In this exciting and innovative book, Shaun McNiff, one of the field's pioneering educators and authors, breaks new ground in defining and inspiring art-based research. He illustrates how practitioner-researchers can become*

*involved in art-based inquiries during their educational studies and throughout their careers, and shows how new types of research can be created that resonate with the artistic process. Clearly and cogently expressed, the theoretical arguments are illustrated by numerous case examples, and the final part of the book provides a wealth of ideas and thought provoking questions for research. This challenging book will prove invaluable to creative art therapy educators, students, and clinicians who wish to approach artistic inquiry as a way of conducting research. It will also find a receptive audience within the larger research community where there is a rising commitment to expanding the theory and practice of research. Integrating artistic and scientific procedures in many novel ways, this book offers fresh and productive visions of what research can be.*

## The Healthy Junior Chef Cookbook

### 70+ Fresh Recipes That Taste Great

*Weldon Owen International Kids can build their culinary confidence with yummy recipes from Banana-Oatmeal Pancakes to Spaghetti Squash Pizza Bowls to Vanilla-Coconut Bundt Cake. Healthy eating doesn't have to be a bummer for the school-age crowd. With this collection of 70+ tasty and nourishing recipes—kid-proven favorites plus fun ideas for serving them—young chefs will learn to cook enticing dishes that are also surprisingly nutritious. With recipes such as healthy-ish banana bread, fruit-and-nut granola bars, inside-out veggie sushi rolls, and chicken-pineapple kebabs, aspiring cooks will be whipping up healthy dishes, featuring flavors they love, for all times of the day. Helpful step-by-step instructions, lavish photographs of finished dishes, colorful illustrations, and expert tips and tricks will inspire kids to eat well with drool-worthy dishes they make themselves. This fifth volume in the Junior Chef series continues to inspire and engage kids in the kitchen with easy-to-follow recipes, fun serving ideas, and straightforward cooking techniques. "Providing recipes that are simultaneously delicious and nutritious, this cookbook will inspire kids to get creative in the kitchen and enjoy the entire cooking process! Remember those 'breakfast popsicles' we mentioned before? Yogurt Parfait Breakfast Pops are just one of the many fun and delicious dishes you'll find in this book . . . The easy to follow instructions, colorful illustrations, and expert cooking tips will keep both kids AND adults engaged in the kitchen and inspired to eat well." —The Creative Kitchen*

## In Praise of Poiesis

## The Arts and Human Existence : a Festschrift for Stephen K. Levine

*This volume is offered as a gift to the life and work of Stephen K. Levine and to the thinkers and the practitioners in the field. In the spirit of Levine's thinking, it offers a*

*lively array of ideas about the current state of work in the expressive arts: therapy, coaching, education, consulting, and social change. This collection of writings, poems and visual images honours the thinking and the work of Stephen K. Levine, philosopher of the field of expressive arts therapy. Levine's work in this field over the past 25 years has focused on the central role of art and art-making in human experience, calling attention to the uniquely human act of shaping and its embodiment in artistic activity. Levine places the concept of poiesis at the center of his thinking and, by doing so, provides an important guidepost for practitioners of therapy, education and social change work through the arts. His ideas have influenced a whole generation of teachers and practitioners of expressive arts therapy and this volume is a testament to that influence. Levine has issued a series of challenges to the authors contained in this volume. Each writer, student or colleague, has responded from his or her own standpoint. In the longer articles, the writers were asked to address ideas at the forefront of their thinking in these times. For the medium-length pieces, they were summoned to respond to a concern: can the expressive arts move from its original focus on psychological disorder and its treatment to a broader social and political perspective? Finally, in the short responses, the writers were asked to consider what new directions are needed for the field of expressive arts.*

## The Woman Who Saved Things

*Tambourine Even though she doesn't always find a use for the things she collects, an old woman continues to fill her house with interesting items.*

## Vogue x Music

*Abrams Vogue has always been on the cutting edge of popular culture, and Vogue x Music shows us why. Whether they're contemporary stars or classic idols, whether they made digital albums or vinyl records, the world's most popular musicians have always graced the pages of Vogue. In this book you'll find unforgettable portraits of Madonna beside David Bowie, Kendrick Lamar, and Patti Smith; St. Vincent alongside Debbie Harry, and much more. Spanning the magazine's 126 years, this breathtaking book is filled with the work of acclaimed photographers like Richard Avedon and Annie Leibovitz as well as daring, music-inspired fashion portfolios from Irving Penn and Steven Klein. Excerpts from essential interviews with rock stars, blues singers, rappers, and others are included on nearly every page, capturing exactly what makes each musician so indelible. Vogue x Music is a testament to star power, and proves that some looks are as timeless as your favorite albums.*

## The Meaning of Science

*Penguin UK What is science? Is it uniquely equipped to deliver universal truths? Or is it one of many disciplines - art, literature, religion - that offer different forms of understanding? In The Meaning of Science, Tim Lewens offers a provocative introduction to the philosophy of science, showing us for example what physics*

*teaches us about reality, what biology teaches us about human nature, and what cognitive science teaches us about human freedom. Drawing on the insights of towering figures like Karl Popper and Thomas Kuhn, Lewens shows how key questions in science matter, often in personal, practical and political ways.*

## A Day at elBulli

*Phaidon Press For the first time, A Day at elBulli: An Insight into the Ideas, Methods and Creativity of Ferran Adria allows unprecedented access to one of the world's most famous, sought-after and mysterious restaurants. Having held three Michelin stars since 1997, and regularly voted 'Best Restaurant in the World' by a panel of 500 industry professionals, elBulli has been at the very forefront of the restaurant scene since Ferran Adria became sole head chef in 1987. Aimed at food enthusiasts as well as industry professionals, the book documents all the activities and processes that make up just one day of service with stunning colour photography of the kitchens, staff, creative workshop, dishes, the restaurant itself and its striking surroundings near the town of Roses, north east of Barcelona. The book starts with daybreak at 6.15 am, then shows visits to the local markets to source ingredients from 7.00 am, Ferran's arrival at the workshop, his morning creative experimentation session, the arrival of the rest of the brigade at 2.30 pm to begin the mise-en-place for the evening, the preparations of each guest's menu, the daily tasks of the front of house team, and the arrival of the first guests for dinner from 7.45 pm until the last guests' departure by 2.00 am. The menu is fully explained with detailed and technical recipes that reveal the full extent of the chefs' artistry. Innovative text inserts open the lid on the history of elBulli and Ferran Adria, the creative methods, the secret workshops, the technical processes behind the creation of a dish, the network of sensations and interactions that take place between a restaurant and its guests and the sensory experiences of eating, as well as the formidable reservations procedure and the structure of a meal into four theatrical 'acts'. A Day at elBulli: An Insight into the Ideas, Methods and Creativity of Ferran Adria allows all lovers of good food to experience this spectacular restaurant to the full.*

## The Spanish Craze

# America's Fascination with the Hispanic World, 1779-1939

*U of Nebraska Press "The Spanish Craze: America's Fascination with the Hispanic World, 1779-1939 examines the centuries-long fascination with the history, art, culture, and architecture of Spain in the United States from the Early Republic to the New Deal"--*

# The Art of the Restaurateur

Phaidon Press Presents profiles of some of the world's most successful restaurateurs.

## The Quotable Feynman

Princeton University Press A treasure-trove of illuminating and entertaining quotations from beloved physicist Richard P. Feynman "Some people say, 'How can you live without knowing?' I do not know what they mean. I always live without knowing. That is easy. How you get to know is what I want to know."—Richard P. Feynman Nobel Prize-winning physicist Richard P. Feynman (1918–88) was that rarest of creatures—a towering scientific genius who could make himself understood by anyone and who became as famous for the wit and wisdom of his popular lectures and writings as for his fundamental contributions to science. *The Quotable Feynman* is a treasure-trove of this revered and beloved scientist's most profound, provocative, humorous, and memorable quotations on a wide range of subjects. Carefully selected by Richard Feynman's daughter, Michelle Feynman, from his spoken and written legacy, including interviews, lectures, letters, articles, and books, the quotations are arranged under two dozen topics—from art, childhood, discovery, family, imagination, and humor to mathematics, politics, science, religion, and uncertainty. These brief passages—about 500 in all—vividly demonstrate Feynman's astonishing yet playful intelligence, and his almost constitutional inability to be anything other than unconventional, engaging, and inspiring. The result is a unique, illuminating, and enjoyable portrait of Feynman's life and thought that will be cherished by his fans at the same time that it provides an ideal introduction to Feynman for readers new to this intriguing and important thinker. The book features a foreword in which physicist Brian Cox pays tribute to Feynman and describes how his words reveal his particular genius, a piece in which cellist Yo-Yo Ma shares his memories of Feynman and reflects on his enduring appeal, and a personal preface by Michelle Feynman. It also includes some previously unpublished quotations, a chronology of Richard Feynman's life, some twenty photos of Feynman, and a section of memorable quotations about Feynman from other notable figures. Features: Approximately 500 quotations, some of them previously unpublished, arranged by topic A foreword by Brian Cox, reflections by Yo-Yo Ma, and a preface by Michelle Feynman A chronology of Feynman's life Some twenty photos of Feynman A section of quotations about Feynman from other notable figures Some notable quotations of Richard P. Feynman: "The thing that doesn't fit is the most interesting." "Thinking is nothing but talking to yourself inside." "It is wonderful if you can find something you love to do in your youth which is big enough to sustain your interest through all your adult life. Because, whatever it is, if you do it well enough (and you will, if you truly love it), people will pay you to do what you want to do anyway." "I'd hate to die twice. It's so boring."

# Landscapes and Landforms of Turkey

*Springer This book on Turkish geomorphology offers location descriptions, based on their dynamics and evolution processes, including hydrology, tectonics, volcanism, slopes, coasts, ice/snow, and wind. It presents landforms as a result of evolution (Quaternary, Holocene, historic) and in relation to the elements determining and/or impacting this evolution (vegetation, soil, hydrology, geology, climate, sea level and human action) as well as the resulting landscapes. Richly illustrated with pictures from each site, including geomorphological maps and sections, it explains the risks associated with the geomorphological dynamics (on local and global scales), natural and/or cultural heritage (archaeology, prehistory, history, architectural specifications adapted to the landscape), as well as challenges for human society (endangered landscape, protection/conservation rules/statutes, posters/paintings.).*

## The Basic Concepts of Historical Materialism

### Effortless

## Make It Easier to Do What Matters Most: The Instant New York Times Bestseller

*Random House 'In a world beset by burnout, Greg McKeown's work is essential' -- Daniel H. Pink 'Effortless shows that achieving more doesn't have to be as hard as we make it out to be' -- Arianna Huffington NEW YORK TIMES BESTSELLER · A Times (UK) Best Book of the Year · From the author of the million-copy-selling Essentialism comes an empowering guide to achieving your goals. It all starts with a simple principle: Not everything has to be so hard. The intricacy of modern life has created a false dichotomy between things that are 'hard and important,' and those that are 'easy and trivial.' Everything has become so much harder than it ought to be. But, Greg McKeown, bestselling author of Essentialism, says, there is a third alternative. In Effortless, he offers practical tools for making the most essential activities the easiest ones, so you can achieve the results you want, without burning out. Honed over the better part of a decade, these strategies include: ·Turning tedious tasks into enjoyable rituals ·Preventing frustration by solving problems before they arise ·Setting a sustainable pace instead of powering through ·Making one-time choices*

*that eliminate many future decisions ·Making relationships easier to maintain and manage ·And much more McKeown's philosophy of essentialism has helped thousands to recognise that the effortless way isn't the lazy way. It's the smart way. Not every hard thing in life can be made easy but we can make it easier to do more of what matters most. Effortless will show you how.*

## A Frequency Dictionary of Korean Core Vocabulary for Learners

*Routledge A Frequency Dictionary of Korean is an invaluable tool for all learners of Korean, providing a list of the 5000 most frequently used words in the language. Based on the Sejong National Corpora, the largest written and spoken corpora in Korean comprised of 10 million words collected from different genres, the Dictionary provides the user with detailed information for each of the entries, including illustrative examples and English translations. The Dictionary provides a rich resource for language teaching and curriculum design, while a separate CD version provides the full text in a tab-delimited format ideally suited for use by corpus and computational linguists. With entries arranged both by frequency and alphabetically, A Frequency Dictionary of Korean enables students of all levels to get the most out of their study of vocabulary in an engaging and efficient way.*

Lucinda Brayford

Manresa

## An Edible Reflection [A Cookbook]

*Ten Speed Press The long-awaited cookbook by one of the San Francisco Bay Area's star chefs, David Kinch, who has revolutionized restaurant culture with his take on the farm-to-table ethic and focus on the terroir of the Northern California coast. Since opening Manresa in Los Gatos in 2002, award-winning Chef David Kinch has done more to create a sense of place through his food—specifically where the Santa Cruz Mountains meet the sea—than any other chef on the West Coast. Manresa's thought-provoking dishes and unconventional pairings draw on techniques both traditional and modern that combine with the heart of the Manresa experience: fruits and vegetables. Through a pioneering collaboration between farm and restaurant, nearby Love Apple Farms supplies nearly all of the restaurant's exquisite produce year round. Kinch's interpretation of these ingredients, drawing on his 30 years in restaurants as well as his far-flung and well-fed travels, are at the heart of the Manresa experience. In Manresa, Chef Kinch details his thoughts on building a dish: the creativity, experimentation and emotion that go into developing each plate and daily menu—and how a tasting menu ultimately tells a deeper story. A literary snapshot of the restaurant, from Chef Kinch's inspirations to his techniques, Manresa*

*is an ode to the mountains, fields, and sea; it shares the philosophies and passions of a brilliant chef whose restaurant draws its inspiration globally, while always keeping a profound connection to the people, producers, and bounty of the land that surrounds it.*

## Empty

*Simon and Schuster A girl tumbles into a downward spiral when a romantic encounter turns violent in this heartwrenching novel from the author of Cracked. Dell is used to disappointment. Ever since her dad left, it's been one let down after another. But no one—not even her best friend—understands all the pain she's going through. So Dell hides behind self-deprecating jokes and forced smiles. Then the one person she trusts betrays her. Dell is beyond devastated. Without anyone to turn to for comfort, her depression and self-loathing spin out of control. But just how far will she go to make all the heartbreak and the name-calling stop?*

## Personality: Classic Theories And Modern Research, 3/E

*Pearson Education India*

## Illustrated English Social History: Chaucer's England and the early Tudors

## Tending the Fire

## Studies in Art, Therapy and Creativity

*Egs Press Exploring the arts in therapy, this book investigates the concept that creativity is an essential element of psychotherapy. A process of "tending the fire" of the arts in therapy allows play and experimentation to enter the therapeutic space and enlighten the experience for both client and therapist. Through the author's own personal art-making journal, an outlining of the aspects of the theory of creativity in the therapeutic process, and the author's practical application of expressive arts therapy in various clinical settings, this text demonstrates how forms of sensory and artistic expression can help clients arrive at surprising new possibilities in therapy and life.*

# Korean

## A Comprehensive Grammar

*Routledge Korean: A Comprehensive Grammar is a reference to Korean grammar, and presents a thorough overview of the language, concentrating on the real patterns of use in modern Korean. The book moves from the alphabet and pronunciation through morphology and word classes to a detailed analysis of sentence structures and semantic features such as aspect, tense, speech styles and negation. Updated and revised, this new edition includes lively descriptions of Korean grammar, taking into account the latest research in Korean linguistics. More lower-frequency grammar patterns have been added, and extra examples have been included throughout the text. The unrivalled depth and range of this updated edition of Korean: A Comprehensive Grammar makes it an essential reference source on the Korean language.*

## What Is Cooking

*Phaidon Press A fascinating reflection on the essence of cooking - from Ferran Adriá's elBullifoundation For groundbreaking chefs such as Ferran Adriá, cooking has reached a level of complexity where science, chemistry, and technology intersect with immense creativity and imagination. Adriá's latest 'Sapiens' volume takes readers on a compelling journey to better understand the relationship between the human race and the process of preparing food. Packed with images from Adriá's legendary restaurant elBulli, his unique personal sketches, and explanatory diagrams that are used in his lectures, this book revolutionizes the way we look at how we prepare what we eat.*

## Science Education in Europe

## National Policies, Practices and Research

## Mosquitoes

## Identification, Ecology and Control

*Springer Nature "Mosquitoes - Identification, Ecology and Control" presents a wealth of information on the bionomics, systematics, ecology, research techniques and control of both nuisance and disease vector mosquitoes. It provides practical guidance and important information in an easily readable style, suitable for anyone*

*involved with, or interested in mosquitoes and their management. In this new edition, 102 European species including the most important invasive species and more than 100 globally important vector and nuisance species are described. Most of them, including all European species, are presented in the fully illustrated identification keys, followed by a detailed description of the morphology, biology, distribution and medical importance of each species, including over 700 detailed drawings. "Mosquitoes - Identification, Ecology and Control" includes: · systematics and biology · medical significance · research techniques · morphological characteristics used for identification of larvae and adults · illustrated identification keys for larval and adult mosquito genera · morphology, ecology, and distribution of the species identified in the keys · biological, genetic, physical and chemical control of mosquitoes "Mosquitoes - Identification, Ecology and Control" is a valuable tool for vector ecologists, medical entomologists, students and all those involved with mosquito systematics, biology, ecology, and control world-wide. Society as a whole benefit from the implementation of carefully designed and sustainable programs for the management of mosquitoes, and the diseases they transmit. The third edition of this successful publication has been comprehensively updated and expanded, to provide the foundation of a more enlightened and informed approach to mosquito management.*

## The Cambridge History of Australian Literature

*Cambridge University Press Draws on scholarship from leading figures in the field and spans Australian literary history from colonial origins, indigenous and migrant literatures, as well as representations of Asia and the Pacific and the role of literary culture in modern Australian society.*

## The Measure of Madness:

*Citadel Press Enter the "fascinating" and frightening world of modern forensic psychology as experienced by one of the most respected practitioners in the field today (Robert K. Tanenbaum, New York Times–bestselling author). At the heart of countless crimes lie the mysteries of the human mind. In this eye-opening book, Dr. Cheryl Paradis draws back the curtain on the fascinating world of forensic psychology, and revisits the most notorious and puzzling cases she has handled in her multifaceted career. Her riveting, sometimes shocking stories reveal the crucial and often surprising role forensic psychology plays in the pursuit of justice—in which the accused may truly believe their own bizarre lies, creating a world that pushes them into committing horrific, violent crimes. Join Dr. Paradis in a stark concrete cell with the indicted as she takes on the daunting task of mapping the suspect's madness or exposing it as fakery. Take a front-row seat in a tense, packed courtroom, where her testimony can determine an individual's fate—or if justice will be truly served. The criminal thought process has never been so intimately revealed—or so darkly compelling—as in this "excellent and entertaining" journey*

*into the darkest corners of the human mind (Booklist).*

## Pat the Zoo (Pat the Bunny)

*Golden Books While at the zoo Pat the Bunny pets the animals, from a wrinkly elephant to a feathery parrot. On board pages.*

## The Hardmen

## Legends of the Cycling Gods

*Profile Books It's time we all stopped whining and learned a thing or two from The Toughest Cyclists Ever. Including: Stephen Roche, whose cure for exhaustion was to go up a gear and fight harder, all the way to the ambulance. Eddy Merckx, who hurt himself so badly in breaking the Hour record that, he estimated, he shortened his career by a year. Beryl Burton, who crushed her (male) rival's morale with the offer of a piece of liquorice, before speeding past to victory. Nicole Cooke and Edwig Van Hooydonck, who rejected dope and became legends. The Hardmen tells the stories - the good bits, anyway - of the 40 most heroic Cyclists ever. Their bravery, their panache and their Perfect Amount of Dumb. It reminds us that suffering on a bike liberates us from our daily lives, and that, in the words of Lance Armstrong "pain is temporary, quitting lasts forever"; proof that even assholes can be insightful.*

## Minstrels of Soul

## Intermodal Expressive Therapy

*EGS Press Expressive arts therapy is introduced in this exploration of the basic principles and foundations in using the arts in psychotherapy. A discussion of polyaesthetics, crystallization, intermodal theory, and the roles of expression and catharsis provide a theoretical foundation for understanding this creative approach to therapy. Asking the question What happens when a client's art-making is received by the therapist?, the special considerations in the practice of expressive arts therapy are summarized, including relationship as art, play, structure and framing, low-skill and high-sensitivity work, and the phenomenon of the surprising experience that comes when a therapist and client work in a creative space together. This is a fundamental resource for all who consider the use of the arts in therapy.*

## After Life Lessons (Book One)

*A year after a devastating epidemic swept the world, Emily and her six-year-old son, Song, are struggling south in search of more hospitable climates. A snowstorm traps them in an abandoned gas station, where starving and desperate, they encounter Aaron, an Army medic on a mission of his own, who offers them a ride to ease the journey.*

## 30-Second Brain

# The 50 most mind-blowing ideas in neuroscience, each explained in half a minute

*Icon Books Ltd* Are we all at the mercy of our brain chemistry? Do you think that the amygdala and the hippocampus are fantastical sea monsters? What can an MRI scan tell us? Could you explain to dinner-party guests why we don't giggle when we tickle ourselves? *30-Second Brain* is here to fill your mind with the science of exactly what's happening inside your head. Using no more than two pages, 300 words and an illustration, this is the quickest way to understand the wiring and function of the most complex and intricate mechanism in the human body. Discover how the networks of 90 billion nerve cells work together to produce perception, action, cognition and emotion. Explore how your brain defines your personality, and what it gets up to while you are asleep. Illustrated with mind-bending graphics and supported by biographies of pioneers in the field of neuroscience, it's the book to get your grey matter thinking about your grey matter.

## Beach Bum Berry's Grog Log

*Slave Labor Graphics* This edition of *The Grog Log* is NOT SPIRAL BOUND. Tiki bar mixology is a lost art--but the *Grog Log* rescues it. A twenty-page introduction traces the history of Polynesian Pop, then teaches you everything you need to know about how to make the *Grog Log's* eighty tropical drink recipes. Many of these recipes have never before been published anywhere--including vintage "lost" recipes by Don the Beachcomber, Trader Vic, and long-gone Polynesian restaurants from the island of Manhattan to the islands of Hawaii. Profusely illustrated with vintage tiki menu graphics from the '50 and '60s, with cover art by famed Exotica artist Bosko. Review *SIPS - Trader Vic Drank Here* By WILLIAM GRIMES As John Glenn was orbiting the earth for the first time, his fellow Americans were deep into the long-lived craze known as tiki. This gaudy life-style package -- a blend of Polynesian kitsch, fake island food and lethal rum drinks -- began in the late 1930's and early 40's with Los Angeles restaurants like Don the Beachcomber and Trader Vic's, and gradually spread to the suburban patio before fizzling out in the early 1970's. It's back, of course. Jeff Berry and Annene Kaye, serious students of tiki, have compiled a serious tiki cocktail book, "*Beachbum Berry's Grog Log*." In 96 spiral-bound pages adorned with tiki illustrations, the authors have ranged far and wide to gather classic Polynesian fakes, like the *Fog Cutter* from Trader Vic's, the *Missionary's Downfall* from Don the Beachcomber and the *Sidewinder's Fang* from the Lanai Restaurant in San Mateo, Calif. They have even managed to unearth Manhattan tiki cocktails, like the *Hawaiian Room*, served at the old Hotel Lexington in the 1940's, and the

*Headhunter, served at the Hawaii Kai in the 1960's. The authors have also come up with their own tiki-inspired originals, like Hell in the Pacific (151-proof Demerara rum, lime juice, maraschino liqueur and grenadine), and the Waikikian (light Puerto Rican Rum, dark Jamaican rum, lemon juice, curacao and orgeat syrup). It's no longer possible to eat Tonga Tabu Native Drum Steak, which was a featured menu item at the now-defunct Islander in Beverly Hills ("from the ovens of the ancient goddess of Bora Bora, Pele, Mistress of Flame"), but you can shake up a Shark's Tooth or a Shrunk Skull. As Mr. Berry and Ms. Kaye see it, they are giving the country the perfect drink book for the age of malaise. "If we're going to feel like zombies," they write in their preface, "we may as well be drinking them." END -- Publisher Comments About the Author Jeff Berry is a learned fan of tropical drinks and is perhaps the foremost authority on the subject. He is also a screenwriter and filmmaker.*

## El Bulli 1994-1997

*Harper Collins Ferran Adria is widely considered to be the most innovative, most influential, and indeed the greatest chef in the world today. Culinary giants like Thomas Keller venerate him. El Bulli, the restaurant where he creates his masterpieces, has become a pilgrimage site of sorts; food connoisseurs from around the world journey down a dizzying coastal road to Roses, Spain to experience his unconventional tasting menu -- often consisting of 25 or more courses. But if you want a reservation, get in line.*