

## Surrounded By Idiots

Idiocy is all around us: whether it's the uncle spouting conspiracy theories, the colleagues who repeat your point but louder, or the commuters who still can't count two metres, our lives are beset by idiots. But what is the answer to this perpetual scourge? Maxime Rovere is a philosopher who has dedicated his life to studying the ways we interact, and the Early Enlightenment. Here he turns his attention to the murkiest of intellectual corners. With warmth, wit and wisdom, he illuminates a new understanding of idiots, one which examines our relations to others and our own ego, offers tools and strategies to dismantle the most desperate of idiotic situations, and even reveals how to stop being the idiots ourselves (because we're always someone else's idiot). Expertly translated by David Bellos, this is an erudite, enjoyable and much-needed solution to a most familiar vexation.

When he was four years old Kamran Nazeer was enrolled in a small school in New York alongside other children diagnosed with autism. Here they received care that was at the cutting edge of developmental psychology. Kamran is now a policy adviser in Whitehall - but what of the others? With rare perception, he tells of their lives: the speechwriter unable to make eye contact, the courier who gets upset if anyone touches his bicycle, the suicidal depressive, and the computer engineer who communicates difficult emotions through the use of hand puppets.

'A really important book . . . Everyone should read it' PHILIPPA PERRY 'A beautifully researched and argued exploration of the breakdown of humankind's ability to pay attention' STEPHEN FRY \_\_\_\_\_ Why have we lost our ability to focus? What are the causes? And, most importantly, how do we get it back? For Stolen Focus, internationally bestselling author Johann Hari went on a three-year journey to uncover the reasons why our teenagers now focus on one task for only 65 seconds, and why office workers on average manage only three minutes. He interviewed the leading experts in the world on attention, and learned that everything we think about this subject is wrong. We think our inability to focus is a personal failing – a flaw in each one of us. It is not. This has been done to all of us by powerful external forces. Our focus has been stolen. Johann discovered there are twelve deep cases of this crisis, all of which have robbed some of our attention. He shows us how in a thrilling journey that ranges from Silicon Valley dissidents, to a favela in Rio where attention vanished, to an office in New Zealand that found a remarkable way to restore our attention. Crucially, he learned how – as individuals, and as a society – we can get our focus back, if we are determined to fight for it.

Part of the bestselling Surrounded by Idiots series! In Surrounded by Setbacks, internationally bestselling author Thomas Erikson turns his attention to a universal problem: what to do when things go wrong. Too often it seems like our dreams and ambitions—whether it’s finally getting that corner office, lacing up your running shoes again, or building a flourishing relationship with your partner—are derailed by one roadblock or another. So how do we learn to take setbacks in stride and still achieve our goals? In Surrounded by Setbacks, Erikson answers that question. Using simple, actionable steps, Erikson helps readers identify the “why” behind their goal, create a concrete plan towards achieving it, and—most importantly—avoid many of the most common pitfalls that derail us when we attempt something new. The simple 4-color behavior system that made Surrounded by Idiots revolutionary now helps readers reflect on how they respond to adversity, giving them the self-awareness to negotiate the inevitable obstacles of life with confidence.

Private Rogue

(and stop being one yourself)

Protect Yourself, Read People, Influence Situations, and Live Fearlessly

I Want to Be a Nice Person But I'm Surrounded by Idiots

Surrounded by Bad Bosses and Lazy Employees

How to Thrive at Work by Leaving Your Emotional Baggage Behind

Turning Obstacles Into Success (When Everything Goes to Hell)

After witnessing a mob hit, surgeon Jack Francisco is put into protective custody to keep him safe until he can testify. A hitman known only as D is blackmailed into killing Jack, but when he tracks him down, his weary conscience won't allow him to murder an innocent man. Finding in each other an unlikely ally, Jack and D are soon on the run from shadowy enemies. Forced to work together to survive, the two men forge a bond that ripens into unexpected passion. Jack sees the wounded soul beneath D's cold, detached exterior, and D finds in Jack the person who can help him reclaim the man he once was. As the day of Jack's testimony approaches, he and D find themselves not only fighting for their lives... but also fighting for their future. A future together.

Surrounded by IdiotsThe Four Types of Human Behaviour (or, How to Understand Those Who Cannot Be Understood)Random House

Pastor and cofounder of the Bethel School of Ministry Kris Vallotton walks Christians through the profound process of discovering their true identity and experiencing the wonder of their kingdom purposes. Christians are often told that they were born with a purpose that reaches beyond their human strivings, but most are not sure how to break past the daily struggles holding them back, much less how to fully step into their callings. As a pastor and the cofounder of the Bethel School of Ministry, Kris Vallotton has been teaching Christians all over the world how to walk in wholeness and purpose for more than seventeen years. In Destined to Win, he passes on the lessons that will help readers discover who they really are, overcome destructive behaviors, and become equipped for their kingdom purposes. Confronting the challenges that limit Christians—such as living shackled by past pain, fear, and unforgiveness—Vallotton offers practical solutions to the often-complex problems that undermine their destinies and derail their purposes. With personal stories and biblical teaching, Destined to Win combines practical wisdom and profound revelation to unlock the latent potential present in each person.

The award-winning graphic novel autobiography of a father, and the challenges he faces raising his autistic son. A beautiful visual exploration of the highs and lows experienced by a parent learning how to adapt to his son’s autism. Faced with a challenging road ahead, the author uses creative flair and ingenuity in order to connect with his son, enabling him to reach his fullest potential and prepare him for the transition into adulthood. This stunning insight into the nature of autism and the daily struggles of a parent uses humor and compassion to convey its message. This is the perfect creative outlet for anyone – from parent to teacher – looking for detailed information on the subject with a more personal touch. Yvon Roy won the Best Biography Award from the Disability Fund and Society, as well as reciving the INSPIREO High School Students Award for the most inspiring youth book, and the Literary Award for Citizenship from the Maine Teacher’s League. “Diving into this exquisite comic book is truly a journey into the life of a child and will interest all parents concerned with understanding what their offspring is made of.” – Huffington Post “A beautiful book, both in substance and form.” – BD Gest “A vibrant song of comfort for autism.” – Actua BD

How to Embrace Your God-Given Identity and Realize Your Kingdom Purpose

The debut book from Florence Given

Everyday Inspiration for Putting Up with People

A Workplace Survival Guide

How to Identify and Deal with Toxic, Irrational and Difficult People in Your Life

Working with Idiots!

Lined Journal Notebook

We will take on any case, solve any crime, uncover any secret. We are Private. And we're the best. \_\_\_\_\_ In Afghanistan, a US Special Forces pilot is shot down during a covert mission. In New York, a mother is forced to flee with her two young children. A wealthy businessman approaches Jack Morgan, head of Private – the world's largest investigation agency – with a desperate plea to track down his daughter and grandchildren, who have disappeared without a trace. What at first seems to be a simple missing persons case soon escalates into something much more deadly, when Jack discovers the daughter is being pursued by highly trained operatives. As Jack uncovers more of the woman's backstory, the trail leads towards Afghanistan – where Jack's career as a US Marine ended in catastrophe . . . Jack will need to face the trauma of his past to save a family's future. \_\_\_\_\_ Fans love Private Rogue: 'Yet again James Patterson gives us a fast-paced, easy to read thriller' 'You think you know where it is going when all of a sudden it is flipped on its head' 'A fast-paced thriller that does not fail to please with its twists and turns.' 'James Patterson never fails to hook me in and this was another of his books that I stayed up way too late to finish... no regrets.' 'It is no stop action and I couldn't read it fast enough.' 'Packed with oodles of suspense and tension . . . It is a gripping read' 'What a great book, couldn't put it down once I started it' 'It's fast paced, authentic and grabbed me from the first page. As with all of this series, it offers great characterisations, excellent research and a thoroughly gripping read. Roll on the next one.' 'High action, tense and with such urgency inherent in the text that if I had any belief I was in for an early night, that was also gone.' 'The chapters are short and pacy, each one leaving readers with a kind of cliffhanger that makes it virtually impossible to ignore the 'one more chapter' call.' 'I love the action sequences, the pace, the energy and, more than anything, the characters.' 'Fast-paced, edge of the seat action, emotionally driven story laced with a very generous helping of corruption and espionage. The kind of brilliant storytelling that makes me power to the last page.' \_\_\_\_\_ PRAISE FOR THE PRIVATE THRILLERS 'An unmissable, breakneck ride'

James Swallow 'Great action sequences . . . breathtaking twists and turns' Anthony Horowitz 'Exhilarating, high-stakes action' Lesley Kara

In this revelatory, authoritative portrait of Donald J. Trump and the toxic family that made him, Mary L. Trump, a trained clinical psychologist and Donald’s only niece, shines a bright light on the dark history of their family in order to explain how her uncle became the man who now threatens the world’s health, economic security, and social fabric. Mary Trump spent much of her childhood in her grandparents’ large, imposing house in the heart of Queens, New York, where Donald and his four siblings grew up. She describes a nightmare of traumas, destructive relationships, and a tragic combination of neglect and abuse. She explains how specific events and general family patterns created the damaged man who currently occupies the Oval Office, including the strange and harmful relationship between Fred Trump and his two oldest sons, Fred Jr. and Donald. A firsthand witness to countless holiday meals and interactions, Mary brings an incisive wit and unexpected humor to sometimes grim, often confounding family events. She recounts in unsparring detail everything from her uncle Donald’s place in the family spotlight and Ivana’s penchant for regifting to her grandmother’s frequent injuries and illnesses and the appalling way Donald, Fred Trump’s favorite son, dismissed and derided him when he began to succumb to Alzheimer’s. Numerous pundits, armchair psychologists, and journalists have sought to parse Donald J. Trump’s lethal flaws. Mary L. Trump has the education, insight, and intimate familiarity needed to reveal what makes Donald, and the rest of her clan, tick. She alone can recount this fascinating, unnerving saga, not just because of her insider’s perspective but also because she is the only Trump willing to tell the truth about one of the world’s most powerful and dysfunctional families.

Do you ever think you’re the only one making any sense? Or tried to reason with your partner with disastrous results? Do long, rambling answers drive you crazy? Or does your colleague’s abrasive manner rub you the wrong way? You are not alone. After a disastrous meeting with a highly successful entrepreneur, who was genuinely convinced he was ‘surrounded by idiots’, communication expert and bestselling author, Thomas Erikson dedicated himself to understanding how people function and why we often struggle to connect with certain types of people. Surrounded by Idiots is an international phenomenon, selling over 1.5 million copies worldwide. It offers a simple, yet ground-breaking method for assessing the personalities of people we communicate with – in and out of the office – based on four personality types (Red, Blue, Green and Yellow), and provides insights into how we can adjust the way we speak and share information. Erikson will help you understand yourself better, hone communication and social skills, handle conflict with confidence, improve dynamics with your boss and team, and get the best out of the people you deal with and manage. He also shares simple tricks on body language, improving written communication, advice on when to back away or when to push on, and when to speak up or shut up. Packed with ‘aha!’ and ‘oh no!’ moments, Surrounded by Idiots will help you understand and communicate with those around you, even people you currently think are beyond all comprehension. And with a bit of luck you can also be confident that the idiot out there isn’t you!

In everyone’s life, there are difficult people whose goal is to make your life unbearable, smash your self-esteem, humiliate and trample you. How should you deal with relationships that pull you down, limit your progress, and affect your mental health? Should you just continue on and hope for the best? Is it more prudent to get rid of toxic people? Or is there something you can do first before cutting them out? Is there a way to communicate with difficult people; to let them know what they are doing to you? What happens if they know and still do not change? Should you still retain them in your life? I have written this book about toxic relationships to help you answer these questions. Your success, happiness, and fulfillment in life are important, and you cannot let anyone stand in the way of those. What will you learn by reading this book about toxic people? –You will understand the definition of difficult people. –You will know why people become toxic. –You will distinguish between types of difficult people. –You will learn how to determine which people are toxic. –You will find out why you may attract negative people in your life and how to avoid them. –You will learn to improve your self-esteem and to set boundaries with difficult people. –You will learn how to build effective communication with toxic people. –You will learn to take responsibility for your life. –You will know when and how to end a toxic relationship. And at the end of this book about emotional abuse, you will receive a bonus –10 essential tips for a healthy relationship.

Behave

Mental Fitness: 15 Rules to Strengthen Your Body and Mind

The Four Types of Human Behaviour (or, How to Understand Those Who Cannot Be Understood)

The Biology of Humans at Our Best and Worst

Surrounded by Psychopaths

A Collection of New Essays and Emails

or, How to Deal with Idiots at Work

*The key to a harmonious, highly effective work environment is not by ensuring you work among carbon-copies of yourself whose personalities never clash with one another or with you. That pipe dream could not ever happen, nor would it result in a successful team collaboration even if it could. Instead, most of us are going to work today with individuals who at times come across as incompetent, lazy, spotlight-hugging, whiny, or backstabbing. And then tomorrow we go to work with them again . . . and again . . . and again.Like it or not, the bulk of our waking hours are spent with people at work–people who can grate on our nerves. Therefore, learning to interact effectively with difficult employees, colleagues, and bosses is an absolute essential for our success. With Powerful Phrases for Dealing with Difficult People, anyone can learn how to confront head-on the difficult situations that can arise when dealing with these personalities, before they fester and spread. Helpful features inside this practical and easy-to-use book include: • Thirty common personality traits, behaviors, and workplace scenarios along with the phrases that work best with each • Nonverbal communication skills to back up your words • Sample dialogues that demonstrate how phrasing improves interactions • A five-step process for moving from conflict to resolution • “Why This Works” sections that provide detailed explanationsButton-pushing situations are going to come up today at work–and tomorrow too. Don’t let them rent space inside of you and turning everything to mold. Instead, choose to deploy simple phrases to regain control and resolve conflicts. When you do, you, your colleagues, and your company will be all the better for it!*

*Spice up your office with this hilarious gift notebook journal with a funny saying. Be inspired to write in this notebook every day and give your team workmates a laugh. Start every day with a smile with this handy note book with generous wide ruled lines for noting meetings, to do lists, doodling, frustrating office events and gossiping about your coworkers. Working has never been so much fun. A great present idea for and employee, manager, co-worker or the big boss. This is the perfect notebook to gift to yourself or a loved one on birthdays, Christmas, Mother’s Day and Father’s Day. Use the ruled pages for your favorite inspiring quotes and to record your goals and dreams. Handy to use at work, in your home office or sit on the beach and jot down all your achievements. Keep track of goals and record happy memories in this notebook. Perfect for all adults, men and women will love this inspirational motivational journal with a funny quote. Give it to your boss, employees, co-workers or supervisor. 104 blank lined pages Use it as a journal, to take notes, for creative writing, doodling, journaling or just vent your frustrations Handy note book features 6 inch by 9 inch pages This softcover notebook has a smooth glossy finish Beautifully designed to make the perfect present for a loved one*

*That’s Not How You Wash a Squirrel is the fourth release by New York Times bestselling author David Thorne and features over two hundred pages of brand new, never before seen essays and emails including: Ride of the Valkyries, Squirrel, Deer Camp, Tomotes, Gypsies, Cloud Backgrounds, Scrabble, Horsepowers and many more. From the Sunday Times bestselling author of Surrounded by Idiots. Some people are exceptionally manipulative. They can convince anyone about anything and lure them with their charm. They enjoy controlling others and will do anything to get what they want. Sound familiar? The bad news is that you can’t really escape them. But here comes the good news: you can beat them at their own game. After going through the highs and lows of different personality types (Red, Blue, Green and Yellow) in his international bestseller Surrounded by Idiots, Swedish behavioural expert Thomas Erikson will now show you how your weaknesses and personality traits can be exploited by other people and how you can stop them in their tracks. By learning more about your personality type and how you work, you’ll be able to see through any psychopath’s manipulative behaviours and fend off their attempts to wreak havoc into your life. Witty, engaging and informative, this book will give you everything you need to handle life’s most skilled manipulators and identify the psychopaths in your life... before it’s too late!*

Little Victories

or, How to Stop Being Exploited by Others

Breath

Stolen Focus

How to Cope When You Are Surrounded by Idiots... Or If You Are One

It’s Not Always Depression

#1 internationally bestselling author Thomas Erikson shows readers how to identify and avoid the psychopaths around them. Charming, charismatic, and delightful or manipulative, self-serving, and cunning? Psychopaths are both and that ’s exactly what makes them dangerous. Bestselling author of the international phenomenon Surrounded by Idiots, Thomas Erikson reveals how to identify the psychopaths in your life and combat their efforts to control and manipulate. Using the same simple four-color system of behavior classification that made Surrounded by Idiots so popular, Surrounded by Psychopaths teaches readers how to deal with psychopaths in their lives by becoming aware of their own behavior and their weaknesses. Vivid example stories illustrate ways that psychopaths can take advantage of various behavior types, helping readers identify their own weaknesses and be proactive about protecting themselves. Erikson outlines some of the most common forms of manipulation used by psychopaths—and others—to influence those around them. Since manipulation can often be a feature of ordinary, non-psychopathic relationships, the book also includes practical methods and techniques to help readers confront controlling people and rehabilitate negative relationships into mutually respectful ones. By understanding your behavior as well as the tendencies and strategies of psychopaths, Surrounded by Psychopaths will teach you to protect yourself from manipulative influence in your workplace, social life, and family.

Have you ever had "one of those days"—dealing with a non-stop parade of dummies? Whether it is the bank, the grocery store, or even going online, it seems the world is filled with idiots. But what can we do about it? Humor author Karl Wiebe has the answer: a book filled with essays complaining about all aspects of life. Why is the self-checkout so frustrating? Are you secretly cheering for the bull during the rodeo? Why does that guy with 14 items get to use the express checkout, when the sign clearly says 12? Is there a medical reason why public washrooms are so disgusting... so disgusting in fact that even reading an essay about it will stop you from eating your chocolate bar? Eww. Hey, you imagined it. Karl Wiebe's humorous look at life with other people will be a quiet comfort on those days when you need reassurance—reassurance that you are not alone. You are not the only sane person left, although sometimes you may feel like it.

A controversial national radio host shares his provocative opinions about liberalism, the Clintons, Michael Moore, and the ongoing struggles between left and right politics, in an account that urges conservatives to speak out. 100,000 first printing. From her controversial rise and fall from power at Google, to her dramatic reshaping of Yahoo's work culture, people are obsessed with, and polarised by, Marissa Mayer's every move. She is full of fascinating contradictions: a feminist who rejects feminism, a charmer in front of a crowd who can't hold eye contact in one-on-ones, and a geek who is Oscar de la Renta's best customer. Marissa Mayer and the Fight to Save Yahoo! tells her story. Back in the 1990s, Yahoo was the internet. It was also a \$120 billion company. But just as quickly as it became the world's most famous internet company, it crashed to earth during the dotcom bust. And yet, Yahoo is still here, with nearly a billion people visiting it each month. Marissa Mayer and the Fight to Save Yahoo! tells the fly-on-the-wall story of Yahoo's history for the first time, getting inside the board room as executives make genius calls and massive blunders. Dan Loeb, a tough-talking hedge fund manager, set his sights on Yahoo in 2011. He grew up idolising the corporate raiders of the 1980s, building a career being more vicious than any of them. Without Loeb's initiative, Marissa Mayer would never have been given her chance to save the company. This book tells the tale of how Dan Loeb spotted the real problem inside Yahoo - its awful board - and tore it apart, getting two CEOs fired in the process. When Marissa Mayer first started at Yahoo in 2012, the car parks would empty every week by 4.00 p.m. on Thursday. Over the next two years she made plenty of mistakes, but she learned from them. Now Yahoo's culture is vibrant and users are coming back. In Marissa Mayer and the Fight to Save Yahoo! Nicholas Carlson also explores what may be the internet's first real turnaround.

Why You Can't Pay Attention

Dealing with Idiots

The Foolproof Way to Stay Calm and in Control in Any Conversation or Situation

How My Family Created the World's Most Dangerous Man

How to Effectively Recognize, Avoid, and Defend Yourself Against Toxic People (and Not Lose Your Mind)

Surrounded by Narcissists

Powerful Phrases for Dealing with Difficult People

Why do we do the things we do? Over a decade in the making, this game-changing book is Robert Sapolsky's genre-shattering attempt to answer that question as fully as perhaps only he could, looking at it from every angle. Sapolsky's storytelling concept is delightful but it also starts by looking at the factors that bear on a person's reaction in the precise moment a behavior occurs, and then hops back in time from there, in stages, ultimately ending up at the deep history of our species and its genetic inheritance. And so the first category of explanatio

goes on in a person's brain a second before the behavior happens? Then he pulls out to a slightly larger field of vision, a little earlier in time: What sight, sound, or smell triggers the nervous system to produce that behavior? And then, what hormones act hours to days earlier to affect that person's brain, and then back to the childhood of the individual, and then to their genetic makeup. Finally, he expands the view to encompass factors larger than that one individual. How culture has shaped that individual's group, what ecological factors helped shape back to evolutionary factors thousands and even millions of years old. The result is one of the most dazzling tours de horizon of the science of human behavior ever attempted, a majestic synthesis that harvests cutting-edge research across a range of disciplines to provide a solid, towering achievement, powerfully humanizing, and downright heroic in its own right.

PRE-ORDER NOW The brilliant new book from the multiple Sunday Times bestselling author that will explain the principles behind maintaining a healthy mind and body.

Do you want more free book summaries like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. Learn about the four main personality types and how to communicate effectively with each of them. It pierces through the confusion that often characterizes our daily lives and seeks to answer the question we're always asking-- "What were they thinking?? Are they just stupid?" Backing up an exploration of human behavior with proven psychological research, Erikson takes us on a tour of the main personality types you'll encounter and how this impacts human behavior. Once you understand the psychology behind it, Erikson posits that you'll be able to communicate more effectively and avoid frustration.

A revolutionary approach to understanding the emotional dynamics within our working lives. 'Nobody understands the everyday madness of working life better than Naomi Shragai. This book should be read by everyone who ventures anywhere near an office' - Lucy Kellaway You know you're not alone, but every working day you replay and re-enact conflicts, dynamics and relationships from your past. Whether it's confusing an authority figure with a parent; avoiding conflict because of past squabbles with siblings; or suffering from imposter syndrome because of the way you're perceived, when it comes to work we are all trapped in our own upbringings and the patterns of behaviour we learned while growing up. Many of us spend eighteen formative years or more living with family and building our personality; but most of us also spend fifty years - or 90,000 hours - in the pull of the familial so strong, we unconsciously re-enact our personal past in our professional present - even when it holds us back. Through intimate stories, fascinating insights and provocative questions that tackle the issues that cause us most problems - from imposter syndrome to perfectionism and anxiety - business psychotherapist Naomi Shragai will transform how you think about yourself and your working life. Based on thirty years of expertise and practice, Shragai will show you that what is holding you back is within your gift to change - and the first step is to change the rest of the people you work with, habitually confuse your professional present with your personal past.

Drop the Distractions, Embrace Your Purpose, and Get Your Ass in Gear

Women Don't Owe You Pretty

The Man Who Mistook His Job for His Life

How Ineffective Communication Causes Chaos

Fighting Liberal Lunacy in America

Surrounded by Setbacks

That's Not How You Wash a Squirrel

**Surrounded by idiots at work? Fed up with a bad boss or lazy colleagues? Thomas Erikson, author of the runaway international bestseller Surrounded by Idiots, will help you handle them and get things done, the right way Why is good leadership so rare? Everyone has to manage up to some extent but frankly some bosses are worse than others. If you're being driven crazy by a micro-manager, frequently drown under your boss's unreasonable expectations or struggle with being handed out responsibilities but no authority international behavioural expert Thomas Erikson is here to help. Drawing on the simple four-colour system that made Surrounded by Idiots a global bestseller, Erikson shows how understanding your boss's behavioural tendencies as well as your own will lead to a more harmonious and productive workplace. He also sets out what characterises an exemplary leader type and how you can adapt your behaviour to model it. Because there are two sides to every coin, Erikson also looks at employees themselves and why some colleagues frequently underachieve and what you can do to change this. Written with Erikson's signature humour and warmth, Surrounded by Bad Bosses (and Lazy Employees) will help you deal with the most hopeless managers and employees you can imagine - and keep you entertained along the way.**

**'THE BEAUTY MYTH' FOR THE INSTAGRAM GENERATION Women Don't Owe You Pretty is the ultimate book for anyone who wants to challenge the out-dated narratives supplied to us by the patriarchy. Through Florence's story you will learn how to protect your energy, discover that you are the love of your own life, and realise that today is a wonderful day to dump them. Florence Given is here to remind you that you owe men nothing, least of all pretty. WARNING: CONTAINS EXPLICIT CONTENT (AND A LOAD OF UNCOMFORTABLE TRUTHS). THE FEMINIST BOOK EVERYONE IS TALKING ABOUT. 'An incredible mouthpiece for modern intersectional feminism.' - Glamour 'A fearless book.' - Cosmopolitan 'A hugely influential young woman.' - Woman's Hour 'Rallying, radical and pitched perfectly for her generation.' - Evening Standard**

**From her lookout on the first floor, Ginny watches and waits for her younger sister to return to the crumbling mansion that was once their idyllic childhood home. Vivien has not set foot in the house since she left, forty-seven years ago; Ginny, the reclusive moth expert, has rarely ventured outside it. But with Vivien's arrival, dark, unspoken secrets surface. Told in Ginny's unforgettable voice, this debut novel tells a disquieting story of two sisters and the ties that bind - sometimes a little too tightly.**

**Fun novelty notebook Small / journal / notebook to write in, for creative writing, planning and organizing. Would make a perfect gift for Birthday, Valentines and Christmas or Co-worker Perfect Size at 6" by 9" 120 pages Softcover bookbinding Flexible paperback**

**Surrounded by Idiots by Thomas Erikson (Summary)**

**The Surprising Puzzle of Personality**

**Never Get Angry Again**

**A New Theory of Listening to Your Body, Discovering Core Emotions and Reconnecting with Your Authentic Self**

**How to Deal With Idiots**

**Toxic People.The Rules of the Game**

**Zero at the Bone**

THE SUNDAY TIMES BESTSELLER - AND THE BOOK WE'LL BE GIFTING TO EVERY FAMILY MEMBER AND FRIEND THIS CHRISTMAS! SHORTLISTED FOR THE ROYAL SOCIETY BOOK PRIZE 'Who would have thought something as simple as changing the way we breathe could be so revolutionary for our health, from snoring to allergies to immunity? A fascinating book, full of dazzling revelations' Dr Rangan Chatterjee There is nothing more essential to our health and wellbeing than breathing: take air in, let it out, repeat 25,000 times a day. Yet, as a species, humans have lost the ability to breathe correctly, with grave consequences. In Breath, journalist James Nestor travels the world to discover the hidden science behind ancient breathing practices to figure out what went wrong and how to fix it. Modern research is showing us that making even slight adjustments to the way we inhale and exhale can: - jump-start athletic performance - rejuvenate internal organs - halt snoring, allergies, asthma and autoimmune disease, and even straighten scoliotic spines None of this should be possible, and yet it is. Drawing on thousands of years of ancient wisdom and cutting-edge studies in pulmonology, psychology, biochemistry and human physiology, Breath turns the conventional wisdom of what we thought we knew about our most basic biological function on its head. You will never breathe the same again.

"Traditionally, scientists have emphasized what they call the first and second natures of personality--genes and culture, respectively. But today the field of personality science has moved well beyond the nature vs. nurture debate. In Who Are You, Really? Dr. Brian Little presents a distinctive view of how personality shapes our lives--and why this matters. Little makes the case for a third nature to the human condition--the pursuit of personal projects, idealistic dreams, and creative ventures that shape both people's lives and their personalities. Little uncovers what personality science has been discovering about the role of personal projects, revealing how this new concept can help people better understand themselves and shape their lives" -- provided by publisher.

After a disastrous meeting with a highly successful entrepreneur, who was genuinely convinced he was "surrounded by idiots", communication expert and bestselling author, Thomas Erikson dedicated himself to understanding how people function and why we often struggle to connect with certain types of people. Do you ever think you 're the only one making any sense? Or tried to reason with your partner with disastrous results? Do long, rambling answers drive you crazy? Or does your colleague 's abrasive manner rub you the wrong way? You are not alone. Surrounded by Idiots is an international phenomenon, selling over 1.5 million copies worldwide. It offers a simple, yet ground-breaking method for assessing the personalities of people we communicate with – in and out of the office – based on four personality types (Red, Blue, Green and Yellow), and provides insights into how we can adjust the way we speak and share information. Erikson will help you understand yourself better, hone communication and social skills, handle conflict with confidence, improve dynamics with your boss and team, and get the best out of the people you deal with and manage. He also shares simple tricks on body language, improving written communication, advice on when to back away or when to push on, and when to speak up or shut up. Packed with ' aha! ' and ' oh no! ' moments, Surrounded by Idiots will help you understand and communicate with those around you, even people you currently think are beyond all comprehension. And with a bit of luck you can also be confident that the idiot out there isn ' t you!

Surrounded by Idiots is the first book in a series that provides a step-by-step guide with entertaining video extras that was created for someone who truly knows their life could be so much more than it is right now if only they knew how to tune out all the crap, dial into what's really important, figure out a plan of attack and make it happen! Over the last 20 years, philosopher, life strategy coach and personal trainer, Tony Dufresne, Ph.D., has fried millions of brain cells mashing together worldwide philosophical teachings with tools and techniques perfected by modern-day peak performers, along with sufficiently embarrassing but inspiring personal stories to create a simple 31/2-step guide that will: - Expose the hidden secrets of how the world around you actually functions, and how you can better understand it and, ultimately make it your bitch with some powerful tools and techniques. - Explain how to effectively take an honest look at your life and, in the process, uncover those sneaky ego patterns that block you from the life experience you know, deep in your soul, you have the ability to create. - Get your ass in gear by hand-holding you through an action project that will act as baby step towards a deeply fulfilling life of your own design. Surrounded by Idiots is all about creating measurable results on your journey towards a deeper understanding of who you are, what's really important to you, and how you want to live every day of your life. I guarantee that by the time you finish this book and complete your action step, your focus will shift from the annoying idiocy that surrounds you to your own empowered personal life possibilities. In a nutshell, you will still be surrounded by idiots, but it won't affect you anymore. Your focus will be square on yourself and on creating the epic life of your choosing.

(Private 16)

Over 325 Ready-to-Use Words and Phrases for Working with Challenging Personalities

How to Protect Yourself from Being Manipulated and Exploited in Business (and in Life)

Becoming Bulletproof

The Behaviour Of Moths

Send in the Idiots

Who Are You, Really?

Never Get Angry Again is New York Times and internationally bestselling author David J. Lieberman's comprehensive, holistic look at the underlying emotional, physical, and spiritual causes of anger, and a practical guide to what the reader can do to gain perspective. David J. Lieberman understands that a change in perspective is all that is needed to help keep from flying off the handle. In Never Get Angry Again, he reveals how to see anger through a comprehensive, holistic lens, illuminates the underlying emotional, spiritual, and physical components of anger, and gives the readers simple, practical tools to snuff out anger before it even occurs. Take a deep breath and count to ten. Meditate. Visualize your happy place. You've probably heard all of these anger management techniques and more from friends, family, and experts, but somehow they miss the mark when it comes to coping with the complex emotion of anger. Let's face it: if anger-management techniques were effective, you wouldn't be reading this book. These clumsy attempts to maintain calmness are usually futile and sometimes emotionally draining. The fact is, either something bothers us (causing anxiety, frustration, or anger), or it doesn't. A state of calm is better accomplished by not becoming agitated in the first place. When we fight the urge to blow up or melt down, we fight against our own nature.

Accessible psychotherapy to put us back in touch with our emotions, from the Mental Health Consultant to Mad Men In this practical and fascinating new account of psychological suffering, pioneering psychotherapist Hilary Jacobs Hendel shows that we should focus not on cognitive behavioural therapy or medication, but on our emotions. We were all taught that our thoughts affect our emotions, but in truth it is largely the other way around: we have to experience our emotions to truly understand our thoughts and our full selves. And our emotions offer a more direct pathway to healing. It's Not Always Depression reveals the most effective techniques for putting us back in touch with the emotions we too often deny - methods which can be used by anyone, any time, anywhere. Drawing on stories from her own practice, Jacobs Hendel sheds light on the core emotions (such as joy, sadness and fear), defences (anything we do to avoid feeling) and inhibitory emotions (anxiety, shame and guilt), and how understanding their interaction can help us return to mental wellbeing - and quickly. If we avoid our emotions, this requires energy that might otherwise help us be our authentic selves and be calm, curious and connected. Reacquaint yourself with your emotions, and recover a vital, more engaged, more authentic self.

Do you ever think you're the only one making any sense? Or tried to reason with your partner with disastrous results? Do long, rambling answers drive you crazy? Or does your colleague's abrasive manner get your back up? You are not alone. After a disastrous meeting with a highly successful entrepreneur, who was genuinely convinced he was 'surrounded by idiots', communication expert and bestselling author, Thomas Erikson dedicated himself to understanding how people function and why we often struggle to connect with certain types of people. Originally published in Swedish in 2014 as Omgiven Av Idioter, Erikson's Surrounded by Idiots is already an international phenomenon, selling over 1.5 million copies worldwide, of which over 750,000 copies have been sold in Sweden alone. It offers a simple, yet ground-breaking method for assessing the personalities of people we communicate with - in and out of the office - based on four personality types (Red, Blue, Green and Yellow), and provides insights into how we can adjust the way(s) we speak and share information. Erikson will help you understand yourself better, hone communication and social skills, handle conflict with confidence, improve dynamics with your boss and team, and get the best out of the people you deal with and manage. He also shares simple tricks on body language, improving written communication and advice on when to back away or when to push on, and when to speak up or indeed shut up. Packed with 'aha' and 'oh no!' moments, Surrounded by Idiots will help you understand and influence those around you, even people you currently think are beyond all comprehension. And with a bit of luck you can also be confident that the idiot out there isn't you!

"Working With Idiots" is insightful, enlightening, helpful, and funny. If you find yourself struggling to understand the message of this book, you are probably not alone; but itâ€™s really quite simple. Most of the challenges in the workplace can be attributed to one very simple factor - the presence of idiots.

Marissa Mayer and the Fight to Save Yahoo!

Help! I'm Surrounded by Idiots

The New Science of a Lost Art

The Four Types of Human Behavior and How to Effectively Communicate with Each in Business (and in Life)

Too Much and Never Enough

Surrounded by Idiots

Destined To Win

*Former Secret Service agent and star of Bravo's Spy Games Evy Poumpouras shares lessons learned from protecting presidents, as well insights and skills from the oldest and most elite security force in the world to help you prepare for stressful situations, instantly read people, influence how you are perceived, and live a more fearless life. Becoming Bulletproof means transforming yourself into a stronger, more confident, and more powerful person. Evy Poumpouras—former Secret Service agent to three presidents and one of only five women to receive the Medal of Valor—demonstrates how we can overcome our everyday fears, have difficult conversations, know who to trust and who might not have our best interests at heart, influence situations, and prepare for the unexpected. When you have become bulletproof, you are your best, most courageous, and most powerful version of you. Poumpouras shows us that ultimately true strength is found in the mind, not the body. Courage involves facing our fears, but it is also about resilience, grit, and having a built-in BS detector and knowing how to use it. In Becoming Bulletproof, Poumpouras demonstrates how to heighten our natural instincts to employ all these qualities and move from fear to fearlessness.*

*Do you feel like you are surrounded by idiots that just do not get you? Do you feel like your friends, loved ones, or family go behind your back and apologize for you? At work, do people avoid you? Does your inbox get filled with passive-aggressive emails? In meetings, do you interrupt the speaker to put them on the right track? If you answered yes to even one of those questions above, it may be time to consider you are the problem and not those around you. Learn how to talk to anyone in the workplace, your children, partners, friends, and those people you may encounter throughout your day. Stop being the problem and mend fences, build a strong workforce, have better relationships, and become the leader you were meant to be. Let this book help you change your life for the better as you learn how to communicate on all levels.*

*Stories from the Other Side of Autism*

*I Want to Be a Nice Person But I'm Surrounded by Idiots: Fun Notebook 9 X 6*