

## The Hallsley Library of Life-Changing Books

### Get Present, Sara Harvey Yao

Leadership coach and thought leader Sara Harvey Yao offers simple, yet powerful steps to help you find what everyone is hungry for in our fast-paced lives: access to inner strength and wisdom. The secret is learning how to be present, first with yourself, and then with others. In *Get Present*, Yao teaches readers how to access an infinite supply of energy, resilience, innovation, and compassion. Getting present will not only improve how you lead, but will also transform your career, relationships, health, and even our world.

### I Will Always Write Back, Martin Ganda

It started as an assignment. Everyone in Caitlin's class wrote to an unknown student somewhere in a distant place. Martin was lucky to even receive a pen-pal letter. There were only ten letters, and fifty kids in his class. But he was the top student, so he got the first one. That letter was the beginning of a correspondence that spanned six years and changed two lives. In this compelling dual memoir, Caitlin and Martin recount how they became best friends --and better people--through their long-distance exchange. Their story will inspire you to look beyond your own life and wonder about the world at large and your place in it.

### 10% Happier, Daniel Harris

After having a nationally televised panic attack, Dan Harris knew he had to make some changes. A lifelong nonbeliever, he found himself on a bizarre adventure involving a disgraced pastor, a mysterious self-help guru, and a gaggle of brain scientists. Eventually, Harris realized that the source of his problems was the very thing he always thought was his greatest asset: the incessant, insatiable voice in his head, which had propelled him through the ranks of a hypercompetitive business, but had also led him to make the profoundly stupid decisions that provoked his on-air freak-out. Eventually Harris stumbled upon an effective way to rein in that voice, something he always assumed to be either impossible or useless: meditation, a tool that research suggests can do everything from lower your blood pressure to essentially rewire your brain. *10% Happier* takes readers on a ride from the outer reaches of neuroscience to the inner sanctum of network news to the bizarre fringes of America's spiritual scene, and leaves them with a takeaway that could actually change their lives.

### Steve Jobs biography, Walter Isaacson

Based on more than forty interviews with Steve Jobs conducted over two years—as well as interviews with more than 100 family members, friends, adversaries, competitors, and colleagues—Walter Isaacson has written a riveting story of the roller-coaster life and searingly intense personality of a creative entrepreneur whose passion for perfection and ferocious drive revolutionized six industries: personal computers, animated movies, music, phones, tablet computing, and digital publishing. Isaacson's portrait touched millions of readers.

At a time when America is seeking ways to sustain its innovative edge, Jobs stands as the ultimate icon of inventiveness and applied imagination. He knew that the best way to create value in the twenty-first century was to connect creativity with technology. He built a company where leaps of the imagination were combined with remarkable feats of engineering.

Although Jobs cooperated with the author, he asked for no control over what was written. He put nothing off-limits. He encouraged the people he knew to speak honestly. He himself spoke candidly about the people he worked with and competed against.

### How to Win Friends and Influence People, Dale Carnegie

For more than sixty years the rock-solid, time-tested advice in this book has carried thousands of now famous people up the ladder of success in their business and personal lives.

Now this previously revised and updated bestseller is available in trade paperback for the first time to help you achieve your maximum potential throughout the next century!

Learn:

- \* Three fundamental techniques in handling people
- \* The six ways to make people like you
- \* The twelve ways to win people to your way of thinking
- \* The nine ways to change people without arousing resentment

### How to Stop Worrying and Start Living, Dale Carnegie

Through Dale Carnegie's six-million-copy bestseller recently revised, millions of people have been helped to overcome the worry habit. Dale Carnegie offers a set of practical formulas you can put to work today. In our fast-paced world—formulas that will last a lifetime and deals with fundamental emotions and ideas to improve you!

Discover how to:

- Eliminate fifty percent of business worries immediately
- Reduce financial worries
- Avoid fatigue—and keep looking young
- Add one hour a day to your waking life
- Find yourself and be yourself—remember there is no one else on earth like you!

### 7 Habits of Highly Effective People, Stephen Covey

One of the most inspiring and impactful books ever written. *The 7 Habits Of Highly Effective People* is a comprehensive program based on developing an awareness of how perceptions and assumptions hinder success---in business as well as personal relationships. Here's an approach that will help broaden your way of thinking and lead to greater opportunities and effective problem solving. Be Pro-Active: Take the initiative and the responsibility to make things happen. Begin With an End in Mind: Start with a clear destination to understand where you are now, where you're going and what you value most. Put First Things First: Manage yourself. Organize and execute around priorities. Think Win/Win: See life as a cooperative, not a comprehensive arena where success is not achieved at the expense or exclusion of the success of others. Seek First to Understand: Understand then be understood to build the skills of empathetic listening that inspires openness and trust. Synergize: Apply the principles of cooperative creativity and value differences. Renewal: Preserving and enhancing your greatest asset, yourself, by renewing the physical, spiritual, mental and social/emotional dimensions of your nature.

### Psycho-Cybernetics, Dr. Maxwell Maltz

Put more living in your life! *Psycho-Cybernetics* is renowned doctor and professor Maxwell Maltz's simple, scientific, and revolutionary program for health and success. Happiness and success are habits. So are failure and misery. But negative habits can be changed—and *Psycho-Cybernetics* shows you how! This is your personal guide to the amazing power of *Psycho-Cybernetics*—a program based on one of the world's classic self-help books, a multimillion-copy bestseller proven effective by readers worldwide. Presenting positive attitude as a means for change, Maltz's teaching has the ring of common sense. *Psycho-Cybernetics* is the original text that defined the mind/body connection—the concept that paved the way for most of today's personal empowerment programs. Turn crises into creative opportunities, dehypnotize yourself from false beliefs, and celebrate new freedom from fear and guilt. Testimonials and stories are interspersed with advice from Maltz, as well as techniques for relaxation and visualization. Dr. Maxwell Maltz teaches you his techniques of “emotional surgery”—the path to a dynamic new self-image and self-esteem and to achieving the success and happiness you deserve!

### Crazy Wisdom, Wes 'Scoop' Nisker

Take a wild and rickety ride through the philosophies of the East and West to discover the madmen, dreamers, and unconventional wisdom seekers in the abridged, better-than-ever version of our best-selling cult classic. **THE ESSENTIAL CRAZY WISDOM** delivers the most significant, most lunatic, and most compelling insights of the ages. Scoop Nisker patches together the unorthodox teachings that have bubbled up through the words of such crazy visionaries as Rumi, Gautama the Buddha, Mark Twain, Lao Tzu, Albert Einstein, Mahatma Gandhi, Allen Ginsberg, and Lily Tomlin. Discover the common thread in these multiple perspectives and travel on this comedic course to enlightenment! Original edition sold over 40,000 copies.

#### Life's Little Instruction Booklet, H. Jackson Browne, Jr.

*The Complete Life's Little Instruction Book* contains the 1,560 entries found in all three volumes of the *New York Times* Bestselling *Life's Little Instruction Book* series. Bound in a deluxe, maroon, leather edition, this collectible hardcover makes a perfectly elegant gift for any occasion. Though originally written as a gift from a father to a son, its simple message has been enjoyed by men and women of all ages.

"Most of us already know how to live a successful and purposeful life," says the author.

"We know we should be understanding and thoughtful, responsible, courageous, and appreciative. It's just that we sometimes need reminding." *Life's Little Instruction Book* is that reminder.

#### The Greatest Salesman in the World, Og Mandino

*The Greatest Salesman in the World* is a tiny book, and it is a treasure. First published in 1968, Og Mandino's classic remains an invaluable guide to a philosophy of salesmanship. Mandino's clear, simple writing style supports his purpose: to make the principles of sales known to a wide audience. A parable set in the time just prior to Christianity, *The Greatest Salesman in the World* weaves mythology with spirituality into a much needed message of inspiration in this culture of self-promotion. Mandino believes that to be a good salesperson, you must believe in yourself and the work you are doing. It is a simple but profound spiritual philosophy about how to succeed in the world's marketplace, easily understood and easy to take to heart

#### Way of the Peaceful Warrior, Dan Millman

*Way of the Peaceful Warrior* is based on the story of Dan Millman, a world champion athlete, who journeys into realms of romance and magic, light and darkness, body, mind, and spirit. Guided by a powerful old warrior named Socrates and tempted by an

elusive, playful woman named Joy, Dan is led toward a final confrontation that will deliver or destroy him. Readers join Dan as he learns to live as a peaceful warrior. This international bestseller conveys piercing truths and humorous wisdom, speaking directly to the universal quest for happiness.

### Outliers: The Story of Success, Malcolm Gladwell

In this stunning new book, Malcolm Gladwell takes us on an intellectual journey through the world of "outliers"--the best and the brightest, the most famous and the most successful. He asks the question: what makes high-achievers different? His answer is that we pay too much attention to what successful people are like, and too little attention to where they are from: that is, their culture, their family, their generation, and the idiosyncratic experiences of their upbringing. Along the way he explains the secrets of software billionaires, what it takes to be a great soccer player, why Asians are good at math, and what made the Beatles the greatest rock band. Brilliant and entertaining, *Outliers* is a landmark work that will simultaneously delight and illuminate.

### The Tipping Point, Malcolm Gladwell

The tipping point is that magic moment when an idea, trend, or social behavior crosses a threshold, tips, and spreads like wildfire. Just as a single sick person can start an epidemic of the flu, so too can a small but precisely targeted push cause a fashion trend, the popularity of a new product, or a drop in the crime rate. This widely acclaimed bestseller, in which Malcolm Gladwell explores and brilliantly illuminates the tipping point phenomenon, is already changing the way people throughout the world think about selling products and disseminating ideas.

### Difficult Conversations, Douglas Stone

We attempt or avoid difficult conversations every day--whether dealing with an underperforming employee, disagreeing with a spouse, or negotiating with a client. From the Harvard Negotiation Project, the organization that brought you *Getting to Yes*, *Difficult Conversations* provides a step-by-step approach to having those tough conversations with less stress and more success. you'll learn how to:

- Decipher the underlying structure of every difficult conversation
- Start a conversation without defensiveness
- Listen for the meaning of what is not said
- Stay balanced in the face of attacks and accusations
- Move from emotion to productive problem solving

### The Paleo Solution, Robb Wolf

Do you want to lose fat and stay young, all while avoiding cancer, diabetes, heart disease, Parkinson's, Alzheimer's and a host of other illnesses? *The Paleo Solution* incorporates the latest, cutting edge research from genetics, biochemistry and anthropology to help you look, feel and perform your best. Written by Robb Wolf, a research biochemist who traded in his lab coat and pocket protector for a whistle and a stopwatch to become one of the most sought after strength and conditioning coaches in

the world. With Robb's unique perspective as both scientist and coach you will learn how simple nutrition, exercise and lifestyle changes can radically change your appearance and health for the better.

### The Five Love Languages, Gary Chapman

Falling in love is easy. Staying in love—that's the challenge. How can you keep your relationship fresh and growing amid the demands, conflicts, and just plain boredom of everyday life? In the #1 *New York Times* bestseller *The 5 Love Languages*, you'll discover the secret that has transformed millions of relationships worldwide. Whether your relationship is flourishing or failing, Dr. Gary Chapman's proven approach to showing and receiving love will help you experience deeper and richer levels of intimacy with your partner—starting today.

*The 5 Love Languages* is as practical as it is insightful. Updated to reflect the complexities of relationships today, this new edition reveals intrinsic truths and applies relevant, actionable wisdom in ways that work. Includes the Couple's Personal Profile assessment so you can discover your love language and that of your loved one.

### No Drama Discipline, Daniel Siegel and Tina Payne Bryson

Highlighting the fascinating link between a child's neurological development and the way a parent reacts to misbehavior, *No-Drama Discipline* provides an effective, compassionate road map for dealing with tantrums, tensions, and tears—without causing a scene. Defining the true meaning of the “d” word (to instruct, *not* to shout or reprimand), the authors explain how to reach your child, redirect emotions, and turn a meltdown into an opportunity for growth. By doing so, the cycle of negative behavior (and punishment) is essentially brought to a halt, as problem solving becomes a win/win situation. Inside this sanity-saving guide you'll discover:

- strategies that help parents identify their own discipline philosophy—and master the best methods to communicate the lessons they are trying to impart
- facts on child brain development—and what kind of discipline is most appropriate and constructive at all ages and stages
- the way to calmly and lovingly connect with a child—no matter how extreme the behavior—while still setting clear and consistent limits
- tips for navigating your child through a tantrum to achieve insight, empathy, and repair
- twenty discipline mistakes even the best parents make—and how to stay focused on the principles of whole-brain parenting and discipline techniques

Complete with candid stories and playful illustrations that bring the authors' suggestions to life, *No-Drama Discipline* shows you how to work with your child's developing mind, peacefully resolve conflicts, and inspire happiness and strengthen resilience in everyone in the family.

### Siblings Without Rivalry, Adele Faber

This wise, groundbreaking book gives parents the practical tools they need to cope with conflict, encourage cooperation, reduce competition, and make it possible for children to experience the joys of their special relationship. With humor and understanding—much gained from raising their own children—Faber and Mazlish explain how and when to intervene in fights, provide suggestions on how to help children channel their hostility into creative outlets, and demonstrate how to treat children unequally and still be fair. Updated to incorporate fresh thoughts after years of conducting workshops for parents and professionals, this edition also includes a new afterword.

### How to Talk So Kids Will Listen & Listen So Kids Will Talk, Adele Faber

The ultimate “parenting bible” (*The Boston Globe*) with a new foreword—and available as an ebook for the first time—a timeless, beloved book on how to effectively communicate with your child from the #1 *New York Times* bestselling authors. Internationally acclaimed experts on communication between parents and children, Adele Faber and Elaine Mazlish “are doing for parenting today what Dr. Spock did for our generation” (*Parent Magazine*). Now, this bestselling classic includes fresh insights and suggestions as well as the author's time-tested methods to solve common problems and build foundations for lasting relationships, including innovative ways to:

- Cope with your child's negative feelings, such as frustration, anger, and disappointment
- Express your strong feelings without being hurtful
- Engage your child's willing cooperation

- Set firm limits and maintain goodwill
- Use alternatives to punishment that promote self-discipline
- Understand the difference between helpful and unhelpful praise
- Resolve family conflicts peacefully

Enthusiastically praised by parents and professionals around the world, the down-to-earth, respectful approach of Faber and Mazlish makes relationships with children of all ages less stressful and more rewarding.

### The Cave and the Light: Plato versus Aristotle, and the Struggle for the Soul of Western Civilization, Arthur Herman

Herman (How the Scots Invented the Modern World, 2002) boils Western philosophy and culture down to two competing notions: the idealism of Plato and the empiricism of Aristotle. Plato, says Herman, asks, "How do you want your world to be?"; Aristotle, on the other hand, asks, "How do you fit into the world that already exists?" Walking through two and a half millennia of Western thought, Herman emphasizes that the two philosophies—the material and the spiritual aspects of existence—have repeated themselves through Western history, waxing and waning and remaining in tension with each other to the present day. Romanticism? Poetry? Totalitarian dogmatism? That's Plato. The U.S. Constitution? The Manhattan Project? Modern consumer culture? That's Aristotle. If it sounds like a sweeping polemic, that's because it is; Herman seems to revel in overbroad claims, particularly when he's talking about modern phenomena. Beneath all the broad assertions and polemic showiness, however, lies a serious argument for the primacy of Plato and Aristotle and the essential dynamism of a culture that embraces both philosophies.

### The Last Lecture, Randy Pausch

A lot of professors give talks titled "The Last Lecture." Professors are asked to consider their demise and to ruminate on what matters most to them. And while they speak, audiences can't help but mull the same question: What wisdom would we impart to the world if we knew it was our last chance? If we had to vanish tomorrow, what would we want as our legacy? When Randy Pausch, a computer science professor at Carnegie Mellon, was asked to give such a lecture, he didn't have to imagine it as his last, since he had recently been diagnosed with terminal cancer. But the lecture he gave—"Really Achieving Your Childhood Dreams"—wasn't about dying. It was about the importance of overcoming obstacles, of enabling the dreams of others, of seizing every moment (because "time is all you have...and you may find one day that you have less than you think"). It was a summation of everything Randy had come to believe. It was about living. In this book, Randy Pausch has combined the humor, inspiration and intelligence that made his lecture such a phenomenon and given it an indelible form. It is a book that will be shared for generations to come. "We cannot change the cards we are dealt, just



how we play the hand." --Randy Pausch

### Jon Gordon Box Set, Jon Gordon

The fables included in *The Jon Gordon Box Set* have inspired readers around the world. For the first time, eight of Jon Gordon's most engaging and powerful fables are together in one limited edition box set. The collection will fuel your life, work, and team with vision, passion, positivity, and purpose. Gordon's masterful storytelling and meaningful messages makes the set a perfect gift for professional colleagues, students, and families alike.

Jon Gordon has worked closely with numerous Fortune 500 companies, professional and college sports teams, hospitals, and leaders in business and education to develop positive and high performing teams. His empowering messages are captured in the timeless fables included in this limited edition box set:

- *The Energy Bus: 10 Rules to Fuel Your Life, Work, and Team with Positive Energy*
- *Training Camp: What the Best Do Better Than Everyone Else*
- *The No Complaining Rule: Positive Ways to Deal with Negativity at Work*
- *The Shark and the Goldfish: Positive Ways to Thrive During Waves of Change*
- *Soup: A Recipe to Nourish Your Team and Culture*
- *The Seed: Finding Purpose and Happiness in Life and Work*
- *The Positive Dog: A Story About the Power of Positivity*
- *The Carpenter: A Story About the Greatest Success Strategies of All*

This powerful and inspiring collection of fables from bestselling author Jon Gordon features lessons and insight that will empower you to make positive changes in your professional and personal life.

### Tuesdays with Morrie, Mitch Albom

Maybe it was a grandparent, or a teacher, or a colleague. Someone older, patient and wise, who understood you when you were young and searching, helped you see the world as a more profound place, gave you sound advice to help you make your way through it. For Mitch Albom, that person was Morrie Schwartz, his college professor from nearly twenty years ago. Maybe, like Mitch, you lost track of this mentor as you made your way, and the insights faded, and the world seemed colder. Wouldn't you like to see that person again, ask the bigger questions that still haunt you, receive wisdom for your busy life today the way you once did when you were younger? Mitch Albom had that second chance. He reconnected with Morrie in the last months of the older man's life. Knowing he was dying, Morrie visited with Mitch in his study every Tuesday, just as they used to back in college. Their rekindled relationship turned into one final "class:" lessons in how to live. *Tuesdays with Morrie* is a magical chronicle of their time together, through which Mitch shares Morrie's lasting gift with the world.

### Don't Sweat the Small Stuff, Richard Carlson

This groundbreaking inspirational guide--a classic in the self-help genre--shows you how to put challenges in perspective, reduce stress and anxiety through small daily

changes, and find the path to achieving your goals. Among the insights it reveals are how to:

- Think of your problems as potential "teachers"
- Do one thing at a time
- Share glory with others
- Learn to trust your intuitions

Got a stress case in your life? Of course you do: "Without question, many of us have mastered the neurotic art of spending much of our lives worrying about a variety of things all at once." Carlson's cheerful book aims to make us stop and smell--if not roses--whatever is sitting in front of our noses. *Don't Sweat the Small Stuff...* offers 100 meditations designed to make you appreciate being alive, keep your emotions (especially anger and dissatisfaction) in proper perspective, and cherish other people as the unique miracles they are. It's an owner's manual of the heart, and if you follow the directions, you will be a happier, more harmonious person. Like Stairmasters, oat bran, and other things that are good for you, the meditations take discipline.

### Freakonomics, Steven Levitt and Stephen Dubner

Which is more dangerous, a gun or a swimming pool?

What do schoolteachers and sumo wrestlers have in common?

How much do parents really matter? These may not sound like typical questions for an economist to ask. But Steven D. Levitt is not a typical economist. He studies the riddles of everyday life—from cheating and crime to parenting and sports—and reaches conclusions that turn conventional wisdom on its head. *Freakonomics* is a groundbreaking collaboration between Levitt and Stephen J. Dubner, an award-winning author and journalist. They set out to explore the inner workings of a crack gang, the truth about real estate agents, the secrets of the Ku Klux Klan, and much more. Through forceful storytelling and wry insight, they show that economics is, at root, the study of incentives—how people get what they want or need, especially when other people want or need the same thing.

### Getting Things Done, David Allen

Allen, a management consultant and executive coach, provides insights into attaining maximum efficiency and at the same time relaxing whenever one needs or wants to. Readers learn that there is no single means for perfecting organizational efficiency or productivity; rather, the author offers tools to focus energies strategically and tactically without letting anything fall through the cracks. He provides tips, techniques, and tricks

for implementation of his workflow management plan, which has two basic components: capture all the things that need to get done into a workable, dependable system; and discipline oneself to make front-end decisions with an action plan for all inputs into that system. In short, do it (quickly), delegate it (appropriately), or defer it. While an infomercial for the author's consulting practice, this road map for organizational efficiency may help many who have too much to do in too little time, both professionally and in their personal lives.

#### Small Great Things, Jodi Picoult

Ruth Jefferson is a labor and delivery nurse at a Connecticut hospital with more than twenty years' experience. During her shift, Ruth begins a routine checkup on a newborn, only to be told a few minutes later that she's been reassigned to another patient. The parents are white supremacists and don't want Ruth, who is African American, to touch their child. The hospital complies with their request, but the next day, the baby goes into cardiac distress while Ruth is alone in the nursery. Does she obey orders or does she intervene? Ruth hesitates before performing CPR and, as a result, is charged with a serious crime. Kennedy McQuarrie, a white public defender, takes her case but gives unexpected advice: Kennedy insists that mentioning race in the courtroom is not a winning strategy. Conflicted by Kennedy's counsel, Ruth tries to keep life as normal as possible for her family—especially her teenage son—as the case becomes a media sensation. As the trial moves forward, Ruth and Kennedy must gain each other's trust, and come to see that what they've been taught their whole lives about others—and themselves—might be wrong. With incredible empathy, intelligence, and candor, Jodi Picoult tackles race, privilege, prejudice, justice, and compassion—and doesn't offer easy answers. *Small Great Things* is a remarkable achievement from a writer at the top of her game.

#### The Richest Man in Babylon, George Clason

Countless readers have been helped by the famous "Babylonian parables," hailed as the greatest of all inspirational works on the subject of thrift, financial planning, and personal wealth. In language as simple as that found in the Bible, these fascinating and

informative stories set you on a sure path to prosperity and its accompanying joys. Acclaimed as a modern-day classic, this celebrated bestseller offers an understanding of—and a solution to—your personal financial problems that will guide you through a lifetime. This is the book that holds the secrets to keeping your money—and making more. May they prove for you, as they have proven for millions of others, a sure key to gratifying financial progress.

#### The Power of Positive Thinking, Norman Vincent Peale

An international bestseller with over five million copies in print, *The Power of Positive Thinking* has helped men and women around the world to achieve fulfillment in their lives through Dr. Norman Vincent Peale's powerful message of faith and inspiration. In this phenomenal bestseller, "written with the sole objective of helping the reader achieve a happy, satisfying, and worthwhile life," Dr. Peale demonstrates the power of faith in action. With the practical techniques outlined in this book, you can energize your life—and give yourself the initiative needed to carry out your ambitions and hopes. You'll learn how to:

- Believe in yourself and in everything you do
- Build new power and determination
- Develop the power to reach your goals
- Break the worry habit and achieve a relaxed life
- Improve your personal and professional relationships
- Assume control over your circumstances
- Be kind to yourself

#### The Power of Now, Eckhart Tolle

Much more than simple principles and platitudes, the book takes readers on an inspiring spiritual journey to find their true and deepest self and reach the ultimate in personal growth and spirituality: the discovery of truth and light. In the first chapter, Tolle introduces readers to enlightenment and its natural enemy, the mind. He awakens

readers to their role as a creator of pain and shows them how to have a pain-free identity by living fully in the present. The journey is thrilling, and along the way, the author shows how to connect to the indestructible essence of our Being, "the eternal, ever-present One Life beyond the myriad forms of life that are subject to birth and death." Featuring a new preface by the author, this paperback shows that only after regaining awareness of Being, liberated from Mind and intensely in the Now, is there Enlightenment.

#### The Five People You Meet in Heaven, Mitch Albom

Eddie is a grizzled war veteran who feels trapped in a meaningless life of fixing rides at a seaside amusement park. His days are a dull routine of work, loneliness, and regret.

Then, on his 83rd birthday, Eddie dies in a tragic accident, trying to save a little girl from a falling cart. He awakens in the afterlife, where he learns that heaven is not a lush Garden of Eden, but a place where your earthly life is explained to you by five people. These people may have been loved ones or distant strangers. Yet each of them changed your path forever. One by one, Eddie's five people illuminate the unseen connections of his earthly life. As the story builds to its stunning conclusion, Eddie desperately seeks redemption in the still-unknown last act of his life: Was it a heroic success or a devastating failure? The answer, which comes from the most unlikely of sources, is as inspirational as a glimpse of heaven itself. In *The Five People You Meet in Heaven*, Mitch Albom gives us an astoundingly original story that will change everything you've ever thought about the afterlife--and the meaning of our lives here on earth. With a timeless tale, appealing to all, this is a book that readers of fine fiction, and those who loved *Tuesdays with Morrie*, will treasure.

#### Chop Wood Carry Water, Joshua Medcalf

Guided by "Akira-sensei," John comes to realize the greatest adversity on his journey will be the challenge of defeating the man in the mirror. This powerful story of one boy's journey to achieve his life long goal of becoming a samurai warrior, brings the Train to be Clutch curriculum to life in a powerful and memorable way.

### Black Like Me, John Howard Griffin

Griffin's mid-century classic on race brilliantly withstands the test of time. Concerned by the lack of communication between the races and wondering what "adjustments and discriminations" he would face as a Negro in the Deep South, the late author, a journalist and self-described "specialist in race issues," left behind his privileged life as a Southern white man to step into the body of a stranger. In 1959, Griffin headed to New Orleans, darkened his skin and immersed himself in black society, then traveled to several states until he could no longer stand the racism, segregation and degrading living conditions. What happened to John Howard Griffin—from the outside and within himself—as he made his way through the segregated Deep South is recorded in this searing work of nonfiction. His audacious, still chillingly relevant eyewitness history is a work about race and humanity every American must read.

### The Precious Present, Spencer Johnson

"The precious present has nothing to do with wishing. The richness of the precious present comes from its own source. The precious present is not something that someone gives you. It is something that you give to yourself." The parable of *The Precious Present* is a quiet one to muse upon and sit with, and finally to take into your heart. Spencer Johnson, coauthor of the bestselling business classic [\*The One Minute Manager\*](#), has created a simple path for the reader to follow in the search for peace and clarity. While *The Precious Present* may read like a children's book for adults, its slow pace requires the mind to quiet down so that it can really register the meaning of Johnson's words. "The Present Is Simply Who I Am Just The Way I Am... Right Now. And It Is Precious." We may be familiar with this philosophy in theory, but the experience of reading *The Precious Present* is truly synchronous with its message.

### Happiness Is, Lisa Swerling

This is THE new happiness book. From Ralph Lazar and Lisa Swerling, famed illustrators and *New York Times* bestselling authors of *Me Without You*, this adorable gift book illustrates 500 things to be happy about. Happiness is . . . an unexpected bouquet, watching the sea, fixing something, a good high five, and so much more! The charming, make-you-smile illustrations hit just the right note—not too sappy, not too sweet—and remind us that there are dozens of things to be happy about every day. A universally appealing gift for birthdays, graduations, holidays, or a little pick-me-up, this cheerful collection is sure to be a hit year after year!

### A Philosopher's Notes, Brian Johnson

Isn't it a bit odd that we went from Science to Math to History but somehow missed the class on how to live? For some wacky reason "Optimal Living 101" didn't make the schedule... But imagine if that class *did* exist and the teachers included everyone from

the old school philosophers like Socrates, Marcus Aurelius, Emerson, Nietzsche and Buddha to modern sages like Joseph Campbell, Paulo Coelho, Dan Millman, Deepak Chopra, Byron Katie, Eckhart Tolle and Wayne Dyer plus the world's leading positive psychologists like Sonja Lyubomirsky, Tal Ben-Shahar and Martin Seligman who are \*scientifically\* establishing how we can live with more happiness, meaning and mojo. Think of this book as a Philosopher's notes on that awesome class. From "Spiritual Farts" and "110-Year Old You"s to "The Tolle Trap" and "Blissipline," you'll have fun getting your wisdom on in this inspiring, playful, wise and practical little book as Brian Johnson shares one hundred of his favorite Big Ideas on how to create a life brimming with a radiant enthusiasm only discovered when we align with the fundamentals of Optimal Living.

### The Centrist Manifesto, Charles Wheelan

From debt ceiling standoffs to single-digit Congress approval ratings, America's political system has never been more polarized—or paralyzed—than it is today. As best-selling author and public policy expert Charles Wheelan writes, now is the time for a pragmatic Centrist party that will identify and embrace the best Democratic and Republican ideals, moving us forward on the most urgent issues for our nation. Wheelan—who not only lectures on public policy but practices it as well (he ran unsuccessfully for Congress in 2009)—brings even more than his usual wit and clarity of vision to *The Centrist Manifesto*. He outlines a realistic ground game that could net at least five Centrist senators from New England, the Midwest, and elsewhere. With the power to deny a red or blue Senate majority, committed Centrists could take the first step toward giving voice and power to America's largest, and most rational, voting bloc: the center.

### Jonathan Livingston Seagull, Richard Bach

People who make their own rules when they know they're right...people who get a special pleasure out of doing something well (even if only for themselves)...people who know there's more to this whole *living* thing than meets the eye: they'll be with Jonathan Seagull all the way. Others may simply escape into a delightful adventure about freedom and flight. Either way it's an uncommon treat.

### As a Man Thinketh, James Allen

Eminently quotable and full of practical advice for individuals who want to better themselves, *As a Man Thinketh* is an essential little volume published in 1902 which explains and promotes the direct connection between our thoughts and our happiness. Do you believe in the power of positive thinking yet remain unclear as to how that power can be harnessed in your life? James Allen's *As a Man Thinketh* explains and promotes the direct connection between what we think and the direction our lives take. Part of the

New Thought Movement, Allen reveals the secrets to having the most fulfilling existence possible, and it's easier than any of us could have imagined. You, too, can learn how to master the output of your brain in order to obtain the personal success of which you have always until now merely dreamed.

#### The Butterfly Effect, Andy Andrews.

The decisions you make and the way you treat others have more impact than you may ever realize. Speaker and *New York Times* best-selling author Andy Andrews shares a compelling and powerful story about a decision one man made over a hundred years ago, and the ripple effect it's had on us individually, and nationwide, today. It's a story that will inspire courage and wisdom in the decisions we make, as well as affect the way we treat others through our lifetime. Andrews speaks over 100 times a year, and *The Butterfly Effect* is his #1 most requested story.

#### The Right Stuff, Tom Wolfe

Millions of words have poured forth about man's trip to the moon, but until now few people have had a sense of the most engrossing side of the adventure; namely, what went on in the minds of the astronauts themselves - in space, on the moon, and even during certain odysseys on earth. It is this, the inner life of the astronauts, that Tom Wolfe describes with his almost uncanny empathetic powers, that made *The Right Stuff* a classic.

#### Timeless Wisdom, Gary Fenchuk

"Timeless Wisdom" is a powerful collection of the wisest, wittiest and most inspirational quotes of all time! Featuring over 100 new quotes of undeniable wisdom, this is a concise yet comprehensive guidebook on the "art of living".