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A groundbreaking exploration of the neuroscience of spirituality and a bold new paradigm for health, healing, and resilience—from a New York Times bestselling author and award-winning researcher “A new revolution of health and well-being and a testament to, and celebration of, the power within.”—Deepak Chopra, MD Whether it’s meditation or a walk in nature, reading a sacred text or saying a prayer, there are many ways to tap into a heightened awareness of the world around you and your place in it. In *The Awakened Brain*, psychologist Dr. Lisa Miller shows you how. Weaving her own deeply personal journey of

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awakening with her groundbreaking research, Dr. Miller's book reveals that humans are universally equipped with a capacity for spirituality, and that our brains become more resilient and robust as a result of it. For leaders in business and government, truth-seekers, parents, healers, educators, and any person confronting life's biggest questions, *The Awakened Brain* combines cutting-edge science (from MRI studies to genetic research, epidemiology, and more) with on-the-ground application for people of all ages and from all walks of life, illuminating the surprising science of spirituality and how to engage it in our lives:

- The awakened decision is the better decision. With an awakened perception, we are more creative, collaborative, ethical, and innovative.
- The awakened brain is the healthier brain. An engaged spiritual life enhances grit,

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optimism, and resilience while providing insulation against addiction, trauma, and depression. • The awakened life is the inspired life. Loss, uncertainty, and even trauma are the gateways by which we are invited to move beyond merely coping with hardship to transcend into a life of renewal, healing, joy, and fulfillment. Absorbing, uplifting, and ultimately enlightening, *The Awakened Brain* is a conversation-starting saga of scientific discovery packed with counterintuitive findings and practical advice on concrete ways to access your innate spirituality and build a life of meaning and contribution. Fascinating, bizarre, and educational true-life medical stories retold in cartoon form by the creator of the bestselling *Heart and Brain* book series. Mysterious illnesses. Freakish injuries. X-rays revealing something weird that got stuck in your foot. These strange but true stories are

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among the 24 medical tales retold in hilarious fashion by New York Times bestselling author/illustrator Nick Seluk. Featuring fascinating stories submitted by people all over the world, *How I Broke Up with My Colon* is an educational and highly entertaining tour through the bizarre workings of the human body.

"... author Sarah Andersen uses hilarious (and adorable) comics to illustrate the very specific growing pains that occur on your way to becoming a mature, put-together grownup. Andersen's spot-on illustrations also show how to navigate this newfound adulthood once you arrive, since maturity is equally as hard to maintain as it is to find ... " --The Huffington Post Sarah valiantly struggles with waking up in the morning, being productive, and dealing with social situations. *Sarah's Scribbles* is the comic strip that follows her life, finding humor in living as an adulting

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introvert that is at times weird, awkward, and embarrassing. The third collection of Sarah's Scribbles comics includes never-before-published comics and an illustrated essay about struggles with sexism, personal growth, and the rewards and challenges of sharing your creative work with millions of readers online.

The world's finest parenting cartoon featuring ducks presents a comprehensive view of the early parenting years in all of their maddening cuteness and sanity-depriving chaos. In addition to dozens of previously unpublished cartoons, *Fowl Language: Winging It* is organized into 12 thematic chapters—including "Babies: Oh Dear God, What Have We Done?"; "Siblings: Best Frenemies Forever"; and "Sleep: Everybody Needs It, Nobody's Gettin' It"—each of which begins with a hilarious, illustrated 500-word essay. Fans of *Poorly Drawn Lines*, Liz Climo,

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Randall Munroe, and The Oatmeal will love this riotous collection marking the return of optimistic Heart and analytical Brain with over 60 brand-new, never-before-seen comics. Vigorously demanded and highly anticipated, Heart and Brain: Gut Instincts is the follow-up to the tremendously popular New York Times bestseller, Heart and Brain: An Awkward Yeti Collection. The Awkward Yeti's Heart and Brain comics perfectly illustrate the ongoing, internal struggle betwixt head and heart. Heart and Brain: Gut Instincts features the same lovable characters as the first book and introduces a host of other vital organs like insatiable Tongue, irritable Bowels, and abused Stomach.

#1 NEW YORK TIMES BESTSELLER A REESE WITHERSPOON x HELLO SUNSHINE BOOK CLUB PICK A PENGUIN BOOK CLUB PICK

"Beautifully written and incredibly funny.

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.. I fell in love with Eleanor; I think you will fall in love, too!" --Reese Witherspoon

Smart, warm, uplifting, the story of an out-of-the-ordinary heroine whose deadpan weirdness and unconscious wit make for an irresistible journey as she realizes the only way to survive is to open her heart. No one's ever told Eleanor that life should be better than fine. Meet Eleanor Oliphant: She struggles with appropriate social skills and tends to say exactly what she's thinking. Nothing is missing in her carefully timetabled life of avoiding social interactions, where weekends are punctuated by frozen pizza, vodka, and phone chats with Mummy. But everything changes when Eleanor meets Raymond, the bumbling and deeply unhygienic IT guy from her office. When she and Raymond together save Sammy, an elderly gentleman who has fallen on the sidewalk, the three become the kinds of

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friends who rescue one another from the lives of isolation they have each been living. And it is Raymond's big heart that will ultimately help Eleanor find the way to repair her own profoundly damaged one.

Based on the popular webcomic *The Pigeon Gazette!* Follow artist Jane Zei through the everyday rollercoaster of a quarter-life crisis—when high-flying optimism meets cold, hard adulthood during the journey from college to a full-time career. With favorites from viral webcomic *The Pigeon Gazette*, along with never-before seen comics, *Success is 90% Spite* is a reminder that there's nothing you can't achieve through hard work, persistence—and really wanting to prove someone else wrong. • A hilarious and high-energy collection that captures the all-too-real difficulties of life as a 20-something in a modern world • Comics



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follow Jane's endearingly awkward and whimsical efforts to navigate adulthood. • Covers a range of topics in both short, four-panel, and longer-form comics When life gives you lemons . . . throw those suckers back into life's stupid face and make your own success. From choosing Lord of the Rings over love, to mastering pooping etiquette in the workplace, Jane's existential adventures are told with an extra dose of narrative imagination, extended jokes on inane topics, and daydreams. • The Pigeon Gazette has been featured in articles by Huffington Post, Bored Panda, and BuzzFeed • Great book for fans of funny webcomics, internet humor, and any millennial trying to make their way in the world • Add it to the collection of books like *Adulthood Is a Myth: A Sarah's Scribbles Collection* by Sarah Andersen, *Am I There Yet?: The Loop-de-loop, Zigzagging Journey to*

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Adulthood by Mari Andrew, and It's All Absolutely Fine: Life Is Complicated So I've Drawn It Instead by Ruby Elliot Boasting more than two million pageviews per month, TheAwkwardYeti.com has become a webcomic staple since its creation in 2012. In addition to tons of fan favorites, Heart and Brain contains more than 75 brand new comics that have never been seen online. From paying taxes and getting up for work to dancing with kittens and starting a band, readers everywhere will relate to the ongoing struggle between Heart and Brain.

[A Novel](#)

[The Curious Incident of the Dog in the Night-Time](#)

[Faster Than Normal](#)

[Rejection Proof](#)

[Volume 1](#)

[Stories](#)

[Eleanor Oliphant Is Completely Fine](#)

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[Fowl Language: Winging It](#)

[Welcome to Parenting](#)

[The Art of Imperfect Parenting](#)

[How I Broke Up with My Colon](#)

[Big Mushy Happy Lump](#)

**A hilarious nonfiction picture book from the New York Times bestselling author and creator of Awkward Yeti. Oh hey, guess what? The Sun never stops working to keep things on Earth running smoothly.**

**(That's why it's been Employee of the Month for 4.5 billion years.) So why does the Sun get to be the center of attention? Because it's our solar system's very own star! This funny and factual picture book from Awkward Yeti**

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creator Nick Seluk explains every part of the Sun's big job: keeping our solar system together, giving Earth day and night, keeping us warm, and more. In fact, the Sun does so much for us that we wouldn't be alive without it. That's kind of a big deal. Each spread features bite-sized text and comic-style art with sidebars sprinkled throughout. Anthropomorphized planets (and Pluto) chime in with commentary as readers learn about the Sun. For instance, Mars found someone's rover. Earth wants the Sun to do more stuff for it. And Jupiter just wants the Sun's

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**autograph. Funny, smart, and accessible, The Sun Is Kind of a Big Deal is a must-have!**

**"Featuring . . . personal anecdotes and filled with accessible resources, a celebrity doctor and his daughter present this . . . comprehensive guide to sex, relationships and consent in today's #Metoo era"--Provided by publisher.**

**For use in schools and libraries only. Fans of Poorly Drawn Lines, Liz Climo, Randall Munroe, and The Oatmeal will love this riotous collection marking the return of optimistic Heart and analytical Brain with over 60 brand-new,**

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**never-before-seen comics. Vigorously demanded and highly anticipated, Heart and Brain: Gut Instincts is the follow-up to the tremendously popular New York Times bestseller, Heart and Brain: An Awkward Yeti Collection. Heart and Brain: Gut Instincts features the same lovable characters as the first book and introduces a host of other vital organs like insatiable Tongue, irritable Bowels, and abused Stomach. From #1 New York Times bestseller Oliver Jeffers, comes a poignant and beautiful story about finding joy after loss. There is a wonder and magic to**

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childhood. We don't realize it at the time, of course . . . yet the adults in our lives do. They encourage us to see things in the stars, to find joy in colors and laughter as we play. But what happens when that special someone who encourages such wonder and magic is no longer around? We can hide, we can place our heart in a bottle and grow up . . . or we can find another special someone who understands the magic. And we can encourage them to see things in the stars, find joy among colors and laughter as they play. Oliver Jeffers delivers a remarkable book, a

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touching and resonant tale  
reminiscent of *The Giving Tree*  
that will speak to the hearts of  
children and parents alike.  
Reveals the hidden treasures  
of London's Natural History  
Museum and the people,  
research, and passions that  
created the museum, in a study  
of the social history of the  
scientific accomplishments of  
the past two centuries.  
**Heart and Brain: Body  
Language** continues the  
adventures of the loveably  
conflicted sentimental Heart  
and rational Brain, as well as  
other bodily inhabitants like  
Gallbladder, Muscle, and  
Tongue. Warm-hearted and



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**laugh-out-loud funny, these comics bring our inner struggles to vibrant, humorous life.**

**Centurions were the guardians of Rome. At the height of the Roman Republic there were over five thousand qualified Roman Centurions in the Legions. To be a Centurion required that, in a mostly illiterate society, one be able to read and write clearly, to be able to convey and create orders, to be capable of not only performing every skill of a Roman soldier but teach every skill of a Roman soldier. Becoming a Centurion required intense physical**

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**ability, courage beyond the norm, years of sacrifice and a total devotion to the philosophy which was Rome. When Rome fell to barbarian invaders, there were less than five hundred qualified Centurions. Not because Rome had fewer people but because it had fewer willing to make the sacrifices. And the last Centurions left their shields in the heather and took a barbarian bride . . . We are . . . The Last Centurions. At the publisher's request, this title is sold without DRM (Digital Rights Management). Oh hey, guess what? New York Times bestseller Nick Seluk**

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**has a hilarious new nonfiction picture book all about the world's biggest ecosystem -- the ocean! Have you ever thought about everything the ocean does for you? It changes the weather, creates oxygen, provides food, and is a great place to have fun, too! So why is the ocean such a big deal? Because we couldn't live without it! This funny and factual picture book from Heart and Brain creator Nick Seluk explains the science behind the ocean: its plant and animal life, its contribution to the world, and what we can do every day to protect it. Humans wouldn't be able to survive**

without a healthy ocean. That's kind of a big deal. Each spread features bite-sized text and comic-style art with sidebars sprinkled throughout.

Anthropomorphized marine animals help readers learn through funny jokes and comic panels. Funny, smart, and accessible, *The Ocean Is Kind of a Big Deal* is a must-have!

[\*\*The Awakened Brain\*\*](#)

[\*\*Adulthood Is a Myth\*\*](#)

[\*\*How I Beat Fear and Became Invincible Through 100 Days of Rejection\*\*](#)

[\*\*The Brain Is Kind of a Big Deal  
A Theory of Awkwardness\*\*](#)

[\*\*Herding Cats\*\*](#)

[\*\*The Secret Life of the Natural\*\*](#)

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**History Museum**

**Success Is 90% Spite**

**It Doesn't Have to Be Awkward**

**Comics by Cassandra Calin**

**I Left the House Today!**

**Well, That Was Awkward**

A new collection of short fiction from the Edgar Award-winning author of Devil in a Blue Dress and Trouble is What I Do. With his extraordinary fiction and gripping television writing, Walter Mosley has proven himself a master of narrative tension. The Awkward Black Man collects

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seventeen of Mosley's most accomplished short stories to showcase the full range of his remarkable talent.

Touching, contemplative, and always surprising, these stories introduce an array of imperfect characters—awkward, self-defeating, elf-involved, or just plain odd. In *The Awkward Black Man*, Mosley overturns the stereotypes that corral black male characters and paints subtle, powerful portraits of unique individuals. In

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"The Good News Is," a man's insecurity about his weight gives way to illness and a loneliness so intense that he'd do anything for a little human comfort. "Pet Fly," previously published in the New Yorker, follows a man working as a mailroom clerk—a solitary job for which he is overqualified—and the unforeseen repercussions he endures when he attempts to forge a new connection. And "Almost Alyce" chronicles failed

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loves, family loss, alcoholism, and a Zen approach to the art of begging that proves surprisingly effective. The wildly popular web comic SOPPY--with more than half a million notes on Tumblr--is the illustrated love story of author Philippa Rice and her real-life boyfriend. True love isn't always about the big romantic gestures. Sometimes it's about sympathizing with someone whose tea has gone cold or reading



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together and sharing a quilt. When two people move in together, it soon becomes apparent that the little things mean an awful lot. The throwaway moments in life become meaningful when you spend them in the company of someone you love. SOPPY is Philippa Rice's collection of comics and illustrations based on real-life moments with her boyfriend. From grocery shopping to silly arguments and snuggling in front of

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the television, SOPPY captures the universal experience of sharing a life together, and celebrates the beauty of finding romance all around us.

Jack Reacher finds himself in bad company in the second novel in Lee Child's New York Times bestselling series. Jack Reacher is an innocent bystander when he witnesses a woman kidnapped off a Chicago street in broad daylight. In the wrong place at the wrong time,

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he's kidnapped with her. Chained together, locked in the back of a stifling van, and racing across America to an unknown destination for an unknown purpose, they're at the mercy of a group of men demanding an impossible ransom. Because this mysterious woman is worth more than Reacher ever suspected. Now he has to save them both—from the inside out—or die trying...  
"This Guy's Comics Hilariously Sum Up the Truth About Being a

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Parent.”—Buzzfeed He's back, and he's totally got parenting figured out this time. KIDDING. It's another collection of Fowl Language comics, ripped from the headlines of this author's actual friggin' life. You'll laugh. You'll cry. You'll swear. It's almost exactly like a day of parenting, except without the annoying little people. A thought-provoking, original appraisal of the meaning of religion

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by the host of public radio's On Being Krista Tippett, widely becoming known as the Bill Moyers of radio, is one of the country's most intelligent and insightful commentators on religion, ethics, and the human spirit. With this book, she draws on her own life story and her intimate conversations with both ordinary and famous figures, including Elie Wiesel, Karen Armstrong, and Thich Nhat Hanh, to explore complex subjects

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like science, love, virtue, and violence within the context of spirituality and everyday life. Her way of speaking about the mysteries of life-and of listening with care to those who endeavor to understand those mysteries--is nothing short of revolutionary. A collection of cartoons, comics and artwork about our solar system, science, food, pop culture and life. The Awkward Yeti's first volume of work includes

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his best and/or favorite original work, including his favorite comics from The Awkward Yeti webcomic series.

A bestselling modern classic—both poignant and funny—about a boy with autism who sets out to solve the murder of a neighbor's dog and discovers unexpected truths about himself and the world. Nominated as one of America's best-loved novels by PBS's The Great American Read

Christopher John Francis Boone knows all the

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countries of the world and their capitals and every prime number up to 7,057. He relates well to animals but has no understanding of human emotions. He cannot stand to be touched. And he detests the color yellow. This improbable story of Christopher's quest to investigate the suspicious death of a neighborhood dog makes for one of the most captivating, unusual, and widely heralded novels in recent years. Examines the ways that



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embracing socially awkward situations, even when they lead to embarrassment and self-consciousness, also provide the opportunity to test oneself and to recognize how people are connected to each other.

[Soppy](#)

[It's Complicated](#)

[Exposing the Fallacy](#)

[that Cholesterol and](#)

[Saturated Fat Cause](#)

[Heart Disease](#)

[Heart and Brain: Gut](#)

[Instincts](#)

[The Heart and the Bottle](#)

[Speaking of Faith](#)

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[The Sun Is Kind of a Big Deal](#)

[Dry Storeroom No. 1](#)

[Dealing with Relationships, Consent, and Other Hard-To-Talk-about Stuff](#)

[The Ocean Is Kind of a Big Deal](#)

[Anxious People](#)

[Dare to Lead](#)

*Oh hey, guess what? New York Times bestseller Nick Seluk has a hilarious new nonfiction picture book all about your body's very own computer -- the brain! Have you ever thought about everything your brain does for you? It is always working to keep you alive and safe. (Plus it lets you think about funny stuff, too.) So why is the brain such a big deal? Because*

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*it makes you YOU, of course! This funny and factual picture book from Heart and Brain creator Nick Seluk explains the science behind everything the brain helps you do: keeping your heart beating, telling you when you are sleepy, remembering stuff, and more. The brain is in charge of everything you do, every minute of every day for your entire life. That's kind of a big deal. Each spread features bite-sized text and comic-style art with sidebars sprinkled throughout. Anthropomorphized organs and body parts -- recognizable from Nick Seluk's New York Times bestselling book -- help readers learn through funny jokes and comic panels. Funny, smart, and accessible, The Brain Is Kind of a Big Deal is a must-have! Hilarious and relatable comics about one young woman's life, relationships, and day-to-day humorous musings on why it's good to leave the house sometimes—and when*

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*it's better to stay home. Cassandra Calin's ability to document the hilarity of relatable everyday events in a series of webcomics has generated a huge following on social media. This beautifully illustrated compendium of first-person comics about the trials of the single life, school, stress, junk food, shaving, and maintaining a healthy self-image. Cassandra Calin's comics frequently highlight the humorous gap between expectations and reality, especially when it comes to appearance and how much she can accomplish in one day. This book is funny, lighthearted, introspective, and artistically stunning—the perfect gift for young women, recent graduates, and anyone who might need a little comedic incentive to leave the house today. Gracie has never felt like this before. One day, she suddenly can't breathe, can't walk, can't anything—and the reason is*

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*standing right there in front of her, all tall and weirdly good-looking: A.J. But it turns out A.J. likes not Gracie but Gracie's beautiful best friend, Sienna. Obviously Gracie is happy for Sienna. Super happy! She helps Sienna compose the best texts, responding to A.J.'s surprisingly funny and appealing texts, just as if she were Sienna. Because Gracie is fine. Always! She's had lots of practice being the sidekick, second-best. It's all good. Well, almost all. She's trying. Funny and tender, Well, That Was Awkward goes deep into the heart of middle school, and finds that even with all the heartbreak, there can be explosions of hope and moments of perfect happiness.*

*Sarah Andersen's hugely popular, world-famous Sarah's Scribbles comics are for those of us who boast bookstore-ready bodies and Netflix-ready hair, who are always down for all-night reading-in-bed*

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*parties and extremely exclusive after-hour one-person music festivals. In addition to the most recent Sarah's Scribbles fan favorites and dozens of all-new comics, this volume contains illustrated personal essays on Sarah's real-life experiences with anxiety, career, relationships and other adulthood challenges that will remind readers of Allie Brosh's Hyperbole and a Half and Jenny Lawson's Let's Pretend This Never Happened. The same uniquely frank, real, yet humorous and uplifting tone that makes Sarah's Scribbles so relatable blooms beautifully in this new longer form.*

*They call him the Anaconda, and I'm pretty sure it isn't because he likes snakes. Nick Jenson is my neighbor. My hot, oh-so-sexy, very-well-equipped neighbor that I'd spend hours watching from the safety of my bedroom window. I saw lots of things I probably shouldn't have. Sometimes I'd*

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*touch myself, imagining it were his hands roaming over my body instead of my own. I had just one mission-to find out if the rumors were true. Then one day, he caught me watching him. I was mortified. I was prepared to quit college, move to another country, and live the rest of my life saying, "Nick who?" But, apparently, life had other ideas. Because Nick? Well, he isn't just my neighbor ... He's also my father's best friend. If I thought things were difficult before, they were about to get a whole lot more complicated. Oh, and those rumors? Holy f....., were they true ...*

*A refreshingly practical and honest guide that rewrites the script on ADHD Peter Shankman is a busy guy -- a media entrepreneur who runs several businesses, gives keynote speeches around the world, hosts a popular podcast, runs marathons and Iron Mans, is a licensed skydiver, dabbles in angel investing, and is loving*

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*father to his young daughter. Simply put, he always seems to have more than 24 hours in a day. How does he do it? Peter attributes his unusually high energy level and extreme productivity to his ADHD. In *Faster Than Normal*, Shankman shares his hard-won insights and daily hacks for making ADHD a secret weapon for living a full and deeply satisfying life. Both inspiring and practical, the book presents life rules, best practices, and simple but powerful ways to:*

- Harness your creative energy to generate and execute your ideas*
- Direct your hyperfocus to get things done*
- Identify your pitfalls--and avoid them*
- Streamline your daily routine to eliminate distractions*
- Use apps and other tech innovations to free up your time and energy*

*Filled with ingenious hacks and supportive self-care advice, this is the positive, practical book the ADHD community has long needed - and is also*



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*an invaluable handbook for anyone who's sick of feeling overwhelmed and wants to drive their faster-than-normal brain at maximum speed...without crashing.*

*Parenting can be a magical journey full of bliss and wonder . . . if you're on the right meds. For the rest of us, it's another thing altogether. Fowl Language Comics takes an unvarnished look at the tedium and aggravation of parenting, while never forgetting that the reason we put up with those little jerks is that we love them so damn much. By poking fun at the daily struggles parents face, these cartoons help all of us feel less alone in our continual struggle to stay sane. Brian Gordon, creator of Fowl Language Comics, has two small children of his own and knows well the trials and tribulations that go along with raising them. With more than eighteen years of experience in humorous illustration, writing, and cartooning,*

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*Brian's visual point of view is memorable, authentic, and instantly recognizable.*

*From Brian: "They say 'write what you know.' Well, I don't know much, but I do know what it's like to be the father of two brilliant, beautiful, bat-shit-crazy kids."*

*Now available in paperback! We all have our little behaviors that aren't like everyone else's. Some of us dress a little differently, some of us don't make eye contact very well, but in the end, that's what makes us who we are. Lars the Yeti is a special case: just about everything he does is awkward - from picking his nose to owning a pet narwhal. The Awkward Yeti is a unique children's picture book with the intention of introducing the concept of personality differences in a subtle, simple, silly way. It features large text and bold illustrations that make it perfect for very young children learning to read and just beginning to make friends. The Awkward*

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*Yeti explores behavior that both kids and adults can relate to. "Like" the Awkward Yeti at [facebook.com/awkwardyeti](https://www.facebook.com/awkwardyeti)*

[The Awkward Black Man](#)

[Fascinating, Bizarre, and True Health Stories](#)

[Die Trying](#)

[Why Religion Matters--and How to Talk About It](#)

[Fowl Language: The Struggle Is Real](#)

[A Sarah's Scribbles Collection](#)

[The Last Centurion](#)

[The Awkward Yeti](#)

[Turbocharge Your Focus, Productivity, and Success with the Secrets of the ADHD Brain](#)

[An Awkward Yeti Collection](#)

[Gut Instincts](#)

[Take a Hint, Dani Brown](#)

**#1 NEW YORK TIMES**

**BESTSELLER • Brené Brown has**

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*taught us what it means to dare greatly, rise strong, and brave the wilderness. Now, based on new research conducted with leaders, change makers, and culture shifters, she's showing us how to put those ideas into practice so we can step up and lead. Look for Brené Brown's new podcast, Dare to Lead, as well as her ongoing podcast Unlocking Us!*

**NAMED ONE OF THE BEST BOOKS OF THE YEAR BY BLOOMBERG**

*Leadership is not about titles, status, and wielding power. A leader is anyone who takes responsibility for recognizing the potential in people and ideas, and has the courage to develop that potential. When we dare to lead, we don't*

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*pretend to have the right answers; we stay curious and ask the right questions. We don't see power as finite and hoard it; we know that power becomes infinite when we share it with others. We don't avoid difficult conversations and situations; we lean into vulnerability when it's necessary to do good work. But daring leadership in a culture defined by scarcity, fear, and uncertainty requires skill-building around traits that are deeply and uniquely human. The irony is that we're choosing not to invest in developing the hearts and minds of leaders at the exact same time as we're scrambling to figure out what we have to offer that machines and AI can't do better and faster.*

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*What can we do better? Empathy, connection, and courage, to start. Four-time #1 New York Times bestselling author Brené Brown has spent the past two decades studying the emotions and experiences that give meaning to our lives, and the past seven years working with transformative leaders and teams spanning the globe. She found that leaders in organizations ranging from small entrepreneurial startups and family-owned businesses to nonprofits, civic organizations, and Fortune 50 companies all ask the same question: How do you cultivate braver, more daring leaders, and how do you embed the value of courage in your culture? In this new book,*

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*Brown uses research, stories, and examples to answer these questions in the no-BS style that millions of readers have come to expect and love. Brown writes, “One of the most important findings of my career is that daring leadership is a collection of four skill sets that are 100 percent teachable, observable, and measurable. It’s learning and unlearning that requires brave work, tough conversations, and showing up with your whole heart. Easy? No. Because choosing courage over comfort is not always our default. Worth it? Always. We want to be brave with our lives and our work. It’s why we’re here.” Whether you’ve read *Daring Greatly* and *Rising**

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*Strong or you're new to Brené Brown's work, this book is for anyone who wants to step up and into brave leadership.*

*Vigorously demanded and highly anticipated, Heart and Brain: Gut Instincts is the follow-up to the tremendously popular New York Times bestseller, Heart and Brain: An Awkward Yeti Collection. The Awkward Yeti's Heart and Brain comics perfectly illustrate the ongoing, internal struggle betwixt head and heart. Heart and Brain: Gut Instincts features the same lovable characters as the first book and introduces a host of other vital organs like insatiable Tongue, irritable Bowels, and abused Stomach.*



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*Instant #1 New York Times Bestseller  
A People Book of the Week, Book of  
the Month Club selection, and Best of  
Fall in Good Housekeeping,  
PopSugar, The Washington Post, New  
York Post, Shondaland, CNN, and  
more! “[A] quirky, big-hearted  
novel... Wry, wise, and often laugh-  
out-loud funny, it’s a wholly original  
story that delivers pure pleasure.”*  
—People From the #1 New York  
Times bestselling author of *A Man  
Called Ove* comes a charming,  
poignant novel about a crime that  
never took place, a would-be bank  
robber who disappears into thin air,  
and eight extremely anxious strangers  
who find they have more in common  
than they ever imagined. Looking at

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*real estate isn't usually a life-or-death situation, but an apartment open house becomes just that when a failed bank robber bursts in and takes a group of strangers hostage. The captives include a recently retired couple who relentlessly hunt down fixer-uppers to avoid the painful truth that they can't fix their own marriage. There's a wealthy bank director who has been too busy to care about anyone else and a young couple who are about to have their first child but can't seem to agree on anything, from where they want to live to how they met in the first place. Add to the mix an eighty-seven-year-old woman who has lived long enough not to be afraid of someone waving a gun in her face,*

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*a flustered but still-ready-to-make-a-deal real estate agent, and a mystery man who has locked himself in the apartment's only bathroom, and you've got the worst group of hostages in the world. Each of them carries a lifetime of grievances, hurts, secrets, and passions that are ready to boil over. None of them is entirely who they appear to be. And all of them—the bank robber included—desperately crave some sort of rescue. As the authorities and the media surround the premises these reluctant allies will reveal surprising truths about themselves and set in motion a chain of events so unexpected that even they can hardly explain what happens next. Rich with*

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*Fredrik Backman's "pitch-perfect dialogue and an unparalleled understanding of human nature" (Shelf Awareness), **Anxious People** is an ingeniously constructed story about the enduring power of friendship, forgiveness, and hope—the things that save us, even in the most anxious times.*

**GOODREADS CHOICE AWARD WINNER FOR GRAPHIC NOVELS AND COMICS!** *These casually drawn, perfectly on-point comics by the hugely popular young artist Sarah Andersen are for the rest of us. They document the wasting of entire beautiful weekends on the internet, the unbearable agony of holding hands on the street with a gorgeous*

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*guy, and dreaming all day of getting home and back into pajamas. In other words, the horrors and awkwardnesses of young modern life. Oh and they are totally not autobiographical. At all. Adulthood Is a Myth presents many fan favorites plus dozens of all-new comics exclusive to this book. Sarah's frankness on personal issues like body image, self-consciousness, introversion, relationships, and the frequency of bra-washing makes her comics highly relatable and deeply hilarious, showcasing how she became one of the most influential voices in web cartoonists.*

*Lars The Awkward Yeti is an ongoing gag-a-day webcomic by New York*

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*Times best-selling author Nick Seluk. Started in 2012, the comic follows the daily life of Lars, a socially awkward blue yeti, trying to get by in day-to-day life. Lars organs, Heart & Brain, have spawned their own empire of hit books and merchandise. This is the first of a trilogy of collected editions of Lars stories, past and present, where it all started. Lars The Awkward Yeti is an ongoing gag-a-day webcomic by New York Times best-selling author Nick Seluk. Started in 2012, the comic follows the daily life of Lars, a socially awkward blue yeti, trying to get by in day-to-day life. Lars organs, Heart & Brain, have spawned their own empire of hit books and merchandise. This is the*

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*first of a trilogy of collected editions of Lars stories, past and present, where it all started.*

*An entertaining and inspiring account of conquering the fear of rejection, offering a completely new perspective on how to turn a no into a yes. Jia Jiang came to the United States with the dream of being the next Bill Gates. But despite early success in the corporate world, his first attempt to pursue his entrepreneurial dream ended in rejection. Jia was crushed, and spiraled into a period of deep self doubt. But he realized that his fear of rejection was a bigger obstacle than any single rejection would ever be, and he needed to find a way to cope with being told no*

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*without letting it destroy him. Thus was born his "100 days of rejection" experiment, during which he willfully sought rejection on a daily basis--from requesting a lesson in sales from a car salesman (no) to asking a flight attendant if he could make an announcement on the loud speaker (yes) to his famous request to get Krispy Kreme doughnuts in the shape of Olympic rings (yes, with a viral video to prove it). Jia learned that even the most preposterous wish may be granted if you ask in the right way, and shares the secret of successful asking, how to pick targets, and how to tell when an initial no can be converted into something positive. But more important, he learned*



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*techniques for steeling himself against rejection and ways to develop his own confidence--a plan that can't be derailed by a single setback. Filled with great stories and valuable insight, Rejection Proof is a fun and thoughtful examination of how to overcome fear and dare to live more boldly.*

*As seen in OprahMag, Bustle, Parade, PopSugar, New York Post, Essence, Travel & Leisure, Ms. Magazine, TheSkimm, Betches, Shondaland, and BuzzFeed! Named one of the Best Romances of 2020 by Apple, Kirkus, PW, Washington Post, BookPage, and Amazon. USA Today bestselling author Talia Hibbert returns with another charming*

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*romantic comedy about a young woman who agrees to fake date her friend after a video of him “rescuing” her from their office building goes viral... Danika Brown knows what she wants: professional success, academic renown, and an occasional roll in the hay to relieve all that career-driven tension. But romance? Been there, done that, burned the T-shirt. Romantic partners, whatever their gender, are a distraction at best and a drain at worst. So Dani asks the universe for the perfect friend-with-benefits—someone who knows the score and knows their way around the bedroom. When big, brooding security guard Zafir Ansari rescues Dani from a workplace fire*

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*drill gone wrong, it's an obvious sign: PhD student Dani and former rugby player Zaf are destined to sleep together. But before she can explain that fact to him, a video of the heroic rescue goes viral. Suddenly, half the internet is shipping #DrRugbae—and Zaf is begging Dani to play along. Turns out his sports charity for kids could really use the publicity. Lying to help children? Who on earth would refuse? Dani's plan is simple: fake a relationship in public, seduce Zaf behind the scenes. The trouble is, grumpy Zaf is secretly a hopeless romantic—and he's determined to corrupt Dani's stone-cold realism. Before long, he's tackling her fears into the dirt. But the former sports*

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*star has issues of his own, and the walls around his heart are as thick as his... um, thighs. The easy lay Dani dreamed of is now more complex than her thesis. Has her wish backfired? Is her focus being tested? Or is the universe just waiting for her to take a hint? "Talia Hibbert is a rockstar! Her writing is smart, funny, and sexy..." - Meg Cabot, #1 New York Times bestselling author of the Little Bridge Island and Princess Diaries series*

[Heart and Brain: Body Language](#)

[Fowl Language](#)

[Lars the Awkward Yeti Volume 1](#)

[The Cholesterol Myths](#)

[The Awkward Yeti's Complete Lack of Focus](#)

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*Brave Work. Tough Conversations.*

*Whole Hearts.*

*Cringeworthy*

*Heart and Brain*

*A Love Story*

*The New Science of Spirituality and*

*Our Quest for an Inspired Life*