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### FINAL THOUGHT

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### When the Body Says No

#### **The Cost of Hidden Stress** *Vintage Canada*

Can a person literally die of loneliness? Is there such a thing as a 'cancer personality'? Drawing on scientific research and the author's decades of experience as a practicing physician, this book provides answers to these and other important questions about the effect of the mind-body link on illness and health and the role that stress and one's individual emotional makeup play in an array of common diseases.

### When the Body Says No

#### **The Cost of Hidden Stress** *Vintage Canada*

NATIONAL BESTSELLER In this accessible and groundbreaking book -- filled with the moving stories of real people -- medical doctor and bestselling author of *Scattered Minds*, Gabor Maté, shows that emotion and psychological stress play a powerful role in the onset of chronic illness. Western medicine achieves spectacular triumphs when dealing with acute conditions such as fractured bones or life-threatening infections. It is less successful against ailments not susceptible to the quick ministrations of scalpel, antibiotic or miracle drug. Trained to consider mind and body separately, physicians are often helpless in arresting the advance of most of the chronic diseases, such as breast cancer, rheumatoid arthritis, Crohn's disease, multiple sclerosis, fibromyalgia, and even Alzheimer's disease. Gabor Maté has found that in all of these chronic conditions, there is a common thread: people afflicted by these diseases have led lives of excessive stress, often invisible to the individuals themselves. From an early age, many of us develop a psychological coping style that keeps us out of touch with the signs of stress. So-called negative emotions, particularly anger, are suppressed. Dr. Maté writes with great conviction that knowledge of how stress and disease are connected is essential to prevent illness in the first place, or to facilitate healing. When the Body Says No is an impressive contribution to current research on the physiological connection between life's stresses and emotions and the body systems governing nerves, immune apparatus and hormones. With great compassion and erudition, Gabor Maté demystifies medical science and, as he did in *Scattered Minds*, invites us all to be our own health advocates. Excerpt from When the Body Says No "Only an intellectual luddite would deny the enormous benefits that have accrued to humankind from the scrupulous application of scientific methods. But not all aspects of illness can be reduced to facts verified by double-blind studies and by the strictest scientific techniques. We confine ourselves to a narrow realm indeed if we exclude from accepted knowledge the contributions of human experience and insight. . . . "In 1892 William Osler, one of the greatest physicians of all time, suspected rheumatoid arthritis to be a stress-related disorder. Today rheumatology all but ignores that wisdom, despite the

supporting scientific evidence that has accumulated in the 110 years since Osler first published his text. That is where the narrow scientific approach has brought the practice of medicine. Elevating modern science to be the final arbiter of our sufferings, we have been too eager to discard the insights of previous ages."

### When the Body Says No

#### Understanding the Stress-Disease Connection *John Wiley & Sons*

1 The Bermuda Triangle 2 The Little Girl Too Good to Be True 3 Stress and Emotional Competence 4 Buried Alive 5 Never Good Enough 6 You Are Part of This Too, Mom 7 Stress, Hormones, Repression and Cancer 8 Something Good Comes Out of This Is There a "Cancer Personality"? 10 The 55 Per Cent Solution 11 It's All in Her Head 12 I Shall Die First from the Top 13 Self or Non-Self: The Immune System Confused 14 A Fine Balance: The Biology of Relationships 15 The Biology of Loss 16 The Dance of Generations 17 The Biology of Belief 18 The Power of Negative Thinking 19 The Seven A's of Healing Notes Resources Acknowledgments Index

### How to Say Yes When Your Body Says No

#### Discover the Silver Lining in Life's Toughest Health Challenges *Hampton Roads Publishing*

At some point in life, most of us will face health challenges of some kind. Whether it's chronic back pain, the stiffness and pain of rheumatoid arthritis, or more serious illnesses, as we age our bodies often stop doing what they used to do with ease. In *How To Say Yes When Your Body Says No*, psychologist Lee Jampolsky examines how people become overwhelmed, and often unable to cope during a health challenge. He discusses the importance of focusing on inner work in addition to medical treatment, pointing out that the mental diet we feed ourselves has profound effects on our physical well-being. Jampolsky shares his personal health challenges, from spending months in a body cast as a young man to going deaf from an autoimmune disease. He shows how learning to alter one's thoughts and beliefs about health is the key to physical well being. *How to Say Yes When Your Body Says No* is filled with meditations and exercises to develop an attitude of openness and healing, no matter what physical and emotional challenges we face.

### In an Unspoken Voice

#### How the Body Releases Trauma and Restores Goodness *North Atlantic Books*

**\*\*Unraveling Trauma in the Body, Brain and Mind—a Revolution in Treatment\*\*** In this culmination of his life's work, Peter A. Levine draws on his broad experience as a clinician, a student of comparative brain research, a stress scientist and a keen observer of the naturalistic animal world to explain the nature and transformation of trauma in the body, brain and psyche. *In an Unspoken Voice* is based on the idea that trauma is neither a disease nor a disorder, but rather an injury caused by fright, helplessness and loss that can be healed by engaging our innate capacity to self-regulate high states of arousal and intense emotions. Enriched with a coherent theoretical framework and compelling case examples, the book elegantly blends the latest findings in biology, neuroscience and body-oriented psychotherapy to show that when we bring together animal instinct and reason, we can become more whole human beings.

### Scattered Minds

#### The Origins and Healing of Attention Deficit Disorder *Vintage Canada*

In this breakthrough guide to understanding, treating, and healing Attention Deficit Disorder, Dr. Gabor Maté, an adult with ADD and the father of three ADD children, shares information on:

- The external factors that trigger ADD
- How to create an environment that promotes health and healing
- Ritalin and other drugs
- ADD adults ...and much more

Attention Deficit Disorder (ADD) has remained a controversial topic in recent years. Whereas other books on the subject describe the condition as inherited, Dr. Maté believes that our social and emotional environments play a key role in both the cause of and cure for this condition. In *Scattered*, he describes the painful realities of ADD and its effect on children as well as on career and social paths in adults. While acknowledging that genetics may indeed play a part in predisposing a person toward ADD, Dr. Maté moves beyond that to focus on the things we can control: changes in environment, family dynamics, and parenting choices. He draws heavily on his own experience with the disorder, as both an ADD sufferer and the parent of three diagnosed children. Providing a thorough overview of ADD and its treatments, *Scattered Minds* is essential and life-changing reading for the millions of ADD sufferers in North America today.

### The Myth of Normal

#### Trauma, Illness, and Healing in a Toxic Culture *Penguin*

By the acclaimed author of *In the Realm of Hungry Ghosts*, a groundbreaking investigation into the causes of illness, a bracing critique of how our society breeds disease, and a pathway to health and healing. In this revolutionary book, renowned physician Gabor Maté eloquently dissects how in Western countries that pride themselves on their healthcare systems, chronic illness and general ill health are on the rise. Nearly 70 percent of Americans are on at least one prescription drug; more than half take two. In Canada, every fifth person has high blood pressure. In Europe, hypertension is diagnosed in more than 30 percent of the population. And everywhere, adolescent mental illness is on the rise. So what is really "normal" when it comes to health? Over four decades of clinical experience, Maté has come to recognize the prevailing understanding of "normal" as false, neglecting the roles that trauma and stress, and the pressures of modern-day living, exert on our bodies and our minds at the expense of good health. For all our expertise and technological sophistication, Western medicine often fails to treat the whole person, ignoring how today's culture stresses the body, burdens the immune system, and undermines emotional balance. Now Maté brings his perspective to the great untangling of common myths about what makes us sick, connects the dots between the maladies of individuals and the declining soundness of society—and offers a compassionate guide for health and healing. Cowritten with his son Daniel, *The Myth Of Normal* is Maté's most ambitious and urgent book yet.

### When the Body Says No

#### the cost of hidden stress *Scribe Publications*

Can a person literally die of loneliness? Is there a connection between the ability to express emotions and Alzheimer's disease? Is there such a thing as a 'cancer personality'? Drawing on deep scientific research and Dr Gabor Maté's acclaimed clinical work, *When the Body Says No* provides the answers to critical questions about the mind-body link – and the role that stress and our emotional makeup play in an array of common diseases such as arthritis, cancer, diabetes, heart disease, irritable bowel

syndrome and multiple sclerosis. With dozens of case studies and stories including those of Lou Gehrig, Betty Ford and Lance Armstrong, Gabor Maté reveals 'The Seven A's of Healing': the principles for healing and prevention of illness from hidden stress.

### In the Realm of Hungry Ghosts

#### **Close Encounters with Addiction** *North Atlantic Books*

From bestselling author Gabor Maté, the essential resource for understanding the roots and behaviors of addiction--now with an added introduction by the author. Based on Gabor Maté's two decades of experience as a medical doctor and his groundbreaking work with the severely addicted on Vancouver's skid row, *In the Realm of Hungry Ghosts* radically reenvision this much misunderstood field by taking a holistic approach. Dr. Maté presents addiction not as a discrete phenomenon confined to an unfortunate or weak-willed few, but as a continuum that runs throughout (and perhaps underpins) our society; not a medical "condition" distinct from the lives it affects, rather the result of a complex interplay among personal history, emotional, and neurological development, brain chemistry, and the drugs (and behaviors) of addiction. Simplifying a wide array of brain and addiction research findings from around the globe, the book avoids glib self-help remedies, instead promoting a thorough and compassionate self-understanding as the first key to healing and wellness. *In the Realm of Hungry Ghosts* argues persuasively against contemporary health, social, and criminal justice policies toward addiction and those impacted by it. The mix of personal stories—including the author's candid discussion of his own "high-status" addictive tendencies—and science with positive solutions makes the book equally useful for lay readers and professionals.

### The Body Keeps the Score

#### **Brain, Mind, and Body in the Healing of Trauma** *Penguin*

#1 New York Times bestseller "Essential reading for anyone interested in understanding and treating traumatic stress and the scope of its impact on society." —Alexander McFarlane, Director of the Centre for Traumatic Stress Studies A pioneering researcher transforms our understanding of trauma and offers a bold new paradigm for healing in this New York Times bestseller. Trauma is a fact of life. Veterans and their families deal with the painful aftermath of combat; one in five Americans has been molested; one in four grew up with alcoholics; one in three couples have engaged in physical violence. Dr. Bessel van der Kolk, one of the world's foremost experts on trauma, has spent over three decades working with survivors. In *The Body Keeps the Score*, he uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments—from neurofeedback and meditation to sports, drama, and yoga—that offer new paths to recovery by activating the brain's natural neuroplasticity. Based on Dr. van der Kolk's own research and that of other leading specialists, *The Body Keeps the Score* exposes the tremendous power of our relationships both to hurt and to heal—and offers new hope for reclaiming lives.

### Scattered

#### **How Attention Deficit Disorder Originates and What You Can Do About It** *Penguin*

In this breakthrough guide to understanding, treating, and healing Attention Deficit Disorder, Dr. Gabor Maté, an adult with ADD and the father of three ADD children, shared the latest

information on: · The external factors that trigger ADD · How to create an environment that promotes health and healing · Ritalin and other drugs · ADD adults ...and much more. Attention Deficit Disorder (ADD) has quickly become a controversial topic in recent years. Whereas other books on the subject describe the condition as inherited, Dr. Maté believes that our social and emotional environments play a key role in both the cause of and cure for this condition. In *Scattered*, he describes the painful realities of ADD and its effect on children as well as on career and social paths in adults. While acknowledging that genetics may indeed play a part in predisposing a person toward ADD, Dr. Maté moves beyond that to focus on the things we can control: changes in environment, family dynamics, and parenting choices. He draws heavily on his own experience with the disorder, as both an ADD sufferer and the parent of three diagnosed children. Providing a thorough overview of ADD and its treatments, *Scattered* is essential and life-changing reading for the millions of ADD sufferers in North America today.

### Hold On to Your Kids

#### **Why Parents Need to Matter More Than Peers** *Vintage Canada*

A psychologist with a reputation for penetrating to the heart of complex parenting issues joins forces with a physician and bestselling author to tackle one of the most disturbing and misunderstood trends of our time -- peers replacing parents in the lives of our children. Dr. Neufeld has dubbed this phenomenon peer orientation, which refers to the tendency of children and youth to look to their peers for direction: for a sense of right and wrong, for values, identity and codes of behaviour. But peer orientation undermines family cohesion, poisons the school atmosphere, and fosters an aggressively hostile and sexualized youth culture. It provides a powerful explanation for schoolyard bullying and youth violence; its effects are painfully evident in the context of teenage gangs and criminal activity, in tragedies such as in Littleton, Colorado; Tabor, Alberta and Victoria, B.C. It is an escalating trend that has never been adequately described or contested until *Hold On to Your Kids*. Once understood, it becomes self-evident -- as do the solutions. *Hold On to Your Kids* will restore parenting to its natural intuitive basis and the parent-child relationship to its rightful preeminence. The concepts, principles and practical advice contained in *Hold On to Your Kids* will empower parents to satisfy their children's inborn need to find direction by turning towards a source of authority, contact and warmth. Something has changed. One can sense it, one can feel it, just not find the words for it. Children are not quite the same as we remember being. They seem less likely to take their cues from adults, less inclined to please those in charge, less afraid of getting into trouble. Parenting, too, seems to have changed. Our parents seemed more confident, more certain of themselves and had more impact on us, for better or for worse. For many, parenting does not feel natural. Adults through the ages have complained about children being less respectful of their elders and more difficult to manage than preceding generations, but could it be that this time it is for real? -- from *Hold On to Your Kids*

### When a Woman's Body Says No to Sex

#### **Understanding and Overcoming Vaginismus** *Penguin Group USA*

A practical guide to overcoming vaginismus defines the disease and discusses its causes, offering advice on how women can deal with their partners and their doctors. Original. National ad/promo.

Tour.

## How to Say No when Your Body Says Yes

### Finding True Satisfaction

There are so many good reasons to say yes to premarital sex?everyone around you seems to be doing it and you are physically ready! Are there any good reasons to say no and is there any good way to stick with your no? Dan Wilson, a seasoned guide, gives young men and women an easy to understand primer on why they should say no to premarital sex and then walks them through key steps to make sure that their no sticks. Instead of moralism and hard to follow rules, Wilson offers the hope of gospel power?to turn from what's hurtful toward God's best plan for couples.

### The Mind-Body Cure

#### Heal Your Pain, Anxiety, and Fatigue by Controlling Chronic Stress *Greystone Books Ltd*

"An accessible, concise, systematic, and comprehensive primer on wellness and healing."—Dr. Gabor Maté, MD, author of *When the Body Says No: The Cost of Hidden Stress* Do you regularly experience chronic pain, anxiety, fatigue, gut issues, or other symptoms of chronic stress? The Mind-Body Cure will teach you how to manage your stress hormones and eliminate chronic stress in 7 simple steps. In *The Mind-Body Cure*, Bal Pawa, MD shares her own story of chronic pain following a tragic car accident. Only when she recognized how stress hormones were disrupting every system in her body, from digestion to immunity to sleep, was she able to reclaim her health. Having healed herself—and many patients since—Dr. Pawa now shares the secrets to long-lasting health and wellness in *The Mind-Body Cure*. Most people today are familiar with chronic stress—whether it's family or work pressures, the anxiety we experience each day never seems to end. It may even feel like we're always in fight-or-flight mode. As Dr. Pawa explains, the continuous and excessive release of stress hormones in our bodies are behind 75 percent of visits to a doctor's office. What if we could manage our stress and its harmful side effects with easy and affordable tools? The Mind-Body Cure teaches you to do just that. Dr. Pawa's original REFRAME Toolkit offers 7 simple ways to reduce chronic stress, including making specific changes to your diet, sleep, exercise habits, and more tools including meditation and mindfulness techniques. Interweaving evidence-based science with practical advice to calm your mind, *The Mind-Body Cure* helps you move from primitive fight-or-flight mode to send healing hormones into your body instead. Praise for *The Mind-Body Cure* "What a wonderful combination of medical smarts with heartfelt practical wisdom! Comprehensive, full of examples, and always so useful, *The Mind-Body Cure* is an excellent book." —Rick Hanson, Ph.D., New York Times bestselling author of *Budda's Brain*, *NeuroDharma*, *Just One Thing* "Dr. Pawa moves mind-body medicine from the margins to the mainstream. Written with compassion, dedication, and rigorous science, this book is the definitive guide to holistic health—both for those who know the mind's power to help heal the body and for those who have yet to discover it." —Shimi Kang, MD, psychiatrist, and bestselling author of *The Dolphin Parent* and *The Tech Solution* "Dr. Bal Pawa is a compassionate physician who successfully integrates recommendations for the mind and body. She helps us realize that our thoughts can be our reality, especially when it comes to our health. And she explains how hormones affect our sleep, immune system, and emotions and how we can support them for optimal health." —Lorna R. Vanderhaeghe, author of *A*

Smart Woman's Guide to Hormones

### Cure

#### A Journey into the Science of Mind Over Body *Crown*

A rigorous, skeptical, deeply reported look at the new science behind the mind's surprising ability to heal the body. Have you ever felt a surge of adrenaline after narrowly avoiding an accident? Salivated at the sight (or thought) of a sour lemon? Felt turned on just from hearing your partner's voice? If so, then you've experienced how dramatically the workings of your mind can affect your body. Yet while we accept that stress or anxiety can damage our health, the idea of "healing thoughts" was long ago hijacked by New Age gurus and spiritual healers. Recently, however, serious scientists from a range of fields have been uncovering evidence that our thoughts, emotions and beliefs can ease pain, heal wounds, fend off infection and heart disease and even slow the progression of AIDS and some cancers. In *Cure*, award-winning science writer Jo Marchant travels the world to meet the physicians, patients and researchers on the cutting edge of this new world of medicine. We learn how meditation protects against depression and dementia, how social connections increase life expectancy and how patients who feel cared for recover from surgery faster. We meet Iraq war veterans who are using a virtual arctic world to treat their burns and children whose ADHD is kept under control with half the normal dose of medication. We watch as a transplant patient uses the smell of lavender to calm his hostile immune system and an Olympic runner shaves vital seconds off his time through mind-power alone. Drawing on the very latest research, Marchant explores the vast potential of the mind's ability to heal, lays out its limitations and explains how we can make use of the findings in our own lives. With clarity and compassion, *Cure* points the way towards a system of medicine that treats us not simply as bodies but as human beings. A New York Times Bestseller Finalist for the Royal Society Insight Investment Science Book Prize Longlisted for the Wellcome Book Prize

### The Demon-Haunted World

#### Science as a Candle in the Dark *Ballantine Books*

A prescient warning of a future we now inhabit, where fake news stories and Internet conspiracy theories play to a disaffected American populace "A glorious book . . . A spirited defense of science . . . From the first page to the last, this book is a manifesto for clear thought."—Los Angeles Times How can we make intelligent decisions about our increasingly technology-driven lives if we don't understand the difference between the myths of pseudoscience and the testable hypotheses of science? Pulitzer Prize-winning author and distinguished astronomer Carl Sagan argues that scientific thinking is critical not only to the pursuit of truth but to the very well-being of our democratic institutions. Casting a wide net through history and culture, Sagan examines and authoritatively debunks such celebrated fallacies of the past as witchcraft, faith healing, demons, and UFOs. And yet, disturbingly, in today's so-called information age, pseudoscience is burgeoning with stories of alien abduction, channeling past lives, and communal hallucinations commanding growing attention and respect. As Sagan demonstrates with lucid eloquence, the siren song of unreason is not just a cultural wrong turn but a dangerous plunge into darkness that threatens our most basic freedoms. Praise for *The Demon-Haunted World* "Powerful . . . A stirring defense of informed rationality. . . Rich in surprising information and beautiful writing."—The Washington Post Book World "Compelling."—USA Today "A clear vision of

what good science means and why it makes a difference. . . . A testimonial to the power of science and a warning of the dangers of unrestrained credulity.”—The Sciences “Passionate.”—San Francisco Examiner-Chronicle

### Practice You

#### **A Journal** *Sounds True*

When the way forward seems uncertain, where can we turn for guidance we can trust? For yoga luminary, meditation teacher, and artist Elena Brower, the answer has always been close at hand. “Whenever I’ve needed direction, strength, or centering, I’ve so often turned to my own journals. Why? Because many of the answers we seek are found within ourselves.” Now, for those compelled to the pen and page, Elena invites us to gather our own wisdom through writing, self-inquiry, and reflection. Practice You is a portable sacred sanctuary to record our flashes of insight, find our ground, create and clarify our goals, and bear witness to our own evolution. With more than 150 beautiful pages of questions, teachings, inspiring imagery, and plenty of space to write, draw, and reflect, this journaling adventure guides us into nine compelling portals to our highest ways of living.

### The Mindbody Prescription

#### **Healing the Body, Healing the Pain**

For pain sufferers everywhere, bestselling author Dr. John E. Sarno brings important new information about when, where, and how emotional factors affect physical well-being, and how this process can be reversed.

### Psychedelics and Psychotherapy

#### **The Healing Potential of Expanded States** *Simon and Schuster*

- Examines the therapeutic potential of expanded states, underground psychedelic psychotherapy, harm reduction, new approaches for healing individual and collective trauma, and training considerations
- Addresses challenging psychedelic experiences, spiritual emergencies, and the central importance of the therapeutic relationship
- Details the use of cannabis as a psychedelic tool, spiritual exploration with LSD, micro-dosing with Iboga, and MDMA-assisted psychotherapy for PTSD

Exploring the latest developments in the flourishing field of modern psychedelic psycho-therapy, this book shares practical experiences and insights from both elders and newer research voices in the psychedelic research and clinical communities. The contributors examine new findings on safe and skillful work with psychedelic and expanded states for therapeutic, personal, and spiritual growth. They explain the dual process of opening and healing. They explore new approaches for individual inner work as well as for the healing of ancestral and collective trauma. They examine the power of expanded states for reparative attachment work and offer insights on the integration process through the lens of Holotropic Breathwork. The contributors also examine the use of cannabis as a psychedelic tool, spiritual exploration with LSD, microdosing with Iboga, treating depression with psilocybin, and MDMA-assisted psychotherapy for PTSD. Revealing diverse ways of working with psychedelics in terms of set, setting, and type of substance, the book concludes with discussions of ethics and professional development for those working in the field as well as explores considerations for training the next generation of psychedelic therapists.

### Healing Back Pain

#### **The Mind-Body Connection** *Grand Central Publishing*

Dr. John E. Sarno's groundbreaking research on TMS (Tension Myoneural Syndrome) reveals how stress and other psychological factors can cause back pain-and how you can be pain free without drugs, exercise, or surgery. Dr. Sarno's program has helped thousands of patients find relief from chronic back conditions. In this New York Times bestseller, Dr. Sarno teaches you how to identify stress and other psychological factors that cause back pain and demonstrates how to heal yourself--without drugs, surgery or exercise. Find out: Why self-motivated and successful people are prone to Tension Myoneural Syndrome (TMS) How anxiety and repressed anger trigger muscle spasms How people condition themselves to accept back pain as inevitable With case histories and the results of in-depth mind-body research, Dr. Sarno reveals how you can recognize the emotional roots of your TMS and sever the connections between mental and physical pain...and start recovering from back pain today.

### The Seven Principles for Making Marriage Work

#### **A Practical Guide from the Country's Foremost Relationship Expert** *Harmony*

NEW YORK TIMES BESTSELLER • Over a million copies sold! “An eminently practical guide to an emotionally intelligent—and long-lasting—marriage.”—Daniel Goleman, author of Emotional Intelligence The Seven Principles for Making Marriage Work has revolutionized the way we understand, repair, and strengthen marriages. John Gottman’s unprecedented study of couples over a period of years has allowed him to observe the habits that can make—and break—a marriage. Here is the culmination of that work: the seven principles that guide couples on a path toward a harmonious and long-lasting relationship. Straightforward yet profound, these principles teach partners new approaches for resolving conflicts, creating new common ground, and achieving greater levels of intimacy. Gottman offers strategies and resources to help couples collaborate more effectively to resolve any problem, whether dealing with issues related to sex, money, religion, work, family, or anything else. Packed with new exercises and the latest research out of the esteemed Gottman Institute, this revised edition of The Seven Principles for Making Marriage Work is the definitive guide for anyone who wants their relationship to attain its highest potential.

### Monkey Mind

#### **A Memoir of Anxiety** *Simon and Schuster*

Shares the author's personal experiences with anxiety, describing its painful coherence and absurdities while sharing the stories of other sufferers to illustrate anxiety's intellectual history and influence.

### A Radical Awakening

#### **Turn Pain into Power, Embrace Your Truth, Live Free** *HarperCollins*

The New York Times bestselling author and renowned clinical psychologist teaches women how to transcend their fears and illusions, break free from societal expectations, and rediscover the person they were always meant to be: fully present, conscious, and fulfilled. A Radical Awakening lays out a path for women to discover their inner truth and powers to help heal others and the planet. Dr. Shefali helps women uncover the purpose that already exists within them and harness the power of authenticity in every area of their lives. The result is an eloquent

and inspiring, practical and accessible book, backed with real-life examples and personal stories, that unlocks the extraordinary power necessary to awaken the conscious self.

### Checkout 19

#### A Novel *Penguin*

"Bennett writes like no one else. She is a rare talent, and Checkout 19 is a masterful novel." –Karl Ove Knausgaard Named a most anticipated book of 2022 by *Vulture*, *Glamour*, *Bustle*, and *Lit Hub* From the author of the "dazzling. . . and daring" *Pond* (*O* magazine), the adventures of a young woman discovering her own genius, through the people she meets—and dreams up—along the way. In a working-class town in a county west of London, a schoolgirl scribbles stories in the back pages of her exercise book, intoxicated by the first sparks of her imagination. As she grows, everything and everyone she encounters become fuel for a burning talent. The large Russian man in the ancient maroon car who careens around the grocery store where she works as a checkout clerk, and slips her a copy of *Beyond Good and Evil*. The growing heaps of other books in which she loses—and finds—herself. Even the derailing of a friendship, in a devastating violation. The thrill of learning to conjure characters and scenarios in her head is matched by the exhilaration of forging her own way in the world, the two kinds of ingenuity kindling to a brilliant conflagration. Exceeding the extraordinary promise of Bennett's mold-shattering debut, *Checkout 19* is a radical affirmation of the power of the imagination and the magic escape those who master it open to us all.

### The Encyclopaedia Britannica

#### A Dictionary of Arts, Sciences, Literature and General Information

#### The Immortal Life of Henrietta Lacks *Crown*

#1 NEW YORK TIMES BESTSELLER • "The story of modern medicine and bioethics—and, indeed, race relations—is refracted beautifully, and movingly."—*Entertainment Weekly* NOW A MAJOR MOTION PICTURE FROM HBO® STARRING OPRAH WINFREY AND ROSE BYRNE • ONE OF THE "MOST INFLUENTIAL" (CNN), "DEFINING" (LITHUB), AND "BEST" (THE PHILADELPHIA INQUIRER) BOOKS OF THE DECADE • ONE OF ESSENCE'S 50 MOST IMPACTFUL BLACK BOOKS OF THE PAST 50 YEARS • WINNER OF THE CHICAGO TRIBUNE HEARTLAND PRIZE FOR NONFICTION NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The New York Times Book Review • *Entertainment Weekly* • *O: The Oprah Magazine* • NPR • *Financial Times* • *New York* • *Independent (U.K.)* • *Times (U.K.)* • *Publishers Weekly* • *Library Journal* • *Kirkus Reviews* • *Booklist* • *Globe and Mail* Her name was Henrietta Lacks, but scientists know her as HeLa. She was a poor Southern tobacco farmer who worked the same land as her slave ancestors, yet her cells—taken without her knowledge—became one of the most important tools in medicine: The first "immortal" human cells grown in culture, which are still alive today, though she has been dead for more than sixty years. HeLa cells were vital for developing the polio vaccine; uncovered secrets of cancer, viruses, and the atom bomb's effects; helped lead to important advances like in vitro fertilization, cloning, and gene mapping; and have been bought and sold by the billions. Yet Henrietta Lacks remains virtually unknown, buried in an unmarked grave. Henrietta's family did not learn of her "immortality" until more than twenty years after her death, when scientists investigating HeLa began using her husband and children in research without informed consent. And though the

cells had launched a multimillion-dollar industry that sells human biological materials, her family never saw any of the profits. As Rebecca Skloot so brilliantly shows, the story of the Lacks family—past and present—is inextricably connected to the dark history of experimentation on African Americans, the birth of bioethics, and the legal battles over whether we control the stuff we are made of. Over the decade it took to uncover this story, Rebecca became enmeshed in the lives of the Lacks family—especially Henrietta's daughter Deborah. Deborah was consumed with questions: Had scientists cloned her mother? Had they killed her to harvest her cells? And if her mother was so important to medicine, why couldn't her children afford health insurance? Intimate in feeling, astonishing in scope, and impossible to put down, *The Immortal Life of Henrietta Lacks* captures the beauty and drama of scientific discovery, as well as its human consequences.

### The Art of Mindfulness

#### A HarperOne Select *Harper Collins*

This selection from Thich Nhat Hanh's bestselling *The Art of Power* illuminates the core Buddhist concept of mindfulness for the Western reader In *The Art of Mindfulness*, one of the most revered Buddhist teachers in the world, Thich Nhat Hanh delivers a life changing practice to overcome our overdriven mind, to let go of preoccupations and multitasking and focus solely on the task at hand. By devoting 100% of our attention 100% of the time on what we are doing in the moment, we can alleviate suffering, fear, and anxiety. With the energy of mindfulness and the capacity of looking deeply, we can find the insights to transform and heal any situation.

### Overcoming Multiple Sclerosis Handbook

#### Roadmap to good health *Allen & Unwin*

A complete guide to a healthy and active life with MS on the Overcoming Multiple Sclerosis Program, with chapters from a team of international experts and personal stories from around the world. A long, healthy, happy life is possible after a diagnosis of multiple sclerosis. Around the world, thousands of people are living active and fulfilling lives on the Overcoming Multiple Sclerosis Program. The Overcoming Multiple Sclerosis Handbook explains what MS is, and outlines the scientifically credible and evidence-based 7 step self-management program originally devised by Professor George Jelinek. It covers all aspects of living on the program, from first diagnosis to later life, with chapters from medical specialists and other experts on choosing your healthcare team, improving resilience, work, pregnancy and progressive MS. The book taps into the wealth of knowledge and experience in the community of people following the Overcoming Multiple Sclerosis Program, with personal stories from across the world. If you have recently been diagnosed with MS, if you have been living with MS for years, or if you have a family member with MS, the Overcoming Multiple Sclerosis Handbook is your best companion. It is also an invaluable resource for doctors treating people with MS. 'If you or someone that you love is impacted by MS this book is a must-read.' - Dr Aaron Boster, The Boster Center for Multiple Sclerosis, Columbus, Ohio 'This highly recommended book highlights the importance of a holistic approach to MS management.' - Professor Richard Nicholas, Imperial College London 'Overcoming MS is now the essential mainstay of MS management, before or alongside drug therapy, offering the best chance of a full and healthy life for people with MS.' - Dr Peter Silbert, Clinical Professor of Neurology, University of Western Australia Medical School

**Eight Step Recovery (new edition)** *Windhorse Publications*

This new edition includes a Foreword by Jon Kabat-Zinn, how to run an Eight Step Recovery meeting, and how to teach a Mindfulness Based Addiction Recovery programme, including teacher's notes and handouts. All of us can struggle with the tendency towards addiction, but for some it can destroy their lives. In our recovery from addiction, the Buddha's teachings offer an understanding of how the mind works, tools for helping a mind vulnerable to addiction and ways to overcome addictive behaviour, cultivating a calm mind without resentments.

**Beyond the Sky: You and the Universe** *Scholastic UK*

So you want to go into space? WHY?! (No, really - it's sort of a terrible idea. We humans are perfectly designed for life on Earth. We can walk around, breathe, drink water, eat vegetables, read books, not get poisoned or crushed to death when we go outside - it's lovely right where we are.) Not convinced? GOOD! People have been dreaming about space travel for centuries - there's something amazing about the idea of leaving our planet behind and setting out to explore the Universe - there's so much we still don't know. UK and Ireland's best-loved comedian Dara "Briain" takes you on a journey from the safety of your comfiest chair to the furthest reaches of space (and beyond!)

**The Way Out****A Revolutionary, Scientifically Proven Approach to Healing Chronic Pain** *Penguin*

A groundbreaking mind-body protocol to heal chronic pain, backed by new research. Chronic pain is an epidemic. Fifty million Americans struggle with back pain, headaches, or some other pain that resists all treatment. Desperate pain sufferers are told again and again that there is no cure for chronic pain. Alan Gordon, a psychotherapist and the founder of the Pain Psychology Center in Los Angeles, was in grad school when he started experiencing chronic pain and it completely derailed his life. He saw multiple doctors and received many diagnoses, but none of the medical treatments helped. Frustrated with conventional pain management, he developed Pain Reprocessing Therapy (PRT), a mind-body protocol that eliminated his own chronic pain and has transformed the lives of thousands of his patients. PRT is rooted in neuroscience, which has shown that while chronic pain feels like it's coming from the body, in most cases it's generated by misfiring pain circuits in the brain. PRT is a system of psychological techniques that rewires the brain to break out of the cycle of chronic pain. The University of Colorado-Boulder recently conducted a large randomized controlled study on PRT, and the results are remarkable. By the end of the study, the majority of patients were pain-free or nearly pain-free. What's more, these dramatic changes held up over time. *The Way Out* brings PRT to readers. It combines accessible science with a concrete, step-by-step plan to teach sufferers how to heal their own chronic pain.

**Widen the Window****Training Your Brain and Body to Thrive During Stress and Recover from Trauma** *Penguin*

"I don't think I've ever read a book that paints such a complex and accurate landscape of what it is like to live with the legacy of trauma as this book does, while offering a comprehensive approach to healing." --from the foreword by Bessel van der Kolk  
A pioneering researcher gives us a new understanding of stress and trauma, as well as the tools to heal and thrive. Stress is our internal response to an experience that our brain perceives as

threatening or challenging. Trauma is our response to an experience in which we feel powerless or lacking agency. Until now, researchers have treated these conditions as different, but they actually lie along a continuum. Dr. Elizabeth Stanley explains the significance of this continuum, how it affects our resilience in the face of challenge, and why an event that's stressful for one person can be traumatizing for another. This groundbreaking book examines the cultural norms that impede resilience in America, especially our collective tendency to disconnect stress from its potentially extreme consequences and override our need to recover. It explains the science of how to direct our attention to perform under stress and recover from trauma. With training, we can access agency, even in extreme-stress environments. In fact, any maladaptive behavior or response conditioned through stress or trauma can, with intentionality and understanding, be reconditioned and healed. The key is to use strategies that access not just the thinking brain but also the survival brain. By directing our attention in particular ways, we can widen the window within which our thinking brain and survival brain work together cooperatively. When we use awareness to regulate our biology this way, we can access our best, uniquely human qualities: our compassion, courage, curiosity, creativity, and connection with others. By building our resilience, we can train ourselves to make wise decisions and access choice--even during times of incredible stress, uncertainty, and change. With stories from men and women Dr. Stanley has trained in settings as varied as military bases, healthcare facilities, and Capitol Hill, as well as her own striking experiences with stress and trauma, she gives readers hands-on strategies they can use themselves, whether they want to perform under pressure or heal from traumatic experience, while at the same time pointing our understanding in a new direction.

**The Body Keeps the Score****Mind, Brain and Body in the Transformation of Trauma**

What causes people to continually relive what they most want to forget, and what treatments could help restore them to a life with purpose and joy? Here, Dr Bessel van der Kolk offers a new paradigm for effectively treating traumatic stress. Neither talking nor drug therapies have proven entirely satisfactory. With stories of his own work and those of specialists around the globe, *The Body Keeps the Score* sheds new light on the routes away from trauma - which lie in the regulation and syncing of body and mind, using sport, drama, yoga, mindfulness, meditation and other routes to equilibrium.

**Environmental Medicine****Integrating a Missing Element into Medical Education** *National Academies Press*

People are increasingly concerned about potential environmental health hazards and often ask their physicians questions such as: "Is the tap water safe to drink?" "Is it safe to live near power lines?" Unfortunately, physicians often lack the information and training related to environmental health risks needed to answer such questions. This book discusses six competency based learning objectives for all medical school students, discusses the relevance of environmental health to specific courses and clerkships, and demonstrates how to integrate environmental health into the curriculum through published case studies, some of which are included in one of the book's three appendices. Also included is a guide on where to obtain additional information for treatment, referral, and follow-up for diseases with possible environmental and/or occupational origins.

## Trauma and Memory

### **Brain and Body in a Search for the Living Past: A Practical Guide for Understanding and Working with Traumatic Memory** *North Atlantic Books*

In *Trauma and Memory*, bestselling author Dr. Peter Levine (creator of the Somatic Experiencing approach) tackles one of the most difficult and controversial questions of PTSD/trauma therapy: Can we trust our memories? While some argue that traumatic memories are unreliable and not useful, others insist that we absolutely must rely on memory to make sense of past experience. Building on his 45 years of successful treatment of trauma and utilizing case studies from his own practice, Dr. Levine suggests that there are elements of truth in both camps. While acknowledging that memory can be trusted, he argues that the only truly useful memories are those that might initially seem to be the least reliable: memories stored in the body and not necessarily accessible by our conscious mind. While much work has been done in the field of trauma studies to address "explicit" traumatic memories in the brain (such as intrusive thoughts or flashbacks), much less attention has been paid to how the body itself stores "implicit" memory, and how much of what we think of as "memory" actually comes to us through our (often unconsciously accessed) felt sense. By learning how to better understand this complex interplay of past and present, brain and body, we can adjust our relationship to past trauma and move into a more balanced, relaxed state of being. Written for trauma sufferers as well as mental health care practitioners, *Trauma and Memory* is a groundbreaking look at how memory is constructed and how influential memories are on our present state of being.

## The Hidden Brain

### **How Our Unconscious Minds Elect Presidents, Control Markets, Wage Wars, and Save Our Lives** *Random House*

The hidden brain is the voice in our ear when we make the most important decisions in our lives—but we're never aware of it. The hidden brain decides whom we fall in love with and whom we hate. It tells us to vote for the white candidate and convict the dark-skinned defendant, to hire the thin woman but pay her less than the man doing the same job. It can direct us to safety when disaster strikes and move us to extraordinary acts of altruism. But it can also be manipulated to turn an ordinary person into a suicide terrorist or a group of bystanders into a mob. In a series of compulsively readable narratives, Shankar Vedantam journeys through the latest discoveries in neuroscience, psychology, and behavioral science to uncover the darkest corner of our minds and its decisive impact on the choices we make as individuals and as a society. Filled with fascinating characters, dramatic storytelling, and cutting-edge science, this is an engrossing exploration of the secrets our brains keep from us—and how they are revealed.

### **Polyvagal Theory in Therapy / Clinical Applications of the Polyvagal Theory Two-Book Set** *W. W. Norton*

This product includes *Clinical Applications of the Polyvagal Theory*, edited by Stephen W. Porges and Deb Dana, and *The Polyvagal Theory in Therapy* by Deb Dana. The books are packaged as a shrink-wrapped set.

## Marcel the Shell With Shoes On

### **Things About Me** *Penguin*

View our feature on Jenny Slate and Dean Fleischer-Camp's *Marcel the Shell With Shoes On*. Millions of people have fallen in love with Marcel. Now the tiny shell with shoes and a big heart is transitioning from online sensation to classic picture book character, and readers can learn more about this adorable creature and his wonderfully peculiar world. From wearing a lentil as a hat to hang-gliding on a Dorito, Marcel is able to find magic in the everyday. He may be small, but he knows he has a lot of good qualities. He may not be able to lift anything by himself, but when he needs help, he calls upon his family. He may never be able own a real dog . . . but he has a pretty awesome imagination.

## Phil

### **The Rip-Roaring (and Unauthorized!) Biography of Golf's Most Colorful Superstar** *Simon and Schuster*

A juicy and freewheeling biography of legendary golf champion Phil Mickelson—who has led a big, controversial life—as reported by longtime *Sports Illustrated* writer and bestselling author Alan Shipnuck. Phil Mickelson is one of the most compelling figures in sports. For more than three decades he has been among the best golfers in the world, and his unmatched longevity was exemplified at the 2021 PGA Championship, when Mickelson, on the cusp of turning fifty-one, became the oldest player in history to win a major championship. In this raw, uncensored, and unauthorized biography, Alan Shipnuck captures a singular life defined by thrilling victories, crushing defeats, and countless controversies. Mickelson is a multifaceted character, and all his warring impulses are on display in these pages: He is a smart-ass who built an empire on being the consummate professional; a loving husband dogged by salacious rumors; a high-stakes gambler who knows the house always wins but can't tear himself away. Mickelson's career and public image have been defined by the contrast with his lifelong rival, Tiger Woods. Where Woods is robotic and reticent, Mickelson is affable and extroverted, an incorrigible showman whom many fans love and some abhor because of the overwhelming size of his personality. In their early years together on Tour, Mickelson lacked Tiger's laser focus and discipline, leading Tiger Woods to call her son's rival "the fat boy," among other put-downs. Yet as Tiger's career has been curtailed by scandal, addiction, and a broken body, Phil sails on, still relevant on the golf course and in the marketplace. Phil is the perfect marriage of subject and author. Shipnuck has long been known as the most fearless writer on the golf beat, and he delivers numerous revelations, from the true scale of Mickelson's massive gambling losses; to the inside story of the acrimonious breakup between Phil and his longtime caddie, Jim "Bones" Mackay; to the secretive backstory of the Saudi golf league that Mickelson championed to wield as leverage against the PGA Tour. But Phil also celebrates Mickelson's random acts of kindness and generosity of spirit, to which friends and strangers alike can attest. Shipnuck has covered Mickelson for his entire career and has been on the ground at Mickelson's most memorable triumphs and crack-ups, allowing him to take readers inside the ropes with a thrilling immediacy and intimacy. The result is the juiciest and liveliest golf book in years—full of heart, humor, and unexpected turns.