

Cubed A Secret History Of The Workplace

Indecision A Little Life Garage Patient H.M. Cube What Works Shantyboat 13-Cubed Anne Frank's Tales from the Secret Annex We Believe the Children We Are Not Good People Lifers The Possessed Cubed Live Work Work Work Die Pastoral Capitalism Paris, I Love You but You're Bringing Me Down Labor of Love The Utopia of Rules This is Your Brain on Sports Reclaiming the System The Complete Cube Book Stanley & Hazel Cubed The Elemental Workplace Unlocking Your Brilliance Cubed Book Review: Cubed: A Secret History of the Workplace by Saval, N. Poppy Haviland & The Secret of the Lively Widow Cracking the Cube E-Cubed Personal Days Incarceron Your Brain On Nature Anastasia's Secret The Man Who Designed the Future Joe College Behemoth: A History of the Factory and the Making of the Modern World Cubed My Life and Battles

Indecision

“Freeman’s rich and ambitious Behemoth depicts a world in retreat that still looms large in the national imagination.... More than an economic history, or a chronicle of architectural feats and labor movements.”—Jennifer Szalai, New York Times In an accessible and timely work of scholarship, celebrated historian Joshua B. Freeman tells the story of the factory and examines how it has reflected both our dreams and our nightmares of industrialization and

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social change. He whisks readers from the early textile mills that powered the Industrial Revolution to the factory towns of New England to today's behemoths making sneakers, toys, and cellphones in China and Vietnam. Behemoth offers a piercing perspective on how factories have shaped our societies and the challenges we face now.

A Little Life

You may well be reading this at work. Look around you I am sure you will agree your workplace could be significantly better. Do you tolerate a mediocre, uninspiring and dysfunctional environment, because that's the way it's always been? It doesn't have to be. Everyone deserves a fantastic workplace a positive environment in which to live, learn, grow, share and contribute. Yet it need not be difficult to create if you follow this simple and intuitive framework. An Elemental Workplace is a standard that everyone can attain, not an elite pipedream for the privileged few. This book is intended for all, whether managing a property portfolio or a project, managing people, owning or running a business, or just taking an interest in the workplace to which they are treated, or subject and want to get something done about it. Free of corporate bullsh*t, buzzwords and excuses for inaction, it offers a practical and accessible approach that will stand the test of time. It is sharp, funny, and gets to the point your workplace can be fantastic.

Garage

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Facing an early midlife crisis after being fired, twenty-eight-year-old Dwight B. Wilmerding is unable to decide on a new career or on a girlfriend, an indecisiveness that he attempts to alleviate with a trial pharmaceutical aimed at enhancing courage and self-confidence, and heads to Ecuador to search for Natasha, an exotic former classmate. A first novel. Reprint. 15,000 first printing.

Patient H.M.

A secret history of the garage as a space of creativity, from its invention by Frank Lloyd Wright to its use by start-ups and garage bands. Frank Lloyd Wright invented the garage when he moved the automobile out of the stable into a room of its own. Steve Jobs and Steve Wozniak (allegedly) started Apple Computer in a garage. Suburban men turned garages into man caves to escape from family life. Nirvana and No Doubt played their first chords as garage bands. What began as an architectural construct became a cultural construct. In this provocative history and deconstruction of an American icon, Olivia Erlanger and Luis Ortega Goveia use the garage as a lens through which to view the advent of suburbia, the myth of the perfect family, and the degradation of the American dream. The stories of what happened in these garages became self-fulfilling prophecies the more they were repeated. Hewlett-Packard was founded in a garage that now bears a plaque: The Birthplace of Silicon Valley. Google followed suit, dreamed up in a Menlo Park garage a few decades later. Also conceived in a garage: the toy company

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Mattel, creator of Barbie, the postwar, posthuman representation of American women. Garages became guest rooms, game rooms, home gyms, wine cellars, and secret bondage lairs, a no-commute destination for makers and DIYers—surfboard designers, ski makers, pet keepers, flannel-wearing musicians, weed-growing nuns. The garage was an aboveground underground, offering both a safe space for withdrawal and a stage for participation—opportunities for isolation or empowerment.

Cube

How business appropriated the pastoral landscape, as seen in the corporate campus, the corporate estate, and the office park. By the end of the twentieth century, America's suburbs contained more office space than its central cities. Many of these corporate workplaces were surrounded, somewhat incongruously, by verdant vistas of broad lawns and leafy trees. In *Pastoral Capitalism*, Louise Mozingo describes the evolution of these central (but often ignored) features of postwar urbanism in the context of the modern capitalist enterprise. These new suburban corporate landscapes emerged from a historical moment when corporations reconceived their management structures, the city decentralized and dispersed into low-density, auto-dependent peripheries, and the pastoral—in the form of leafy residential suburbs—triumphed as an American ideal. Greenness, writes Mozingo, was associated with goodness, and pastoral capitalism appropriated the

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suburb's aesthetics and moral code. Like the lawn-proud suburban homeowner, corporations understood a pastoral landscape's capacity to communicate identity, status, and right-mindedness. Mazingo distinguishes among three forms of corporate landscapes—the corporate campus, the corporate estate, and the office park—and examines suburban corporate landscapes built and inhabited by such companies as Bell Labs, General Motors, Deere & Company, and Microsoft. She also considers the globalization of pastoral capitalism in Europe and the developing world including Singapore, India, and China. Mazingo argues that, even as it is proliferating, pastoral capitalism needs redesign, as do many of our metropolitan forms, for pressing social, cultural, political, and environmental reasons. Future transformations are impossible, however, unless we understand the past. Pastoral Capitalism offers an indispensable chapter in urban history, examining not only the design of corporate landscapes but also the economic, social, and cultural models that determined their form.

What Works

Even though Purcell excelled in math and science in high school, nobody ever talked to her about a career in the STEM fields. Lack of exposure was the first hurdle that she would face on her path to success as an engineer and entrepreneur, but it certainly wouldn't be the last.

Shantyboat

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Three twentysomething guys who transitioned from collegiate underachieving to corporate bottom feeding sketch out a plan to make a grab for some dignity. They will rob the publishing house that employs their only stable member and insults him on a daily basis. Being the bright, perceptive fellows they are, they all quickly realize it isn't about the money. For Phil "Dub" Dublin, it's a pissed off statement against a dull, meaningless job. For self-styled poet Trim, it's a chance to actually be as outrageous and anarchic as he needs to be. For Trim's roommate Dan, it seems to be something he does for the same reason he does everything: to vent some anger, having nothing to do. By the time their master plan is all said and done, nothing has been solved, nothing is better, and nothing, really, has changed. And in the slightly fractured wisdom of the larcenous trio, this surprises none of them.

13-Cubed

"Details how the human brain is linked to the natural world and offers nature-based methods for reducing stress, improving cognitive powers, and boosting the efficiency of exercise"--

Anne Frank's Tales from the Secret Annex

A collection of the author's lesser-known writings includes stories, personal reminiscences, previously deleted excerpts from her diary, and an unfinished novel composed while she was hidden from the Nazis.

We Believe the Children

We Are Not Good People

A scathing, sardonic exploration of Silicon Valley tech culture, laying bare the greed, hubris, and retrograde politics of an industry that aspires to radically transform society for its own benefit. At the height of the startup boom, journalist Corey Pein set out for Silicon Valley with little more than a smartphone and his wits. His goal: to learn how such an overhyped industry could possibly sustain itself as long as it has. But to truly understand the delirious reality of the tech entrepreneurs, he knew he would have to inhabit that perspective—he would have to become an entrepreneur himself. Thus Pein begins his journey—skulking through gimmicky tech conferences, pitching his over-the-top business ideas to investors, and rooming with a succession of naive upstart programmers whose entire lives are managed by their employers—who work endlessly and obediently, never thinking to question their place in the system. In showing us this frantic world, Pein challenges the positive, feel-good self-image that the tech tycoons have crafted—as nerdy and benevolent creators of wealth and opportunity—revealing their self-justifying views and their insidious visions for the future. Vivid and incisive, *Live Work Work Work Die* is a troubling portrait of a self-obsessed industry bent on imposing its disturbing visions on the rest of us.

Lifers

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A great depression grips the city of St. Louis in 1934. Stanley, an orphaned newsie, lives in a poor part of town hit especially hard by the economic downturn. One night, Stanley runs into Hazel, a restless debutante-in-waiting who has begun to question her posh lifestyle in the midst of the suffering she sees. She's out and about without an escort and against her father's wishes. When they discover the body of a girl with her head bashed in by a baseball bat, the very different and separate realities of the two teens inform their decision. Together they will figure out what happened to her and bring those responsible to justice. But getting involved with each other and digging into the secrets behind this murder earns them some powerful enemies, including a secret group seeking to rid society of all they deem undesirable. They've put into motion "The Winnowing," a plan seeking to take over the city and enforce their will. As Stanley and Hazel's forbidden feelings for one another grow, their investigation turns deadly. Now, it is up to Stanley and his gang of street kids to stop Hazel from becoming the next victim.

The Possessed

From the author of the international bestseller *Debt: The First 5,000 Years* comes a revelatory account of the way bureaucracy rules our lives. Where does the desire for endless rules, regulations, and bureaucracy come from? How did we come to spend so much of our time filling out forms? And is it really a cipher for state violence? To answer these questions, the

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anthropologist David Graeber—one of our most important and provocative thinkers—traces the peculiar and unexpected ways we relate to bureaucracy today, and reveals how it shapes our lives in ways we may not even notice...though he also suggests that there may be something perversely appealing—even romantic—about bureaucracy. Leaping from the ascendance of right-wing economics to the hidden meanings behind Sherlock Holmes and Batman, *The Utopia of Rules* is at once a powerful work of social theory in the tradition of Foucault and Marx, and an entertaining reckoning with popular culture that calls to mind Slavoj Zizek at his most accessible. An essential book for our times, *The Utopia of Rules* is sure to start a million conversations about the institutions that rule over us—and the better, freer world we should, perhaps, begin to imagine for ourselves.

Cubed

You mean this place we go to five days a week has a history? *Cubed* reveals the unexplored yet surprising story of the places where most of the world's work—our work—gets done. From "Bartleby the Scrivener" to *The Office*, from the steno pool to the open-plan cubicle farm, *Cubed* is a fascinating, often funny, and sometimes disturbing anatomy of the white-collar world and how it came to be the way it is—and what it might become. In the mid-nineteenth century clerks worked in small, dank spaces called "counting-houses." These were all-male enclaves, where work was just paperwork. Most Americans

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considered clerks to be questionable dandies, who didn't do "real work." But the joke was on them: as the great historical shifts from agricultural to industrial economies took place, and then from industrial to information economies, the organization of the workplace evolved along with them—and the clerks took over. Offices became rationalized, designed for both greater efficiency in the accomplishments of clerical work and the enhancement of worker productivity. Women entered the office by the millions, and revolutionized the social world from within. Skyscrapers filled with office space came to tower over cities everywhere. Cubed opens our eyes to what is a truly "secret history" of changes so obvious and ubiquitous that we've hardly noticed them. From the wood-paneled executive suite to the advent of the cubicles where 60% of Americans now work (and 93% of them dislike it) to a not-too-distant future where we might work anywhere at any time (and perhaps all the time), Cubed excavates from popular books, movies, comic strips (Dilbert!), and a vast amount of management literature and business history, the reasons why our workplaces are the way they are—and how they might be better.

Live Work Work Work Die

For many college students, Spring Break means fun and sun in Florida. For Danny, a Yale junior, it means two weeks behind the wheel of the Roach Coach, his father's lunch truck, which plies the parking lots of office parks in central New Jersey. But Danny can use the time behind the coffee urn to try and make sense

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of a love life that's gotten a little complicated. There's loyal and patient hometown honey Cindy and her recently dropped bombshell to contend with. And there's also lissome Polly back in New Haven--with her shifting moods, perfect thrift store dresses and inconvenient liaison with a dashing professor. If girl problems aren't enough, there's the constant menace of the Lunch Monsters, a group of thugs who think Danny has planted the Roach Coach in their territory. Joe College is Tom Perrotta's warmest and funniest fiction yet, a comic journey into the dark side of love, higher education and food service.

Pastoral Capitalism

ONE OF THE BEST BOOKS OF THE YEAR The New York Times • The Washington Post • The Wall Street Journal • NPR • Vanity Fair • Vogue • Minneapolis Star Tribune • St. Louis Post-Dispatch • The Guardian • O, The Oprah Magazine • Slate • Newsday • BuzzFeed • The Economist • Newsweek • People • Kansas City Star • Shelf Awareness • Time Out New York • Huffington Post • Book Riot • Refinery29 • Bookpage • Publishers Weekly • Kirkus WINNER OF THE KIRKUS PRIZE A MAN BOOKER PRIZE FINALIST A NATIONAL BOOK AWARD FINALIST A Little Life follows four college classmates—broke, adrift, and buoyed only by their friendship and ambition—as they move to New York in search of fame and fortune. While their relationships, which are tinged by addiction, success, and pride, deepen over the decades, the men are held together by their devotion to the brilliant, enigmatic Jude, a man scarred by an unspeakable

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childhood trauma. A hymn to brotherly bonds and a masterful depiction of love in the twenty-first century, Hanya Yanagihara's stunning novel is about the families we are born into, and those that we make for ourselves.

Paris, I Love You but You're Bringing Me Down

Gender equality is a moral and a business imperative. But unconscious bias holds us back and de-biasing minds has proven to be difficult and expensive. Behavioral design offers a new solution. Iris Bohnet shows that by de-biasing organizations instead of individuals, we can make smart changes that have big impacts—often at low cost and high speed.

Labor of Love

Offers nine new experiments to try to show how the abundance of the world can be open to readers and that their own thoughts create reality, in a follow-up to the internationally best-selling E-Squared. 75,000 first printing.

The Utopia of Rules

The world of wage labour seems to have become a soulless machine, an engine of social and environmental destruction. Employees seem to be nothing but 'cogs' in this system - but is this true? Located at the intersection of political theory, moral philosophy, and business ethics, this book questions

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the picture of the world of work as a 'system'. Hierarchical organizations, both in the public and in the private sphere, have specific features of their own. This does not mean, however, that they cannot leave room for moral responsibility, and maybe even human flourishing. Drawing on detailed empirical case studies, Lisa Herzog analyses the nature of organizations from a normative perspective: their rule-bound character, the ways in which they deal with divided knowledge, and organizational cultures and their relation to morality. The volume examines how individual agency and organizational structures would have to mesh to avoid common moral pitfalls and develops the notion of 'transformational agency', which refers to a critical, creative way of engaging with one's organizational role while remaining committed to basic moral norms. The volume goes on to explore the political and institutional changes that would be required to re-embed organizations into a just society. Whether we submit to 'the system' or try to reclaim it, Herzog argues, is a question of eminent political importance in our globalized world.

This is Your Brain on Sports

A journalist and aspiring “speedcuber” attempts to break into the international phenomenon of speed-solving the Rubik’s Cube—think chess played at the speed of Ping-Pong—while exploring the Cube’s rise to iconic status around the globe and the lessons that can be learned through solving it. When Hungarian professor Ernő Rubik invented the Rubik’s Cube (or, rather, his Cube) in the 1970s out of

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wooden blocks, rubber bands, and paper clips, he didn't even know if it could be solved, let alone that it would become the world's most popular puzzle. Since its creation, the Cube has become many things to many people: one of the bestselling children's toys of all time, a symbol of intellectual prowess, a frustrating puzzle with 43.2 quintillion possible permutations, and now a worldwide sporting phenomenon that is introducing the classic brainteaser to a new generation. In *Cracking the Cube*, Ian Scheffler reveals that cubing isn't just fun and games. Along with participating in speedcubing competitions—from the World Championship to local tournaments—and interviewing key figures from the Cube's history, he journeys to Budapest to seek a meeting with the legendary and notoriously reclusive Rubik, who is still tinkering away with puzzles in his seventies. Getting sucked into the competitive circuit himself, Scheffler becomes engrossed in solving Rubik's Cube in under twenty seconds, the quasi-mystical barrier known as "sub-20," which is to cubing what four minutes is to the mile: the difference between the best and everyone else. For Scheffler, the road to sub-20 is not just about memorizing algorithms or even solving the Rubik's Cube. As he learns from the many gurus who cross his path, from pint-sized kids to engineering professors, it's about learning to solve yourself.

Reclaiming the System

In the 1980s in California, New Jersey, and New York, Michigan, Massachusetts, and Florida, Tennessee, Texas, Ohio, and elsewhere, daycare workers were

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arrested, charged, tried, and convicted of committing horrible sexual crimes against the children they cared for. These crimes, prosecutors said, had gone undetected for years, and their brutality and sadism defied all imagining. What's more, the abusers had photographed and videotaped their victims, distributing the images through a sophisticated international network of child pornographers. More often than not, violent satanic cult worship had also played a central role, with children made to watch forced abortions in cemeteries and then eat hacked-off bits of the little corpses. In just over a decade, thousands of people in every part of the country were investigated as child sex abusers, and some one-hundred and fifty of them were sent to prison. But, none of it happened. It was an epic decade-long outbreak of collective hysteria - on a par with the Salem witch trials or the red scares of the 1950s. Using extensive archival research conducted in Los Angeles, Miami, New York, and elsewhere, and drawing on dozens of interviews conducted with the hysteria's major figures, Richard Beck shows how a group of legislators, doctors, lawyers, and parents, all working with the best of intentions, set the stage for a judicial disaster. A number of opportunistic journalists helped to carry the story from state to state, and the silence of their colleagues, who should have known better, allowed it to keep spreading long after it became clear that the story was simply unsupported by evidence. Beck reveals how a small group of skeptics finally began working to slow the runaway train in the last half of the decade, and he explores the fates of those accused and convicted of these unbelievable crimes, the casualties of a culture war. It

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is this culture war that is the books pervasive subtext – the conditions that made possible the demented frenzy of accusations were very specific, and at the root of them were competing visions of society and the things that threatened it most.

The Complete Cube Book

Shantyboat is the story of a leisurely journey down the Ohio and Mississippi rivers to New Orleans. For most people such a journey is the stuff that dreams are made of, but for Harlan and Anna Hubbard, it became a cherished reality. In their small river craft, the Hubbards became one with the flowing river and its changing weathers. This book mirrors a life that is simple and independent, strenuous at times, but joyous, with leisure for painting and music, for observation and contemplation.

Stanley & Hazel

Cubed

Draws from popular books, movies, comic strips, management literature, and business history to show how the white-collar world came to be, from the mid-nineteenth century to today, and reveals what it might become.

The Elemental Workplace

A self-described Francophile from when he was little,

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Rosecrans Baldwin always dreamed of living in Paris—drinking le café, eating les croissants, walking in les jardins—so when an opportunity presented itself to work for an advertising agency in Paris, he couldn't turn it down. Despite the fact that he had no experience in advertising. And despite the fact that he barely spoke French. After an unimaginable amount of red tape and bureaucracy, Rosecrans and his wife packed up their Brooklyn apartment and left the Big Apple for the City of Light. But when they arrived, things were not exactly what Rosecrans remembered from a family vacation when he was nine years old. *Paris, I Love You but You're Bringing Me Down* is a nimble comic account of observing the French capital from the inside out. It is an exploration of the Paris of Sarkozy, text-message romances, smoking bans, and a McDonald's beneath the Louvre—the story of an American who arrives loving Paris all out of proportion, but finds life there to be completely unlike what he expected. Over eighteen months, Rosecrans must rely on his dogged American optimism to get him through some very unromantic situations—at work (writing booklets on how to breast-feed, raise, and nurture children), at home (trying to finish writing his first novel in an apartment surrounded on all sides by construction workers), and at every confusing French dinner party in between. An offbeat update to the expat canon, *Paris, I Love You* is a book about a young man finding his preconceptions replaced by the oddities of a vigorous, nervy city—which is just what he needs to fall in love with Paris for the second time.

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Unlocking Your Brilliance

A witty, darkly comic debut novel chronicles the lives and fortunes of a tightly knit--if idiosyncratic--cast of office workers as they confront boredom, paranoia, lunch breaks, and corporate complexities while their New York City based company begins to unravel. Original. 25,000 first printing.

Cubed

Incarceron is a prison so vast that it contains not only cells and corridors, but metal forests, dilapidated cities, and wilderness. It has been sealed for centuries, and only one man has ever escaped. Finn has always been a prisoner here. Although he has no memory of his childhood, he is sure he came from Outside. His link to the Outside, his chance to break free, is Claudia, the warden's daughter, herself determined to escape an arranged marriage. They are up against impossible odds, but one thing looms above all: Incarceron itself is alive . . .

Book Review: Cubed: A Secret History of the Workplace by Saval, N.

“Oliver Sacks meets Stephen King”* in this propulsive, haunting journey into the life of the most studied human research subject of all time, the amnesic known as Patient H.M. For readers of *The Immortal Life of Henrietta Lacks* comes a story that has much to teach us about our relentless pursuit of knowledge. Winner of the PEN/E.O. Wilson Literary Science

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Writing Award • Los Angeles Times Book Prize Winner
NAMED ONE OF THE BEST BOOKS OF THE YEAR BY
The Washington Post • New York Post • NPR • The
Economist • New York • Wired • Kirkus Reviews •
BookPage In 1953, a twenty-seven-year-old factory
worker named Henry Molaison—who suffered from
severe epilepsy—received a radical new version of the
then-common lobotomy, targeting the most
mysterious structures in the brain. The operation
failed to eliminate Henry’s seizures, but it did have an
unintended effect: Henry was left profoundly amnesic,
unable to create long-term memories. Over the next
sixty years, Patient H.M., as Henry was known,
became the most studied individual in the history of
neuroscience, a human guinea pig who would teach
us much of what we know about memory today.
Patient H.M. is, at times, a deeply personal journey.
Dittrich’s grandfather was the brilliant, morally
complex surgeon who operated on Molaison—and
thousands of other patients. The author’s
investigation into the dark roots of modern memory
science ultimately forces him to confront unsettling
secrets in his own family history, and to reveal the
tragedy that fueled his grandfather’s relentless
experimentation—experimentation that would
revolutionize our understanding of ourselves. Dittrich
uses the case of Patient H.M. as a starting point for a
kaleidoscopic journey, one that moves from the first
recorded brain surgeries in ancient Egypt to the
cutting-edge laboratories of MIT. He takes readers
inside the old asylums and operating theaters where
psychosurgeons, as they called themselves,
conducted their human experiments, and behind the
scenes of a bitter custody battle over the ownership

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of the most important brain in the world. Patient H.M. combines the best of biography, memoir, and science journalism to create a haunting, endlessly fascinating story, one that reveals the wondrous and devastating things that can happen when hubris, ambition, and human imperfection collide. Praise for Patient H.M. “An exciting, artful blend of family and medical history.”—The New York Times “In prose both elegant and intimate, and often thrilling, Patient H.M. is an important book about the wages not of sin but of science.”—The Washington Post “Spellbinding . . . The fact that Dittrich looks critically at the actual process of scientific investigation is just one of the things to admire about Patient H.M.”—The New York Times Book Review “Patient H.M. tells one of the most fascinating and disturbing stories in the annals of medicine, weaving in ethics, philosophy, a personal saga, the history of neurosurgery, the mysteries of human memory, and an exploration of human ego.”—Sheri Fink, M.D., Pulitzer Prize winner and author of Five Days at Memorial “This is classic reporting and myth-making at the same time.”—Colum McCann, author of Let the Great World Spin *Kirkus Reviews (starred review)

Poppy Haviland & The Secret of the Lively Widow

Cracking the Cube

Before there was Steve Jobs, there was Norman Bel Geddes. A ninth-grade dropout who found himself at

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the center of the worlds of industry, advertising, theater, and even gaming, Bel Geddes designed everything from the first all-weather stadium, to Manhattan's most exclusive nightclub, to Futurama, the prescient 1939 exhibit that envisioned how America would look in the not-too-distant 60s. In *The Man Who Designed the Future*, B. Alexandra Szerlip reveals precisely how central Bel Geddes was to the history of American innovation. He presided over a moment in which theater became immersive, function merged with form, and people became consumers. A polymath with humble Midwestern origins, Bel Geddes' visionary career would launch him into social circles with the Algonquin roundtable members, stars of stage and screen, and titans of industry. Light on its feet but absolutely authoritative, this first major biography is a must for anyone who wants to know how America came to look the way it did.

E-Cubed

"THIS IS YOUR BRAIN ON SPORTS is a must read for anyone involved in or simply interested in sports. It tells the real story of what I went through and how countless athletes of all levels are still going through now..unnecessarily. When no one else could, they helped me to recognize how my throwing problems came directly from sports traumas that were stuck in my brain. And then Grand and Goldberg had the knowhow to release it with the miracle of Brainspotting." Mackey Sasser Former catcher for NY Mets "THIS IS YOUR BRAIN ON SPORTS is a MUST READ for athletes, their parents and coaches, as well

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as for all psychotherapists and performance experts. In case you didn't know it, THE YIPS has a clearly explainable relationship to past trauma. All one has to do is take a detailed history of the life of an athlete from his/her earliest childhood, relate that to his/her history of physical injuries and throw in a dollop of shame and criticism from parents and coaches and the reason for the yips emerges with crystal clarity. These facts are clearly illustrated in this compelling, fascinating and ground-breaking book by Drs. Grand and Goldberg. Brain-based principles of body-based memory, neurosensitization and cue-related anxiety from the trauma literature clearly prove that the yips come from post-traumatic stress syndrome. And Brainspotting has shown to be dramatically effective in mitigating, and even healing, this vexing syndrome." Robert Scaer, MD Author of THE BODY BEARS THE BURDEN and THE TRAUMA SPECTRUM THIS IS YOUR BRAIN ON SPORTS: Beating Blocks, Slumps and Performance Anxiety for Good! is the ground-breaking book that will change the face of sports performance forever. This book introduces the breakthrough concept of STSD (Sport Traumatic Stress Disorder). Grand and Goldberg have discovered that STSDs are the cause of most significant performance problems. Performance blocks and anxiety, including the yips, stem from accumulated sports traumas including sports injuries, failures and humiliations. The authors also introduce the Brainspotting Sports Performance System (BSPS) which quickly finds, releases and resolves the sports traumas held in your brain and body. An easy read, THIS IS YOUR BRAIN ON SPORTS is filled with engaging, informative, inspiring stories. These case

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examples illustrate how professional, elite, collegiate and junior athletes have been freed for good from this silent "epidemic" of performance blocks and anxiety including: the yips, "Steve Blass disease," "Mackey Sasser syndrome," protracted slumps, balking, choking and freezing. THIS IS YOUR BRAIN ON SPORTS provides the answers and the cure for athletes, their coaches and parents about "Beating Blocks, Slumps and Performance Anxiety for Good!" Grand and Goldberg also show how their BSPS can take all athletes to levels they could only heretofore dream of! www.thisisyourbrainonsports.com

Personal Days

You mean this place we go to five days a week has a history? Cubed reveals the unexplored yet surprising story of the places where most of the world's work-our work-gets done. From "Bartleby the Scrivener" to The Office, from the steno pool to the open-plan cubicle farm, Cubedis a fascinating, often funny, and sometimes disturbing anatomy of the white-collar world and how it came to be the way it is-and what it might become. In the mid-nineteenth century clerks worked in small, dank spaces called ocounting-houses.o These were all-male enclaves, where work was just paperwork. Most Americans considered clerks to be questionable dandies, who didn't do oreal work.o But the joke was on them- as the great historical shifts from agricultural to industrial economies took place, and then from industrial to information economies, the organization of the workplace evolved along with them-and the clerks

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Incarceron

African American historian Gerald Early refers to Jack Johnson (1878-1946), the first African American heavyweight champion of the world, as "the first African American pop culture icon." Johnson is a seminal and iconic figure in the history of race and sport in America. This manuscript is the translation of a memoir by Johnson that was published in French, has never before been translated, and is virtually unknown. Originally published as a series of articles in 1911 and then in revised form as a book in 1914, it covers Johnson's colorful life and battles, both inside and outside the ring, up until and including his

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famous defeat of Jim Jeffries in Reno, on July 4, 1910. In addition to providing information about Johnson's life, it is a fascinating exercise in self-mythologizing that provides substantial insights into how Johnson perceived himself and wished to be perceived by others. Johnson's personal voice comes through clearly-brash, clever, theatrical, and invariably charming. The memoir makes it easy to see how and why Johnson served as an important role model for Muhammad Ali and why so many have compared the two.

Your Brain On Nature

For Anastasia Romanov, life as the privileged daughter of Russia's last tsar is about to be torn apart by the bloodshed of revolution. Ousted from the imperial palace when the Bolsheviks seize control of the government, Anastasia and her family are exiled to Siberia. But even while the rebels debate the family's future and the threat to their lives grows more menacing, romance blooms between Anastasia and Sasha, a sympathetic young guard she has known since childhood. But will the strength of their love be enough to save Anastasia from a violent death? Inspired by the mysteries that have long surrounded the last days of the Romanov family, Susanne Dunlap's new novel is a haunting vision of the life-and love story-of Russia's last princess.

Anastasia's Secret

It seems as though every week there's a new app

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available on your smartphone promising dates a plenty--just swipe right. A mate, on the other hand, is becoming harder and harder to find. The age-old quest for true love requires more effort than ever before. Let's face it: dating is work. Which, as it happens, is exactly where it began, in the 19th century--as prostitution. In *Labor of Love*, Moira Weigel dives into the secret history of dating while holding up a mirror to the contemporary dating landscape, revealing why we date the way we do and explaining why it feels so much like work. This isn't a guide to "getting the guy"; there are no ridiculous "rules" to follow in *Labor of Love*. This is a brilliant, fresh, and utterly original approach to help us understand how dating was invented and, hopefully, lead us closer to the happy ending that it promises.

The Man Who Designed the Future

Poppy Haviland & *The Secret of the Lively Widow* is the first book in a series featuring twelve-year-old aspiring actress Poppy Petunia Haviland and her adventuresome friends. Simply being twelve years old is tough enough, but try being twelve AND the daughter of the world's most famous movie star. Yeah exactly. In *The Secret of the Lively Widow*, Poppy's family relocate to a small town where the appearance of superstar Holly Haviland takes the community by storm. Even when Poppy discovers a treasure map carefully tucked within their historic lodgings, she can't seem to capture anyone's attention for very long. She recruits her best friend, Annie Kim, and her strange new neighbour Rick Reyes (a rapper and

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inventor), to explore the history of the map and of their new community. The trio learns that the town that they are living in was a key terminal on the Underground Railroad – the illegal passageway to freedom that played a major role in the termination of slavery in America – and that Poppy’s family played an important role in that history. Will their efforts result in the discovery of a long-rumoured historical treasure, or will someone else get to it first?

Joe College

The first book by the reclusive inventor of the world’s most iconic puzzle THE RUBIK’S CUBE. Erno Rubik inspires us with what he’s learned in a lifetime of creating, curiosity, and discovery. Erno Rubik was a child when he first became obsessed with puzzles of all kinds. “Puzzles,” he writes, “bring out important qualities in each of us: concentration, curiosity, a sense of play, the eagerness to discover a solution.” To Rubik puzzles aren’t just games—they’re creativity machines. He encourages us to embrace our inner curiosity and find the puzzles that surround us in our everyday lives. “If you are determined, you will solve them,” he writes. Rubik’s own puzzle, the Cube, went on to be solved by millions worldwide for over forty years, become one of the bestselling toys of all time, and to be featured as a global symbol of intelligence and ingenuity. In *Cubed*, Rubik covers more than just his journey to inventing his eponymous cube. He makes a case for always being an amateur—something he has always considered himself to be. He discusses the inevitability of

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problems during any act of invention. He reveals what it was like to experience the astonishing worldwide success of an object he made purely for his own play. And he offers what he thinks it means to be a true creator (hint: anyone can do it). Steeped in the wisdom and also the humility of a born inventor, Cubed offers a unique look at the imperfect science of creation.

Behemoth: A History of the Factory and the Making of the Modern World

Learn the Words. Get the blood. Rule the world. The Ustari Cycle starts here. From the "exhilarating, powerful, and entertaining" (Guardian) storyteller of the Avery Cates series comes a gritty supernatural thriller featuring a pair of unlikely heroes caught up in the underground world of blood magic. Magicians: they are not good people. The ethics in a world of blood are gray—and an underground strata of blood magicians has been engineering disasters for centuries in order to acquire enough fuel for their spells. Although in the modern world these mages stay in the shadows, their exploits have become no less bloody. Still, some practitioners use the Words and a swipe of the blade to cast simpler spells, such as Charms and Cantrips to gas up \$1 bills so they appear to be \$20s. Lem Vonnegan and his sidekick Mags fall into this level of mage, hustlers and con men all. Lem tries to be ethical by using only his own blood, by not using Bleeders or "volunteers." But it makes life hard. Soon they might have to get honest work. When the pair encounter a girl who's been

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kidnapped and marked up with magic runes for a ritual spell, it's clear they're in over their heads. Turning to Lem's estranged Master for help, they are told that not only is the girl's life all but forfeit, but that the world's preeminent mage, Mika Renar, has earth-shattering plans for her—and Lem just got in the way. With the fate of the world on the line, and Lem both spooked and intrigued by the mysterious girl, the other nominate him to become the huckleberry who'll take down Renar. But even if he, Mags, and the simpletons who follow him prevail, they're dealing with the kind of power that doesn't understand defeat, or mercy. (The first portion of *We Are Not Good People* was originally published in an altered form as *Trickster* by Pocket Books).

Cubed

One of The Economist's 2011 Books of the Year THE TRUE BUT UNLIKELY STORIES OF LIVES DEVOTED—ABSURDLY! MELANCHOLICALLY! BEAUTIFULLY!—TO THE RUSSIAN CLASSICS No one who read Elif Batuman's first article (in the journal *n+1*) will ever forget it. "Babel in California" told the true story of various human destinies intersecting at Stanford University during a conference about the enigmatic writer Isaac Babel. Over the course of several pages, Batuman managed to misplace Babel's last living relatives at the San Francisco airport, uncover Babel's secret influence on the making of King Kong, and introduce her readers to a new voice that was unpredictable, comic, humane, ironic, charming, poignant, and completely, unpretentiously

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full of love for literature. Batuman's subsequent pieces—for *The New Yorker*, *Harper's Magazine*, and the *London Review of Books*—have made her one of the most sought-after and admired writers of her generation, and its best traveling companion. In *The Possessed* we watch her investigate a possible murder at Tolstoy's ancestral estate. We go with her to Stanford, Switzerland, and St. Petersburg; retrace Pushkin's wanderings in the Caucasus; learn why Old Uzbek has one hundred different words for crying; and see an eighteenth-century ice palace reconstructed on the Neva. Love and the novel, the individual in history, the existential plight of the graduate student: all find their place in *The Possessed*. Literally and metaphorically following the footsteps of her favorite authors, Batuman searches for the answers to the big questions in the details of lived experience, combining fresh readings of the great Russians, from Pushkin to Platonov, with the sad and funny stories of the lives they continue to influence—including her own.

My Life and Battles

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