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INSTANT NEW YORK TIMES BESTSELLER - The Read With Jenna Today Show Book Club Pick! "A story of love and hope as interweaving characters display: how all moments, big and small, can measure a life. If you want joy, love, romance, and hope—read with us." —Jenna Bush Hager A luminous, spirit-lifting blockbuster for readers of *The Midnight Library*. Eight ordinary people. One extraordinary choice. It seems like any other day. You wake up, pour a cup of coffee, and head out. But today, when you open your front door, waiting for you is a small wooden box. This box holds your fate inside: the answer to the exact number of years

you will live. From suburban doorsteps to desert tents, every person on every continent receives the same box. In an instant, the world is thrust into a collective frenzy. Where did these boxes come from? What do they mean? Is there truth to what they promise? As society comes together and pulls apart, everyone faces the same shocking choice: Do they wish to know how long they'll live? And, if so, what will they do with that knowledge? *The Measure* charts the dawn of this new world through an unforgettable cast of characters whose decisions and fates interweave with one another: best friends whose dreams are forever entwined, pen pals finding refuge in the unknown, a couple who thought they

didn't have to rush, a doctor who cannot save himself, and a politician whose box becomes the powder keg that ultimately changes everything. Enchanting and deeply uplifting, *The Measure* is a sweeping, ambitious, and invigorating story about family, friendship, hope, and destiny that encourages us to live life to the fullest.

\*\*\* FROM USA TODAY & MILLION COPY BESTSELLING AUTHOR J. ROBERT KENNEDY \*\*\*  
 ABANDONED BY THEIR GOVERNMENT, THE DELTA FORCE'S BRAVO TEAM FIGHTS TO NOT ONLY SAVE THEMSELVES AND THEIR FAMILIES, BUT HUMANITY AS WELL. Bravo Team is targeted by a madman after one of their own intervenes in a rape. Little do they know this in-

ternationally well-respected banker is also a senior member of an organization long thought extinct, whose stated goals for a reshaped world are not only terrifying, but with today's technology, achievable. As Bravo Team fights for its very survival, they are suspended and left adrift without their support network. To save themselves and their families, markers are called in, former members volunteer their services, and the expertise of two professors, James Acton and his fiancée Laura Palmer, is requested. It is a race around the globe to save what remains of Bravo Team, as an organization over six centuries old works in the background to destroy them, and all who help them, while it moves forward with plans that could see the world's population decimated in an attempt to recreate Eden. From USA Today and million copy best-selling author J. Robert Kennedy comes *The Circle of Eight*, another thrilling installment in the internationally bestselling James Acton Thrillers series. In *The Circle of Eight*, Kennedy is at his best, weaving a tale spanning centuries, and delivering a taut thriller that will keep you on the edge of

your seat from page one until the breathtaking conclusion. If you enjoy action-packed adventures in the style of Dan Brown, Clive Cussler, and James Rollins, then you can't miss this adrenaline fueled thrill-ride. Get *The Circle of Eight* today and share in Bravo Team's grief and thirst for revenge as they are abandoned by their government, though not by their friends... About the James Acton Thrillers: ★★★★★ "James Acton: A little bit of Jack Bauer and Indiana Jones!" Though this book is part of the James Acton Thrillers series, it is written as a standalone novel and can be enjoyed without having read any of the previous installments. ★★★★★ "Non-stop action that is impossible to put down." The James Acton Thrillers series and its spin-offs, the Special Agent Dylan Kane Thrillers and the Delta Force Unleashed Thrillers, have sold over one million copies. If you love non-stop action and intrigue with a healthy dose of humor, try James Acton today! ★★★★★ "A great blend of history and current headlines." USA Today bestselling author J. Robert Kennedy's novels are ideal for fans of Dan Brown, Clive Cussler,

James Rollins, Tom Clancy, and James Patterson, and those who enjoy intense action and intrigue with a healthy dose of humor and a touch of romance. Readers interested in action adventure, archaeological mysteries, historical fiction, men's adventure, conspiracies and ancient mysteries, will love the James Acton Thrillers. If spies and espionage is your thing, then check out the CIA Special Agent Dylan Kane Thrillers for riveting tradecraft action. And for those who prefer the team approach and Special Forces, check out the Delta Force Unleashed series for exciting military thrills. Or maybe you just feel like a mystery? Check out the Detective Shakespeare Mysteries for dark, intense psychological thrillers. The epic adventures Evelyn creates over the course of a lifetime will leave every reader mesmerized. This wildly addictive journey of a reclusive Hollywood starlet and her tumultuous Tinseltown journey comes with unexpected twists and the most satisfying of drama. SEARING HEAT You have the most dangerous job in the world's most dangerous place. You are responsible for bomb disposal in

the British sector of Iraq. You are the last defence against oblivion. And it's already a hundred degrees in the shade. , COLD FEAR You are up against some of the most sophisticated bombmakers in the world. They don't play by the rules of the Geneva Convention. Nothing but your own wits will save you. You're on your own. SILENCE Now is the moment of truth. All you can hear is the sound of your own blood pounding through your veins. This could be your last moment on earth. IT'S JUST YOU AND THE BOMB

The talk show host describes his relationship with his father, a hard man from whom he was estranged for ten years, and details how they finally came to understand each other.

Number-one New York Times bestselling author Iris Johansen delivers a thriller that will chill you to the core: Eve Duncan's adopted daughter Jane has been targeted by a mysterious cult who has decided that she has only eight days to live. Eve Duncan and her adopted daughter, Jane Macguire, are pitted against the members of a secretive cult who have targeted Jane and have decided that she will be their ulti-

mate sacrifice. In eight days they will come for her. In eight days, what Jane fears the most will become a reality. In eight days, she will die. It all begins with a painting that Jane, an artist, displays in her Parisian gallery. The painting is called "Guilt" and Jane has no idea how or why she painted the portrait of the chilling face. But the members of a cult that dates back to the time of Christ believe that Jane's blasphemy means she must die. But first, she will lead them to an ancient treasure whose value is beyond price. This elusive treasure, and Jane's death, are all that they need for their power to come to ultimate fruition. With Eve's help, can Jane escape before the clock stops ticking?

A British bomb disposal expert describes his tour of duty in Iraq, his team's perilous assignment to personally dismantle terrorist-planted explosives, and the effectiveness that made him the target of both Sunni and Shia terrorists.

"An intense snapshot of the chain reaction caused by pulling a trigger." —Booklist (starred review)  
 "Astonishing." —Kirkus Reviews (starred review)  
 "A tour de force." —Publish-

ers Weekly (starred review) A Newbery Honor Book A Coretta Scott King Honor Book A Printz Honor Book A Time Best YA Book of All Time (2021) A Los Angeles Times Book Prize Winner for Young Adult Literature Longlisted for the National Book Award for Young People's Literature Winner of the Walter Dean Myers Award An Edgar Award Winner for Best Young Adult Fiction Parents' Choice Gold Award Winner An Entertainment Weekly Best YA Book of 2017 A Vulture Best YA Book of 2017 A BuzzFeed Best YA Book of 2017 An ode to Put the Damn Guns Down, this is New York Times bestselling author Jason Reynolds's electrifying novel that takes place in sixty potent seconds—the time it takes a kid to decide whether or not he's going to murder the guy who killed his brother. A cannon. A strap. A piece. A biscuit. A burner. A heater. A chopper. A gat. A hammer A tool for RULE Or, you can call it a gun. That's what fifteen-year-old Will has shoved in the back waistband of his jeans. See, his brother Shawn was just murdered. And Will knows the rules. No crying. No snitching. Revenge. That's where Will's now heading, with that gun shoved in

the back waistband of his jeans, the gun that was his brother's gun. He gets on the elevator, seventh floor, stoked. He knows who he's after. Or does he? As the elevator stops on the sixth floor, on comes Buck. Buck, Will finds out, is who gave Shawn the gun before Will took the gun. Buck tells Will to check that the gun is even loaded. And that's when Will sees that one bullet is missing. And the only one who could have fired Shawn's gun was Shawn. Huh. Will didn't know that Shawn had ever actually USED his gun. Bigger huh. BUCK IS DEAD. But Buck's in the elevator? Just as Will's trying to think this through, the door to the next floor opens. A teenage girl gets on, waves away the smoke from Dead Buck's cigarette. Will doesn't know her, but she knew him. Knew. When they were eight. And stray bullets had cut through the playground, and Will had tried to cover her, but she was hit anyway, and so what she wants to know, on that fifth floor elevator stop, is, what if Will, Will with the gun shoved in the back waistband of his jeans, MISSES. And so it goes, the whole long way down, as the elevator stops on each floor, and

at each stop someone connected to his brother gets on to give Will a piece to a bigger story than the one he thinks he knows. A story that might never know an END...if Will gets off that elevator. Told in short, fierce staccato narrative verse, *Long Way Down* is a fast and furious, dazzlingly brilliant look at teenage gun violence, as could only be told by Jason Reynolds.

**#1 NEW YORK TIMES BESTSELLER** • The book that sparked a revolution and inspired the hit Netflix series *Tidying Up* with Marie Kondo: the original guide to decluttering your home once and for all. **ONE OF THE MOST INFLUENTIAL BOOKS OF THE DECADE**—CNN Despite constant efforts to declutter your home, do papers still accumulate like snowdrifts and clothes pile up like a tangled mess of noodles? Japanese cleaning consultant Marie Kondo takes tidying to a whole new level, promising that if you properly simplify and organize your home once, you'll never have to do it again. Most methods advocate a room-by-room or little-by-little approach, which doom you to pick away at your piles of stuff forever. The KonMari Method, with its revolutionary category-by-category

system, leads to lasting results. In fact, none of Kondo's clients have lapsed (and she still has a three-month waiting list). With detailed guidance for determining which items in your house "spark joy" (and which don't), this international bestseller will help you clear your clutter and enjoy the unique magic of a tidy home—and the calm, motivated mindset it can inspire.

When you find the courage to change at midlife, Angeles Arrien teaches, "a miracle happens." Your character is opened, deepened, strengthened, softened. You return to your souls highest values. You are now prepared to create your legacy: an imprint of your dream for our world - a dream that can fully come true in *The Second Half of Life*. Working with images, poetry, metaphors, and other forms of symbolic language from diverse world cultures, Dr. Arrien introduces us to the Eight Gates of Initiation. By mastering their lessons and gifts, you harvest the meaning and purpose of your life and come into spiritual maturity. With *The Second Half of Life*, she takes you step-by-step through each gate to deepen your most valu-

able relationships, reclaim your untended creative talents, and shift your focus from ambition to meaning to grow into the exceptional elder you've always imagined you would one day become.

"These eight classic works have truly stood the test of time, selling tens of millions of copies and remaining in constant demand. Now, *The Secrets of Success*, a one-of-a-kind anthology of achievement, reveals why they are every bit as inspiring as they were a century ago. Read such landmark books as *The Science of Getting Rich*, *As a Man Thinketh*, and *The Magic Story*, and you will believe you are truly learning the secrets of the masters coming to you from a hundred years ago. Reflect on the messages of *Acres of Diamonds*, *The Majesty of Calmness*, and *The Greatest Thing in the World*, and you will feel equipped to master the challenges of modern life with the wisdom of the ages"--Back cover.

This book was written by a Hindu, the grandson of Mohandas K. Gandhi. His intent, in writing on eight Muslims and their influence on India in the twentieth century, is to reduce the gulf between Hindu and Muslims. Focusing

on figures viewed as heroes by sub-continent Muslims, he shows that they can be admired by Hindus as well--that they need not be frozen in Hindu minds as foes. Here is a fascinating account of twentieth-century India, Pakistan, and Bangladesh told through biographical sketches of eight men: Sayyid Ahmed Khan (1817-1898), Fazlul Huq (1873-1962), Muhammad Ali Jinnah (1876-1948), Muhammad Iqbal (1876-1938), Muhammad Ali (1878-1931), Abul Kalam Azad (1888-1958), Liaqat Ali Khan (1895-1951), and Zakir Husain (1897-1969).

Tells the story of a teenager with no hopes who joined the army at sixteen and went on to become one of the most successful counter-terrorism operators in the world.

A teenage boy uncovers a horrific family secret. A widower seeks vengeance on the creatures that killed his wife. A drug addled writer stalks the woman of his dreams, a woman much more sinister than she appears. A federal agent races to find the cursed relic powering this city full of spooks, spirits, and serial killers. The lives of these and others will collide in the dark and

dangerous streets of Adderlass. A seed of evil was planted under Adderlass, a city where monsters hide behind masks of humanity and ordinary people shuffle anesthetized and addicted by the sickly supernatural power wafting up from below. The city was built over the crystalline skull of a bloodthirsty beast. Now, the hunt is on for this lost treasure and whoever finds it first will control the fate not only of Adderlass but of the entire world. Sixteen-year-old Simon Cubbins, young and naive, may be the key to unlocking the mystery buried in this twisted labyrinth of hidden agendas. He also unknowingly harbors a secret that could destroy the Cubbins bloodline. As different characters fight for control over Simon, he will have to decide whether or not to carry on his family's legacy.

Eight Down reviews eight maritime casualties over forty-two years beginning with the loss of the Edmund Fitzgerald on Lake Superior in 1975 to the Stellar Daisy in 2017. As a former seafarer and member of the maritime profession for the past fifty years, all of the "Eight" have taken place during my watch. I have found resonance with my own ex-

periences, that has sparked my curiosity. I explore the connective threads that will illustrate how these events are the consequence of what Professor James Reason has called the "Swiss Cheese Model." I know from my own experience that there were many instances when I might have been but one step away from being a maritime casualty -- is it luck? Or is it the awareness or raised consciousness of someone who acts before that last step occurs? I hope to provide insight into the management of change as it relates to safety and the avoidance of traveling through the final hole in a "Swiss Cheese."

From the author of the bestselling *The Reason I Jump*, an extraordinary self-portrait of a young adult with autism "Essential reading for parents and teachers of those with autism who remain non-verbal."—Temple Grandin Naoki Higashida was only thirteen when he wrote *The Reason I Jump*, a revelatory account of autism from the inside by a non-verbal Japanese child, which became an international success. Now, in *Fall Down 7 Times Get Up 8*, he shares his thoughts and experiences as a

young man living each day with severe autism. In short, powerful chapters, Higashida explores school memories, family relationships, the exhilaration of travel, and the difficulties of speech. He also allows readers to experience profound moments we take for granted, like the thought-steps necessary for him to register that it's raining outside. Acutely aware of how strange his behavior can appear to others, he aims throughout to foster a better understanding of autism and to encourage society to see people with disabilities as people, not as problems. With an introduction by the bestselling novelist David Mitchell, *Fall Down 7 Times Get Up 8* also includes a dream-like short story Higashida wrote especially for the U.S. edition. Both moving and of practical use, this book opens a window into the mind of an inspiring young man who meets every challenge with tenacity and good humor. However often he falls down, he always gets back up. Praise for *Fall Down 7 Times Get Up 8* "[Naoki Higashida's] success as a writer now transcends his diagnosis. . . . His relative isolation—with words as his primary connection to the outside world—has al-

lowed him to fully develop the powers of observation that are necessary for good writing, and he has developed rich, deep perspectives on ideas that many take for granted. . . . The diversity of Higashida's writing, in both subject and style, fits together like a jigsaw puzzle of life put in place with humor and thoughtfulness."—The Japan Times "Profound insights about what the struggle of living with autism is really like. . . . Once again, the invitation to step inside Higashida's mind is irresistible."—London Evening Standard "Naoki Higashida's lyrical and heartfelt account of his condition is a gift to anyone involved with the same challenges. . . . Higashida shows a delicate regard for the difficulties his condition creates. . . and is adept at explaining his experiences in language that makes sense to neurotypicals."—The Guardian "Agatha Christie meets Groundhog Day...quite unlike anything I've ever read, and altogether triumphant."—A. J. Finn, #1 New York Times bestselling author of *The Woman in the Window* *The Rules of Blackheath* Evelyn Hardcastle will be murdered at 11:00 p.m. There are eight days, and eight

witnesses for you to inhabit. We will only let you escape once you tell us the name of the killer. Understood? Then let's begin...  
 \*\*\* Evelyn Hardcastle will die. Every day until Aiden Bishop can identify her killer and break the cycle. But every time the day begins again, Aiden wakes up in the body of a different guest. And some of his hosts are more helpful than others. For fans of Claire North and Kate Atkinson, *The 7 1/2 Deaths of Evelyn Hardcastle* is a breathlessly addictive novel that follows one man's race against time to find a killer—but an astonishing time-turning twist means that nothing and no one are quite what they seem. Praise for *The 7 1/2 Deaths of Evelyn Hardcastle*: Costa First Novel Award 2018 Winner One of *Stylist Magazine's* 20 Must-Read Books of 2018 One of *Harper's Bazaar's* 10 Must-Read Books of 2018 One of *Guardian's* Best Books of 2018  
 'Vantastic' takes a lively look at one of New Zealand's most popular traditional holiday pursuits - caravanning.

Obtaining Piece of Mind Is Easier Than You Think. Seven Times Down, Eight Times Up is a marriage of cognitive behavioral thera-

py and Zen wisdom. The short stories will help you to think differently, feel better and live your life in a more vital and healthy way. If you are struggling with anxiety, depression, insecurity, boredom or anger, let this book encourage you, inspire you and help you be the person you would like to be. Book jacket.

A brilliant young doctor is dead ? and someone has to take the blame. Former refugee David Tran becomes the Golden Boy of Australian medical research and invents a drug that could transform immunology. Eight volunteers are recruited for the first human trial, a crucial step on the path to global fame for David and windfall gains for his investors. But when David dies in baffling circumstances, motives are put under the microscope. With its origins in a real-life drug trial that ended in tragedy, *Eight Lives* is told from the perspectives of David's friends, family and business associates, who all played a role in his downfall. A smart, sophisticated thriller that explores power, class and prejudice, *Eight Lives* will keep you engrossed until the last page.

The instant #1 New York Times bestseller! "It's the

best memoir I've ever read." —Oprah Winfrey  
 "Will Smith isn't holding back in his bravely inspiring new memoir . . . An ultimately heartwarming read, Will provides a humane glimpse of the man behind the actor, producer and musician, as he bares all his insecurities and trauma." —USA Today Winner of the NAACP Image Award for Outstanding Literary Achievement  
 One of the most dynamic and globally recognized entertainment forces of our time opens up fully about his life, in a brave and inspiring book that traces his learning curve to a place where outer success, inner happiness, and human connection are aligned. Along the way, Will tells the story in full of one of the most amazing rides through the worlds of music and film that anyone has ever had. Will Smith's transformation from a West Philadelphia kid to one of the biggest rap stars of his era, and then one of the biggest movie stars in Hollywood history, is an epic tale—but it's only half the story. Will Smith thought, with good reason, that he had won at life: not only was his own success unparalleled, his whole family was at the pinnacle of the entertainment world.

Only they didn't see it that way: they felt more like star performers in his circus, a seven--days-a-week job they hadn't signed up for. It turned out Will Smith's education wasn't nearly over. This memoir is the product of a profound journey of self-knowledge, a reckoning with all that your will can get you and all that it can leave behind. Written with the help of Mark Manson, author of the multi-million-copy bestseller *The Subtle Art of Not Giving a F\*ck*, Will is the story of how one person mastered his own emotions, written in a way that can help everyone else do the same. Few of us will know the pressure of performing on the world's biggest stages for the highest of stakes, but we can all understand that the fuel that works for one stage of our journey might have to be changed if we want to make it all the way home. The combination of genuine wisdom of universal value and a life story that is preposterously entertaining, even astonishing, puts Will the book, like its author, in a category by itself.

An epic family saga beginning with the Russian Revolution and swirling across a century, encompassing

war, loss, love requited and unrequited, ghosts, joy, massacres, tragedy. And hot chocolate. At the start of the twentieth century, on the edge of the Russian empire, a family prospers. It owes its success to a delicious chocolate recipe, passed down the generations with great solemnity and caution. A caution which is justified: this is a recipe for ecstasy that carries a very bitter aftertaste... Stasia learns it from her Georgian father and takes it north, following her new husband, Simon, to his posting at the center of the Russian Revolution in St Petersburg. Stasia's is only the first in a symphony of grand but all too often doomed romances that swirl from sweet to sour in this epic tale of the red century. Tumbling down the years, and across vast expanses of longing and loss, generation after generation of this compelling family hears echoes and sees reflections. A ballet dancer never makes it to Paris and a singer pines for Vienna. Great characters and greater relationships come and go and come again; the world shakes, and shakes some more, and the reader rejoices to have found at last one of those glorious old books in which you

can live and learn, be lost and found, and make indelible new friends.

Novel for young adult readers in the Lothian YA Fiction series. Tells the story of Brett Stullie. His mum left when he was ten, his dad is a failed bank robber, and one of his mates murders police cars with an axe. But Stullie's not a bad kid, not deep down. He just loves to steal. He's been to children's court so many times he's got a favourite seat. But what does he do when his luck finally runs dry and the police come after him for a crime a lot worse than shoplifting? Author is a feature writer for the Melbourne 'Age'. Previous books include 'Murder in Aisle 9' and 'Welcome to Minute 64'.

Another Hungary tells the stories of eight remarkable individuals: an aristocrat, merchant, engineer, teacher, journalist, rabbi, tobacconist, and writer. All eight came from the same woebegone corner of prewar Hungary. Their biographies illuminate how the region's residents made sense of economic underdevelopment, ethnic diversity, and relations between Christians and Jews. Taken together, their stories create a unique picture of the troubled history of Eastern Eu-

rope, viewed not from the capital cities, but from the small towns and villages. Through these eight lives, Another Hungary investigates the wider processes that remade Eastern Europe in the nineteenth century. It asks: How did people make sense of the dramatic changes, from the advent of the railroad to the outbreak of the First World War? How did they respond to the army of political ideologies that marched through this region: liberalism, socialism, nationalism, antisemitism, and Zionism? To what extent did people in the provinces not just react to, but influence what was happening in the centers of political power? This collective biography confirms that nineteenth-century Hungary was no earthly paradise. But it also shows that the provinces produced men and women with bold ideas on how to change their world.

Bomb-disposal operative Hunter takes us behind the scenes in an eye-opening portrait of the most dangerous job. By the time he got to Iraq, Hunter was one of the most experienced bomb-disabling operators in the British armed forces. But Iraq was different--a place where terrorists and

soldiers were climbing the same deadly learning curve. Where new devices and new tactics led to countermeasures, and the line between killer and innocent bystander was impossible to draw. As Hunter's unit became more skilled at disabling bombs, the bombers became more skilled and determined--until Hunter ended up with a price on his head and bombs designed just for him. From ambush to interrogation, Hunter guides us through his hellish high-stakes, high-pressure world, where every decision could be your last, and where boredom is interrupted by terror, fury, and raucous humor.--From publisher description.

The gripping true story of bomb disposal work that won Ivison a George Medal - and started a living nightmare... When two of his colleagues are killed by a roadside bomb in Iraq, young bomb disposal officer Kevin Ivison is called in to defuse a second even deadlier bomb just a hundred yards from the bodies of his friends. To make things worse, the entire area is under fire from snipers, and a crowd of angry Iraqis have begun to hurl petrol bombs... With little chance of living through this impossi-

ble task, Kevin leaves final messages for his loved ones and sets out alone towards the bomb that he is sure will be the last thing he sees. In this gut-wrenching and terrifying true story of heroism and survival, Kevin Ivison explains why he chose to be a bomb disposal expert in the first place, how he found the courage to face his death, and the unendurable stress that has given him nightmares ever since.

'That night Stasia took an oath, swearing to learn the recipe by heart and destroy the paper. And when she was lying in her bed again, recalling the taste with all her senses, she was sure that this secret recipe could heal wounds, avert catastrophes, and bring people happiness. But she was wrong.' At the start of the twentieth century, on the edge of the Russian Empire, a family prospers. It owes its success to a delicious chocolate recipe, passed down the generations with great solemnity and caution. A caution which is justified- this is a recipe for ecstasy that carries a very bitter aftertaste ... Stasia learns it from her Georgian father and takes it north, following her new husband, Simon, to his posting at the centre of

the Russian Revolution in St Petersburg. Stasia's is only the first in a symphony of grand but all too often doomed romances that swirl from sweet to sour in this epic tale of the red century. Tumbling down the years, and across vast expanses of longing and loss, generation after generation of this compelling family hears echoes and sees reflections. Great characters and greater relationships come and go and come again; the world shakes, and shakes some more, and the reader rejoices to have found at last one of those glorious old books in which you can live and learn, be lost and found, and make indelible new friends. 'It is a great read. If you love historical sagas and romances, this is the book for you.' -ABC Radio National The Bookshelf 'A harrowing, heartening and utterly engrossing epic novel ... astonishing ... A subtle and compelling translation by Charlotte Collins and Ruth Martin (on the heels of a Georgian version earlier this year) should make this as great a literary phenomenon in English as it has been in German.' -Maya Jaggi, The Guardian 'If it's a family saga you're seeking, look no further than this grand

tale...The author gracefully interweaves the historical backdrop of her novel with the lives of her characters, thus adding depth to her story. Heartily recommended.' STARRED REVIEW -Library Journal

There are 168 hours in a week. This book is about where the time really goes, and how we can all use it better. It's an unquestioned truth of modern life: we are starved for time. With the rise of two-income families, extreme jobs, and 24/7 connectivity, life is so frenzied we can barely find time to breathe. We tell ourselves we'd like to read more, get to the gym regularly, try new hobbies, and accomplish all kinds of goals. But then we give up because there just aren't enough hours to do it all. Or else, if we don't make excuses, we make sacrifices. To get ahead at work we spend less time with our spouses. To carve out more family time, we put off getting in shape. To train for a marathon, we cut back on sleep. There has to be a better way-and Laura Vanderkam has found one. After interviewing dozens of successful, happy people, she realized that they allocate their time differently than most of us. Instead

of letting the daily grind crowd out the important stuff, they start by making sure there's time for the important stuff. They focus on what they do best and what only they can do. When plans go wrong and they run out of time, only their lesser priorities suffer. It's not always easy, but the payoff is enormous. Vanderkam shows that it really is possible to sleep eight hours a night, exercise five days a week, take piano lessons, and write a novel without giving up quality time for work, family, and other things that really matter. The key is to start with a blank slate and to fill up your 168 hours only with things that deserve your time. Of course, you probably won't read to your children at 2:00 am, or skip a Wednesday morning meeting to go hiking, but you can cut back on how much you watch TV, do laundry, or spend time on other less fulfilling activities. Vanderkam shares creative ways to rearrange your schedule to make room for the things that matter most. 168 Hours is a fun, inspiring, practical guide that will help men and women of any age, lifestyle, or career get the most out of their time and their lives.

Whether you're newly together and eager to make it work or a longtime couple looking to strengthen and deepen your bond, *Eight Dates* offers a program of how, why, and when to have eight basic conversations with your partner that can result in a lifetime of love. "Happily ever after" is not by chance, it's by choice—the choice each person in a relationship makes to remain open, remain curious, and, most of all, to keep talking to one another. From award-winning marriage researcher

and bestselling author Dr. John Gottman and fellow researcher Julie Gottman, *Eight Dates* offers an ingenious and simple-to-implement approach to effective relationship communication. Here are the subjects that every serious couple should discuss: Trust. Family. Sex and intimacy. Dealing with conflict. Work and money. Dreams, and more. And here is how to talk about them—how to broach subjects that are difficult or embarrassing, how to be brave enough to say what

you really feel. There are also suggestions for where and when to go on each date—book your favorite romantic restaurant for the Sex & Intimacy conversation (and maybe go to a yoga or dance class beforehand). There are questionnaires, innovative exercises, real-life case studies, and skills to master, including the Four Skills of Intimate Conversation and the Art of Listening. Because making love last is not about having a certain feeling—it's about both of you being active and involved.