

FREE DOWNLOAD MISSING OUT IN PRAISE OF THE UNLIVED LIFE

Missing Out

All of us lead two parallel lives- the life we actually live and the one that we wish for and fantasise about. And this life unlived (the one that never actually happens, the one we might be living but for some reason are not) can occupy an extraordinary part of our mental life. We share our lives, in a sense, with the people we have failed to be - and this can become itself the story of our lives- an elegy to needs unmet, desires sacrificed and roads untaken. We quickly notice as children that our needs, like our wishes, are often unmet. And we begin then to learn to live somewhere between the lives we have and the lives we would like. We become haunted by the myth of our own potential, of what we might have it in ourselves to be or to do. And this can make of our lives a perpetual falling short - a failure to live the good life that we are told is one lived to the full. In this elegant, compassionate and absorbing book, acclaimed psychoanalyst Adam Phillips demonstrates that there might in fact be much to be said for the unlived life. Drawing deeply on the works of Shakespeare and of Freud, amongst other writers and thinkers, he suggests that in missing out on one experience we always open ourselves to the potential of another, and that in depriving ourselves of the frustration of not getting what we think we want, we would be depriving ourselves of the possibilities of satisfaction. The experiences described in this wise and witty book - missing out, getting away with it, getting out of it and not getting it - are all chapters in our unlived lives and as Adam Phillips suggests they may in fact be essential to a life fully lived.

On Kissing, Tickling and Being Bored

Tickle a child, and she peals with laughter. Go on too long, and her laughter is sure to turn to tears. Where is that ticklish line between pleasure and pain? Why do we risk its being crossed? Does psychoanalysis possess the language to talk about such an extraordinary ordinary thing? In a style that is writerly and audacious, Adam Phillips takes up this subject and others largely overlooked by psychoanalysis - kissing, worrying, risk, solitude, and composure. He writes about phobias as a kind of theory, a form of protection against curiosity; about analysis as a patient's way of reconstituting solitude; about \"good-enough\" mothering as the antithesis of \"bad-enough\" imperialism; about psychoanalysis as an attempt to cure idolatry through idolatry; and even about farting as it relates to worrying. Psychoanalysis began as a virtuoso improvisation within the science of medicine, but virtuosity has given way to the dream of science that only the examined life is worth living. Phillips shows that the drive to omniscience has been unfortunate both for psychoanalysis and for life. On Kissing, Tickling, and Being Bored is a set of meditations on underinvestigated themes in psychoanalysis that shows how much one's psychic health depends on establishing a realm of life that successfully resists examination.

On Flirtation

Adam Phillips uses the idea of flirtation to explore the virtues of being uncommitted - to people, to ideas, to methods - and the pleasures of uncertainty. These buoyant essays promote a psychoanalysis with a light touch, a psychoanalysis for pleasure and curiosity. In On Flirtation, he has again deployed all his erudition and perception to beguiling effect . . . Adam Phillips may well be one of our greatest contemporary psychoanalytic thinkers.' Independent on Sunday

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On Kindness

The pleasures of kindness have been well known since the dawn of western thought. Kindness, declared Marcus Aurelius, was mankind's 'greatest delight' - and centuries-worth of thinkers and writers have echoed him. But today many people seem to find these pleasures literally incredible. Instead of embracing the benefits of altruism, as a species we seem to be becoming deeply and fundamentally antagonistic to each other, with motives that are generally self-seeking. This book explains how and why this has come about, and argues that the affectionate life - a life lived in instinctive sympathetic identification with the vulnerabilities and attractions of others - is the one we should all be inclined to live. 'We mutually belong to one another,' as the philosopher Alan Ryan writes, and the good life is one 'that reflects this truth'. What the Victorians called 'open-heartedness' and the Christians 'caritas' remains essential to our emotional and mental health, for reasons both obvious and hidden, argue the authors of this elegant and indispensable exploration of the concept of kindness.

Terrors and Experts

This book is a chronicle of the all-too-human terror that drives us into the arms of experts, and of how expertise, in the form of psychoanalysis, addresses our fears - in essence, turns our terror into meaning.

Winnicott

D.W. Winnicott's remarkable books, including *The Piggle*, *Home Is Where We Start From* and *The Child, Family and the Outside World* (all published by Penguin) are still read, valued and argued with over thirty years after his death. Adam Phillips's short book, now issued with a new preface, is an elegant, thoughtful attempt to get to grips with a writer, paediatrician and psychiatrist whose work with children and mothers (and the wider implications their relationship has for all of us) continues to be profoundly relevant and fascinating.

Living Your Unlived Life

The esteemed Jungian psychologist counsels on how to cope with feelings of failure or regret in the latter half of life and how to open to a more meaningful existence, even if outer circumstances cannot be changed. In *Living Your Unlived Life*, the renowned therapist Robert A. Johnson, writing with longtime collaborator and fellow Jungian psychologist Jerry M. Ruhl, offers a simple but transformative premise: Our abandoned, unrealized, or underdeveloped talents, when they are not fully integrated into our lives, can become profoundly troublesome in midlife, leading us to depression, suddenly hating our spouses, our jobs, or even our lives. When our unlived lives are brought to consciousness, however, they can become the fuel that can propel us beyond our limitations?even if our outer circumstances cannot always be visibly altered.

Monogamy

'A couple is a conspiracy in search of a crime. Sex is often the closest they can get.' All the present controversies about the family are really discussions about monogamy. About what keeps people together and why they should stay together. Now, in a book of 121 aphorisms, Adam Phillips asks why we all believe in monogamy, and why we find it so difficult to think about. Everyone knows that most people, however much they may love their partner, are capable of loving and desiring more than one person at a time. It may

be reassuring, but it is in fact very demanding -- and often cruel -- to assume that only one person can give us what we want. At least in sexual matters, sharing seems to go deeply against the grain. Monogamy is so much taken for granted as the foundation of the family and of family values that, as with anything that seems essential, we are very wary of being critical of it. But, as Adam Phillips suggests, it is surely worth wondering why the faithful couple has such a hold on our imagination, and how it has come to be such an ideal.

On Wanting to Change

From the UK's foremost literary psychoanalyst, a dazzling new book on the universal urge to change our lives. We live in a world in which we are invited to change - to become our best selves, through politics, or fitness, or diet, or therapy. We change all the time - growing older and older - and how we think about change changes over time too. We want to think of our lives as progress myths - as narratives of positive personal growth - at the same time as we inevitably age and suffer setbacks. So there are the stories we tell about change, and there are the changes we actually make - and they don't always go, or come, together . . . This sparkling book is about that fact.

On Not Being Someone Else

A captivating book about the emotional and literary power of the lives we might have lived had our chances or choices been different. We each live one life, formed by paths taken and untaken. Choosing a job, getting married, deciding on a place to live or whether to have children—every decision precludes another. But what if you'd gone the other way? It can be a seductive thought, even a haunting one. Andrew H. Miller illuminates this theme of modern culture: the allure of the alternate self. From Robert Frost to Sharon Olds, Virginia Woolf to Ian McEwan, Jane Hirshfield to Carl Dennis, storytellers of every stripe write of the lives we didn't have. What forces encourage us to think this way about ourselves, and to identify with fictional and poetic voices speaking from the shadows of what might have been? Not only poets and novelists, but psychologists and philosophers have much to say on this question. Miller finds wisdom in all these sources, revealing the beauty, the power, and the struggle of our unled lives. In an elegant and provocative rumination, he lingers with other selves, listening to what they say. Peering down the path not taken can be frightening, but it has its rewards. *On Not Being Someone Else* offers the balm that when we confront our imaginary selves, we discover who we are.

One Way and Another

A selection of the most popular and relevant essays from Adam Phillips, the man *New Yorker* called 'Britain's foremost psychoanalytic writer' 'Phillips's prose is poetic in the best sense: it is muscular, resonant, and thrums with a dark music that is all its own' John Banville In the twenty essays gathered here, ranging across his entire oeuvre, psychoanalyst Adam Phillips offers a vivid introduction to his discipline as well as his own unique thinking. Investigating subjects as diverse as desire, family, happiness, tickling, forgetting and even boredom, Phillips proves himself to be not only one of our most engaging writers but also a fascinating and provocative guide to our obsessions as human beings.

On Getting Better

To talk about getting better - about wanting to change in ways that we might choose and prefer - is to talk about pursuing the life we want; in the full knowledge that our pictures of the life we want, of our version of a good life, come from or come out of what we have already experienced. (We write the sentences we write because of the sentences we have read.) How can we talk differently about how we might want to change, knowing that all change precipitates us into an uncertain future? In this companion book to *On Wanting to Change*, Adam Phillips explores how we might get better at talking about what it is to get better.

Attention Seeking

'Everything depends on what, if anything, we find interesting: on what we are encouraged and educated to find interesting, and what we find ourselves being interested in despite ourselves. There is our official curiosity and our unofficial curiosity (and psychoanalysis is a story about the relationship between the two)...' Based on three connected talks on the subject of attention, this pocket-sized book from Adam Phillips is a fascinating and memorable introduction to idea and the uses of our attention.

Going Sane

Volumes have been dedicated to madness, but sanity is rarely mentioned. We can define the mad, but how do we classify the sane? In *Going Sane*, psychoanalyst and writer Adam Phillips delves deep into history, philosophy, literature and his own experiences to address questions that we rarely ask about ourselves, taking us on an engrossing journey in which we learn many things - including some of what it takes to be happy in the modern world.

An Experiment in Leisure

With a new introduction by Maud Ellmann, this text further charts Marion Milner's illuminating and rewarding investigation into how we lead our lives and remains a great adventure in thinking and living.

The Cure for Psychoanalysis

This book presents a day long symposium with Adam Phillips and includes two brilliant essays that reveal what is at the heart of psychoanalysis - a practice that can enable both analyst and patient to live life more fully. The volume includes questions and commentaries which reflect the creative and open expression supported throughout the symposium. In this unique volume, Phillips works through psychoanalytic theories about cure, encouraging serious consideration of those ideas that allow the analyst and patient to marvel at and take pleasure in the unknowable adventure ahead of them.

My Cocaine Museum

In this book, a make-believe cocaine museum becomes a vantage point from which to assess the lives of Afro-Colombian gold miners drawn into the dangerous world of cocaine production in the rain forest of Colombia's Pacific Coast. Although modeled on the famous Gold Museum in Colombia's central bank, the Banco de la República, Taussig's museum is also a parody aimed at the museum's failure to acknowledge the African slaves who mined the country's wealth for almost four hundred years. Combining natural history with political history in a filmic, montage style, Taussig deploys the show-and-tell modality of a museum to engage with the inner life of heat, rain, stone, and swamp, no less than with the life of gold and cocaine. This effort to find a poetry of words becoming things is brought to a head by the explosive qualities of those sublime fetishes of evil beauty, gold and cocaine. At its core, Taussig's museum is about the lure of forbidden things, charged substances that transgress moral codes, the distinctions we use to make sense of the world, and above all the conventional way we write stories.

Midlife

Philosophical wisdom and practical advice for overcoming the problems of middle age How can you reconcile yourself with the lives you will never lead, with possibilities foreclosed, and with nostalgia for lost youth? How can you accept the failings of the past, the sense of futility in the tasks that consume the present, and the prospect of death that blights the future? In this self-help book with a difference, Kieran Setiya confronts the inevitable challenges of adulthood and middle age, showing how philosophy can help you thrive. You will learn why missing out might be a good thing, how options are overrated, and when you

should be glad you made a mistake. You will be introduced to philosophical consolations for mortality. And you will learn what it would mean to live in the present, how it could solve your midlife crisis, and why meditation helps. Ranging from Aristotle, Schopenhauer, and John Stuart Mill to Virginia Woolf and Simone de Beauvoir, as well as drawing on Setiya's own experience, *Midlife* combines imaginative ideas, surprising insights, and practical advice. Writing with wisdom and wit, Setiya makes a wry but passionate case for philosophy as a guide to life.

The Beast God Forgot to Invent

An unforgettable collection of novellas from the author of *Legends of the Fall* explores the line between civilization and the "wild men." Jim Harrison is an American master. *The Beast God Forgot to Invent* offers stories of culture and wildness, of men and beasts and where they overlap. A wealthy man retired to the Michigan woods narrates the tale of a younger man decivilized by brain damage. A Michigan Indian wanders Los Angeles, hobnobbing with starlets and screenwriters while he tracks an ersatz Native-American activist who stole his bearskin. An aging alpha canine, the author of three dozen throwaway biographies, eats dinner with the ex-wife of his overheated youth, and must confront the man he used to be. "Harrison's intricate symbolism and scathing observations of urban foibles, his sly humor and vibrant language remind readers that he is one of our most talented chroniclers of the masculine psyche, intellectual or not." —Publishers Weekly

What We Call Love

What We Call Love explores how the notion of love has evolved within the 20th century. How have seismic sociological changes concerning sexuality, marriage and intimacy affected the way we conceive love today? How does visual art, from Surrealism to the present day, deal with love? This book draws on Surrealism's idea of love as *l'amour fou* (mad love) and new visions of love which emerged after the 1960s. Artists include Marina Abramovic and Ulay, Sadie Benning, Louise Bourgeois, Constantin Brancusi, Brassai, André Breton, Cecily Brown, Sophie Calle, Marcel Duchamp, Elmgreen and Dragset, Nan Goldin, Felix González-Torres, Douglas Gordon, Mona Hatoum, Damien Hirst, Jim Hodges, Rebecca Horn, Ghérasim Luca, Annette Messager, Tracey Moffatt, Yoko Ono, Benjamin Péret, Carolee Schneemann, Rudolf Schwarzkogler, Wolfgang Tillmans, Cerith Wyn Evans and Akram Zaatari.

Our Tragic Universe

This "delightfully whimsical novel riffs on the premise that ordinary lives stubbornly resist the tidy order that a fiction narrative might impose on them" (Publishers Weekly). Can a story save your life? Meg Carpenter is broke. Her novel is years overdue. Her cell phone is out of minutes. And her moody boyfriend's only contribution to the household is his sour attitude. So she jumps at the chance to review a pseudoscientific book that promises life everlasting. But who wants to live forever? Consulting cosmology and physics, tarot cards, koans (and riddles and jokes), new-age theories of everything, narrative theory, Nietzsche, Baudrillard, and knitting patterns, Meg wends her way through *Our Tragic Universe*, asking this and many other questions. Does she believe in fairies? In magic? Is she a superbeing? Is she living a storyless story? And what's the connection between her off-hand suggestion to push a car into a river, a ship in a bottle, a mysterious beast loose on the moor, and the controversial author of *The Science of Living Forever*? Smart, entrancing, and boiling over with Thomas's trademark big ideas, *Our Tragic Universe* is a book about how relationships are created and destroyed, how we can rewrite our futures (if not our histories), and how stories just might save our lives.

In Writing

Incisive and highly original, an investigation of the connection between literature and psychoanalysis, from Britain's leading psychoanalyst, author of *On Kissing*, *Tickling* and *Being Bored* and *On Kindness*, the

essential Adam Phillips For Adam Phillips - as for Freud and many of his followers - poetry and poets have always held an essential place, as both precursors and unofficial collaborators in the psychoanalytic project. But the same has never held true in reverse. What, Phillips wonders, at the start of this deeply engaging book, has psychoanalysis meant for writers? And what can writing do for psychoanalysis? Phillips explores these questions through an exhilarating series of encounters with - and vivid readings of - writers he has loved, from Byron and Barthes to Shakespeare and Sebald. And in the process he demonstrates, through his own unique style, how literature and psychoanalysis can speak to and of each other.

Intimacies

Two gifted and highly prolific intellectuals, Leo Bersani and Adam Phillips, here present a fascinating dialogue about the problems and possibilities of human intimacy. Their conversation takes as its point of departure psychoanalysis and its central importance to the modern imagination—though equally important is their shared sense that by misleading us about the importance of self-knowledge and the danger of narcissism, psychoanalysis has failed to realize its most exciting and innovative relational potential. In pursuit of new forms of intimacy they take up a range of concerns across a variety of contexts. To test the hypothesis that the essence of the analytic exchange is intimate talk without sex, they compare Patrice Leconte's film about an accountant mistaken for a psychoanalyst, *Intimate Strangers*, with Henry James's classic novella *The Beast in the Jungle*. A discussion of the radical practice of barebacking—unprotected anal sex between gay men—delineates an intimacy that rejects the personal. Even serial killer Jeffrey Dahmer and the Bush administration's war on terror enter the scene as the conversation turns to the way aggression thrills and gratifies the ego. Finally, in a reading of Socrates' theory of love from Plato's *Phaedrus*, Bersani and Phillips call for a new form of intimacy which they term "impersonal narcissism": a divestiture of the ego and a recognition of one's non-psychological potential self in others. This revolutionary way of relating to the world, they contend, could lead to a new human freedom by mitigating the horrifying violence we blithely accept as part of human nature. Charmingly persuasive and daringly provocative, *Intimacies* is a rare opportunity to listen in on two brilliant thinkers as they explore new ways of thinking about the human psyche.

Untamed

'This book will shake your brain and make your soul scream. I am so ready for myself after reading this book!' Adele 'Untamed will liberate women - emotionally, spiritually, and physically. It is phenomenal.' Elizabeth Gilbert, author of *City of Girls* and *Eat Pray Love* Who were you before the world told you who to be? Part inspiration, part memoir, *Untamed* explores the joy and peace we discover when we stop striving to meet the expectations of the world, and instead dare to listen to and trust in the voice deep inside us. From the beloved New York Times bestselling author, speaker and activist Glennon Doyle. ***** For many years, Glennon Doyle denied her discontent. Then, while speaking at a conference, she looked at a woman across the room and fell instantly in love. Three words flooded her mind: There. She. Is. At first, Glennon assumed these words came to her from on high but soon she realised they had come to her from within. This was the voice she had buried beneath decades of numbing addictions and social conditioning. Glennon decided to let go of the world's expectations of her and reclaim her true untamed self. Soulful and uproarious, forceful and tender, *Untamed* is both an intimate memoir and a galvanising wake-up call. It is the story of how one woman learned that a responsible mother is not one who slowly dies for her children, but one who shows them how to fully live. It is also the story of how each of us can begin to trust ourselves enough to set boundaries, make peace with our bodies, honour our anger and heartbreak, and unleash our truest, wildest instincts. *Untamed* shows us how to be brave. And, as Glennon insists, 'The braver we are, the luckier we get.'

Triumphs of Experience

At a time when many people around the world are living into their tenth decade, the longest longitudinal

study of human development ever undertaken offers some welcome news for the new old age: our lives continue to evolve in our later years, and often become more fulfilling than before. Begun in 1938, the Grant Study of Adult Development charted the physical and emotional health of over 200 men, starting with their undergraduate days. The now-classic *Adaptation to Life* reported on the men's lives up to age 55 and helped us understand adult maturation. Now George Vaillant follows the men into their nineties, documenting for the first time what it is like to flourish far beyond conventional retirement. Reporting on all aspects of male life, including relationships, politics and religion, coping strategies, and alcohol use (its abuse being by far the greatest disruptor of health and happiness for the study's subjects), *Triumphs of Experience* shares a number of surprising findings. For example, the people who do well in old age did not necessarily do so well in midlife, and vice versa. While the study confirms that recovery from a lousy childhood is possible, memories of a happy childhood are a lifelong source of strength. Marriages bring much more contentment after age 70, and physical aging after 80 is determined less by heredity than by habits formed prior to age 50. The credit for growing old with grace and vitality, it seems, goes more to ourselves than to our stellar genetic makeup.

The Remains of the Day

*Kazuo Ishiguro's new novel *Klara and the Sun* is now available***WINNER OF THE BOOKER PRIZE**A contemporary classic, *The Remains of the Day* is Kazuo Ishiguro's beautiful and haunting evocation of life between the wars in a Great English House. In the summer of 1956, Stevens, the ageing butler of Darlington Hall, embarks on a leisurely holiday that will take him deep into the countryside and into his past. 'A triumph . . . This wholly convincing portrait of a human life unweaving before your eyes is inventive and absorbing, by turns funny, absurd and ultimately very moving.' *Sunday Times*'A dream of a book: a beguiling comedy of manners that evolves almost magically into a profound and heart-rending study of personality, class and culture.' *New York Times Book Review*

Houdini's Box

Why are we all so spellbound by ideas of escape - and yet so dismissive of mere escapism? *Houdini's Box* explores four different escape artists. There is the case history of a little girl who is oddly committed to playing her own wayward version of hide and seek. There is Harry Houdini, the 'Greatest Magician the World has Ever Seen', who electrified the world through a series of death-defying escapes, compulsively re-inventing and re-enacting his own confinement. There is a man who, Jonah-like, is always arriving at the place he was escaping from, who thinks it is his destiny to be in flight, whether from women or from his analyst. And finally the poet Emily Dickinson, who for the last twenty years of her life finds freedom in self-imposed solitary confinement. In this, his most captivating book to date, Adam Phillips reminds us why people often feel most alive in the very moment of escape. But whether we are getting away from something, or getting away with something - as Icarus, or Oedipus, or Narcissus; as victims or tyrants - we cannot describe ourselves without also describing what we need to escape from, and what we want to escape to.

Why Read?

In this important book, acclaimed author Mark Edmundson reconceives the value and promise of reading. He enjoins educators to stop offering up literature as facile entertainment and instead teach students to read in a way that can change their lives for the better. At once controversial and inspiring, this is a groundbreaking book written with the elegance and power to change the way we teach and read. *Why Read* was a PSLA Young Adult Top 40 non-fiction title 2004

The Vulgar

Potent, provocative and sometimes shocking, the word vulgar conjures up strong images, ideas and feelings in us all. *The Vulgar* is the first exhibition to explore the inherently challenging but utterly compelling

territory of taste in fashion, from the renaissance through to contemporary design. Examining the constantly evolving notion of vulgarity in fashion whilst revelling in its excesses, you are invited to think again about exactly what makes something vulgar and why it is such a sensitive and contested term. Drawn from major public and private collections worldwide, this richly illustrated volume showcases over 120 stunning objects, ranging from historical costumes to couture and ready-to-wear looks. With contributions from leading contemporary designers including Chloé, Christian Dior, Christian Lacroix, Miuccia Prada, Elsa Schiaparelli, Philip Treacy, Viktor & Rolf, Louis Vuitton and Vivienne Westwood. This book contains fascinating literary definitions by curator Judith Clark (Professor of Fashion and Museology, University of the Arts, London), and psychoanalyst and writer Adam Phillips, alongside interviews with several leading contemporary designers. Taking the definitions as a starting point, more than 200 stunning images are also included - weaving together historic dress, haute couture and ready-to-wear fashion, textile ornamentation, manuscripts and photography. Published on the occasion of the exhibition, *The Vulgar: Fashion Redefined* at the Barbican Centre, London (13 October 2016 - 15 February 2017).

Thoughts Without A Thinker

Blending the lessons of psychotherapy with Buddhist teachings, Mark Epstein offers a revolutionary understanding of what constitutes a healthy emotional life. The line between psychology and spirituality has blurred, as clinicians, their patients, and religious seekers explore new perspectives on the self. A landmark contribution to the field of psychoanalysis, *Thoughts Without a Thinker* describes the unique psychological contributions offered by the teachings of Buddhism. Drawing upon his own experiences as a psychotherapist and meditator, New York-based psychiatrist Mark Epstein lays out the path to meditation-inspired healing, and offers a revolutionary new understanding of what constitutes a healthy emotional life.

Promises, Promises

Has psychoanalysis failed to keep its promise? What are psychoanalysis and literature good for? And what, if anything, have they got to do with each other? *Promises, Promises* is a delightful new collection of essays which sets out to make and break the links between psychoanalysis and literature. It confirms Adam Phillips as a virtuoso performer able to reach far beyond the borders of psychoanalytic discourse into art, drama, poetry and history. This collection gives us insights into anorexia and cloning, the work of Tom Stoppard and A.E. Housman, the effect of the Blitz on Londoners, Nijinsky's diary and Martin Amis's *Night Train*, and provides a case history of clutter. In a final essay, the author turns to the question - why sign up for analysis when you could read a book? Promoting everywhere a refreshing version of a psychoanalysis that is more committed to happiness and inspiration than to self-knowledge or some absolute truth, *Promises, Promises* reaffirms Adam Phillips as a writer whose work, in the words of one reviewer, 'hovers in a strange and haunting borderland between rigour and delight.'

The Defining Decade

Contemporary culture tells us the twenty-something years don't matter. Clinical psychologist Dr Meg Jay argues that this could not be further from the truth. *The Defining Decade* weaves the latest science of the twenty-something years with real-life stories to show us how work, relationships, identity and even the brain can change more during this decade than at any other time in adulthood. Smart, compassionate and constructive, *The Defining Decade* is a practical guide to making the most of the years we cannot afford to miss. Included in this updated edition:

- Up-to-date research on work, love, the brain, friendship and technology
- What a decade of device use has taught us about looking at friends – and looking for love – online
- A social experiment in which 'digital natives' go without their phones
- A reader's guide for book clubs, classrooms or further self-reflection

On Chesil Beach

NOW A MAJOR MOTION PICTURE The #1 bestselling author of *Saturday* and *Atonement* brilliantly illuminates the collision of sexual longing, deep-seated fears and romantic fantasy in his unforgettable, emotionally engaging novel. The year is 1962. Florence, the daughter of a successful businessman and an aloof Oxford academic, is a talented violinist. She dreams of a career on the concert stage and of the perfect life she will create with Edward, the earnest young history student she met by chance and who unexpectedly wooed her and won her heart. Edward grew up in the country on the outskirts of Oxford where his father, the headmaster of the local school, struggled to keep the household together and his mother, brain-damaged from an accident, drifted in a world of her own. Edward's native intelligence, coupled with a longing to experience the excitement and intellectual fervour of the city, had taken him to University College in London. Falling in love with the accomplished, shy and sensitive Florence—and having his affections returned with equal intensity—has utterly changed his life. Their marriage, they believe, will bring them happiness, the confidence and the freedom to fulfill their true destinies. The glowing promise of the future, however, cannot totally mask their worries about the wedding night. Edward, who has had little experience with women, frets about his sexual prowess. Florence's anxieties run deeper: she is overcome by conflicting emotions and a fear of the moment she will surrender herself. From the precise and intimate depiction of two young lovers eager to rise above the hurts and confusion of the past, to the touching story of how their unexpressed misunderstandings and fears shape the rest of their lives, *On Chesil Beach* is an extraordinary novel that brilliantly, movingly shows us how the entire course of a life can be changed—by a gesture not made or a word not spoken.

Raising Happiness

What do we wish most for our children? Next to being healthy, we want them to be happy, of course! Fortunately, a wide array of scientific studies show that happiness is a learned behavior, a muscle we can help our children build and maintain. Drawing on what psychology, sociology, and neuroscience have proven about confidence, gratefulness, and optimism, and using her own chaotic and often hilarious real-world adventures as a mom to demonstrate do's and don'ts in action, Christine Carter, Ph.D, executive director of UC Berkeley's Greater Good Science Center, boils the process down to 10 simple happiness-inducing steps. With great wit, wisdom, and compassion, Carter covers the day-to-day pressure points of parenting—how best to discipline, get kids to school and activities on time, and get dinner on the table—as well as the more elusive issues of helping children build healthy friendships and develop emotional intelligence. In these 10 key steps, she helps you interact confidently and consistently with your kids to foster the skills, habits, and mindsets that will set the stage for positive emotions now and into their adolescence and beyond. Inside you will discover • the best way to avoid raising a brat—changing bad habits into good ones • tips on how to change your kids' attitude into gratitude • the trap of trying to be perfect—and how to stay clear of its pitfalls • the right way to praise kids—and why too much of the wrong kind can be just as bad as not enough • the spirit of kindness—how to raise kind, compassionate, and loving children • strategies for inspiring kids to do boring (but necessary) tasks—and become more self-motivated in the process Complete with a series of “try this” tips, secrets, and strategies, *Raising Happiness* is a one-of-a-kind resource that will help you instill joy in your kids—and, in the process, become more joyful yourself.

Picnic in the Storm

Winner of the Akutagawa Prize and the Kenzaburo Oe Prize A New York Times Book Review Editors' Choice 'In Yukiko Motoya's delightful new story collection, the familiar becomes unfamiliar . . . Certainly the style will remind readers of the Japanese authors Banana Yoshimoto and Sayaka Murata, but the stories themselves?and the logic, or lack thereof, within their sentences?are reminiscent, at least to this reader, of Joy Williams and Rivka Galchen and George Saunders' ?Weike Wang, New York Times Book Review A housewife takes up bodybuilding and sees radical changes to her physique - which her workaholic husband fails to notice. A boy waits at a bus stop, mocking businessmen struggling to keep their umbrellas open in a typhoon - until an old man shows him that they hold the secret to flying. A woman working in a clothing boutique waits endlessly on a customer who won't come out of the fitting room - and who may or may not be

human. A newlywed notices that her husband's features are beginning to slide around his face - to match her own. In these eleven stories, the individuals who lift the curtains of their orderly homes and workplaces are confronted with the bizarre, the grotesque, the fantastic, the alien - and, through it, find a way to liberation. Winner of the Kenzaburo Oe Prize, *Picnic in the Storm* is the English-language debut of one of Japan's most fearless young writers.

The Wild Edge of Sorrow

Noted psychotherapist Francis Weller provides an essential guide for navigating the deep waters of sorrow and loss in this lyrical yet practical handbook for mastering the art of grieving. Describing how Western patterns of amnesia and anesthesia affect our capacity to cope with personal and collective sorrows, Weller reveals the new vitality we may encounter when we welcome, rather than fear, the pain of loss. Through moving personal stories, poetry, and insightful reflections he leads us into the central energy of sorrow, and to the profound healing and heightened communion with each other and our planet that reside alongside it. *The Wild Edge of Sorrow* explains that grief has always been communal and illustrates how we need the healing touch of others, an atmosphere of compassion, and the comfort of ritual in order to fully metabolize our grief. Weller describes how we often hide our pain from the world, wrapping it in a secret mantle of shame. This causes sorrow to linger unexpressed in our bodies, weighing us down and pulling us into the territory of depression and death. We have come to fear grief and feel too alone to face an encounter with the powerful energies of sorrow. Those who work with people in grief, who have experienced the loss of a loved one, who mourn the ongoing destruction of our planet, or who suffer the accumulated traumas of a lifetime will appreciate the discussion of obstacles to successful grief work such as privatized pain, lack of communal rituals, a pervasive feeling of fear, and a culturally restrictive range of emotion. Weller highlights the intimate bond between grief and gratitude, sorrow and intimacy. In addition to showing us that the greatest gifts are often hidden in the things we avoid, he offers powerful tools and rituals and a list of resources to help us transform grief into a force that allows us to live and love more fully.

The Boy at the Door

A brilliant, twisty psychological thriller that will keep you hooked. 'Unsettling, layered, bold, unpredictable, dark. EXCELLENT' Will Dean, author of *Dark Pines*. 'Grips like a vice... REMARKABLE' *Crime Time*. Everyone has secrets. Even those who seem to be perfect... On a rainy October evening, Cecilia Wilborg – loving wife, devoted mother, tennis club regular – is waiting for her kids to finish their swimming lesson. It's been a long day. She can almost taste the crisp, cold glass of Chablis she'll pour for herself once the girls are tucked up in bed. But what Cecilia doesn't know, is that this is the last time life will feel normal. Tonight she'll be asked to drop a little boy home; a simple favour that will threaten to expose her deepest, darkest secret... 'STUNNING... Intricate and twisted with dark secrets emerging at every turn' ALEXANDRA BURT, author of Sunday Times bestseller *Little Girl Gone*. 'Heartbreaking and HEAD-SPINNING' MARY TORJUSSEN, author of *Gone Without a Trace*.

The Great Mental Models: General Thinking Concepts

The old saying goes, "To the man with a hammer, everything looks like a nail." But anyone who has done any kind of project knows a hammer often isn't enough. The more tools you have at your disposal, the more likely you'll use the right tool for the job - and get it done right. The same is true when it comes to your thinking. The quality of your outcomes depends on the mental models in your head. And most people are going through life with little more than a hammer. Until now. *The Great Mental Models: General Thinking Concepts* is the first book in The Great Mental Models series designed to upgrade your thinking with the best, most useful and powerful tools so you always have the right one on hand. This volume details nine of the most versatile, all-purpose mental models you can use right away to improve your decision making, productivity, and how clearly you see the world. You will discover what forces govern the universe and how to focus your efforts so you can harness them to your advantage, rather than fight with them or worse yet-

ignore them. Upgrade your mental toolbox and get the first volume today. AUTHOR BIOGRAPHY Farnam Street (FS) is one of the world's fastest growing websites, dedicated to helping our readers master the best of what other people have already figured out. We curate, examine and explore the timeless ideas and mental models that history's brightest minds have used to live lives of purpose. Our readers include students, teachers, CEOs, coaches, athletes, artists, leaders, followers, politicians and more. They're not defined by gender, age, income, or politics but rather by a shared passion for avoiding problems, making better decisions, and lifelong learning. AUTHOR HOME Ottawa, Ontario, Canada

Redirect

A problem shared is a problem halved? Not necessarily... Talking about our problems isn't always a good idea. World-renowned psychologist Timothy Wilson reveals how this, and many other conventional therapies and interventions, can often do us more harm than good. Presenting the very latest research, Wilson argues that the key to transforming our lives lies simply in learning to redirect the stories we tell ourselves. His revolutionary approach reveals how reshaping our internal narratives can increase our personal well-being and transform our understanding of human behaviour - our narratives can change surprisingly quickly if tweaked in the right way. How can we best recover from trauma? Why might some sex education result in more teen pregnancies? Why will most self-help books leave you worse off? Redirect proposes a radical new view of the world. It also offers a range of practical advice - that has, crucially, been tested scientifically and found to have real results - that can show us the way to social progress.

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