

## Option B

Facing Adversity, Building Resilience, and Finding Joy

by Sheryl Sandberg

ISBN: 9781524732684

Binding: Hardback

Publisher: Alfred A. Knopf

Pub. Date: 2017-04-24

Pages: 240

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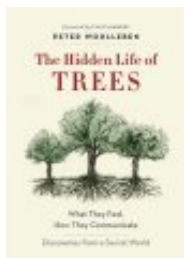
#1 New York Times & #194; Best Seller

From Facebook's COO and Wharton's top-rated professor, the #1 & #194; New York Times & #194; best-selling authors of & #194; Lean In & #194; and & #194; Originals & #194; a powerful, inspiring, and practical book about building resilience and moving forward after life's inevitable setbacks. & #194;

After the sudden death of her husband, Sheryl Sandberg felt certain that she and her children would never feel pure joy again. "I was in 'the void,'" she writes, "a vast emptiness that fills your heart and lungs and restricts your ability to think or even breathe." Her friend Adam Grant, a psychologist at Wharton, told her there are concrete steps people can take to recover and rebound from life-shattering experiences. We are not born with a fixed amount of resilience. It is a muscle that everyone can build.

Option B combines Sheryl's personal insights with Adam's eye-opening research on finding strength in the face of adversity. Beginning with the gut-wrenching moment when she finds her husband, Dave Goldberg, collapsed on a gym floor, Sheryl opens up her heart--and her journal--to describe the acute grief and isolation she felt in the wake of his death. But Option B goes beyond Sheryl's loss to explore how a broad range of people have overcome hardships including illness, job loss, sexual assault, natural disasters, and the violence of war. Their stories reveal the capacity of the human spirit to persevere . . . and to rediscover joy.

Resilience comes from deep within us and from support outside us. Even after the most devastating events, it is possible to grow by finding deeper meaning and gaining greater appreciation in our lives. Option ...



## The Hidden Life of Trees

What They Feel, How They Communicate-Discoveries from A Secret World

by Peter Wohlleben

ISBN: 9781771642484

Binding: Hardback

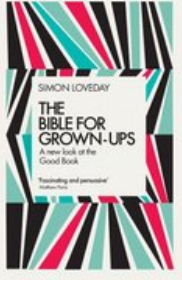
Publisher: Greystone Books Ltd.

Pub. Date: 2016-09-13

Pages: 288

Price: \$29.95

"A paradigm-smashing chronicle of joyous entanglement that will make you acknowledge your own entanglement in the ancient and ever-new web of being." —Charles Foster, author of *Being a Beast* Are trees social beings? In this international bestseller, forester and author Peter Wohlleben convincingly makes the case that, yes, the forest is a social network. He draws on groundbreaking scientific discoveries to describe how trees are like human families: tree parents live together with their children, communicate with them, support them as they grow, share nutrients with those who are sick or struggling, and even warn each other of impending dangers. Wohlleben also shares his deep love of woods and forests, explaining the amazing processes of life, death, and regeneration he has observed in his woodland. After learning about the complex life of trees, a walk in the woods will never be the same again.



## Bible for Grown-Ups A New Look at the Good Book

by Simon Loveday

ISBN: 9781785781315  
Binding: Hardback  
Publisher: Icon Books  
Pub. Date: 2017-04-21  
Pages: 320  
Price: \$24.50

Loveday's case is that the mantle of historical truth and divine authority has placed upon the Bible an intolerable weight, crushing it as a creative work of immense imaginative and inspirational power. His argument is both fascinating and persuasive.' Matthew Parris

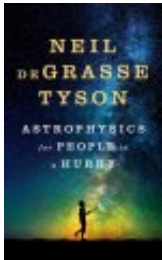
The Bible for Grown-Ups neither requires, nor rejects, belief. It sets out to help intelligent adults make sense of the Bible - a book that is too large to swallow whole, yet too important in our history and culture to spit out. Why do the creation stories in Genesis contradict each other? Did the Exodus really happen? Was King David a historical figure? Why is Matthew's account of the birth of Jesus so different from Luke's? Why was St Paul so rude about St Peter? Every Biblical author wrote for their own time, and their own audience. In short, nothing in the Bible is quite what it seems.

Literary critic Simon Loveday's book - a labour of love that has taken over a decade to write - is a thrilling read, for Christians and anyone else, which will overturn everything you thought you knew about the Good Book. Simon Loveday trained as an anthropologist and a literary critic, teaching at UEA and Oxford. He also edited the psychological journal *Typeface* and wrote *The Romances of John Fowles*. He lectured at Keele University and lived in Wells, Somerset, where he was at one time Chair of the Wells Festival of Literature. Simon Loveday died in October 2016.

Loveday's case is that the mantle of historical truth and divine authority has placed upon the Bible an intolerable weight, crushing it as a creative work of immense imaginative and inspirational power. His argument is both fascinating and persuasive.' Matthew Parris

'A hymn to an irrepressible longing in the human spirit for higher meaning ... Loveday writes with a clarity that is little short of gripping.' Matthew Parris

Spectator

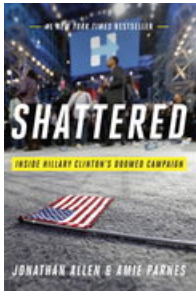


## Astrophysics for People in a Hurry

by Neil deGrasse Tyson

ISBN: 9780393609394  
Binding: Hardback  
Publisher: WW Norton  
Pub. Date: 2017-05-02  
Pages: 144  
Price: \$24.95

What is the nature of space and time? How do we fit within the universe? How does the universe fit within us? There's no better guide through these mind-expanding questions than acclaimed astrophysicist and best-selling author Neil deGrasse Tyson. But today, few of us have time to contemplate the cosmos. So Tyson brings the universe down to Earth succinctly and clearly, with sparkling wit, in tasty chapters consumable anytime and anywhere in your busy day. While you wait for your morning coffee to brew, for the bus, the train, or a plane to arrive, *Astrophysics for People in a Hurry* will reveal just what you need to be fluent and ready for the next cosmic headlines: from the Big Bang to black holes, from quarks to quantum mechanics, and from the search for planets to the search for life in the universe.



### Shattered

Inside Hillary Clinton's Doomed Campaign

by Jonathan Allen

ISBN: 9780553447088

Binding: Hardback

Publisher: Crown

Pub. Date: 2017-04-18

Pages: 480

Price: \$37.00

#1 NEW YORK TIMES BESTSELLER

It was never supposed to be this close. And of course she was supposed to win. How Hillary Clinton lost the 2016 election to Donald Trump is the riveting story of a sure thing gone off the rails. For every Comey revelation or hindsight acknowledgment about the electorate, no explanation of defeat can begin with anything other than the core problem of Hillary's campaign--the candidate herself.

Through deep access to insiders from the top to the bottom of the campaign, political writers Jonathan Allen and Amie Parnes have reconstructed the key decisions and unseized opportunities, the well-intentioned misfires and the hidden thorns that turned a winnable contest into a devastating loss. Drawing on the authors' deep knowledge of Hillary from their previous book, the acclaimed biography HRC, *Shattered* offers an object lesson in how Hillary herself made victory an uphill battle, how her difficulty articulating a vision irreparably hobbled her impact with voters, and how the campaign failed to internalize the lessons of populist fury from the hard-fought primary against Bernie Sanders.

Moving blow-by-blow from the campaign's difficult birth through the bewildering terror of election night, *Shattered* tells an unforgettable story with urgent lessons both political and personal, filled with revelations that will change the way readers understand just what happened to America on November 8, 2016.