

Deep Questions To Ask On Instagram

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Discover a curated collection of deep and engaging questions perfect for sparking meaningful conversations on Instagram. Whether you're looking for compelling story prompts or thought-provoking questions to ask your followers, this resource provides unique ideas to boost engagement and foster deeper connections within your online community.

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How to Fail: Everything I've Ever Learned From Things Going Wrong

Inspired by her hugely popular podcast, How To Fail is Elizabeth Day's brilliantly funny, painfully honest and insightful celebration of things going wrong.

Put your Instagram on Formula One Fast Track

If you are a growth-hungry business owner/brand manager of a bathroom fittings brand struggling to increase your social media following & impact, this book is for you. In today's digital marketplace, social media is your most powerful tool for branding and visibility. If you do not have an impactful social media presence, you are not just draining precious marketing budget but also losing out on profitable opportunities. This book gives you the magic mantra to fast-track your social media growth onto the formula one race track to success. Become a pioneer and a visionary and reap immense early bird advantages with the transformative content in this book.

How to Not Die Alone

A "must-read" (The Washington Post) funny and practical guide to help you find, build, and keep the relationship of your dreams. Have you ever looked around and wondered, "Why has everyone found love except me?" You're not the only one. Great relationships don't just appear in our lives—they're the culmination of a series of decisions, including whom to date, how to end it with the wrong person, and when to commit to the right one. But our brains often get in the way. We make poor decisions, which thwart us on our quest to find lasting love. Drawing from years of research, behavioral scientist turned dating coach Logan Ury reveals the hidden forces that cause those mistakes. But awareness on its own doesn't lead to results. You have to actually change your behavior. Ury shows you how. This "simple-to-use guide" (Lori Gottlieb, New York Times bestselling author of *Maybe You Should Talk to Someone*) focuses on a different decision in each chapter, incorporating insights from behavioral science, original research, and real-life stories. You'll learn: -What's holding you back in dating (and how to break the pattern) -What really matters in a long-term partner (and what really doesn't) -How

to overcome the perils of online dating (and make the apps work for you) -How to meet more people in real life (while doing activities you love) -How to make dates fun again (so they stop feeling like job interviews) -Why “the spark” is a myth (but you’ll find love anyway) This “data-driven” (Time), step-by-step guide to relationships, complete with hands-on exercises, is designed to transform your life. How to Not Die Alone will help you find, build, and keep the relationship of your dreams.

When You're Ready, This Is How You Heal

New York Times bestselling author and social media expert Gary Vaynerchuk shares hard-won advice on how to connect with customers and beat the competition. A mash-up of the best elements of *Crush It!* and *The Thank You Economy* with a fresh spin, *Jab, Jab, Jab, Right Hook* is a blueprint to social media marketing strategies that really works. When managers and marketers outline their social media strategies, they plan for the “right hook”—their next sale or campaign that’s going to knock out the competition. Even companies committed to jabbing—patiently engaging with customers to build the relationships crucial to successful social media campaigns—want to land the punch that will take down their opponent or their customer’s resistance in one blow. Right hooks convert traffic to sales and easily show results. Except when they don’t. Thanks to massive change and proliferation in social media platforms, the winning combination of jabs and right hooks is different now. Vaynerchuk shows that while communication is still key, context matters more than ever. It’s not just about developing high-quality content, but developing high-quality content perfectly adapted to specific social media platforms and mobile devices—content tailor-made for Facebook, Instagram, Pinterest, Twitter, and Tumblr.

Jab, Jab, Jab, Right Hook

With an exhaustive knowledge of popular culture and an effortless ability to spin brilliant prose out of unlikely subject matter, Klosterman attacks the entire spectrum of postmodern America: reality TV, Internet porn, breakfast cereal, serial killers, Pamela Anderson, literary Jesus freaks, and the real difference between apples and oranges (of which there is none). *Sex, Drugs and Coca Puffs* is ostensibly about movies, sport, television, music, books, video games and kittens, but really it's about us. All of us.

Sex, Drugs, and Cocoa Puffs

“Save yourself another round of heartbreak and breakups and read this first. Topaz condenses years of wisdom into 12 powerful questions that will give you the keys to unlock real, true, and profound love so you don’t have to keep searching (or suffering) in disconnected relationships.” —Natalie Kuhn, spiritual teacher and co-CEO of The Class Could one conversation improve your relationship forever? We all crave connection. But sometimes we need help getting there. By having a conversation with your partner, guided by these thought-provoking questions, you’ll discover the strength in having mindful, meaningful conversations and unlock a deeper level of lasting intimacy. Author Topaz Adizes invites you to bravely explore the heart of your relationship through 12 carefully crafted questions drawn from thousands of candid conversations with real couples featured in his Emmy Award-winning documentary series {THE AND}. In today’s fast-paced world, it is easier than ever to feel isolated, disconnected, and idling in surface-level relationships. Having observed a decade’s worth of extraordinary conversations unfold, Topaz explores the key to feeling closer, more secure, and more connected with your partner. This essential, inclusive guide includes: Powerful tools to create a safe, transformative space for connection 12 questions proven to nurture authentic intimacy, and examples from people who’ve been there Strategies for staying connected in the midst of conflict Confidence to craft better, stronger questions of your own (hint: you’ll get better answers) Make every conversation count, and you’ll uncover the magic that awaits when you dare to be vulnerable, go deeper, and love like never before.

12 Questions for Love

A New York Times bestseller. “A wickedly chilling debut.” —School Library Journal “Complex and sweetly satisfying.” —Booklist “Prepare to be bewitched.” —Paula Stokes, author of *Girl Against the Universe* “A story about the redemptive power of love.” —Amber Smith, New York Times bestselling author of *The Way I Used to Be* “Eerie and enchanting.” —Jessica Spotswood, author of *The Cahill Witch Chronicles* Hocus Pocus and Practical Magic meets the Salem Witch trials in this haunting story about three sisters on a quest for revenge—and how love may be the only thing powerful enough to stop them. Welcome to the cursed town of Sparrow... Where, two centuries ago, three sisters were sentenced to death for witchery. Stones were tied to their ankles and they were drowned in the deep waters surrounding the

town. Now, for a brief time each summer, the sisters return, stealing the bodies of three weak-hearted girls so that they may seek their revenge, luring boys into the harbor and pulling them under. Like many locals, seventeen-year-old Penny Talbot has accepted the fate of the town. But this year, on the eve of the sisters' return, a boy named Bo Carter arrives; unaware of the danger he has just stumbled into. Mistrust and lies spread quickly through the salty, rain-soaked streets. The townspeople turn against one another. Penny and Bo suspect each other of hiding secrets. And death comes swiftly to those who cannot resist the call of the sisters. But only Penny sees what others cannot. And she will be forced to choose: save Bo, or save herself.

The Wicked Deep

Are you ready to break free from the grip of fear and embark on a journey of personal growth and empowerment? For readers of motivational books like *Daring Greatly* and *Girl, Wash Your Face*, this growth mindset personal development book from acclaimed speaker and influencer, Michelle Poler, will help you push out of your comfort zone and find authentic happiness. With a captivating blend of vulnerability, humor, and actionable insights, Michelle shares her story of conquering 100 fears in 100 days and provides a roadmap to help you navigate the uncharted territories of your fears. From public speaking and taking risks to facing rejection and embracing vulnerability, *Hello, Fears* equips you with the tools and mindset needed to set life-changing goals, embrace courage, and live a life without limits. Learn how to identify and understand your fears, uncovering their root causes. Discover proven techniques to step out of your comfort zone and face challenges with confidence. Overcome the fear of failure and transform setbacks into stepping stones for success. Embrace vulnerability and build authentic connections in your personal and professional life. Cultivate resilience and adaptability in the face of uncertainty and change. Develop a growth mindset and harness fear as a catalyst for personal growth. Whether you're struggling with fear in your career, relationships, or personal aspirations, *Hello, Fears* provides the guidance and motivation you need to break free and live a life driven by courage, resilience, and purpose. Embrace the transformative power of fear and unlock your true potential today!

Hello, Fears

The Fall, The Rise is a collection of poetry and prose that walks you through the journey of falling into love, losing yourself, breaking apart, piecing yourself back together, and rising again. Bloom from the dirt the world throws at you and become new. Become you. Fall but always rise again. Bathe yourself in love and grow your own garden. I hope you find yourself here.

Assessment and Evaluation

There are many reasons to be curious about the way people learn, and the past several decades have seen an explosion of research that has important implications for individual learning, schooling, workforce training, and policy. In 2000, *How People Learn: Brain, Mind, Experience, and School: Expanded Edition* was published and its influence has been wide and deep. The report summarized insights on the nature of learning in school-aged children; described principles for the design of effective learning environments; and provided examples of how that could be implemented in the classroom. Since then, researchers have continued to investigate the nature of learning and have generated new findings related to the neurological processes involved in learning, individual and cultural variability related to learning, and educational technologies. In addition to expanding scientific understanding of the mechanisms of learning and how the brain adapts throughout the lifespan, there have been important discoveries about influences on learning, particularly sociocultural factors and the structure of learning environments. *How People Learn II: Learners, Contexts, and Cultures* provides a much-needed update incorporating insights gained from this research over the past decade. The book expands on the foundation laid out in the 2000 report and takes an in-depth look at the constellation of influences that affect individual learning. *How People Learn II* will become an indispensable resource to understand learning throughout the lifespan for educators of students and adults.

The Fall, the Rise

We Should Get Together is the handbook for anyone who's ready for better friendships, now. Have you recently moved to a new city and are struggling to make friends? Do you find yourself constantly making plans with friends that fall through? Are you more likely to see your friends' social media posts than their faces? You aren't alone. Millions of adults struggle with an uncomfortable and persistent ache: platonic longing, which is the unfulfilled wish for authentic, resilient, close friendships. But it doesn't have to be

this way. Making and maintaining friendships during adulthood can be hard--or, with a bit of intention and creativity, joyful. Author Kat Velloso, experience designer and founder of Better Than Small Talk, tackles the four most common challenges of adult friendship: constant relocation, full schedules, the demands of partnership and family, and our culture's declining capacity for compassion and intimacy in the age of social media. Combining expert research and personal stories pulled from conversations with hundreds of adults, *We Should Get Together* is the modern handbook for making and maintaining stronger friendships. With this book you will learn to: Make and maintain friendships when you (or your friends) keep moving Have deeper and more meaningful conversations Triumph over awkwardness in social situations Become less dependent on your phone Identify and prioritize quality connections Find time for friendship despite your busy calendar Create closer, more durable friendships Full of relatable stories, practical tips, 60 charming illustrations, 55 suggested activities, a book club discussion guide, and 300+ conversation starters, *We Should Get Together* is the perfect book for anyone who wants to have dedicated, life-enriching friends, and who wants to be that kind of friend, too.

How People Learn II

'The literary equivalent of a hug from a wordly big sister when you are at your lowest ebb' - Sunday Times 'A new kind of relationship guide for women' - Arianna Huffington A self-affirming, holistic guide to transforming heartbreak into healing Amy Chan hit rock bottom when she discovered that her boyfriend cheated on her. Although she was angry and broken-hearted, Chan soon came to realize that the breakup was the shakeup she needed to redirect her life. Instead of descending into darkness, she used the pain of the breakup as a bridge to self-actualization. She devoted herself to learning various healing modalities from the ancient to the scientific, and dived into the psychology of love. It worked. Fast forward years later, Amy completely transformed her life, her relationships and founded a breakup bootcamp helping countless of women heal their hurt. In *Breakup Bootcamp*, Amy Chan directs her experience into a practical, thoughtful guide to turning broken hearts into an opportunity to break out of complacency and destructive habits. Dubbed 'the Chief Heart Hacker,' Amy Chan grounds her practical advice and tried and tested methods rooted in cutting-edge psychology and research, helping readers heal and reclaim their self-love. Relatable, life-changing, and backed by sound scientific research, *Breakup Bootcamp* can help anyone turn their greatest heartbreak into a powerful tool for growth

We Should Get Together

Whether you want to improve your impact in speeches, staff meetings, pitches, emails, PowerPoint presentations, or any other communication setting, this book provides a novel approach that teaches you how to go from simply sharing a thought to making a difference. --

Breakup Bootcamp

PERFECTIONIST MOM TAKES DOING IT ALL TO THE NEXT LEVEL AS THE WORLD'S WORST ATTEMPTED SWINGER Pre-order today to get the audiobook for free. Send order screenshot to orders@manitobawomanmedia.com.

Get to the Point!

ASK. CONNECT. HEAL. LOVE. LIVE. When being asked by a child, we immediately focus on our response. How often do we realize that the child finds such beauty in asking? The discovery of words are amazing but by asking questions that amazingness is elevated. This book is meant to heal, connect us to our past, bring out the imaginative self, appreciate our individuality, and love the life we are blessed with.

Swing

To get the best answer-in business, in life-you have to ask the best possible question. Innovation expert Warren Berger shows that ability is both an art and a science. It may be the most underappreciated tool at our disposal, one we learn to use well in infancy-and then abandon as we grow older. Critical to learning, innovation, success, even to happiness-yet often discouraged in our schools and workplaces-it can unlock new business opportunities and reinvent industries, spark creative insights at many levels, and provide a transformative new outlook on life. It is the ability to question-and to do so deeply, imaginatively, and "beautifully." In this fascinating exploration of the surprising power of questioning, innovation expert Warren Berger reveals that powerhouse businesses like Google, Nike,

and Netflix, as well as hot Silicon Valley startups like Pandora and Airbnb, are fueled by the ability to ask fundamental, game-changing questions. But Berger also shares human stories of people using questioning to solve everyday problems—from “How can I adapt my career in a time of constant change?” to “How can I step back from the daily rush and figure out what really makes me happy?” By showing how to approach questioning with an open, curious mind and a willingness to work through a series of “Why,” “What if,” and “How” queries, Berger offers an inspiring framework of how we can all arrive at better solutions, fresh possibilities, and greater success in business and life.

Ask Like a Child and Find Questions from the Deep

My Dad has a shadow that's blue as can be, and there's nothingbut blue in my whole family tree. But mine is quite different, it's not what you think. For mine is not blue... My shadow is PINK! An uplifting book about daring to be different and having the courage to be true to yourself.

A More Beautiful Question

The Burn Book is an easy way to record all your secret and an interactive journal that invites you to face life's big questions: Who are you now? How did you get here? Where are you going? Some questions are fun, some are deep and some are just plain random. DETAILS : 100 Pages sized : 6"x9" Great as a gift! High quality matte cover Premium Design

My Shadow Is Pink

Explore the fascinating history of the computer, and the people who made them, in this beautifully illustrated guide for children by bestselling author and illustrator Rachel Ignotofsky. Computers make our lives easier in so many ways - they help us do our work, get directions, check the weather, exercise, shop and understand what's happening around the world. But who created them, and why? How have they transformed the way we interact with our surroundings and each other? Packed with accessible information, fun facts and discussion starters, this charmingly illustrated book takes you from the ancient world to the modern day, focusing on important inventions from the earliest known counting systems (such as the Incan quipu) to the sophisticated algorithms behind AI, space travel and wearable tech. The History of the Computer also profiles a global and diverse range of key players and creators - from An Wang and Margaret Hamilton to Steve Jobs and Tim Berners-Lee - and illuminates their goals, their intentions and the impact of their inventions on our everyday lives. This entertaining and educational journey from the bestselling author of Women in Science will help you understand our most important machines and how we can use them to enhance the way we live. You'll never look at your phone the same way again!

200 Deep Questions

The Profitable Blogging System is a comprehensive guide for bloggers who want to turn their passion into a profitable business. In this book, Durga provides a step-by-step system that takes you through everything you need to know to create a successful blog. With chapters on finding your niche, developing your creative edge, building your tech stack, creating a content strategy, conducting keyword research, and perfecting your blog writing process, this book provides a complete blueprint for creating a profitable blog. The Profitable Blogging System is not just another blogging book - it's a complete system that takes you from beginner to pro. Whether you're just starting out or you've been blogging for years, this book has something to offer. So why wait? Start your journey towards profitable blogging today with The Profitable Blogging System!

The History of the Computer

"A strange plague called the 'Gets is decimating humanity on a global scale. It causes people to forget--small things at first, like where they left their keys, then the not-so-small things like how to drive or the letters of the alphabet. Then their bodies forget how to function involuntarily. There is no cure. But far below the surface of the Pacific Ocean, a universal healer hailed as 'ambrosia' has been discovered. In order to study this phenomenon, a special research lab has been built eight miles under the sea's surface. When the station goes incommunicado, a brave few descend through the lightless fathoms in hopes of unraveling the mysteries lurking at those crushing depths...and perhaps to encounter an evil blacker than anything one could possibly imagine"--Page [4] of cover.

The Profitable Blogging System 2.0: Step By Step Action Plan to Launch, Grow and Scale your Blog into a Business

Communication is essential in a healthy organization. But all too often when we interact with people—especially those who report to us—we simply tell them what we think they need to know. This shuts them down. To generate bold new ideas, to avoid disastrous mistakes, to develop agility and flexibility, we need to practice Humble Inquiry. Ed Schein defines Humble Inquiry as “the fine art of drawing someone out, of asking questions to which you do not know the answer, of building a relationship based on curiosity and interest in the other person.” In this seminal work, Schein contrasts Humble Inquiry with other kinds of inquiry, shows the benefits Humble Inquiry provides in many different settings, and offers advice on overcoming the cultural, organizational, and psychological barriers that keep us from practicing it.

The Deep

Does what's in your bathroom or on your desk reveal what's on your mind? What's the best way to find out what your partner is really like? For ten years, ingenious academic Sam Gosling has been studying how people project (and protect) their inner selves. Full of cutting-edge research, Snoop will sharpen your perception of others, as well as of yourself. Amazingly, and perhaps alarmingly, Gosling proves that what we own and how we act can inadvertently reveal more about our personalities than even our most intimate conversations.

Humble Inquiry

Someday I want to live in a place where I never hear “You’re Dusty’s sister?” ever again. Life is real enough for Dylan—especially as the ordinary younger sister of Dusty, former Miss Mississippi and the most perfect, popular girl in Tupelo. But when Dusty wins the hand of the handsome Scottish laird-to-be Ronan on the TRC television network’s crown jewel, *Prince in Disguise*, Dylan has to face a different kind of reality: reality TV. As the camera crew whisks them off to Scotland to film the lead-up to the wedding, camera-shy Dylan is front and center as Dusty’s maid of honor. The producers are full of surprises—including old family secrets, long-lost relatives, and a hostile future mother-in-law who thinks Dusty and Dylan’s family isn’t good enough for her only son. At least there’s Jamie, an adorably bookish groomsman who might just be the perfect antidote to all Dylan’s stress . . . if she just can keep TRC from turning her into the next reality show sensation.

Snoop

A REESE WITHERSPOON X HELLO SUNSHINE BOOK CLUB YA PICK OCTOBER 2020 The brand-new thrilling novel from New York Times best-selling author of *Sky in the Deep* Adrienne Young, the first book in the fantastic Fable duology. Welcome to a world made dangerous by the sea and by those who wish to profit from it. Where a young girl must find her place and her family while trying to survive in a world built for men. As the daughter of the most powerful trader in the Narrows, the sea is the only home seventeen-year-old Fable has ever known. It's been four years since the night she watched her mother drown during an unforgiving storm. The next day her father abandoned her on a legendary island filled with thieves and little food. To survive she must keep to herself, learn to trust no one and rely on the unique skills her mother taught her. The only thing that keeps her going is the goal of getting off the island, finding her father and demanding her rightful place beside him and his crew. To do so Fable enlists the help of a young trader named West to get her off the island and across the Narrows to her father. But her father's rivalries and the dangers of his trading enterprise have only multiplied since she last saw him and Fable soon finds that West isn't who he seems. Together, they will have to survive more than the treacherous storms that haunt the Narrows if they're going to stay alive. Fable takes you on a spectacular journey filled with romance, intrigue and adventure.

Prince in Disguise

Screen Deep is a book about the immense potential of screen storytelling to defeat an evil both historic and urgently topical: racism. Everyone watches TV and movies. Everyone has an interest in building a more just and equitable world. *Screen Deep* goes beyond the many film books and anti-racist manuals by demonstrating the connection between these two aspects of modern life. In *Screen Deep* Ellen E. Jones combines her personal experience as a mixed-race woman who cares about racism with her professional expertise as a film and TV journalist of twenty years standing, to ask - and answer - several

questions: Is there such a thing as an Indigenous western? Is race comedy 'cancelled'? Where are all the films for white people? And most importantly: Can you still fight the good fight with a mouthful of popcorn?

Fable

Seriously . . . another book that tells you how to live a good life? Don't we have enough of those? You'd think so. Yet, more people than ever are walking through life disconnected, disengaged, dissatisfied, mired in regret, declining health, and a near maniacal state of gut-wrenching autopilot busyness. Whatever is out there isn't getting through. We don't know who to trust. We don't know what's real and what's fantasy. We don't know how and where to begin and we don't want to wade through another minute of advice that gives us hope, then saps our time and leaves us empty. *How to Live a Good Life* is your antidote; a practical and provocative modern-day manual for the pursuit of a life well lived. No need for blind faith or surrender of intelligence; everything you'll discover is immediately actionable and subject to validation through your own experience. Drawn from the intersection of science, spirituality, and the author's years-long quest to learn at the feet of masters from nearly every tradition and walk of life, this book offers a simple yet powerful model, the "Good Life Buckets" —spend 30 days filling your buckets and reclaiming your life. Each day will bring a new, practical yet powerful idea, along with a specific exploration designed to rekindle deep, loving, and compassionate relationships; cultivate vitality, radiance, and graceful ease; and leave you feeling lit up by the way you contribute to the world, like you're doing the work you were put on the planet to do. *How to Live a Good Life* is not just a book to be read; it's a path to possibility, to be walked, then lived.

Screen Deep

Are you having trouble communicating with an important person in your life? Are you looking for tools and techniques you can use today? *The Relationship Protocol* is the easy to use, step-by-step guide on how to communicate effectively in all of your important relationships - romantic, family, business and friendships. Learn how to deal with and resolve real-life conflicts. Navigate tough situations. Take control and defuse heated arguments. Bring up sensitive topics and recover from setbacks. Instill hope when lost, and rebuild trust. Read *The Relationship Protocol* today to make your relationships more enjoyable and less complicated. www.TheRelationshipProtocol.com

How to Live a Good Life

When a mysterious girl appears at school and learns of Sandy's drawings, that she creates from the tiny stars that appear in her room at night, Morfie's fascination soon turns into something sinister.

The Relationship Protocol

Contrary to what you've been told, keeping a marriage successful does NOT take hard work! All it takes is making a few small changes over time. If you're feeling your good marriage is starting to show a little wear, zero in on those imperfections, right?WRONG! Focus on what's going well! Enhance the good aspects of your marriage and build on the solid foundation you already have. Dr. Orbuch debunks many common marriage myths and you'll find out who needs more compliments—men or women. Who falls in love faster—women or men? With engaging quizzes and checklists; easy-to-use tips; and new takeaways on compatibility, fighting fair, and relationship ruts, *5 Simple Steps to Take Your Marriage from Good to Great* will give you perfect ways to say "I love you" and show you how to reignite the passion in your relationship. You'll find out why it's okay to go to bed mad and why you don't want to engage in kitchen sinking! The advice in this smart, entertaining book will help you put the excitement back in your marriage in no time, and you'll be amazed at how easy it will be. *5 Simple Steps to Take Your Marriage from Good to Great* is based on the findings of a groundbreaking study directed by Dr. Orbuch, and funded by the National Institutes of Health. The study—of the same 373 married couples—began in 1986 and continues today. Dr. Orbuch is a professor, a renowned therapist, and a nationally recognized relationship expert known as The Love Doctor®.

Nightlights

The authors of *Make Just One Change* argue that formulating one's own questions is "the single most essential skill for learning"—and one that should be taught to all students. They also argue that it should be taught in the simplest way possible. Drawing on twenty years of experience, the authors present

the Question Formulation Technique, a concise and powerful protocol that enables learners to produce their own questions, improve their questions, and strategize how to use them. Make Just One Change features the voices and experiences of teachers in classrooms across the country to illustrate the use of the Question Formulation Technique across grade levels and subject areas and with different kinds of learners.

5 Simple Steps to Take Your Marriage from Good to Great

AN AMAZON BEST BOOK OF 2016 PICK IN BUSINESS & LEADERSHIP WALL STREET JOURNAL BUSINESS BESTSELLER A BUSINESS BOOK OF THE WEEK AT 800-CEO-READ Master one of our economy's most rare skills and achieve groundbreaking results with this "exciting" book (Daniel H. Pink) from an "exceptional" author (New York Times Book Review). Deep work is the ability to focus without distraction on a cognitively demanding task. It's a skill that allows you to quickly master complicated information and produce better results in less time. Deep Work will make you better at what you do and provide the sense of true fulfillment that comes from craftsmanship. In short, deep work is like a super power in our increasingly competitive twenty-first century economy. And yet, most people have lost the ability to go deep—spending their days instead in a frantic blur of e-mail and social media, not even realizing there's a better way. In Deep Work, author and professor Cal Newport flips the narrative on impact in a connected age. Instead of arguing distraction is bad, he instead celebrates the power of its opposite. Dividing this book into two parts, he first makes the case that in almost any profession, cultivating a deep work ethic will produce massive benefits. He then presents a rigorous training regimen, presented as a series of four "rules," for transforming your mind and habits to support this skill. 1. Work Deeply 2. Embrace Boredom 3. Quit Social Media 4. Drain the Shallows A mix of cultural criticism and actionable advice, Deep Work takes the reader on a journey through memorable stories—from Carl Jung building a stone tower in the woods to focus his mind, to a social media pioneer buying a round-trip business class ticket to Tokyo to write a book free from distraction in the air—and no-nonsense advice, such as the claim that most serious professionals should quit social media and that you should practice being bored. Deep Work is an indispensable guide to anyone seeking focused success in a distracted world.

Make Just One Change

A Wall Street Journal Bestseller Your personal goals need a long-term strategy. It's no secret that we're pushed to the limit. Today's professionals feel rushed, overwhelmed, and perennially behind. So we keep our heads down, focused on the next thing, and the next, without a moment to breathe. How can we break out of this endless cycle and create the kind of interesting, meaningful lives we all seek? Just as CEOs who optimize for quarterly profits often fail to make the strategic investments necessary for long-term growth, the same is true in our own personal and professional lives. We need to reorient ourselves to see the big picture so we can tap into the power of small changes that, made today, will have an enormous and disproportionate impact on our future success. We need to start playing The Long Game. As top business thinker and Duke University professor Dorie Clark explains, we all know intellectually that lasting success takes persistence and effort. And yet so much of the relentless pressure in our culture pushes us toward doing what's easy, what's guaranteed, or what looks glamorous in the moment. In The Long Game, she argues for a different path. It's about doing small things over time to achieve our goals—and being willing to keep at them, even when they seem pointless, boring, or hard. In The Long Game, Clark shares unique principles and frameworks you can apply to your specific situation, as well as vivid stories from her own career and other professionals' experiences. Everyone is allotted the same twenty-four hours—but with the right strategies, you can leverage those hours in more efficient and powerful ways than you ever imagined. It's never an overnight process, but the long-term payoff is immense: to finally break out of the frenetic day-to-day routine and transform your life and your career.

Deep Work

In 2014, 33-year-old Mandy Len Catron went on a date with an acquaintance. They decided to try an experiment: inspired by a study designed to create romantic feelings, Mandy and Mark spent the evening asking each other 36 increasingly intimate questions, wondering if it would lead to them falling in love. In How to Fall in Love with Anyone, this experiment is Catron's starting point for investigating what it means to love someone and to be loved, and how we present our love to the world. What makes love last? Can love ever work the way it seems to in films, books and social media? Is there a "right"

way to fall in love? In these candid, charming and wise essays, Catron blends memoir with cultural and social commentary on the psychology, biology, history and literature of love. *How to Fall in Love with Anyone* is a deeply personal, yet universal investigation into the one thing we all want—or think we want—more than anything. Includes “To Fall in Love with Anyone, Do This”, one of the most popular essays to appear in the New York Times’ “Modern Love” column “In our age of total romantic confusion, Mandy Len Catron is a voice of good sense, warm humor, and consoling wisdom. Through the lens of her own relationships, she teaches us—with a deft, convincing intelligence—some of the vital moves in the art of love.” —Alain de Botton, internationally bestselling author of *How Proust Can Change Your Life* and *The Course of Love* MANDY LEN CATRON lives in Vancouver, British Columbia. Her writing has appeared in the New York Times and the Washington Post. She writes about love and love stories at The Love Story Project, and teaches English and creative writing at the University of British Columbia.

The Long Game

In order to move global society towards a sustainable "ecotopia," solutions must be engaged in specific places and communities, and the authors here argue for re-orienting environmental anthropology from a problem-oriented towards a solutions-focused endeavor. Using case studies from around the world, the contributors-scholar-activists and activist-practitioners- examine the interrelationships between three prominent environmental social movements: bioregionalism, a worldview and political ecology that grounds environmental action and experience; permaculture, a design science for putting the bioregional vision into action; and ecovillages, the ever-dynamic settings for creating sustainable local cultures.

How to Fall in Love with Anyone

This edited collection is the first book to offer a wide-ranging examination of the interface between American independent film and a converged television landscape that consists of terrestrial broadcasters, cable networks and streaming providers, in which independent film and television intersect in complex, multifaceted and creative ways. The book covers the long history of continuities and connections between the two sectors, as seen in the activities of PBS, HBO or Sundance. It considers the movement of filmmakers between indie film and TV such as Steven Soderbergh, Rian Johnson, the Duplass brothers, Joe Swanberg, Lynn Shelton and Gregg Araki; details the confluence of aesthetic and thematic elements seen in shows such as *Girls*, *Breaking Bad*, *Master of None*, or *Glow*; points to a shared interest in regional sensibilities evident in shows like *One Mississippi* or *Fargo*; and makes the case for documentaries and web series as significant entities in this domain. Collectively, the book builds a compelling picture of indie TV as a significant feature of US screen entertainment in the 21st Century. This interdisciplinary landmark volume will be a go-to reference for students and scholars of Television Studies, Film Studies and Media Studies.

Environmental Anthropology Engaging Ecotopia

Marriage should be based on love, right? But does it seem as though you and your spouse are speaking two different languages? #1 New York Times bestselling author Dr. Gary Chapman guides couples in identifying, understanding, and speaking their spouse's primary love language-quality time, words of affirmation, gifts, acts of service, or physical touch. By learning the five love languages, you and your spouse will discover your unique love languages and learn practical steps in truly loving each other. Chapters are categorized by love language for easy reference, and each one ends with simple steps to express a specific language to your spouse and guide your marriage in the right direction. A newly designed love languages assessment will help you understand and strengthen your relationship. You can build a lasting, loving marriage together. Gary Chapman hosts a nationally syndicated daily radio program called *A Love Language Minute* that can be heard on more than 150 radio stations as well as the weekly syndicated program *Building Relationships with Gary Chapman*, which can both be heard on fivelovelanguages.com. The *Five Love Languages* is a consistent New York Times bestseller - with over 5 million copies sold and translated into 38 languages. This book is a sales phenomenon, with each year outselling the prior for 16 years running!

Indie TV

‘Honest, gutsy and laugh out loud... Do your pelvic floor exercises before reading as you may pee your pants’ – Kathy Lette A celebration of parenting failures, hilarious confessions, fish fingers and wine! This is a book for anyone who's ever dealt with a poo in the pool, cleaned up a sick in the supermarket,

or gone to an important meeting without realising there's weetabix stuck to their bum. Because let's be honest – no matter how much we love our kids, or how good we are at parenting, everyone's a Scummy Mummy sometimes.

The Five Love Languages

Scummy Mummies