

How To Grow A Human Adventures In Who We Are And How

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Dive into the profound adventure of human development, exploring the intricate processes that define who we are and how we evolve. This guide offers insights into personal growth, self-discovery, and the fascinating journey of becoming, unraveling the essence of the human experience.

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How to Grow a Human: Adventures in Who We Are and How We Are Made

A cutting-edge examination of what it means to be human and to have a 'self' in the face of new scientific developments in genetic editing, cloning and neural downloading.

How to Grow a Human

Two summers ago, scientists removed a tiny piece of flesh from Philip Ball's arm and turned it into a rudimentary "mini-brain." The skin cells, removed from his body, did not die but were instead transformed into nerve cells that independently arranged themselves into a dense network and communicated with each other, exchanging the raw signals of thought. This was life—but whose? In his most mind-bending book yet, Ball makes that disconcerting question the focus of a tour through what scientists can now do in cell biology and tissue culture. He shows how these technologies could lead to tailor-made replacement organs for when ours fail, to new medical advances for repairing damage and assisting conception, and to new ways of "growing a human." For example, it might prove possible to turn skin cells not into neurons but into eggs and sperm, or even to turn oneself into the constituent cells of embryos. Such methods would also create new options for gene editing, with all the attendant moral dilemmas. Ball argues that such advances can therefore never be about "just the science," because they come already surrounded by a host of social narratives, preconceptions, and prejudices. But beyond even that, these developments raise questions about identity and self, birth and death, and force us to ask how mutable the human body really is—and what forms it might take in years to come.

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Being a Human

'A wonderful, wild, dazzling book. You will feel more human for having read it' Tom Whyman, Literary Review 'Foster's daringly imaginative exploration of alternative models of selfhood is an original and beneficial way of grappling with history ... precisely what we need to remind us that there are many alternatives to the "I, me, mine" mindset' Anna Katharina Schaffner, TLS What kind of creature is a human? If we don't know what we are, how can we know how to act? Charles Foster sets out to understand what a human is, inhabiting the sensory worlds of humans at three pivotal moments in our history. Foster begins his quest with his son in a Derbyshire wood, trying to find a way of experiencing the world that recognises the deep expanse of time when we understood ourselves as hunter-gatherers, and when modern consciousness was first ignited. From there he travels to the Neolithic, a way of being defined by fences, farms, sky gods and slaughterhouses, and finally to the Enlightenment, when we decided that the universe was a machine and we were soulless cogs within it.

Being a Human

"A radically immersive exploration of three pivotal moments in the evolution of human consciousness, asking what kinds of creatures humans were, are, and might yet be"--

Adventures in Human Being

Sunday Times bestseller We have a lifetime's association with our bodies, but for many of us they remain uncharted territory. In *Adventures in Human Being*, Gavin Francis leads the reader on a journey through health and illness, offering insights on everything from the ribbed surface of the brain to the secret workings of the heart and the womb; from the pulse of life at the wrist to the unique engineering of the foot. Drawing on his own experiences as a doctor and GP, he blends first-hand case studies with reflections on the way the body has been imagined and portrayed over the millennia. If the body is a foreign country, then to practise medicine is to explore new territory: Francis leads the reader on an adventure through what it means to be human. Both a user's guide to the body and a celebration of its elegance, this book will transform the way you think about being alive, whether in sickness or in health. Published in association with the Wellcome Collection. **WELLCOME COLLECTION** Wellcome Collection is a free museum and library that aims to challenge how we think and feel about health. Inspired by the medical objects and curiosities collected by Henry Wellcome, it connects science, medicine, life and art. Wellcome Collection exhibitions, events and books explore a diverse range of subjects, including consciousness, forensic medicine, emotions, sexology, identity and death. Wellcome Collection is part of Wellcome, a global charitable foundation that exists to improve health for everyone by helping great ideas to thrive, funding over 14,000 researchers and projects in more than 70 countries. wellcomecollection.org

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The Unseen Body

In his beautifully written prose, Dr Jonathan Reisman - physician, adventure traveller and naturalist - allows readers to navigate their insides like an explorer discovering a new world. Through his offbeat adventures in healthcare and travel, Reisman discovers new perspectives on the body: a trip to the Alaskan Arctic reveals that fat is not the enemy, but the hero; a stint in the Himalayas uncovers the boundary where the brain ends and the mind begins; and eating a sheep's head in Iceland offers a lesson in empathy. By relating his experiences in far-flung lands and among unique cultures back to the body's inner workings, he shows how our organs live inextricably intertwined lives in an internal ecosystem that reflects the natural world around us. Reisman's unique perspective on the natural world and his expert wielding of wit ultimately helps us make sense of our lives, our bodies and our world in a way readers have never before imagined. 'An elegant, elegiac, and deeply enjoyable meander through

human anatomy . . . the images Reisman conjures will linger long after you've devoured his delightful prose.' - Nicola Twilley, co-author of *Until Proven Safe* and co-host of *Gastropod* podcast

The Modern Myths

With *The Modern Myths*, brilliant science communicator Philip Ball spins a new yarn. From novels and comic books to B-movies, it is an epic exploration of literature, new media and technology, the nature of storytelling, and the making and meaning of our most important tales. Myths are usually seen as stories from the depths of time—fun and fantastical, but no longer believed by anyone. Yet, as Philip Ball shows, we are still writing them—and still living them—today. From *Robinson Crusoe* and *Frankenstein* to *Batman*, many stories written in the past few centuries are commonly, perhaps glibly, called “modern myths.” But Ball argues that we should take that idea seriously. Our stories of *Dracula*, *Dr. Jekyll and Mr. Hyde*, and *Sherlock Holmes* are doing the kind of cultural work that the ancient myths once did. Through the medium of narratives that all of us know in their basic outline and which have no clear moral or resolution, these modern myths explore some of our deepest fears, dreams, and anxieties. We keep returning to these tales, reinventing them endlessly for new uses. But what are they really about, and why do we need them? What myths are still taking shape today? And what makes a story become a modern myth? In *The Modern Myths*, Ball takes us on a wide-ranging tour of our collective imagination, asking what some of its most popular stories reveal about the nature of being human in the modern age.

Adventures in the Anthropocene

**** Winner of Royal Society Winton Prize for Science Books 2015 **** We live in epoch-making times. The changes we humans have made in recent decades have altered our world beyond anything it has experienced in its 4.6 billion-year history. As a result, our planet is said to be crossing into the Anthropocene – the Age of Humans. Gaia Vince decided to travel the world at the start of this new age to see what life is really like for the people on the frontline of the planet we've made. From artificial glaciers in the Himalayas to painted mountains in Peru, electrified reefs in the Maldives to garbage islands in the Caribbean, Gaia found people doing the most extraordinary things to solve the problems that we ourselves have created. These stories show what the Anthropocene means for all of us – and they illuminate how we might engineer Earth for our future.

Conserving Humanity at the Dawn of Posthuman Technology

This volume examines the latest scientific and technological developments likely to shape our post-human future. Using a multidisciplinary approach, the author argues that we stand at the precipice of an evolutionary change caused by genetic engineering and anatomically embedded digital and informational technologies. The author delves into current scientific initiatives that will lead to the emergence of super smart individuals with unique creative capacities. He draws on technology, psychology and philosophy to consider humans-as-they-are relative to autonomy, creativity, and their place in a future shared with ‘post humans.’ The author discusses the current state of bioethics and technology law, both which policymakers, beset by a torrent of revolutionary advances in bioengineering, are attempting to steer. Significantly, Carvalko addresses why we must both preserve the narratives that brought us to this moment and continue to express our humanity through, music, art, and literature, to ensure that, as a uniquely creative species, we don't simply vanish in the ether of an evolution brought about by our own technology.

Level Up Your Life

For the past 5 years, Steve Kamb has transformed himself from wanna-be daydreamer into a real-life superhero and actually turned his life into a gigantic video game: flying stunt planes in New Zealand, gambling in a tuxedo at the Casino de Monte-Carlo, and even finding Nemo on the Great Barrier Reef. To help him accomplish all of these goals, he built a system that allowed him to complete quests, take on boss battles, earn experience points, and literally level up his life. If you have always dreamed of adventure and growth but can't seem to leave your hobbit-hole, Steve's book, *Level Up Your Life*, is for you. He will teach you exactly how to use your favorite video games, books, and movies as inspiration for adventure rather than an escape from the grind of everyday life. Hundreds of thousands of everyday Joes and Jills have joined Steve's Rebellion through his popular website, *NerdFitness.com*, and leveled up their lives--losing weight, getting stronger, and living better. In *Level Up Your Life*, you'll meet more than a dozen of these members of The Rebellion: men and women, young and old, single and married,

from all walks of life who have created superhero versions of themselves to live adventurously and happily. Within this guide, you'll follow in their footsteps and learn exactly how to: • Create your own "Alter Ego" with real-life super powers • Build your own Epic Quest List, broken into categories and difficulty levels • Hack your productivity habits to start making progress • Train your body for any adventure • Build in rewards and accountability that will actually motivate you to succeed • Travel the world freely (and cheaply) • Recruit the right allies to your side and find powerful mentors for guidance Adventure is out there, and the world needs more heroes. Will you heed the call?

If You Fall...

This first of all is a story about mountaineering, accident and paralysis. About coming to terms with losing movement and regaining the will to live. But it's also about the borderline between body and spirit. Karen is drawn into the world of faith healing and psychic surgeons in the Brazilian jungle. In testing these improbable claims she explores her own inner world and self. An incredible story that will inspire and empower anyone striving to get to the other side of a sudden change in their lives.

Being a Beast

LONGLISTED FOR THE BAILLIE GIFFORD PRIZE 2016 Charles Foster wanted to know what it was like to be a beast: a badger, an otter, a deer, a fox, a swift. What it was really like. And through knowing what it was like he wanted to get down and grapple with the beast in us all. So he tried it out; he lived life as a badger for six weeks, sleeping in a dirt hole and eating earthworms, he came face to face with shrimps as he lived like an otter and he spent hours curled up in a back garden in East London and rooting in bins like an urban fox. A passionate naturalist, Foster realises that every creature creates a different world in its brain and lives in that world. As humans, we share sensory outputs, lights, smells and sound, but trying to explore what it is actually like to live in another of these worlds, belonging to another species, is a fascinating and unique neuro-scientific challenge. For Foster it is also a literary challenge. Looking at what science can tell us about what happens in a fox's or badger's brain when it picks up a scent, he then uses this to imagine their world for us, to write it through their eyes or rather through the eyes of Charles the beast. An intimate look at the life of animals, neuroscience, psychology, nature writing, memoir and more, it is a journey of extraordinary thrills and surprises, containing wonderful moments of humour and joy, but also providing important lessons for all of us who share life on this precious planet.

You Grow, Gurl!

Discover the joys and self-nurturing benefits of plant parenthood, from learning how to begin building your own lush plant family to getting into those fun tips on how to care for your green gurls, with this beautiful, illustrated guide from the dazzling creator of the @plantkween Instagram account. "We all love some new growth, dahling." Six years ago, Christopher Griffin was just beginning the plant parenthood journey with one small Marble Queen Pothos. Today, this Black Queer non-binary femme plant influencer known as Plant Kween tends to a family of more than 200 healthy green gurls in the Brooklyn apartment they call home. You Grow, Gurl! is Kween's fun and fabulous guide to becoming a plant parent and keeping your green gurls growing and thriving. Anyone can be a plant parent! It's all about TLC—taking the time and energy to focus on a plant's needs, and ultimately your own. Featuring 200 full-color photos and illustrations, practical instructions and tips—on everything from propagating to measuring humidity to repotting—activities, and stories, this fun and joyful guide shows how to green-up any space and have it serving those lush lewks. Self-care takes many forms and tending to your plants' needs helps you grow too. In addition to information and advice on plant care, Kween provides meditations, mindfulness activities, playlists, and more to help you practice self-care through plant-care. As Kween says, "We can learn a lot about how we treat ourselves, how we treat others, and how we navigate the world from these green lil creatures." Healing and growing your heart, body, and soul takes time, love, and focus. Taking care of plants teaches you to apply that same attention and love to yourself and helps you find new pathways to explore on your own botanical adventure to self-love.

Adventures in Science: Human Body

Learn about the human body—from head to toe! Take a trip inside the human body and discover the amazing systems that allow us to move, breathe, and speak. Adventures in Science: The Human Body is the perfect primer for learning about how the human body works. After reading the included book,

children can assemble their own 12-inch plastic skeleton, use the 30+ stickers to put the organs and bones in the proper places on the double-sided poster, and test their knowledge with the included 20 fact cards.

Transcendence

* A TIMES BEST SCIENCE BOOK OF THE YEAR * From the prize-winning author of *Adventures in the Anthropocene*, the astonishing story of how culture enabled us to become the most successful species on Earth 'A wondrous, visionary work' Tim Flannery, author of *The Weather Makers* Humans are a planet-altering force. Gaia Vince argues that our unique ability - compared with other species - to determine the course of our own destiny rests on a special relationship between our genes, environment and culture going back into deep time. It is our collective culture, rather than our individual intelligence, that makes humans unique. Vince shows how four evolutionary drivers - Fire, Language, Beauty and Time - are further transforming our species into a transcendent superorganism: a hyper-cooperative mass of humanity that she calls *Homo omnis*. Drawing on leading-edge advances in population genetics, archaeology, palaeontology and neuroscience, *Transcendence* compels us to reimagine ourselves, showing us to be on the brink of something grander - and potentially more destructive. 'Richly informed by the latest research, Gaia Vince's colourful survey fizzles like a zip-wire as it tours our species' story from the Big Bang to the coming age of hypercooperation' Richard Wrangham, author of *The Goodness Paradox* 'Wonderful ... enlightening' Robin Ince, *The Infinite Monkey Cage*

Home Grown

The charming story of one family's mission to build a deeper, lasting connection to land and community on their Vermont farm When Ben Hewitt and his wife bought a sprawling acreage of field and forest in northern Vermont, they were eager to start a self-sustaining family farm. But over the years, the land became so much more than a building site; it became the birthplace of their two sons, the main source of family income and food, and even a classroom for their children. Through self-directed play, exploration, and experimentation on their farm, Hewitt's children learned how to play and read, test boundaries and challenge themselves, fail and recover. Best of all, this environment allowed their personalities to flourish, fueling further growth. In *Home Grown*, Hewitt shows us how small, mindful decisions about day-to-day life can lead to greater awareness of the world in our backyards and beyond. In telling the story of his sons' unconventional education in the fields and forests surrounding his family's farm, he demonstrates that the sparks of learning are all around us, just waiting to be discovered. Learning is a lifelong process—and the best education is never confined to a classroom.

Hey You!

"It distils the fierce heartache of racist injustice as well as a passionate sense of joy and hope for the future." *The Guardian* "From the pain of systemic racism to the hope of the future, it's an honest but largely uplifting read, aimed at children particularly." *Evening Standard* "A series of clever and witty illustrations matched with informative text guides the reader through a series of situations where they might encounter prejudice, and how to form strategies to overcome a situation before it becomes a problem." *The Independent* "This beautiful book also serves as a brilliant directory of work from black illustrators." *BookTrust* This groundbreaking picture book is a lyrical, inspirational exploration of growing up Black, written by award-winning illustrator Dapo Adeola, and brought to life by some of the most exciting Black illustration talents working today. Remember to dream your own dreams Love your beautiful skin You always have a choice This book addresses - honestly, yet hopefully - the experiences Black children face growing up with systemic racism, as well as providing hope for the future, delivering a powerful message to a new generation of dreamers. It's a message that is both urgent and timeless - and offers a rich and rewarding reading experience for every child. To mirror the rich variety of the Black diaspora, this book showcases artwork from Dapo and 18 incredible Black illustrators in one beautiful, powerful, and cohesive reading experience.

The Book of Minds

Minds and where to find them -- The space of possible minds -- All the things you are -- Waking up to the world -- Solomon's secret -- Aliens on the doorstep -- Machine minds -- Out of this world -- Free to choose -- How to know it all.

Rethinking Moral Status

Common-sense morality implicitly assumes that reasonably clear distinctions can be drawn between the full moral status that is usually attributed to ordinary adult humans, the partial moral status attributed to non-human animals, and the absence of moral status, which is usually ascribed to machines and other artifacts. These implicit assumptions have long been challenged, and are now coming under further scrutiny as there are beings we have recently become able to create, as well as beings that we may soon be able to create, which blur the distinctions between human, non-human animal, and non-biological beings. These beings include non-human chimeras, cyborgs, human brain organoids, post-humans, and human minds that have been uploaded into computers and onto the internet and artificial intelligence. It is far from clear what moral status we should attribute to any of these beings. There are a number of ways we could respond to the new challenges these technological developments raise: we might revise our ordinary assumptions about what is needed for a being to possess full moral status, or reject the assumption that there is a sharp distinction between full and partial moral status. This volume explores such responses, and provides a forum for philosophical reflection about ordinary presuppositions and intuitions about moral status.

How to Grow Humans

Everything you need to know about making a new human; understanding the ones already in your life and most importantly understanding you. Whether you have relationship issues; self esteem/confidence or mental health issues; or maybe you just want to relate to other people in your life in a calm productive manner. This little book teaches you in language so simple you will wonder why you did not know all of this before today. Clients of all ages are amazed at how this simple, entertaining little book changed their life so dramatically. Parents, after reading this have so much more time to play with their kids instead of yelling at them; they now know how the little persons mind works! couple learn how to relate to their partners in a productive and calm manner. But most of all you will understand the brain science of your own mind and of the people around you.

I Know how My Cells Make Me Grow

Sam and his mother talk about the different kinds of cells in his body, how they grow, and how in doing so they help him grow.

How to Make a Human Being: A Body of Evidence

A startling investigation of what it means to be human.

Feral

As an investigative journalist, Monbiot found a mission in his ecological boredom, that of learning what it might take to impose a greater state of harmony between himself and nature. He was not one to romanticize undisturbed, primal landscapes, but rather in his attempts to satisfy his cravings for a richer, more authentic life, he came stumbled into the world of restoration and rewilding. When these concepts were first introduced in 2011, very recently, they focused on releasing captive animals into the wild. Soon the definition expanded to describe the reintroduction of animal and plant species to habitats from which they had been excised. Some people began using it to mean the rehabilitation not just of particular species, but of entire ecosystems: a restoration of wilderness. Rewilding recognizes that nature consists not just of a collection of species but also of their ever-shifting relationships with each other and with the physical environment. Ecologists have shown how the dynamics within communities are affected by even the seemingly minor changes in species assemblages. Predators and large herbivores have transformed entire landscapes, from the nature of the soil to the flow of rivers, the chemistry of the oceans, and the composition of the atmosphere. The complexity of earth systems is seemingly boundless."

The Beauty of Chemistry

Images and text capture the astonishing beauty of the chemical processes that create snowflakes, bubbles, flames, and other wonders of nature. Chemistry is not just about microscopic atoms doing inscrutable things; it is the process that makes flowers and galaxies. We rely on it for bread-baking, vegetable-growing, and producing the materials of daily life. In stunning images and illuminating text, this book captures chemistry as it unfolds. Using such techniques as microphotography, time-lapse photography, and infrared thermal imaging, The Beauty of Chemistry shows us how chemistry under-

pins the formation of snowflakes, the science of champagne, the colors of flowers, and other wonders of nature and technology. We see the marvelous configurations of chemical gardens; the amazing transformations of evaporation, distillation, and precipitation; heat made visible; and more.

The House of the Scorpion

Matt is six years old when he discovers that he is different from other children and other people. To most, Matt isn't considered a boy at all, but a beast, dirty and disgusting. But to El Patron, lord of a country called Opium, Matt is the guarantee of eternal life. El Patron loves Matt as he loves himself - for Matt is himself. They share the exact same DNA. As Matt struggles to understand his existence and what that existence truly means, he is threatened by a host of sinister and manipulating characters, from El Patron's power-hungry family to the brain-deadened eejits and mindless slaves that toil Opium's poppy fields. Surrounded by a dangerous army of bodyguards, escape is the only chance Matt has to survive. But even escape is no guarantee of freedom... because Matt is marked by his difference in ways that he doesn't even suspect.

Wild at Heart

John Eldredge revises and updates his best-selling, renowned Christian classic. God designed men to be dangerous, says John Eldredge. Simply look at the dreams and desires written in the heart of every boy: To be a hero, to be a warrior, to live a life of adventure and risk. Sadly, most men abandon those dreams and desires-aided by a Christianity that feels like nothing more than pressure to be a "nice guy." It is no wonder that many men avoid church, and those who go are often passive and bored to death. In this provocative book, Eldredge gives women a look inside the true heart of a man and gives men permission to be what God designed them to be-dangerous, passionate, alive, and free.

The Devil You Know

"What drives someone to commit an act of terrible violence? Drawing from her thirty years' experience in working with people who have committed serious offenses, Dr. Gwen Adshead provides fresh and surprising insights into violence and the mind. Through a collaboration with coauthor Eileen Horne, Dr. Adshead brings her extraordinary career to life in a series of unflinching portraits. In eleven vivid narratives based on decades of providing therapy to people in prisons and secure hospitals, an internationally renowned forensic psychiatrist and psychotherapist demonstrates the remarkable human capacity for radical empathy, change, and redemption."--Provided by publisher.

Adventures in Marxism

Citing a lifelong engagement with Marxism, critic and writer Marshall Berman reveals the movement's positive points and suggests a new beginning for Marxism may be on the horizon with its recent 150th anniversary attention.

Food of the Gods

Reissued because of the current interest in Ecstasy, this is McKenna's extraordinary quest to discover the fruit of the Tree of Knowledge. He wonders why we are so fascinated by altered states of consciousness, do they reveal something about our origins as human beings and our place in nature?

To Boldly Grow

A love-letter to the unexpected delights (and occasional despair) of so-called "first-hand food"—meals we grow, forage, fish, or even hunt from the world around us. *To Boldly Grow* is "part memoir, part how-to guide and wholly delightful" (Washington Post). Journalist and self-proclaimed "crappy gardener" Tamar Haspel is on a mission: to show us that raising or gathering our own food is not as hard as it's often made out to be. When she and her husband move from Manhattan to two acres on Cape Cod, they decide to adopt a more active approach to their diet: raising chickens, growing tomatoes, even foraging for mushrooms and hunting their own meat. They have more ambition than practical know-how, but that's not about to stop them from trying...even if sometimes their reach exceeds their (often muddy) grasp. With "first-hand food" as her guiding principle, Haspel embarks on a grand experiment to stop relying on experts to teach her the ropes (after all, they can make anything grow), and start using her own ingenuity and creativity. Some of her experiments are a rousing success (refining her own sea salt). Others are a spectacular failure (the turkey plucker engineered from an old washing machine).

Filled with practical tips and hard-won wisdom, *To Boldly Grow* allows us to journey alongside Haspel as she goes from cluelessness to competence, learning to scrounge dinner from the landscape around her and discovering that a direct connection to what we eat can utterly change the way we think about our food--and ourselves.

The Water Kingdom

In *The Water Kingdom* popular science writer Philip Ball navigates the turbulent and often confusing currents of Chinese history and culture by tracing peoples' relationships with water, from pre-historical founding myths to today. Water has been an enduring metaphor for philosophical thought and artistic expression in China, and from the Han emperors to Mao, the ability to manage water became a barometer of political legitimacy. Attempts at controlling China's vast waterways has involved engineering works on a scale unmatched the world over - for better or worse. Yet the strain that economic growth is putting on the country's water resources today may be the greatest threat to China's future. In characteristic style, Ball delivers an original portrait and as yet unseen cultural history of a country that becomes easier to understand when water is brought to the table.

Adventures in Coaching

****Discover the power of coaching through an entertaining and lively story that will develop the skills and understanding of how to coach effectively.**** In this groundbreaking new approach to learning how to coach, join Alice on an adventure as she learns the fundamental principles of personal and business coaching. Meet a host of fanciful characters who will help you understand how to listen, how to ask questions effectively and how to have a coaching conversation from start to finish. *Adventures in Coaching* introduces Coaching as an approach for managing people, improving performance and solving problems. Research shows that learning is often better retained when made fun and stimulating. This book delivers the most rigorous and advanced textbook coaching theory, including the GROW model, in a uniquely engaging and mesmerising manner. The structure and sequence of the material is based on a tried and tested progression that the author has refined through his training and workshops with hundreds of people. The book is brought to life through relevant coaching conversations and practical examples as Alice faces some tough coaching conversations and applies her new learning to the clients she works with. Both new and existing coaches, as well as managers and leaders, will improve their skills of listening, asking questions and exploring ideas.

The Invention of Hugo Cabret

An orphan and thief, Hugo lives in the walls of a busy train station. He desperately believes a broken automaton will make his dreams come true. But when his world collides with an eccentric girl and a bitter old man, Hugo's undercover life are put in jeopardy. Turn the pages, follow the illustrations and enter an unforgettable new world!

West of Eden

In this brilliant acclaimed novel dinosaurs still rule the Earth. The cosmic catastrophe that ended the Age of the Dinosaurs 65 million years ago never happened. The evolution of the great reptiles continued, climaxing with the Yilanè, the most intelligent and advanced race on Earth. But when the onset of a new Ice Age forces them to cross the ocean to explore and colonize a vast continent, they clash violently with a savage new breed of mammal that they have never before encountered. Mammals that walk erect, hunt and use crude stone tools - and weapons . . .

Think Like a Monk

Jay Shetty, social media superstar and host of the #1 podcast *On Purpose*, distills the timeless wisdom he learned as a monk into practical steps anyone can take every day to live a less anxious, more meaningful life. When you think like a monk, you'll understand: -How to overcome negativity -How to stop overthinking -Why comparison kills love -How to use your fear -Why you can't find happiness by looking for it -How to learn from everyone you meet -Why you are not your thoughts -How to find your purpose -Why kindness is crucial to success -And much more... Shetty grew up in a family where you could become one of three things—a doctor, a lawyer, or a failure. His family was convinced he had chosen option three: instead of attending his college graduation ceremony, he headed to India to become a monk, to meditate every day for four to eight hours, and devote his life to helping others. After

three years, one of his teachers told him that he would have more impact on the world if he left the monk's path to share his experience and wisdom with others. Heavily in debt, and with no recognizable skills on his resume, he moved back home in north London with his parents. Shetty reconnected with old school friends—many working for some of the world's largest corporations—who were experiencing tremendous stress, pressure, and unhappiness, and they invited Shetty to coach them on well-being, purpose, and mindfulness. Since then, Shetty has become one of the world's most popular influencers. In 2017, he was named in the Forbes magazine 30-under-30 for being a game-changer in the world of media. In 2018, he had the #1 video on Facebook with over 360 million views. His social media following totals over 38 million, he has produced over 400 viral videos which have amassed more than 8 billion views, and his podcast, On Purpose, is consistently ranked the world's #1 Health and Wellness podcast. In this inspiring, empowering book, Shetty draws on his time as a monk to show us how we can clear the roadblocks to our potential and power. Combining ancient wisdom and his own rich experiences in the ashram, Think Like a Monk reveals how to overcome negative thoughts and habits, and access the calm and purpose that lie within all of us. He transforms abstract lessons into advice and exercises we can all apply to reduce stress, improve relationships, and give the gifts we find in ourselves to the world. Shetty proves that everyone can—and should—think like a monk.

I Am ME

As humans we incarnate and evolve through our experiences. We become independent beings capable of willing, feeling and thinking. We can interact, make decisions, judge and find our own truth, identity and uniqueness. But how and why do we do this? We can compare our self creation to making a cake. The basic ingredients for the making of a cake are the same, but they are also always different. The flour may be milled from wheat grown in different parts of the world, the eggs may be laid by different hens and the butter made from milk taken from different cows. These ingredients can be compared to our inheritance - our start in life - our genetic make up, parents, culture etc. where there is always variation in color, type, size etc. How the ingredients are put together has a profound affect on the final result. The cook, making a cake, can be likened to our experiencing and all the information that we sense and take in to mix together. Baking the cake is like our processing when we program our experiences to create our willing, feeling and thinking. The result is ourselves - just like a cake, which we can eat, throw away or leave to go mouldy. We can enjoy or dislike the result. This is us, our creation to be as we will. Our autobiography is about our evolution and how we sense and program ourselves. How we develop our willing, feeling and thinking to create our soul. This process is unique to human life and enables us to become conscious of the most important part of our being. It is the reason for our existence - to be consciousness of spirit. We can only achieve this through creating ourselves.

Gulp: Adventures on the Alimentary Canal

The humorous science writer offers a tour of the human digestive system, explaining why the stomach doesn't digest itself and whether constipation can kill you.

The Adventures of a Curious Cat

'A purrfect gift for a loved one with a special affinity for the feline' 'An absolute must for any cat lover' 'Curiosity is more than a desire to discover. It's a lifestyle, and a purrilege. It's hours of observing a fly on the wall. It's entering the sock drawer just before it closes. It's sniffing the lampshade one more time . . .' Such is the wisdom of Curious Zelda: social media star, agony aunt, yoga teacher, cat. In The Adventures of a Curious Cat she gives insight into her view of the world and dispenses unparalleled wisdom. Zelda explains, in her unique voice, how to handle humans, how to communicate with furniture, and most importantly how to live a life curiously. It's the ultimate self-help guide for any cat, or indeed, their human.