

## Turning The Mind Into An Ally

[#mind as an ally](#) [#befriend your mind](#) [#master your thoughts](#) [#mental well-being](#) [#positive mindset](#)

Unlock your inner potential by learning to transform your mind from a daunting adversary into a powerful, unwavering ally. Discover practical strategies to foster a positive mindset, master your thoughts, and cultivate mental well-being, leading to greater clarity, resilience, and personal success in all areas of your life.

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### Turning the Mind Into an Ally

We need a strong, stable mind that can be relied upon as one's closest ally, and Sakyong Mipham delivers a way to get one. Growing up American with a Tibetan twist, he talks to Westerners as no one can: in idiomatic English, with stories taken from American history and culture as well as the wisdom of the ancient teachers. Still under forty, this young Tibetan lama demystifies a necessary discipline for us all.

### Turning the Mind Into an Ally

"In language totally fresh and jargon-free, Sakyong Mipham Rinpoche distills the wisdom of many centuries. Simple as it is profound, his book bears reading many times."—Peter Conradi, author of *Iris Murdoch: A Life and Going Buddhist* Strengthening, calming, and stabilizing the mind is the essential first step in accomplishing nearly any goal. Growing up American with a Tibetan twist, Sakyong Mipham talks to Westerners as no one can: in idiomatic English with stories and wisdom from American culture and the great Buddhist teachers. Turning the Mind Into an Ally makes it possible for anyone to achieve peace and clarity in their lives.

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A unique fitness program from a highly respected spiritual leader that blends physical and spiritual practice for everyone - regardless of age, spiritual background, or ability - to great benefits for both body and soul. As a Tibetan lama and leader of Shambhala (an international community of 165 meditation centers), Sakyong Mipham has found physical activity to be essential for spiritual well-being. He's been trained in horsemanship and martial arts but has a special love for running. Here he incorporates his spiritual practice with running, presenting basic meditation instruction and fundamental principles he has developed. Even though both activities can be complicated, the lessons here are simple and designed to show how the melding of internal practice with physical movement can be used by anyone - regardless of age, spiritual background, or ability - to benefit body and soul.

## Running with the Mind of Meditation

The author of *Turning the Mind into an Ally* draws on the ancient teachings of Tibetan Buddhism to explain how readers can take charge of their own lives and live with confidence and with a sense of purpose, clarity, and stability. 25,000 first printing.

## Ruling Your World

Please note: This is a companion version & not the original book. Sample Book Insights: #1 We all agree that training our body through exercise, diet, and relaxation is a good idea, but why don't we think about training our mind. We can train our minds in shamatha meditation, which helps us discover our natural peace. #2 We must train our mind to work in order to use it to do something particular. We must create the conditions necessary for the flower of compassion and wisdom to grow, by softening up our hearts, minds, and lives. #3 The teachings are always available, like a radio signal in the air. But a student needs to learn how to tune in to that signal and how to stay tuned in. We can begin the process of personal development by including short periods of meditation as part of our everyday lives.

## Summary of Sakyong Mipham's *Turning the Mind Into an Ally*

Using the traditional Tibetan Buddhist framework of the Four Reminders—the preciousness of human birth, the truth of impermanence, the reality of suffering, and the inescapability of karma—Khandro Rinpoche explains why and how we could all better use this short life to pursue a spiritual path and make the world a better place. The book includes contemplative exercises that encourage us to appreciate the tremendous potential of the human body and mind.

## This Precious Life

In the late 1990s, shortly after arriving in the United States, it became clear to Dza Kilung Rinpoche that his Western students responded to traditional meditation instructions differently from his students back in Asia. The Westerners didn't know how to relax—our pressured, fast-paced lifestyles carried over into meditation. *The Relaxed Mind* contains instructions for the seven-phase meditation practice Dza Kilung Rinpoche developed for students in the West. It's adapted from traditional instructions to counteract the overwhelming distraction that is becoming a global culture these days, not only in the West. Experienced meditators may be surprised to find their practice deepening through letting go of tension. This is also an excellent meditation manual for any beginner.

## The Relaxed Mind

In this book the Dalai Lama shows how through the practice of patience and tolerance we can overcome the obstacles of anger and hatred. He bases his discussion on *A Guide to the Bodhisattva's Way of Life*, the classic work on the activities of Bodhisattvas—those who aspire to attain full enlightenment in order to benefit all beings. The techniques and methods presented are relevant not only for Buddhist practitioners but for all who seek to improve themselves. Through these teachings and by his own example, the Dalai Lama shows the power that patience and tolerance have to heal anger and to generate peace in the world.

## Healing Anger

One of Tibet's highest and most respected lamas elucidates for us the principles of Shambhala, or the path to happiness, set down by his legendary father, Chögyam Trungpa Rinpoche. Dear Reader, We humans have come to a crossroads in our history: we can either destroy the world or create a good future. The Shambhala Principle offers the principle of basic goodness as a way of addressing the personal and social challenges that we face. Do we, as humans, have confidence in the basic goodness of humanity, as well as of society itself? As a Tibetan lama and spiritual leader, this strikes me as our most compelling global issue. The book revolves around a dialogue with my father, the legendary Chögyam Trungpa. Whether his responses were direct or mystical, he continuously returned to the topics of basic goodness and enlightened society. Not only did he show me how I could become confident in their existence through awareness and meditation, he also taught me how basic goodness is a socially viable standard that could stabilize and transform our world. However, this book is not a memoir, or even a message. It is an invitation to readers to reflect on their own basic goodness and the basic goodness of society, and then contemplate the question, Can we rouse our energy and

confidence to create a good world that is founded on this principle? I encourage you to join me in this contemplation. —Sakyong Mipham

### The Shambhala Principle

There are two essential elements to the spiritual path says this popular teacher from the lineage of Chögyam Trungpa: (1) understanding that you're already enlightened, already perfect in wisdom right here and now, and (2) accessing that natural wakefulness through spiritual practice. These two aspects depend upon each other and work together. Gaylon Ferguson's teaching on the twin aspects of view and practice is a perfect introduction for the beginning meditator and it offers fresh perspectives for the non-beginner too.

### Natural Wakefulness

Cutting through all the white noise, chatter, and superficiality our cell phones and social media cause, one of Tibet's highest and most respected spiritual leaders offers simple and practical advice to help us increase our attentions spans, become better listeners, and strive to appreciate the people around us. In a world of iPhones and connectivity to social media and email, we are all in constant connection with one another. Then why are so many people feeling burned out, distant from colleagues, and abandoned by family and friends? In this new book from the bestselling author of *Running with the Mind of Meditation*, the Sakyong uses the basic principles of the Shambhala tradition--meditation and a sincere belief in the inherent wisdom, compassion, and courage of all beings--to help readers to listen and speak more mindfully with loved ones, co-workers, strangers, and even ourselves. In this easy to understand and helpful book, Sakyong Mipham provides inspiring ideas and practical tips on how to be more present in your day-to-day life, helping us to communicate in ways that elevates the dignity of everyone involved. Great for families, employees and employers and everyone who spend too much time on Facebook, Instagram, and feel "disconnected" in our "connected" world, *Good Conversation* is a journey back to basics.

### The Lost Art of Good Conversation

The classic guide to enlightened living that first presented the Buddhist path of the warrior to Western readers—with a new foreword and cover presentation. This timeless classic presents a vision of basic human wisdom that synchronizes the mind and body—what Chögyam Trungpa called the sacred path of the warrior. This discipline embodies characteristics that many cultures, regions, and spiritual traditions throughout time have found valuable. The sacred warrior conquers the world not through violence or aggression but through gentleness, courage, and self-knowledge, discovering the basic goodness of human life and radiating that goodness out into the world for the peace and sanity of others. That's what the Shambhala teachings are all about, and this is the book that has been presenting them to a wide and appreciative audience for more than thirty years. This book is part of the Shambhala Pocket Library series. The Shambhala Pocket Library is a collection of short, portable teachings from notable figures across religious traditions and classic texts. The covers in this series are rendered by Colorado artist Robert Spellman. The books in this collection distill the wisdom and heart of the work Shambhala Publications has published over 50 years into a compact format that is collectible, reader-friendly, and applicable to everyday life.

### Shambhala

While the notion that “happiness can found within oneself” has recently become popular, Buddhism has taught for thousands of years that every person is a Buddha, or enlightened being, and has the potential for true and lasting happiness. Through real-life examples, the authors explain how adopting this outlook has positive effects on one's health, relationships, and career, and gives new insights into world environmental concerns, peace issues, and other major social problems.

### The Buddha in Your Mirror

On the spiritual path we speak of enlightenment. But how do we reconcile the idea of enlightenment with what we see when we look in the mirror—when insecurities, doubts, and self-centered tendencies arise in our minds? Dzigar Kongtrül suggests that we need not feel "doomed" when these experiences surface. In fact, such experiences are not a problem if we are able to simply let them arise without judging them or investing them with so much meaning. This approach to experience is what Kongtrül

calls self-reflection. Self-reflection is a practice, a path, and an attitude. It is the spirit of taking an interest in that which we usually try to push away. When we practice self-reflection we take liberation into our own hands and accept the challenge and personal empowerment in Kongtrül's title: it's up to you.

### It's Up to You

A portable collection of short inspirational readings by “one of the world's wisest women”—the American Buddhist teacher and author of *When Things Fall Apart* (O, the Oprah Magazine) Pema Chödrön, beloved Buddhist nun and best-selling author, offers this treasury of 108 short selections from her more than four decades of study and writings. Here she presents teachings on breaking free of destructive patterns; developing patience, kindness, and joy amid our everyday struggles; becoming fearless; and unlocking our natural warmth, intelligence, and goodness. Designed for on-the-go inspiration, this is a perfect guide to Buddhist principles and the foundations of meditation and mindfulness. The Shambhala Pocket Library is a collection of short, portable teachings from notable figures across religious traditions and classic texts. The covers in this series are rendered by Colorado artist Robert Spellman. The books in this collection distill the wisdom and heart of the work Shambhala Publications has published over 50 years into a compact format that is collectible, reader-friendly, and applicable to everyday life.

### Understanding Our Mind (EasyRead Comfort Edition)

80% of the average person's inner mental chatter is negative. But everyone has the power to change theirs. Want to achieve your goals, be more content with yourself, and live your best life? Don't let negative thinking hold you back. Changing how you talk to yourself in your thoughts is the most effective way to change your approach to your exercise routine, diet, relationships, work and life. After reading this book you will know how to: Apply better mental strategies and tricks to daily life through changing negative thinking into positive thinking Use simple exercises to expand your thinking Declutter your mind of unproductive thoughts Finally achieve the things you couldn't motivate yourself to do before Approach your relationships to others and yourself with better understanding with self love Stop racing thoughts Stop worrying Gain distance and necessary perspective from your thoughts

### The Pocket Pema Chodron

Struggling with depression, anxiety, illness, an eating disorder, a difficult relationship, fear, self-hatred, addiction or anger? Renowned Buddhist leader Tsultrim Allione explains that the harder we fight our demons, the stronger they become. Offering Eastern answers to Western needs, Tsultrim seamlessly weaves traditions from Tibet and the Western world to offer a new and unique answer to the problems that plague us: that rather than attempt to purge them, we need to reverse our approach and nurture our demons. This powerful five-step practice forms a strategy for transforming negative emotions, relationships, fears, illness and self-defeating patterns. This will help you cope with the inner enemies that undermine our best intentions.

### Self Talk: How to Train Your Brain to Turn Negative Thinking into Positive Thinking & Practice Self Love

'An animal activist's journey to the "other side"' Joanna Lumley This is the story of what happens when we cross enemy lines to look for solutions. Leah Garcés has dedicated her career to fighting for the rights of the animals that end up on our plates. As the former US Executive Director of Compassion in World Farming and the current President of the non-profit group Mercy for Animals, she has led the fight against the sprawling chicken industry that raises billions of birds in cruel conditions – all to satisfy our appetite for meat. Grilled is Leah's story of working alongside the food and farming industry for animal welfare and ethical food. Instead of fighting and protesting and shaming – approaches that simply haven't worked previously – Garcés has instead tried to find common ground with producers. She has worked alongside owners of the megafarms, befriending them, having frank conversations with them, and ultimately encouraging change through dialogue and discussion. Leah is helping to directly improve the lives of millions of farm animals, and pushing alternatives such as plant-based substitutes and lab-grown meats to the top of the agenda, with some of the mega-farm conglomerates joining forces with her to explore these avenues. When she started her journey, Leah Garcés did not have much empathy to spare for the contract chicken farmer –until she actually met one and tried to understand the difficulties they faced. This is the story of giving in to discomfort for the sake of progress. It's a story of the power of human connection, and what happens when we practice empathy toward our enemies.

## The Crowd

New York Times Bestseller Over 2.5 million copies sold For David Goggins, childhood was a nightmare -- poverty, prejudice, and physical abuse colored his days and haunted his nights. But through self-discipline, mental toughness, and hard work, Goggins transformed himself from a depressed, overweight young man with no future into a U.S. Armed Forces icon and one of the world's top endurance athletes. The only man in history to complete elite training as a Navy SEAL, Army Ranger, and Air Force Tactical Air Controller, he went on to set records in numerous endurance events, inspiring Outside magazine to name him "The Fittest (Real) Man in America." In *Can't Hurt Me*, he shares his astonishing life story and reveals that most of us tap into only 40% of our capabilities. Goggins calls this The 40% Rule, and his story illuminates a path that anyone can follow to push past pain, demolish fear, and reach their full potential.

## Feeding Your Demons

Amoral, cunning, ruthless, and instructive, this multi-million-copy New York Times bestseller is the definitive manual for anyone interested in gaining, observing, or defending against ultimate control – from the author of *The Laws of Human Nature*. In the book that *People* magazine proclaimed “beguiling” and “fascinating,” Robert Greene and Joost Elffers have distilled three thousand years of the history of power into 48 essential laws by drawing from the philosophies of Machiavelli, Sun Tzu, and Carl Von Clausewitz and also from the lives of figures ranging from Henry Kissinger to P.T. Barnum. Some laws teach the need for prudence (“Law 1: Never Outshine the Master”), others teach the value of confidence (“Law 28: Enter Action with Boldness”), and many recommend absolute self-preservation (“Law 15: Crush Your Enemy Totally”). Every law, though, has one thing in common: an interest in total domination. In a bold and arresting two-color package, *The 48 Laws of Power* is ideal whether your aim is conquest, self-defense, or simply to understand the rules of the game.

## Grilled

Hal and Sidra Stone are the creators of "Voice Dialogue" process, a therapy that transforms the inner critic from crippling adversary to productive ally. The inner critic. It whispers, whines, and needles us into place. It checks our thoughts, controls our behavior, and inhibits action. It thinks it is protecting us from being disliked, hurt, or abandoned. Instead, the critical inner voice causes shame, anxiety, depression, exhaustion, and low-self-esteem. It acts as a powerful saboteur of our intimate relationships and is a major contributor to drug and alcohol abuse. Through examples and exercises, the Stones show us how to recognize the critic, how to avoid or minimize "critic attacks," and, most important, how the inner critic can become as intelligent, perceptive, and supportive partner in life.

## Can't Hurt Me

*On War* is a treatise about a military art which Prussian officer Carl Philipp Gottlieb von Clausewitz had been working on for 15 years. It is commonly believed that Clausewitz's treatise had a greater impact on military leaders of the late XIX and XX centuries than any other book. In reality, this book is an overturn in the war theory. The work is notable for its brightness, narration details as well as hard criticism of many war events. The author dedicates a special place in his work to politics, its influence on the war events, the dependence how the war finishes on powers and weaknesses of particular politicians and military leaders. There is a good reason why his famous phrase “the war is the continuation of the politics, but with other, strong arm methods” is still relevant.

## The 48 Laws of Power

How to deal with painful emotions.

## Embracing Your Inner Critic

The third in Robert Greene's bestselling series is now available in a pocket sized concise edition. Following *48 Laws of Power* and *The Art of Seduction*, here is a brilliant distillation of the strategies of war to help you wage triumphant battles everyday. Spanning world civilisations, and synthesising dozens of political, philosophical, and religious texts, *The Concise 33 Strategies of War* is a guide to the subtle social game of everyday life. Based on profound and timeless lessons, it is abundantly illustrated with examples of the genius and folly of everyone from Napoleon to Margaret Thatcher and Hannibal to Ulysses S. Grant, as well as diplomats, captains of industry and Samurai swordsmen.

## On War

Jonathan Fields knows the risks-and potential power-of uncertainty. He gave up a six-figure income as a lawyer to make \$12 an hour as a personal trainer. Then, married with a 3-month old baby, he signed a lease to launch a yoga center in the heart of New York City. . . the day before 9/11. But he survived, and along the way he developed a fresh approach to transforming uncertainty, risk of loss, and exposure to judgment into catalysts for innovation, creation, and achievement. Properly understood and harnessed, fear and uncertainty can become fuel for creative genius rather than sources of pain, anxiety, and suffering. In business, art, and life, creating on a world-class level demands bold action and leaps of faith in the face of great uncertainty. But that uncertainty can lead to fear, anxiety, paralysis, and destruction. It can gut creativity and stifle innovation. It can keep you from taking the risks necessary to do great work and craft a deeply-rewarding life. And it can bring companies that rely on innovation grinding to a halt. That is, unless you know how to use it to your advantage. Fields draws on leading-edge technology, cognitive-science and ancient awareness-focusing techniques in a fresh, practical, non-dogmatic way. His approach enables creativity and productivity on an entirely different level and can turn the once-tortuous journey into a more enjoyable quest. Fields will reveal how to: Make changes to your workflow that unlock buried creative potential. Build "creation hives" -- supportive groups that can supercharge and humanize the process. Tap social technology and user co-creation to add clarity, certainty, and sanity, even if you're an artist or solo-creator. Develop a set of personal practices and mindset shifts that let you not just tolerate, but invite and even amplify, uncertainty as a catalyst for genius. Drawing on extensive case studies and research, Fields shares a set of detailed personal practices and environmental changes that can not only humanize the creative process, but also allow individuals and teams to stay more open to opportunity and play a bigger creative game.

## When Things Fall Apart

'The monk who taught the world mindfulness' Time One breath, one step is all we need to feel at home and comfortable in the here and now In this enlightening series world-renowned spiritual leader Thich Nhat Hanh shares the essential foundations of mindful practise and mediation. From unlocking the connection to our inner self, forging deeper and more meaningful bonds with those around us to discovering a true sense of oneness with our natural world, this is the essential guide to help you master the art of connection.

## The 33 Strategies Of War

"An essential addition to the conflict resolution toolkit." —Marshall Goldsmith, #1 New York Times best-selling author of *Triggers* In today's workplace, managers, leaders, and HR professionals often believe they don't have the time to help employees navigate conflict. More often than not, however, it takes more time not to address conflict than to constructively intervene. But before you can successfully guide others in managing disagreements, you must be able to manage yourself--your mindset, presence, and behaviors. *Turn Enemies into Allies* offers a way of working with clashing employees that is deliberate and systematic--one that draws on the author's expertise in conflict and communication skill-building and a decades-long practice in mind-body principles from the martial art aikido. Following the author's step-by-step guide, you will: •Acquire the skill and confidence to coach conflicting employees back to a professional, effective working relationship, while simultaneously changing their lives for the better. •Restore control and peace of mind to the workplace. •Increase your leadership presence.

## Uncertainty

*How to Sit* is part of a charming series of books from Zen Master, Thich Nhat Hanh, exploring the essential foundations of mindful meditation and practise. *How to Sit* provides explicit, simple

directions on the mechanics of posture and breathing, along with instructions for how best to achieve an awakened, relaxed state of clarity to cultivate concentration and compassion.

### How to Connect

A manual for Mindful Focusing—a new integration of Western psychology and Buddhist mindfulness techniques for accessing your inherent wisdom and solving life's problems Ever come up against one of those moments when life requires a response—and you feel clueless? We all have. But there's good news: you have all the wisdom you need to respond to any situation, even the “impossible” ones. It's a matter of tuning in to your felt sense: that subtle physical sensation that lives somewhere between your conscious and subconscious mind and that can be accessed through Focusing—the well-known method developed by the psychologist Eugene Gendlin. David Rome's technique of Mindful Focusing unites Gendlin's method with Buddhist mindfulness practices to provide a wonderfully effective method for accessing your felt sense—so you can problem solve, deal with challenges, and respond honestly and creatively to the world around you.

### Turn Enemies into Allies

Why are we drawn to the ocean each summer? Why does being near water set our minds and bodies at ease? In *Blue Mind*, Wallace J. Nichols revolutionizes how we think about these questions, revealing the remarkable truth about the benefits of being in, on, under, or simply near water. Grounded in cutting-edge studies in neurobiology, cognitive psychology, economics, and medicine, and made real by stories of innovative scientists, doctors, athletes, artists, environmentalists, businesspeople and lovers of nature - stories that fascinate the mind and touch the heart - *Blue Mind* will awaken readers to the vital importance of water to the health and happiness of us all.

### How to Sit

“[Goulston's] ideas are a bit counter-intuitive but they really do shift the dynamic and help people diffuse and disarm the irrational person leading to more positive outcomes.” -- Online MBA Because some people are beyond difficult... Let's face it, we all know people who are irrational. No matter how hard you try to reason with them, it never works. So what's the solution? How do you talk to someone who's out of control? What can you do with a boss who bullies, a spouse who yells, or a friend who frequently bursts into tears? In his book, *Just Listen*, Mark Goulston shared his bestselling formula for getting through to the resistant people in your life. Now, in his breakthrough new book *Talking to Crazy*, he brings his communication magic to the most difficult group of all—the downright irrational. As a psychiatrist, Goulston has seen his share of crazy and he knows from experience that you can't simply argue it away. The key to handling irrational people is to learn to lean into the crazy—to empathize with it. That radically changes the dynamic and transforms you from a threat into an ally. *Talking to Crazy* explains this counterintuitive Sanity Cycle and reveals: Why people act the way they do • How instinctive responses can exacerbate the situation—and what to do instead • When to confront a problem and when to walk away • How to use a range of proven techniques including Time Travel, the Fish-bowl, and the Belly Roll • And much more You can't reason with unreasonable people—but you can reach them. This powerful and practical book shows you how.

### Your Body Knows the Answer

Originally published by Viking Penguin, 2014.

### Blue Mind

The inner critic is the voice inside our heads reminding us that we are never “good enough.” It's behind the insidious thoughts that can make us second-guess our every action and doubt our own value. The inner critic might feel overpowering, but it can be managed effectively. Meditation teacher and therapist Mark Coleman helps readers understand and free themselves from the inner critic using the tools of mindfulness and compassion. Each chapter offers constructive insights into what creates, drives, and disarms the critic; real people's journeys to inspire and guide readers; and simple practices anyone can use to live a free, happy, and flourishing life.

### Talking to 'Crazy'

Legions of self-help authors rightly urge personal development as the key to happiness, but they typically fail to focus on its most important objective: hardiness. Though that which doesn't kill us can make us stronger, as Nietzsche tells us, few authors today offer any insight into just how to springboard from adversity to strength. It doesn't just happen automatically, and it takes practice. New scientific research suggests that resilience isn't something with which only a fortunate few of us have been born, but rather something we can all take specific action to develop. To build strength out of adversity, we need a catalyst. What we need, according to Dr. Alex Lickerman, is wisdom—wisdom that adversity has the potential to teach us. Lickerman's underlying premise is that our ability to control what happens to us in life may be limited, but we have the ability to establish a life-state to surmount the suffering life brings us. *The Undefeated Mind* distills the wisdom we need to create true resilience into nine core principles, including: --A new definition of victory and its relevance to happiness --The concept of the changing of poison into medicine --A way to view prayer as a vow we make to ourselves. --A method of setting expectations that enhances our ability to endure disappointment and minimizes the likelihood of quitting --An approach to taking personal responsibility and moral action that enhances resilience --A process to managing pain—both physical and emotional—that enables us to push through obstacles that might otherwise prevent us from attaining our goals --A method of leveraging our relationships with others that helps us manifest our strongest selves Through stories of patients who have used these principles to overcome suffering caused by unemployment, unwanted weight gain, addiction, rejection, chronic pain, retirement, illness, loss, and even death, Dr. Lickerman shows how we too can make these principles function within our own lives, enabling us to develop for ourselves the resilience we need to achieve indestructible happiness. At its core, *The Undefeated Mind* urges us to stop hoping for easy lives and focus instead on cultivating the inner strength we need to enjoy the difficult lives we all have.

### The Body Keeps the Score

"*The Secret History* meets *Jennifer's Body*. This brilliant, sharp, weird book skewers the heightened rhetoric of obsessive female friendship in a way I don't think I've ever seen before. I loved it and I couldn't put it down." - Kristen Roupenian, author of *You Know You Want This: "Cat Person" and Other Stories* *The Vegetarian* meets *Heathers* in this darkly funny, seductively strange novel about a lonely graduate student drawn into a clique of rich girls who seem to move and speak as one. "We were just these innocent girls in the night trying to make something beautiful. We nearly died. We very nearly did, didn't we?" Samantha Heather Mackey couldn't be more different from the other members of her master's program at New England's elite Warren University. A self-conscious scholarship student who prefers the company of her imagination to that of most people, she is utterly repelled by the rest of her fiction writing cohort--a clique of unbearably twee rich girls who call each other "Bunny," and are often found entangled in a group hug so tight it seems their bodies might become permanently fused. But everything changes when Samantha receives an invitation to the Bunnies' exclusive monthly "Smut Salon," and finds herself drawn as if by magic to their front door--ditching her only friend, Ava, an audacious art school dropout, in the process. As Samantha plunges deeper and deeper into Bunny world, and starts to take part in the off-campus "Workshop" where they devise their monstrous creations, the edges of reality begin to blur, and her friendships with Ava and the Bunnies are brought into deadly collision. A spellbinding, down-the-rabbit-hole tale about loneliness and belonging, creativity and agency, and female friendship and desire, *Bunny* is the dazzlingly original second book from an author with tremendous "insight into the often-baffling complexities of being a woman" (*The Atlantic*).

### Make Peace with Your Mind

Cassia falls in love with someone other than the boy whom 'the Society' deems to be her perfect 'match' which causes her to start to question all that she has known before...

### The Undefeated Mind

In this ambitious book, acclaimed writer Marilynne Robinson applies her astute intellect to some of the most vexing topics in the history of human thought—science, religion, and consciousness. Crafted with the same care and insight as her award-winning novels, *Absence of Mind* challenges postmodern atheists who crusade against religion under the banner of science. In Robinson's view, scientific reasoning does not denote a sense of logical infallibility, as thinkers like Richard Dawkins might suggest. Instead, in its purest form, science represents a search for answers. It engages the problem of knowledge, an aspect of the mystery of consciousness, rather than providing a simple



and final model of reality. By defending the importance of individual reflection, Robinson celebrates the power and variety of human consciousness in the tradition of William James. She explores the nature of subjectivity and considers the culture in which Sigmund Freud was situated and its influence on his model of self and civilization. Through keen interpretations of language, emotion, science, and poetry, *Absence of Mind* restores human consciousness to its central place in the religion-science debate.

Bunny

Matched