

What Are You Optimistic About Today's Leading Thinkers On Why Things Good And Getting Better John Brockman

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Thinking Machines

“From meditations on human nature to strategic
advice for the Trump era, Chomsky remains the
thinker who shaped a generation, a beacon of hope”
(Sarah Jaffe, host of Belabored) This volume offers

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readers a concise and accessible introduction to the ideas of Noam Chomsky, described by the New York Time as “arguably the most important intellectual alive.” In these recent, wide-ranging interviews, conducted for Truthout by C. J. Polychroniou, Chomsky discusses his views on the “war on terror” and the rise of neoliberalism, the refugee crisis and cracks in the European Union, prospects for a just peace in Israel/Palestine, the rise of the Black Lives Matter movement, the dysfunctional US electoral system, the grave danger posed to humanity by the climate crisis, and the hopes, prospects, and challenges of building a movement for radical change. “A must read in these troubling times . . . This is an excellent collection of interviews that highlights Chomsky’s encyclopedic knowledge of the key issues of our day and his unwavering criticism of the regime of the global 1%.” —Deepa Kumar, author of Islamophobia and the Politics of Empire “In this brilliant series of recent and wide-ranging interviews, Noam Chomsky combines an astounding breadth of knowledge, great depth of insight, clarity in explaining his ideas, and a relentless commitment to social and economic justice. The full package is simply exhilarating, especially in our current dismal era of Donald Trump. Optimism over Despair is a book to devour.” —Robert Pollin, distinguished professor of Economics and codirector of the Political Economy Research Institute “Especially valuable in helping us navigate the dreadful challenges of the Trumpian era.” —Michael Klare, defense correspondent for The Nation

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You Can Be an Optimist

INSTANT NEW YORK TIMES BESTSELLER A NEW YORK TIMES NOTABLE BOOK OF 2018 ONE OF THE ECONOMIST'S BOOKS OF THE YEAR AND A PERFECT HOLIDAY GIFT "My new favorite book of all time." --Bill Gates If you think the world is coming to an end, think again: people are living longer, healthier, freer, and happier lives, and while our problems are formidable, the solutions lie in the Enlightenment ideal of using reason and science. Is the world really falling apart? Is the ideal of progress obsolete? In this elegant assessment of the human condition in the third millennium, cognitive scientist and public intellectual Steven Pinker urges us to step back from the gory headlines and prophecies of doom, which play to our psychological biases. Instead, follow the data: In seventy-five jaw-dropping graphs, Pinker shows that life, health, prosperity, safety, peace, knowledge, and happiness are on the rise, not just in the West, but worldwide. This progress is not the result of some cosmic force. It is a gift of the Enlightenment: the conviction that reason and science can enhance human flourishing. Far from being a naïve hope, the Enlightenment, we now know, has worked. But more than ever, it needs a vigorous defense. The Enlightenment project swims against currents of human nature--tribalism, authoritarianism, demonization, magical thinking--which demagogues are all too willing to exploit. Many commentators, committed to political, religious, or romantic ideologies, fight a rearguard action against it. The result is a corrosive fatalism and a willingness to

wreck the precious institutions of liberal democracy and global cooperation. With intellectual depth and literary flair, Enlightenment Now makes the case for reason, science, and humanism: the ideals we need to confront our problems and continue our progress.

The Human Age: The World Shaped By Us

The Optimistic Leftist

A practical plan for entrepreneurs that “takes you by the hand and leads you to success as a business owner” (Jay Conrad Levinson, national-best-selling author of Guerrilla Marketing). Most business owners and leaders have expectations for today, hopes for tomorrow, and dreams for down the road. But how do they get from here to there? Using a systematic, structured methodology build upon George Horrigan’s experience with over 1,200 businesses over the past seventeen years, Creating a Thriving Business shows business owners, leaders, and managers how to solve real-world problems and get the kind of results they want. With a proven, practical, and comprehensive methodology that is simple to understand, straightforward, easy to implement, and extremely effective, readers can achieve their goals faster, thereby turning today’s problems into tomorrow’s promise. Creating a Thriving Business shows, step by step, how to create a successful business by reducing the guesswork, trial and error, and uncertainty associated with trying to beat the competition and

The Ride of a Lifetime

Optimism is a key ingredient for happiness and success in life. Optimistic people have more fun, they're healthier, and they achieve more of their potential. Unfortunately, many people believe it is impossible to learn optimism. However, optimistic thinking is a skill anyone can learn. In this simple, practical title, readers will find twenty engaging exercises – including simple practices such as journaling, affirmation, and physical exercises – that will teach them to be optimistic. Readers will learn how to recognize and deal with problems as they arise, nurture a positive outlook, and be happier and more successful in life.

10 Habits of Truly Optimistic People

A hopeful, inspiring, and honest take on the environment Yes, the world faces substantial environmental challenges — climate change, pollution, and extinction. But the surprisingly good news is that we have solutions to these problems. In the past 50 years, a remarkable number of environmental problems have been solved, while substantial progress is ongoing on others. The Optimistic Environmentalist chronicles these remarkable success stories. Endangered species — from bald eagles to gray whales — pulled back from the precipice of extinction. Thousands of new parks, protecting billions of hectares of land and water. The

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salvation of the ozone layer, vital to life on Earth. The exponential growth of renewable energy powered by wind, water, and sun. The race to be the greenest city in the world. Remarkable strides in cleaning up the air we breathe and the water we drink. The banning of dozens of the world's most toxic chemicals. A circular economy where waste is a thing of the past. Past successes pave the way for even greater achievements in the future. Providing a powerful antidote to environmental despair, this book inspires optimism, leading readers to take action and exemplifying how change can happen. A bright green future is not only possible, it's within our grasp.

The Future We Choose

This eye-opening look at the intellectual culture of today--in which science, not literature or philosophy, takes center stage in the debate over human nature and the nature of the universe--is certain to spark fervent intellectual debate.

Being Optimistic

Psychologists have long been aware that most people maintain an irrationally positive outlook on life—but why? Turns out, we might be hardwired that way. In this absorbing exploration, Tali Sharot—one of the most innovative neuroscientists at work today—demonstrates that optimism may be crucial to human existence. The Optimism Bias explores how the brain generates hope and what happens when it fails; how the brains of optimists and pessimists

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differ; why we are terrible at predicting what will make us happy; how emotions strengthen our ability to recollect; how anticipation and dread affect us; how our optimistic illusions affect our financial, professional, and emotional decisions; and more. Drawing on cutting-edge science, *The Optimism Bias* provides us with startling new insight into the workings of the brain and the major role that optimism plays in determining how we live our lives.

The Optimistic Decade

The *Renewal Coaching Fieldbook* outlines the seven practices that leaders can learn and develop in order to sustain their energy to do meaningful work. These practices enable leaders to bounce forward in the face of loss, create networks of support, make wise and timely decisions, and engage in personal renewal daily. Throughout are compelling stories of leaders who have overcome the challenges that seek to diminish and overwhelm them, and succeeded in doing meaningful work for a greater good. Praise for *Renewal Coaching Fieldbook* "Elle and Douglas have written an important book that could change the way business is done by changing the lives of people doing it. In our fantastically connected planet, worldwide commerce impacts all of us immediately, making almost nothing more important for our long term success than committing to meaningful work lives aimed at the 'greater good.' As Elle and Douglas suggest, individual happiness and global happiness will be the outcomes. If this is what you want in your own life—and I hope you do—read this book!"—Rick

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Foster, co-author, *How We Choose to Be Happy and Happiness & Health*; publisher, SustainableHappinessCourse.com "The questions in this book will help you generate new ideas and ways of thinking about your predicaments. They will provide you with the way forward to hope, excitement, and satisfaction in service of a greater good."—Daniel J. Pesut, PhD, RN, professor of nursing, Certified Hudson Institute Coach, Indiana University, Indianapolis "This is not a fairytale approach to leadership where all is good and everyone is happy. It is a skillfully written manual that addresses the challenges and hard times leaders experience and makes resiliency visible and sustained happiness attainable."—Dr. Kristine Servais, former principal and professor of leadership, North Central College, Naperville, Illinois

Renewal Coaching Fieldbook

The Next Africa, an Axiom Best Business Book Award winner, will change the way people think about the continent. The old narrative of an Africa disconnected from the global economy, depicted by conflict or corruption, and heavily dependent on outside donors is fading. A wave of transformation driven by business, modernization, and a new cadre of remarkably talented Africans is thrusting the continent from the world's margins to the global mainstream. In the coming decades the magnitude of Africa's markets and rising influence of its people will intersect with other key trends to shape a new era, one in which Africa's progress finally overshadows its

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challenges, transforming an emerging continent into a global powerhouse. The Next Africa captures this story. Authors Jake Bright and Aubrey Hruby pair their collective decades of Africa experience with several years of direct research and interviews. Packed with profiles; personal stories, research and analysis, The Next Africa is a paradigm-shifting guide to the events, trends, and people reshaping Africa's relationship to the world. Bright and Hruby detail the cross-cutting trends prompting Silicon Valley venture capital funds and firms like GE, IBM, and Proctor & Gamble to make major investments in African economies, while describing how Africans are stimulating Milan runways, Hollywood studios, and London pop charts. The Next Africa introduces readers to the continent's burgeoning technology movement, rising entrepreneurs, groundbreaking philanthropists, and cultural innovators making an impact in music, fashion, and film. Bright and Hruby also connect Africa's transformation to its contemporary immigrant diaspora, illustrating how this increasingly affluent group will serve as the thread that pulls the continent's success together. Finally, The Next Africa suggests a fresh framework for global citizens, public policy-makers, and CEOs to approach Africa. It will no longer be "The Hopeless Continent", nor will it become an overnight utopia. Bright and Hruby offer a more nuanced, net-sum, and data-rich approach to analyzing an increasingly complex continent, reconciling its continued challenges with rapid progress. The Next Africa describes a future of a more globally-connected Africa where its leaders and citizens wield significant economic, cultural, and political power--a future in which Americans will be

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more likely to own African stocks, work for companies doing business in Africa, buy African hits from iTunes, see Nigerian actors win Oscars, and learn new African names connected to tech moguls and billionaires.

Contagious Optimism

"Abel is a perceptive writer whose astute observations keep the book funny and light . . . An exploration of the limits of idealism . . . subversive." —The New York Times Book Review A smart and sly story about a utopian summer camp, a charismatic leader, and the people who are drawn to his vision, *The Optimistic Decade* follows four unforgettable characters and a piece of land that changes everyone who lives on it. There is Caleb, founder of the back-to-the-land camp Llamalo, who is determined to teach others to live simply. There is Donnie, the rancher who gave up his land to Caleb and who now wants it back. There is Rebecca, determined to become an activist like her father and undone by the spell of both Llamalo and new love. And there is David, a teenager who has turned Llamalo into his personal religion. *The Optimistic Decade* brilliantly explores love, class, and the bloom and fade of idealism, and asks smart questions about good intentions gone wrong.

The Optimistic Workplace

Increase your employees'—and your own—productivity at work If you look out over today's workforce, you'll find millions of hard-working people who are overly tired, overly stressed, and less than

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enchanted with work. For organizations around the globe, this represents an incredible opportunity to improve productivity, talent retention, innovation, and overall profitability. The great paradox here is that when you take hard-working, responsible adults with a desire to succeed and a sense of responsibility and drop them into our demanding work culture, they tend to default to a way of life that sabotages their ability and best efforts to reach their goals. That's where author Andy Core comes in. *Change Your Day, Not Your Life* offers a proven strategy to help you become energized at work. This book is designed as a resource for work-life balance, a tool to help you increase productivity during the final two hours of work by up to 47 percent, content to fuel employee communication, and a curriculum that departments can use in weekly or monthly meetings to keep everyone working at their best. Author Andy Core is a credentialed, award-winning thought leader on increasing employee engagement, productivity, and wellness motivation; his talent lies in helping hard-working, conscientious adults thrive at work and in their personal lives. Turn wasted hours into tasks accomplished by following the methods found in *Change Your Day, Not Your Life*.

Optimism over Despair

Trauma Victim

Winner of the National Outdoor Book Award and the PEN New England Henry David Thoreau Prize. A

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dazzling, inspiring tour through the ways that humans are working with nature to try to save the planet. With her celebrated blend of scientific insight, clarity, and curiosity, Diane Ackerman explores our human capacity both for destruction and for invention as we shape the future of the planet Earth. Ackerman takes us to the mind-expanding frontiers of science, exploring the fact that the "natural" and the "human" now inescapably depend on one another, drawing from "fields as diverse as evolutionary robotics...nanotechnology, 3-D printing and biomimicry" (New York Times Book Review), with probing intelligence, a clear eye, and an ever-hopeful heart.

Wildly Optimistic

The left is likely to dominate the 21st century, and there is little the right can do about this except adapt. This seems counter-intuitive in light of the modest success the left has enjoyed since the great financial crisis of 2008-09. Though Democrats have done well in recent presidential elections, progressives have found themselves unable to move their most important policies forward, suffering through an endless series of battles with a determined and extreme Republican party. This has only been exacerbated by stunning Republican gains in recent congressional elections. But this short-sighted perspective overemphasizes the role of crisis and underestimates the role of long-term fundamental change. Ruy Teixeira's *The Optimistic Leftist* takes a look at the structural and economic shifts remaking

advanced societies and shows that the left is in a far better position to advance its agenda than the right. Eventually, the right will be forced to play on the left's terms to be competitive. This is because only the left has growing, not declining, coalitional strength and only the left is willing to confront and solve capitalism's "Piketty problem" (a vicious cycle of rising inequality, stagnating living standards and slowing economic growth) by building a new equitable-growth "opportunity state."

What are You Optimistic About?

The world's leading scientific thinkers explore bold, remarkable, perilous ideas that could change our lives—for better . . . or for worse . . . From Copernicus to Darwin, to current-day thinkers, scientists have always promoted theories and unveiled discoveries that challenge everything society holds dear; ideas with both positive and dire consequences. Many thoughts that resonate today are dangerous not because they are assumed to be false, but because they might turn out to be true. What do the world's leading scientists and thinkers consider to be their most dangerous idea? Through the leading online forum Edge (www.edge.org), the call went out, and this compelling and easily digestible volume collects the answers. From using medication to permanently alter our personalities to contemplating a universe in which we are utterly alone, to the idea that the universe might be fundamentally inexplicable, *What Is Your Dangerous Idea?* takes an unflinching look at the daring, breathtaking, sometimes terrifying thoughts

that could forever alter our world and the way we live in it. Contributors include Daniel C. Dennett • Jared Diamond • Brian Greene • Matt Ridley • Howard Gardner and Freeman Dyson, among others

Public Papers of the Presidents of the United States

Are you optimistic or pessimistic? Glass half-full or half-empty? Do you look on the bright side or turn towards the dark? These are easy questions for most of us to answer, because our personality types are hard-wired into our brains. As pioneering psychologist and neuroscientist Elaine Fox has discovered, our outlook on life reflects our primal inclination to seek pleasure or avoid danger—inclinations that, in many people, are healthily balanced. But when our “fear brain” or “pleasure brain” is too strong, the results can be disastrous, as those of us suffering from debilitating shyness, addiction, depression, or anxiety know all too well. Luckily, anyone suffering from these afflictions has reason to hope. Stunning breakthroughs in neuroscience show that our brains are more malleable than we ever imagined. In *Rainy Brain, Sunny Brain*, Fox describes a range of techniques—from traditional cognitive behavioral therapy to innovative cognitive-retraining exercises—that can actually alter our brains’ circuitry, strengthening specific thought processes by exercising the neural systems that control them. The implications are enormous: lifelong pessimists can train themselves to think positively and find happiness, while pleasure-seekers inclined toward

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risky or destructive behavior can take control of their lives. Drawing on her own cutting-edge research, Fox shows how we can retrain our brains to brighten our lives and learn to flourish. With keen insights into how genes, life experiences and cognitive processes interleave together to make us who we are, *Rainy Brain, Sunny Brain* revolutionizes our basic concept of individuality. We learn that we can influence our own personalities, and that our lives are only as “sunny” or as “rainy” as we allow them to be.

Candide

Unlock the secrets to confident, skillful, and positive parenting with this strategy-filled guide from a top behavior expert. Parents of children with a range of challenging behaviors and special needs

The How of Happiness

Rock Retirement offers inspirational advice on how to enjoy the journey to retirement to its fullest. Traditional retirement advice usually boils down to saving more, sacrificing more, and settling for less. This approach makes people dependent on systems outside their control, such as the market, economy, and investment returns. The result: people lose power over determining their life. What sets Rock Retirement apart is its holistic approach to helping people take back control and act intentionally towards the life they want. It addresses the fears, hopes, and dreams that people have about retirement, goes way beyond the numbers, and shows them how to balance

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living well today and tomorrow.

The Rational Optimist

In 2007 the leading online forum for scientists and thinkers, www.edge.org, issued its third annual question: 'What are you optimistic about, and why?' As with its predecessors -- 'What do you believe to be true but cannot prove?' and 'What is your dangerous idea?' -- the question created an instant media storm, with global reaction to the answers posted by some of the world's most eminent scientists and thinkers. WHAT ARE YOU OPTIMISTIC ABOUT is the third collection of answers to the Edge question. Featuring responses from Richard Dawkins, Brian Eno, Steven Pinker, Sir Martin Rees and Matt Ridley, and covering topics as diverse as the decline of violence, the path to enlightenment and mankind's enduring ability to solve problems, this collection is guaranteed to make you look on the bright side. Global warming, the war on terror and rampant consumerism getting you down? Lighten up! And read some of the world's brightest brains on their reasons to be cheerful.

Bright-sided

At its simplest, optimism is an expectation that good things will happen and that things will work out in the end. There's strong evidence that optimism will improve your health. There is a strong link between optimism and longevity. Infectious optimism is the key trait of the globally successful leader. In her introduction to my book, "The Case for Optimism: The

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Optimists' Voices", Helen Clark, former New Zealand Prime Minister and Administrator of the United Nations Development Programme said: "Good things happen when good people get together in common cause. More than 200 people have shared their wisdom and insights in this book 'The Case for Optimism.' Their views are fresh and sparkle off the pages which follow. Most will inspire, some will amuse and others look to improve the current state of global leadership. Certainly, this is excellent thought-provoking material to share in conversations and speeches for adults and children alike." In my workshops on infectious optimistic leadership, the strongest feedback was "enough about why to be optimistic, I want to know how to become more optimistic." Others wanted to know how to build more optimism in their teams, businesses and families. For those looking to become more optimistic, this book will help you on your path to being more optimistic. For the optimists, this book will bring a smile to your face, help you to be more infectiously optimistic and support the wellbeing of those around you.

Optimism

#1 NEW YORK TIMES BESTSELLER • A grand vision defined: The CEO of Disney, one of Time's most influential people of 2019, shares the ideas and values he embraced to reinvent one of the most beloved companies in the world and inspire the people who bring the magic to life. Robert Iger became CEO of The Walt Disney Company in 2005,

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during a difficult time. Competition was more intense than ever and technology was changing faster than at any time in the company's history. His vision came down to three clear ideas: Recommit to the concept that quality matters, embrace technology instead of fighting it, and think bigger—think global—and turn Disney into a stronger brand in international markets. Twelve years later, Disney is the largest, most respected media company in the world, counting Pixar, Marvel, Lucasfilm, and 21st Century Fox among its properties. Its value is nearly five times what it was when Iger took over, and he is recognized as one of the most innovative and successful CEOs of our era. In *The Ride of a Lifetime*, Robert Iger shares the lessons he's learned while running Disney and leading its 200,000 employees, and he explores the principles that are necessary for true leadership, including:

- Optimism. Even in the face of difficulty, an optimistic leader will find the path toward the best possible outcome and focus on that, rather than give in to pessimism and blaming.
- Courage. Leaders have to be willing to take risks and place big bets. Fear of failure destroys creativity.
- Decisiveness. All decisions, no matter how difficult, can be made on a timely basis. Indecisiveness is both wasteful and destructive to morale.
- Fairness. Treat people decently, with empathy, and be accessible to them.

This book is about the relentless curiosity that has driven Iger for forty-five years, since the day he started as the lowliest studio grunt at ABC. It's also about thoughtfulness and respect, and a decency-over-dollars approach that has become the bedrock of every project and partnership Iger pursues, from a deep friendship with Steve Jobs in his final years to an

abiding love of the Star Wars mythology. "The ideas in this book strike me as universal" Iger writes. "Not just to the aspiring CEOs of the world, but to anyone wanting to feel less fearful, more confidently themselves, as they navigate their professional and even personal lives."

Optimistic Parenting

Is civilization teetering on the edge of a cliff? Or are we just climbing higher than ever? Most people who read the news would tell you that 2017 is one of the worst years in recent memory. We're facing a series of deeply troubling, even existential problems: fascism, terrorism, environmental collapse, racial and economic inequality, and more. Yet this narrative misses something important: by almost every meaningful measure, the modern world is better than it ever has been. In the United States, disease, crime, discrimination, and most forms of pollution are in long-term decline, while longevity and education keep rising and economic indicators are better than in any past generation. Worldwide, malnutrition and extreme poverty are at historic lows, and the risk of dying by war or violence is the lowest in human history. It's not a coincidence that we're confused--our perspectives on the world are blurred by the rise of social media, the machinations of politicians, and our own biases. Meanwhile, political reforms like the Clean Air Act and technological innovations like the hybridization of wheat have saved huge numbers of lives. In that optimistic spirit, Easterbrook offers specific policy reforms to address climate change, inequality, and

other problems, and reminds us that there is real hope in conquering such challenges. In an age of discord and fear-mongering, *It's Better Than It Looks* will profoundly change your perspective on who we are, where we're headed, and what we're capable of.

Lona of Leicester

The most critical factor explaining the disjuncture between empathy's revolutionary potential and today's empathically-impaired society is the interaction between the brain and our dominant political culture. The evolutionary process has given rise to a hard-wired neural system in the primal brain and particularly in the human brain. This book argues that the crucial missing piece in this conversation is the failure to identify and explain the dynamic relationship between an empathy gap and the hegemonic influence of neoliberal capitalism, through the analysis of the college classroom, the neoliberal state, media, film and photo images, marketing of products, militarization, mass culture and government policy. This book will contribute to an empirically grounded dissent from capitalism's narrative about human nature. Empathy is putting oneself in another's emotional and cognitive shoes and then acting in a deliberate, appropriate manner. Perhaps counter-intuitively, it requires self-empathy because we're all products of an empathy-anesthetizing culture. The approach in this book affirms a scientific basis for acting with empathy, and it addresses how this can help inform us to our current political culture and process, and make its of interest to students and

scholars in political science, psychology, and other social sciences.

Rock Retirement

When it comes to work these days, we're expected to do more with less-but is this nose-to-the-grindstone philosophy the best way to run a business? Alarming low employee engagement numbers indicate otherwise. So, if pushing everyone harder isn't the path to productivity, what is? Supported by the latest research, this eye-opening book argues that our best work is the product of a positive environment. That's good news for you as a manager. While you can't personally transform the corporate culture, you can influence the workplace climate and create meaningful and lasting change. Advocating a steward model of management, *The Optimistic Workplace* reveals how to: Explore personal and organizational purpose-and align them for astonishing results * Overcome resistance and skepticism * Build camaraderie and deepen loyalty * Increase intrinsic motivation * Help your team find meaning in their work * Identify goals collaboratively and track progress * And more Examples from companies large and small demonstrate how this people-centric focus ignites employee potential, increases innovation, and catapults the organization to new levels of performance. Far from being a wish-upon-a-star discussion of workplace happiness, this book presents an array of surprisingly simple strategies as well as practical 30-, 60-, and 90-day plans designed to focus your actions and make employee optimism not just a

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worthy goal-but a real and measurable result.

The Next Africa

Learn how to achieve the happiness you deserve "A guide to sustaining your newfound contentment."
--Psychology Today You see here a different kind of happiness book. The How of Happiness is a comprehensive guide to understanding the elements of happiness based on years of groundbreaking scientific research. It is also a practical, empowering, and easy-to-follow workbook, incorporating happiness strategies, exercises in new ways of thinking, and quizzes for understanding our individuality, all in an effort to help us realize our innate potential for joy and ways to sustain it in our lives. Drawing upon years of pioneering research with thousands of men and women, The How of Happiness is both a powerful contribution to the field of positive psychology and a gift to people who have sought to take their happiness into their own hands.
www.TheHowOfHappiness.com

Learned Optimism

Climate change: it is arguably the most urgent and consequential issue humankind has ever faced. How we address it in the next thirty years will determine the kind of world we will live in and will bequeath to our children and to theirs. In *The Future We Choose*, Christiana Figueres and Tom Rivett-Carnac--who led negotiations for the United Nations during the historic Paris Agreement of 2015--have written a cautionary

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but optimistic book about the world's changing climate and the fate of humanity. The authors outline two possible scenarios for our planet. In one, they describe what life on Earth will be like by 2050 if we fail to meet the Paris climate targets. In the other, they lay out what it will be like to live in a carbon neutral, regenerative world. They argue for confronting the climate crisis head-on, with determination and optimism. The Future We Choose presents our options and tells us what governments, corporations, and each of us can and must do to fend off disaster.

An Imperfect Offering

Author and business leader David Mezzapelle, author of 2013's best-selling *Contagious Optimism*, is on a mission to get people to "power their lives with the positive." He has worked with top influencers, business people, and others and observed that each one of these folks had a few things in common — they overcame obstacles, looked forward instead of backwards, made mistakes and learned from them, and, most of all, they stayed positive no matter what. In this silver linings playbook, readers can learn the secrets to living a life filled with joy, abundance, forward momentum, and contagious optimism. Learning these ten habits can jumpstart your life in the same day! The excellent advice, inspiring stories, suggested actions, and insights from David Mezzapelle and his contributors will help readers become unstoppable optimists.

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Third Culture

Aiming to fulfill the need for a multifaceted approach to post-traumatic stress disorder (PTSD), this guide addresses the importance of the stressor, places paramount the person of the victim and provides treatment procedures. The 11 authors weave a care paradigm that begins with a position: the persona of the victim organises and preserves his or her reality and the trauma makes this more so. The book provides a formula for accepting, understanding and treating the individual and helps the therapist inspect and nurture the trauma victim's self and ego skills.

It's Better Than It Looks

A fascinating look at Artificial Intelligence, from its humble Cold War beginnings to the dazzling future that is just around the corner. When most of us think about Artificial Intelligence, our minds go straight to cyborgs, robots, and sci-fi thrillers where machines take over the world. But the truth is that Artificial Intelligence is already among us. It exists in our smartphones, fitness trackers, and refrigerators that tell us when the milk will expire. In some ways, the future people dreamed of at the World's Fair in the 1960s is already here. We're teaching our machines how to think like humans, and they're learning at an incredible rate. In *Thinking Machines*, technology journalist Luke Dormehl takes you through the history of AI and how it makes up the foundations of the machines that think for us today. Furthermore, Dormehl speculates on the incredible--and possibly

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terrifying--future that's much closer than many would imagine. This remarkable book will invite you to marvel at what now seems commonplace and to dream about a future in which the scope of humanity may need to broaden itself to include intelligent machines.

Enlightenment Now

National Bestseller “As Albert Camus wrote, the doctor’s role is as a witness—to witness authentically the reality of humanity, and to speak out against the horrors of political inaction. . . . The only crime equaling inhumanity is the crime of indifference, silence, and forgetting.” —James Orbinski In 1988, James Orbinski, then a medical student in his twenties, embarked on a year-long research trip to Rwanda, a trip that would change who he would be as a doctor and as a man. Investigating the conditions of pediatric AIDS in Rwanda, James confronted widespread pain and suffering, much of it preventable, much of it occasioned by political and economic corruption. Fuelled by the injustice of what he had seen in Rwanda, Orbinski helped establish the Canadian chapter of Médecins Sans Frontières (Doctors Without Borders/MSF). As a member of MSF he travelled to Peru during a cholera epidemic, to Somalia during the famine and civil war, and to Jalalabad, Afghanistan. In April 1994, James answered a call from the MSF Amsterdam office. Rwandan government soldiers and armed militias of extremist Hutus had begun systematically to murder Tutsis. While other foreigners were evacuated from Rwanda,

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Orbinski agreed to serve as Chef de Mission for MSF in Kigali. As Rwanda descended into a hell of civil war and genocide, he and his team worked tirelessly, tending to thousands upon thousands of casualties. In fourteen weeks 800,000 men, women and children were exterminated. Half a million people were injured, and millions were displaced. The Rwandan genocide was Orbinski's undoing. Confronted by indescribable cruelty, he struggled to regain his footing as a doctor, a humanitarian and a man. In the end he chose not to retreat from the world, but resumed his work with MSF, and was the organization's president when it was awarded the Nobel Peace Prize in 1999. *An Imperfect Offering* is a deeply personal, deeply political book. With unstinting candor, Orbinski explores the nature of humanitarian action in the twenty-first century, and asserts the fundamental imperative of seeing as human those whose political systems have most brutally failed. He insists that in responding to the suffering of others, we must never lose sight of the dignity of those being helped or deny them the right to act as agents in their own lives. He takes readers on a journey to some of the darkest places of our history but finds there unimaginable acts of courage and empathy. Here he is doctor as witness, recording voices that must be heard around the world; calling on others to meet their responsibility. "Ummera, ummera-sha" is a Rwandan saying that loosely translated means 'Courage, courage, my friend—find your courage and let it live.' It was said to me by a patient at our hospital in Kigali. She was slightly older than middle aged and had been attacked with machetes, her entire body rationally and systematically mutilated. Her face had been so

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carefully disfigured that a pattern was obvious in the slashes. I could do little more for her at that moment than stop the bleeding with a few sutures. We were completely overwhelmed. She knew and I knew that there were so many others. She said to me in the clearest voice I have ever heard, "Allez, allez. Ummera, ummera-sha"—'Go, go. Courage, courage, my friend—find your courage and let it live.' —From *An Imperfect Offering* From the Hardcover edition.

What Are You Optimistic About?

In her book *Wildly Optimistic*, Al Carraway offers new methods and perspectives for life's inevitable challenges. With her trademark honesty, optimism, and love for the Lord, she addresses how to stay close to God even when He is silent, how to keep going when too much time passes, and how to be hopeful when it's not what we wanted, when things don't work out, and when we want to give up.

What Are You Optimistic About?

An authority on cognitive psychology and motivation documents the positive effects of optimism on the quality of life and provides a program of specific exercises designed to break the pessimism habit while developing an optimistic outlook. Reprint. 25,000 first printing.

Rainy Brain, Sunny Brain

The nightly news and conventional wisdom tell us that

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things are bad and getting worse. Yet despite dire predictions, scientists see many good things on the horizon. John Brockman, publisher of Edge (www.edge.org), the influential online salon, recently asked more than 150 high-powered scientific thinkers to answer a vital question for our frequently pessimistic times: "What are you optimistic about?" Spanning a wide range of topics—from string theory to education, from population growth to medicine, and even from global warming to the end of world—What Are You Optimistic About? is an impressive array of what world-class minds (including Nobel Laureates, Pulitzer Prize winners, New York Times bestselling authors, and Harvard professors, among others) have weighed in to offer carefully considered optimistic visions of tomorrow. Their provocative and controversial ideas may rouse skepticism, but they might possibly change our perceptions of humanity's future.

The Optimism Bias

Exposes the downside of America's penchant for positive thinking, which the author believes leads to self-blame and a preoccupation with stamping out "negative" thoughts on a personal level, and, on a national level, has brought on economic disaster.

Optimistic Environmentalist, The

Life is getting better—and at an accelerating rate. Food availability, income, and life span are up; disease, child mortality, and violence are down — all

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across the globe. Though the world is far from perfect, necessities and luxuries alike are getting cheaper; population growth is slowing; Africa is following Asia out of poverty; the Internet, the mobile phone, and container shipping are enriching people's lives as never before. The pessimists who dominate public discourse insist that we will soon reach a turning point and things will start to get worse. But they have been saying this for two hundred years. Yet Matt Ridley does more than describe how things are getting better. He explains why. Prosperity comes from everybody working for everybody else. The habit of exchange and specialization—which started more than 100,000 years ago—has created a collective brain that sets human living standards on a rising trend. The mutual dependence, trust, and sharing that result are causes for hope, not despair. This bold book covers the entire sweep of human history, from the Stone Age to the Internet, from the stagnation of the Ming empire to the invention of the steam engine, from the population explosion to the likely consequences of climate change. It ends with a confident assertion that thanks to the ceaseless capacity of the human race for innovative change, and despite inevitable disasters along the way, the twenty-first century will see both human prosperity and natural biodiversity enhanced. Acute, refreshing, and revelatory, *The Rational Optimist* will change your way of thinking about the world for the better.

What Is Your Dangerous Idea?

In 2007 the leading online forum for scientists and

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thinkers, www.edge.org, issued its third annual question: 'What are you optimistic about, and why?' As with its predecessors -- 'What do you believe to be true but cannot prove?' and 'What is your dangerous idea?' -- the question created an instant media storm, with global reaction to the answers posted by some of the world's most eminent scientists and thinkers. WHAT ARE YOU OPTIMISTIC ABOUT is the third collection of answers to the Edge question. Featuring responses from Richard Dawkins, Brian Eno, Steven Pinker, Sir Martin Rees and Matt Ridley, and covering topics as diverse as the decline of violence, the path to enlightenment and mankind's enduring ability to solve problems, this collection is guaranteed to make you look on the bright side. Global warming, the war on terror and rampant consumerism getting you down? Lighten up! And read some of the world's brightest brains on their reasons to be cheerful.

Empathy Imperiled

David Mezzapelle was inspired to write this uplifting book based on his life's experiences and his own contagious optimism. He has influenced many people with his outlook and this book offers optimism to others around the globe. Contagious Optimism includes stories and parables of amazing life turnarounds from real people world-wide. A compendium of encouragement, Contagious Optimism also includes advice and guidance from business leaders, visionaries and professionals. Nowadays, many people have lost confidence in themselves and the world around them due to

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personal hardship along with economic and political uncertainty worldwide. Contagious Optimism shows readers that it's possible to FIND the silver lining in every cloud. Developed by the team that brought you Random Acts of Kindness, this book is like Chicken Soup for the Soul meets Pay It Forward, on steroids! Contagious Optimism is pure inspiration that will lift hearts, open minds, and create a movement of pass-it-on hope and happiness. Featured stories and endorsements from "contagious optimists" such as: Michael Beckwith - Founder of the single largest interfaith church in America: LA's Agape. Nancy Ferrari - The "Oprah of AM Radio" Daniel Tully - Chairman Emeritus of Merrill Lynch and one of the top executives to ever grace Wall Street.

Change Your Day, Not Your Life

Candide is a French satire by Voltaire, a philosopher of the Age of Enlightenment. It begins with a young man, Candide, who is living a sheltered life in an Edenic paradise and being indoctrinated with Leibnizian optimism (or simply Optimism) by his mentor, Pangloss. The work describes the abrupt cessation of this lifestyle, followed by Candide's slow, painful disillusionment as he witnesses and experiences great hardships in the world. Voltaire concludes with Candide, if not rejecting optimism outright, advocating a deeply practical precept, "we must cultivate our garden", in lieu of the Leibnizian mantra of Pangloss, "all is for the best in the best of all possible worlds". Candide is characterized by its sarcastic tone, as well as by its erratic, fantastical and

fast-moving plot. A picaresque novel it parodies many adventure and romance clichés, the struggles of which are caricatured in a tone that is mordantly matter-of-fact. Still, the events discussed are often based on historical happenings, such as the Seven Years' War and the 1755 Lisbon earthquake. As philosophers of Voltaire's day contended with the problem of evil, so too does *Candide* in this short novel, albeit more directly and humorously. Voltaire ridicules religion, theologians, governments, armies, philosophies, and philosophers through allegory; most conspicuously, he assaults Leibniz and his optimism. As expected by Voltaire, *Candide* has enjoyed both great success and great scandal. Immediately after its secretive publication, the book was widely banned because it contained religious blasphemy, political sedition and intellectual hostility hidden under a thin veil of naïveté. However, with its sharp wit and insightful portrayal of the human condition, the novel has since inspired many later authors and artists to mimic and adapt it. Today, *Candide* is recognized as Voltaire's magnum opus and is often listed as part of the Western canon; it is arguably taught more than any other work of French literature. It was listed as one of The 100 Most Influential Books Ever Written.

Creating a Thriving Business

In *Being Optimistic*, beginning readers will learn about all the ways they can be optimistic in their daily lives. Vibrant, full-color photos and carefully leveled text engage young readers as they discover how they can build character by being optimistic.

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