
Head Trip Jeff Warren

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The Warren Delacorte Press

“ Both creepy...and quite moving. ” —New York Times Book Review “ Wall ’ s story couldn ’ t be more timely. ” —People Stolen Innocence is the gripping New York Times bestselling memoir of Elissa Wall, the courageous former member of Utah ’ s infamous FLDS polygamist sect whose powerful courtroom testimony helped convict controversial sect leader Warren Jeffs in September 2007. At once shocking, heartbreaking, and inspiring, Wall ’ s story of subjugation and survival exposes the

darkness at the root of this rebel offshoot of the Mormon faith.

Goodbye Days Vintage

The inspiring, influential senator and bestselling author mixes vivid personal stories with a passionate plea for political transformation. Elizabeth Warren is a beacon for everyone who believes that real change can improve the lives of all Americans. Committed, fearless, and famously persistent, she brings her best game to every battle she wages. In *Persist*, Warren writes about six perspectives that have influenced her life and advocacy. She’s a mother who learned from wrenching personal experience why child care is so essential. She’s a teacher who has known since grade school the value of a good and affordable

education. She’s a planner who understands that every complex problem requires a comprehensive response. She’s a fighter who discovered the hard way that nobody gives up power willingly. She’s a learner who thinks, listens, and works to fight racism in America. And she’s a woman who has proven over and over that women are just as capable as men. Candid and compelling, *Persist* is both a deeply personal book and a powerful call to action. Elizabeth Warren—one of our nation’s most visionary leaders—will inspire everyone to believe that if we’re willing to fight for it, profound change is well within our reach. *Prominent Families of New York* Anchor The award-winning author probes the nature of consciousness, building on the

foundation she laid in her previous book *Mapping the Mind* to continue to explore this vexing problem of modern science. (Philosophy)

The Body Has a Mind of Its Own Harper Collins

A memoir in essays that expands on the viral sensation “*The Crane Wife*” with a frank and funny look at love, intimacy, and self in the twenty-first century. From friends and lovers to blood family and chosen family, this “elegant masterpiece” (Roxane Gay, *New York Times* bestselling author of *Hunger*) asks what more expansive definitions of love might offer us all. “An intellectually vigorous and emotionally resonant account of how a self gets created over time, *The Crane Wife* will satisfy and inspire anyone who has ever asked, 'How did I get here, and what happens now?'...

Hauser builds her life's inventory out of deconstructed personal narratives, resulting in a reading experience that's rich like a complicated dessert—not for wolfing down but for savoring in small bites.” —*The New York Times* Ten days after calling off her wedding, CJ Hauser went on an expedition to Texas to study the whooping crane. After a week wading through the gulf, she realized she'd almost signed up to live someone else's life. In this intimate, frank, and funny memoir-in-

essays, Hauser releases herself from traditional narratives of happiness and goes looking for ways of living that leave room for the unexpected, making plenty of mistakes along the way. She kisses Internet strangers and officiates at a wedding. She rereads Rebecca in the house her boyfriend once shared with his ex-wife and rewinds Katharine Hepburn in *The Philadelphia Story* to learn how not to lose yourself in a relationship. She thinks about Florence Nightingale at a robot convention and grief at John Belushi's rock and roll gravesite, and the difference between those stories we're asked to hold versus those we choose to carry. She writes about friends and lovers, blood family and chosen family, and asks what more expansive definitions of love might offer us all. Told with the late-night barstool directness of your wisest, most bighearted friend, *The Crane Wife* is a book for everyone whose life doesn't look the way they thought it would; for everyone learning to find joy in the not-knowing; for everyone trying, if sometimes failing, to build a new sort of life story, a new sort of family, a new sort of home, to live in. TechGnosis Little, Brown
Rebecca Musser grew up in fear, concealing her family's polygamous lifestyle from the "dangerous" outside world. Covered head-to-toe in strict,

modest clothing, she received a rigorous education at Alta Academy, the Fundamentalist Church of Jesus Christ of Latter Day Saints' school headed by Warren Jeffs. Always seeking to be an obedient Priesthood girl, in her teens she became the nineteenth wife of her people's prophet: 85-year-old Rulon Jeffs, Warren's father. Finally sickened by the abuse she suffered and saw around her, she pulled off a daring escape and sought to build a new life and family. The church, however, had a way of pulling her back in—and by 2007, Rebecca had no choice but to take the witness stand against the new prophet of the FLDS in order to protect her little sisters and other young girls from being forced to marry at shockingly young ages. The following year, Rebecca and the rest of the world watched as a team of Texas Rangers raided the Yearning for Zion Ranch, a stronghold of the FLDS. Rebecca's subsequent testimony would reveal the horrific secrets taking place behind closed doors of the temple, sending their leaders to prison for years, and Warren Jeffs for life. *THE WITNESS WORE RED* is a gripping account of one woman's struggle to escape the perverse embrace of religious fanaticism and sexual slavery, and a courageous story of hope and transformation.

The Head Trip MIT Press

Details statistics from American professional baseball teams and players from 1900 through the previous season, including draft information, lists of award winners and world champion teams, career records, Negro League statistics, and facts about the teams, managers, ballparks, and more. Original.

Escape Univ of California Press

“Gorgeous, heartbreaking, and ultimately life-affirming.” —Nicola Yoon, #1 New York Times bestselling author of *Everything, Everything*. Perfect for fans of *Turtles All the Way Down*, *Thirteen Reasons Why*, and Zentner's own *The Serpent King*, one of the most highly acclaimed YA novels of 2016, *Goodbye Days* asks what you would do if you could spend one last day with someone you lost. Where are you guys? Text me back. That's the last message Carver Briggs will ever send his three best friends, Mars, Eli, and Blake. He never thought that it would lead to their death. Now Carver can't stop blaming himself for the accident and even worse, a powerful judge is pressuring the

district attorney to open up a criminal investigation. Luckily, Carver has some unexpected allies: Eli's girlfriend, the only person to stand by him at school; Dr. Mendez, his new therapist; and Blake's grandmother, who asks Carver to spend a “goodbye day” together to share their memories and say a proper farewell. Soon the other families are asking for their own goodbye day with Carver—but he's unsure of their motives. Will they all be able to make peace with their losses, or will these goodbye days bring Carver one step closer to a complete breakdown or—even worse—prison? “Jeff Zentner, you perfectly fill the John-Green-sized hole in our heart.” —Justine Magazine

“Evocative, heartbreaking, and beautifully written.” —Buzzfeed
“Masterful.” —TeenVogue.com
“Hold on to your heart: this book will wreck you, fix you, and most definitely change you.” —Becky Albertalli, Morris Award-winning author of *Simon vs. the Homo Sapiens Agenda*
The ESPN Baseball Encyclopedia
Pearson Education
A guide to achieving financial

stability and prosperity by the co-authors of *The Two-Income Trap* encourages readers to change the ways they think about and manage money, discussing such topics as balancing a budget, planning for entertainment, and getting out of debt. 150,000 first printing.
Stolen Innocence Little, Brown
NEW YORK TIMES BESTSELLER • NATIONAL BOOK AWARD WINNER
• From one of America's iconic writers, a stunning book of electric honesty and passion that explores an intensely personal yet universal experience: a portrait of a marriage—and a life, in good times and bad—that will speak to anyone who has ever loved a husband or wife or child. Several days before Christmas 2003, John Gregory Dunne and Joan Didion saw their only daughter, Quintana, fall ill with what seemed at first flu, then pneumonia, then complete septic shock. She was put into an induced coma and placed on life support. Days later—the night before New Year's Eve—the Dunnes were just sitting down to dinner after visiting the

hospital when John Gregory Dunne suffered a massive and fatal coronary. In a second, this close, symbiotic partnership of forty years was over. Four weeks later, their daughter pulled through. Two months after that, arriving at LAX, she collapsed and underwent six hours of brain surgery at UCLA Medical Center to relieve a massive hematoma. This powerful book is Didion's attempt to make sense of the "weeks and then months that cut loose any fixed idea I ever had about death, about illness ... about marriage and children and memory ... about the shallowness of sanity, about life itself.

Lost Boy Macmillan

The authoritative account of the rise of Amazon and its intensely driven founder, Jeff Bezos, praised by the Seattle Times as "the definitive account of how a tech icon came to life." Amazon.com started off delivering books through the mail. But its visionary founder, Jeff Bezos, wasn't content with being a bookseller. He wanted Amazon to become the everything store, offering limitless selection and seductive convenience at disruptively low prices. To do so, he developed a corporate culture of relentless ambition

and secrecy that's never been cracked. Until now. Brad Stone enjoyed unprecedented access to current and former Amazon employees and Bezos family members, giving readers the first in-depth, fly-on-the-wall account of life at Amazon. Compared to tech's other elite innovators -- Jobs, Gates, Zuckerberg -- Bezos is a private man. But he stands out for his restless pursuit of new markets, leading Amazon into risky new ventures like the Kindle and cloud computing, and transforming retail in the same way Henry Ford revolutionized manufacturing. The Everything Store is the revealing, definitive biography of the company that placed one of the first and largest bets on the Internet and forever changed the way we shop and read.

Vintage

The Head Trip
Vintage Canada
Top of the Rock Sterling Publishing Company

THE NEW YORK TIMES BESTSELLER
FROM THE AUTHOR OF 10% HAPPIER
Too busy to meditate? Can't turn off your brain? Curious about mindfulness but more comfortable in the gym? This book is for you. You'll also get access to guided audio meditations on the 10% Happier app, to jumpstart your practice from day one. ABC News anchor Dan

Harris used to think that meditation was for people who collect crystals, play Ultimate Frisbee, and use the word "namaste" without irony. After he had a panic attack on live television, he went on a strange and circuitous journey that ultimately led him to become one of meditation's most vocal public proponents. Harris found that meditation made him more focused and less yanked around by his emotions. According to his wife, it also made him less annoying. Science suggests that the practice can lower your blood pressure, mitigate depression and anxiety, and literally rewire key parts of the brain. So what's holding you back? In *Meditation for Fidgety Skeptics*, Harris and Jeff Warren, a masterful teacher and "Meditation MacGyver," embark on a gonzo cross-country quest to tackle the myths, misconceptions, and self-deceptions that keep people from meditating. It is filled with game-changing and deeply practical meditation instructions—all of which are also available (for free) on the 10% Happier app. This book is a trip worth taking. Praise for *Meditation for Fidgety Skeptics* "If you're intrigued by meditation but don't know how to begin—or you've benefited from meditation in the past but need help to get started again—Dan Harris has written the

book for you. Well researched, practical, and crammed with expert advice, it's also an irreverent, hilarious page-turner." —Gretchen Rubin, author of *The Happiness Project* "The ABC News anchor, a 'defender of worrying' who once had an anxiety attack on air, offers a hilarious and stirring account of his two-steps-forward-one-step-back campaign to sort 'useless rumination' from 'constructive anguish' via mindfulness, along with invaluable suggestions for following in his footsteps." —*O: The Oprah Magazine*

Vurt Routledge

A world at once familiar and unimaginably strange exists all around us, and within us – it is the vast realm of consciousness. In *The Head Trip*, science journalist Jeff Warren explores twelve distinct, natural states of consciousness available to us in a twenty-four-hour day, each state offering its own kind of knowledge and insight – its own adventure. The hypnagogic state, when our minds hover between waking and sleeping, can be a rich source of creativity and even compassion. Then there's the Watch, an almost magical waking experience in the middle of the night

that has been all but lost to electric light and modern sleep patterns.

Daydreaming and trance, lucid dreaming, the Zone, and the Pure Conscious Event – from sleep laboratory to remote northern cabin, neurofeedback clinic to Buddhist retreat, Warren visits them all. Along the way, he talks to neuroscientists, chronobiologists, anthropologists, monks, and many others who illuminate his stories with cutting-edge science and age-old wisdom. On this trip, all are welcome and no drugs are required: all you need to pack are a functioning cerebrum and an open mind. Replete with stylish graphics and brightened by comic panels conceived and drawn by the author, *The Head Trip* is an instant classic, a brilliant and original description of the shifting experience of consciousness that's also a practical guide to enhancing creativity and mental health. This book does not just inform and entertain – it shows how every one of us can expand upon the ways we experience being alive. From the Hardcover edition.

Live Forgiven Grand Central

Publishing

This heartbreaking, hilarious, and brutally honest memoir shares the deeply personal life story of a girl next door and her transformation into a household name. For more than forty years, Katie Couric has been an iconic presence in the media world. In her brutally honest, hilarious, heartbreaking memoir, she reveals what was going on behind the scenes of her sometimes tumultuous personal and professional life - a story she's never shared, until now. Of the medium she loves, the one that made her a household name, she says, "Television can put you in a box; the flat-screen can flatten. On TV, you are larger than life but smaller, too. It is not the whole story, and it is not the whole me. This book is." Beginning in early childhood, Couric was inspired by her journalist father to pursue the career he loved but couldn't afford to stay in. Balancing her vivacious, outgoing personality with her

desire to be taken seriously, she overcame every obstacle in her way: insecurity, an eating disorder, being typecast, sexism . . . challenges, and how she dealt with them, setting the tone for the rest of her career. Couric talks candidly about adjusting to sudden fame after her astonishing rise to co-anchor of the TODAY show, and guides us through the most momentous events and news stories of the era, to which she had a front-row seat: Rodney King, Anita Hill, Columbine, the death of Princess Diana, 9/11, the Iraq War . . . In every instance, she relentlessly pursued the facts, ruffling more than a few feathers along the way. She also recalls in vivid and sometimes lurid detail the intense pressure on female anchors to snag the latest “get” —often sensational tabloid stories like Jon Benet Ramsey, Tonya Harding, and OJ Simpson. Couric’s position as one of the leading lights of her profession was shadowed by the

shock and trauma of losing her husband to stage 4 colon cancer when he was just 42, leaving her a widow and single mom to two daughters, 6 and 2. The death of her sister Emily, just three years later, brought yet more trauma—and an unwavering commitment to cancer awareness and research, one of her proudest accomplishments. Couric is unsparing in the details of her historic move to the anchor chair at the CBS Evening News—a world rife with sexism and misogyny. Her “welcome” was even more hostile at 60 Minutes, an unrepentant boys club that engaged in outright hazing of even the most established women. In the wake of the MeToo movement, Couric shares her clear-eyed reckoning with gender inequality and predatory behavior in the workplace, and downfall of Matt Lauer—a colleague she had trusted and respected for more than a decade. Couric also talks about the challenge of finding love again, with

all the hilarity, false-starts, and drama that search entailed, before finding her midlife Mr. Right. Something she has never discussed publicly—why her second marriage almost didn’t happen. If you thought you knew Katie Couric, think again. Going There is the fast-paced, emotional, riveting story of a thoroughly modern woman, whose journey took her from humble origins to superstardom. In these pages, you will find a friend, a confidante, a role model, a survivor whose lessons about life will enrich your own.

The Crane Wife Anchor Social media sensation, J. Warren Welch brings his bold, unapologetic, and thought-provoking words to print. This compendium of rich, edgy, and profound poems reflects his eclectic blend of styles and influences. THAT'S NOT POETRY is sure to have something that speaks to everyone, whether viewed on social media or never before seen. Follow Welch on this

journey through his mind, and your own.

The Head Trip Xulon Press

The Real Cost of Insecure Software • In 1996, software defects in a Boeing 757 caused a crash that killed 70 people... • In 2003, a software vulnerability helped cause the largest U.S. power outage in decades... • In 2004, known software weaknesses let a hacker invade T-Mobile, capturing everything from passwords to Paris Hilton's photos... • In 2005, 23,900 Toyota Priuses were recalled for software errors that could cause the cars to shut down at highway speeds... • In 2006 dubbed "The Year of Cybercrime," 7,000 software vulnerabilities were discovered that hackers could use to access private information... • In 2007, operatives in two nations brazenly exploited software vulnerabilities to cripple the infrastructure and steal trade secrets from other sovereign nations... Software has become crucial to the very survival of civilization. But badly written, insecure software is hurting people – and costing businesses and individuals billions of dollars every year. This must change. In *Geekonomics*, David Rice shows how we can change it. Rice reveals why the software industry is rewarded for

carelessness, and how we can revamp the industry's incentives to get the reliability and security we desperately need and deserve. You'll discover why the software industry still has shockingly little accountability – and what we must do to fix that. Brilliantly written, utterly compelling, and thoroughly realistic, *Geekonomics* is a long-overdue call to arms. Whether you're software user, decision maker, employee, or business owner this book will change your life...or even save it.

The Everything Store Crown Books for Young Readers

In this extraordinarily wide-ranging, insightful, and revelatory book, Tony Hiss is the much-praised author of *The Experience of Places* delves into a unique and instantly recognizable (though previously undescribed) experience that can happen to us when we travel, a special understanding and ability that can leave us feeling exhilarated. He illustrates how throughout human history - from our ancestors walking upright for the first time to astronauts walking on the moon - we have repeatedly availed ourselves of this seemingly elusive quality, which he calls 'Deep Travel.' The sensation of Deep Travel can overtake us, Hiss says, whenever we tap into a sophisticated, wide-awake awareness we

all possess. With a wealth of examples - journeys to celebrated travel writing across the centuries - Hiss identifies and rescues this powerful capacity and sets out simple techniques for accessing it no matter where we are. And this is only a jumping-off point for an original and penetrating explanation of how Deep Travel radically alters our perception of not only where we are but also when we are, by placing us in an 'extended present,' and how it acts as an open-sesame to enlarge and enrich the world around us. Going even further, he investigates how we can remain absolutely still but travel in time itself, as our horizons move backward to include layers of nature and human culture that have gone before, or project us forward to consider what our actions will mean to those who will inhabit our spot on earth a few generations from now. Whether travel takes you around the corner or around the world, once you've read *In Motion*, no journey will ever feel the same.

The Year of Magical Thinking
Metropolitan Books
NATIONAL BESTSELLER • From the author of *Into the Wild* and *Into Thin Air*, this extraordinary work of investigative journalism takes

readers inside America's isolated Mormon Fundamentalist communities. Defying both civil authorities and the Mormon establishment in Salt Lake City, the renegade leaders of these Taliban-like theocracies are zealots who answer only to God; some 40,000 people still practice polygamy in these communities. At the core of Krakauer's book are brothers Ron and Dan Lafferty, who insist they received a commandment from God to kill a blameless woman and her baby girl. Beginning with a meticulously researched account of this appalling double murder, Krakauer constructs a multi-layered, bone-chilling narrative of messianic delusion, polygamy, savage violence, and unyielding faith. Along the way he uncovers a shadowy offshoot of America's fastest growing religion, and raises provocative questions about the nature of religious belief. Lucid Dreaming, Plain and Simple North Atlantic Books

A smart, tight, provocative techno-thriller straight out of the very near future—by an iconic visionary writer. Some people call it "abyss gaze." Gaze into the abyss all day and the abyss will gaze into you. There are two types of people who think professionally about the future: foresight strategists are civil futurists who think about geo-engineering and smart cities and ways to evade Our Coming Doom; strategic forecasters are spook futurists, who think about geopolitical upheaval and drone warfare and ways to prepare clients for Our Coming Doom. The former are paid by nonprofits and charities, the latter by global security groups and corporate think tanks. For both types, if you're good at it, and you spend your days and nights doing it, then it's something you can't do for long. Depression sets in. Mental illness festers. And if the "abyss gaze" takes hold there's only one place to recover: Normal Head, in the wilds of Oregon, within the

secure perimeter of an experimental forest. When Adam Dearden, a foresight strategist, arrives at Normal Head, he is desperate to unplug and be immersed in sylvan silence. But then a patient goes missing from his locked bedroom, leaving nothing but a pile of insects in his wake. A staff investigation ensues; surveillance becomes total. As the mystery of the disappeared man unravels in Warren Ellis's Normal, Dearden uncovers a conspiracy that calls into question the core principles of how and why we think about the future—and the past, and the now. The ebook edition also includes four conversations with Warren Ellis about Normal, featuring Robin Sloan, Laurie Penny, Geoff Manaugh, and Lauren Beukes. The conversations originally appeared on tor.com. [Under the Banner of Heaven](#) Doubleday #1 New York Times Bestseller REVISED WITH NEW MATERIAL

Winner of the 2014 Living Now Book Award for Inspirational Memoir "An enormously smart, clear-eyed, brave-hearted, and quite personal look at the benefits of meditation." —Elizabeth Gilbert Nightline anchor Dan Harris embarks on an unexpected, hilarious, and deeply skeptical odyssey through the strange worlds of spirituality and self-help, and discovers a way to get happier that is truly achievable. After having a nationally televised panic attack, Dan Harris knew he had to make some changes. A lifelong nonbeliever, he found himself on a bizarre adventure involving a disgraced pastor, a mysterious self-help guru, and a gaggle of brain scientists. Eventually, Harris realized that the source of his problems was the very thing he always thought was his greatest asset: the incessant, insatiable voice in his head, which had propelled him through the ranks of a hypercompetitive business, but had also led him to make the profoundly stupid decisions that provoked his on-air freak-out. Finally, Harris stumbled upon an effective way to rein in that voice, something he

always assumed to be either impossible or useless: meditation, a tool that research suggests can do everything from lower your blood pressure to essentially rewire your brain. *10% Happier* takes readers on a ride from the outer reaches of neuroscience to the inner sanctum of network news to the bizarre fringes of America's spiritual scene, and leaves them with a takeaway that could actually change their lives.