

## Head Trip Jeff Warren

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Vurt Univ of California Press

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.

*TechGnosis* Harper Collins

In this searing memoir of survival in the spirit of Stolen Innocence, the daughter of Warren Jeffs, the self-proclaimed Prophet of the FLDS Church, takes you deep inside the secretive polygamist Mormon fundamentalist cult run by her family and how she escaped it. Born into the Fundamentalist Church of Jesus Christ of Latter-Day Saints, Rachel Jeffs was raised in a strict patriarchal culture defined by subordinate sister wives and men they must obey. No one in this radical splinter sect of the Mormon Church was more powerful or terrifying than its leader Warren Jeffs—Rachel's father. Living outside mainstream Mormonism and federal law, Jeffs arranged marriages between under-age girls and middle-aged and elderly members of his congregation. In 2006, he gained international notoriety when the FBI placed him on its Ten Most Wanted List. Though he is serving a life sentence for child sexual assault, Jeffs' iron grip on the church remains

firm, and his edicts to his followers increasingly restrictive and bizarre. In *Breaking Free*, Rachel blows the lid off this taciturn community made famous by Jon Krakauer's bestselling *Under the Banner of Heaven* to offer a harrowing look at her life with Warren Jeffs, and the years of physical and emotional abuse she suffered. Sexually assaulted, compelled into an arranged polygamous marriage, locked away in "houses of hiding" as punishment for perceived transgressions, and physically separated from her children, Rachel, Jeffs' first plural daughter by his second of more than fifty wives, eventually found the courage to leave the church in 2015. But *Breaking Free* is not only her story—Rachel's experiences illuminate those of her family and the countless others who remain trapped in the strange world she left behind. A shocking and mesmerizing memoir of faith, abuse, courage, and freedom, *Breaking Free* is an expose of religious extremism and a beacon of hope for anyone trying to overcome personal obstacles.

*The Science of Enlightenment* 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.

*The Everything Store* MIT Press

With over 200 illustrations of iconic works as well as preparatory studies and historic photographs, this book offers fresh insight into Koons's polarizing and influential career.

*Exploring Consciousness* Henry Holt and Company

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)

*A More Beautiful Question* Crown

The New York Times Bestseller \*One of Rolling Stone's 10 Best Music Books of 2015\* An exhilarating and intimate account of the life of music legend Tom Petty, by an accomplished writer and musician who toured with Petty No one other than Warren Zanes, rocker and writer and friend, could author a book about Tom Petty that is as honest and evocative of Petty's music and the remarkable rock and roll history he and his band helped to write. Born in Gainesville, Florida, with more than a little hillbilly in his blood, Tom Petty was a Southern shit kicker, a kid without a whole lot of promise. Rock and roll made it otherwise. From meeting Elvis, to seeing the Beatles on Ed Sullivan, to producing Del Shannon, backing Bob Dylan, putting together a band with George Harrison, Dylan, Roy Orbison, and Jeff Lynne, making records with Johnny Cash, and sending well more than a dozen of his own celebrated recordings high onto the charts, Tom Petty's story has all the drama of a rock and roll epic. Now in his mid-sixties, still making records and still touring, Petty, known for his reclusive style, has shared with Warren Zanes his insights and arguments, his regrets and lasting ambitions, and the details of his life on and off the stage. This is a book for those who know and love the songs, from "American Girl" and "Refugee" to "Free Fallin'" and "Mary Jane's Last Dance," and for those who want to see the classic rock and roll era embodied in one man's remarkable story. Dark and

mysterious, Petty manages to come back, again and again, showing us what the music can do and where it can take us.

*The ESPN Baseball Encyclopedia* Vintage

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.

*Petty* Metropolitan Books

#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.

*Top of the Rock* The Head Trip

A futuristic society is thrown into chaos by the emergence of a virtual-reality cyberdrug that causes its users to experience their worst nightmares and ultimate fears in violent and devastating ways. Reprint. *Meditation for Fidgety Skeptics* Tor.com

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.

*The Head Trip* Bloomsbury Publishing USA

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 - from evocative accounts of his own 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.

Going There Macmillan  
The Head TripVintage Canada  
Escape Crown

In this compelling, cutting-edge book, two generations of science writers explore the exciting science of "body maps" in the brain-and how startling new discoveries about the mind-body connection can change and improve our lives. Why do you still feel fat after losing weight? What makes video games so addictive? How can "practicing" your favorite sport in your imagination improve your game? The answers can be found in body maps. Just as road maps represent interconnections across the landscape, your many body maps represent all aspects of your bodily self, inside and out. In concert, they create your physical and emotional awareness and your sense of being a whole, feeling self in a larger social world. Moreover, your body maps are profoundly elastic. Your self doesn't begin and end with your physical body but extends into the space around you. This space morphs every time you put on or take off clothes, ride a bike, or wield a tool. When you drive a car, your personal body space grows to envelop it. When you play a video game, your body maps automatically track and emulate the actions of your character onscreen. When you watch a scary movie, your body maps put dread in your stomach and send chills down your spine. If your body maps fall out of sync, you may have an out-of-body experience or see auras around other people. *The Body Has a Mind of Its Own* explains how you can tap into the power of body maps to do almost anything better-whether it is playing tennis, strumming a guitar, riding a horse, dancing a waltz, empathizing with a friend, raising children, or coping with stress. The story of body maps goes even further, providing a fresh look at the causes of anorexia, bulimia, obsessive plastic surgery, and the notorious golfer's curse "the yips." It lends insights into culture, language, music, parenting, emotions, chronic pain, and more. Filled with illustrations, wonderful anecdotes, and even parlor tricks that you can use to reconfigure your body sense, *The Body Has a Mind of Its Own* will change the way you think-about the way you think. "The Blakeslees have taken the latest and most exciting finds from brain research and have made them accessible. This is how science writing should always be." -Michael S. Gazzaniga, Ph.D., author of *The Ethical Brain* "Through a stream of fascinating and entertaining examples, Sandra Blakeslee and Matthew Blakeslee illustrate how our perception of ourselves, and indeed the world, is not fixed but is surprisingly fluid and easily modified. They

have created the best book ever written about how our sense of 'self' emerges from the motley collection of neurons we call the brain." -Jeff Hawkins, co-author of *On Intelligence* "The Blakeslees have taken the latest and most exciting finds from brain research and have made them accessible. This is how science writing should always be." -Michael S. Gazzaniga, Ph.D., author of *The Ethical Brain* "A marvelous book. In the last ten years there has been a paradigm shift in understanding the brain and how its various specialized regions respond to environmental challenges. In addition to providing a brilliant overview of recent revolutionary discoveries on body image and brain plasticity, the book is sprinkled with numerous insights." -V. S. Ramachandran, M.D., director, Center for Brain and Cognition, University of California, San Diego

Live Forgiven Little, Brown  
"Enlightenment"-is it a myth or is it real? In every spiritual tradition, inner explorers have discovered that the liberated state is in fact a natural experience, as real as the sensations you are having right now-and that through the investigation of your own thoughts, feelings, and perceptions you can awaken to clear insight and a happiness independent of conditions. For decades, one of the most engaging teachers of our time has illuminated the many dimensions of awakening-but solely at his live retreats and on audio recordings. Now, with *The Science of Enlightenment*, Shinzen Young brings to readers an uncommonly lucid guide to mindfulness meditation for the first time: how it works and how to use it to enhance your cognitive capacities, your kindness and connection with the world, and the richness of all your experiences. As thousands of his students and listeners will confirm, Shinzen is like no other teacher you've ever encountered. He merges scientific clarity, a rare grasp of source-language teachings East and West, and a gift for sparking insight through unexpected analogies, illustrations, humor, and firsthand accounts that reveal the inner journey to be as wondrous as any geographical expedition. Join him here to explore: Universal insights spanning Buddhism, Christian and Jewish mysticism, shamanism, the yogas of India, and many other paths How to begin and navigate your own meditation practice Concentration, clarity, and equanimity-the core catalysts of awakening Impermanence-its many aspects and how to work with them Experiencing the "wave" and "particle" natures of self Purification and clarification-how we digest mental blockages and habits through inner work Emerging neuroscience research, the future of enlightenment, and much more For meditators of all levels and beliefs-especially those who think they've heard it all-this many-faceted gem will be sure to surprise, provoke, illuminate, and inspire.

I'll Sleep When I'm Dead Doubleday  
Writings by a thinker-a psychiatrist, a philosopher, a cybernetician, and a poet-whose ideas about mind and brain were far ahead of his time. Warren S. McCulloch was an original thinker, in many respects far ahead of his time. McCulloch, who was a psychiatrist, a philosopher, a teacher, a mathematician, and a poet, termed his work "experimental epistemology." He said, "There is one answer, only one, toward which I've groped for thirty years: to find out how brains work." *Embodiments of Mind*, first published more than fifty years ago, teems with intriguing concepts about the mind/brain that are highly relevant to recent developments in neuroscience and neural networks. It includes two classic papers coauthored with Walter Pitts, one of which applies Boolean algebra to neurons considered as gates, and the other of which shows the kind of nervous circuitry that could be used in perceiving universals. These first models are part of the basis of artificial intelligence. Chapters range from "What Is a Number, that a Man May Know It, and a Man, that He May Know a Number," and "Why the Mind Is in the Head," to "What the Frog's Eye Tells the Frog's Brain" (with Jerome Lettvin, Humberto Maturana, and Walter Pitts), "Machines that Think and Want," and "A Logical Calculus of the Ideas Immanent in Nervous Activity" (with Walter Pitts). *Embodiments of Mind* concludes with a selection of McCulloch's poems and sonnets. This reissued edition offers a new foreword and a biographical essay by McCulloch's one-time research assistant, the neuroscientist and computer scientist Michael Arbib.

*All Your Worth* Oneworld Publications  
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.

The Year of Magical Thinking Anchor  
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 Dunes 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.

On Intelligence Delacorte Press  
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  
Head Trip Routledge

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 Head Trip* Little, Brown

Book Summary Forgiveness. It's the cry of the human heart and yet few of us ever really live in it. Instead we strive to establish our worth through our performance, the approval of others, the latest self-help plan, or even religion. Do you struggle to shake the mistakes of your past? Do thoughts of the future bring anxiety? Are you troubled by unwanted patterns that have developed in your life? Maybe you're convinced that God is somewhere in the mix but the often contradictory expressions of religion have left your head spinning and heart wanting. Perhaps you're weary of an us against them; brand of Christianity. Could it be that Jesus Christ has been lost in a religion that bears His name? Live Forgiven offers real answers for real life from a fellow traveler. Liberating truths combined with practical application will help you discover the unexpected freedom and boundless joy of living forgiven. Everything is about to change as you discover the life you never thought possible.