
Redirect The Surprising New Science Of Psychological Change

Timothy D Wilson

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The Defining Decade Vintage
The rich, complex theory of affect regulation boiled down into a clinically useful guide. Affect regulation theory—the science of how humans regulate their emotions—is at the root of all psychotherapies. Drawing on attachment, developmental trauma, implicit processes, and neurobiology, major theorists from Allan Schore to Daniel Stern have argued how and why regulated affect is key to our optimal functioning. This book translates the intricacies of the theory into a cogent clinical synthesis. With clarity and practicality, Hill decodes the

massive body of contemporary research on affect regulation, offering a comprehensible and ready-to-implement model for conducting affect regulation therapy. The book is organized around the four domains of a clinical model: (1) a theory of bodymind; (2) a theory of optimal development of affect regulation in secure attachment relationships; (3) a theory of pathogenesis, in which disordered affect regulation originates in relational trauma and insecure attachment relationships; and (4) a theory of therapeutic actions targeted to repair the affect regulating systems. The key themes of Hill's affect-focused approach include: how and why different patterns of affect regulation develop; how regulatory patterns are transmitted from caretakers to the infants; what adaptive and maladaptive regulatory patterns look like neurobiologically, psychologically, and relationally; how deficits in affect regulation manifest as psychiatric symptoms and personality disorders; and ultimately, the means by which regulatory deficits can be repaired. Specific chapters explore such subjects as self states, mentalization, classical and modern attachment theory, relational trauma (and its manifestations in chronic dissociation, personality disorders, and pervasive dissociated shame), supporting self-development in therapy, patient–therapist attunement, implicit and explicit therapeutic actions, and many more.

Salmon Wars Riverhead Books
"A fascinating look at how scientists are working to help doctors treat the aging process itself, helping us all to lead longer,

healthier lives."
—Sanjay Gupta, MD
Aging—not cancer, not heart disease—is the underlying cause of most human death and suffering. The same cascade of biological changes that renders us wrinkled and gray also opens the door to dementia and disease. We work furiously to conquer each individual disease, but we never think to ask: Is aging itself necessary? Nature tells us it is not: there are tortoises and salamanders who are spry into old age and whose risk of dying is the same no matter how old they are, a phenomenon known as "biological immortality." In *Ageless*, Andrew Steele charts the astounding progress science has made in recent years to secure the same for humans: to help us become old without getting frail, to live longer without ill health or disease.

Seeing Like a State
Vintage Canada

"There are few academics who write

with as much grace and wisdom as Timothy Wilson. REDIRECT is a masterpiece." -Malcolm Gladwell
What if there were a magic pill that could make you happier, turn you into a better parent, solve a number of your teenager's behavior problems, reduce racial prejudice, and close the achievement gap in education? There is no such pill, but story editing - the scientifically based approach described in REDIRECT - can accomplish all of this. The world-renowned psychologist Timothy Wilson shows us how to redirect the stories we tell about ourselves and the world around us, with subtle prompts, in ways that lead to lasting change. Fascinating, groundbreaking, and practical, REDIRECT demonstrates the remarkable power small changes can have on the ways we see ourselves and our environment, and how we can use this in our everyday lives.
Mind Over Mind Penguin
From the bestselling author of the acclaimed *Chaos* and *Genius* comes a thoughtful and provocative exploration of the big ideas of the modern era: Information, communication, and information theory.

Acclaimed science writer James Gleick presents an eye-opening vision of how our relationship to information has transformed the very nature of human consciousness. A fascinating intellectual journey through the history of communication and information, from the language of Africa's talking drums to the invention of written alphabets; from the electronic transmission of code to the origins of information theory, into the new information age and the current deluge of news, tweets, images, and blogs. Along the way, Gleick profiles key innovators, including Charles Babbage, Ada Lovelace, Samuel Morse, and Claude Shannon, and reveals how our understanding of information is transforming not only how we look at the world, but how we live. A New York Times Notable Book A Los Angeles Times and Cleveland Plain Dealer Best Book of the Year Winner of the PEN/E. O. Wilson Literary Science Writing Award

Situations Matter

Bloomsbury Publishing USA
A Pulitzer Prize-winning correspondent and a former private investigator dive deep into the murky waters of the international salmon farming industry, exposing the unappetizing truth about a fish that is not as good for you as you have been told. A decade ago, farmed Atlantic salmon replaced

tuna as the most popular fish on North America's dinner tables. We are told salmon is healthy and environmentally friendly. The reality is disturbingly different. In *Salmon Wars*, investigative journalists Douglas Frantz and Catherine Collins bring readers to massive ocean feedlots where millions of salmon are crammed into parasite-plagued cages and fed a chemical-laced diet. The authors reveal the conditions inside hatcheries, where young salmon are treated like garbage, and at the farms that threaten our fragile coasts. They draw colorful portraits of characters, such as the big salmon farmer who poisoned his own backyard, the fly-fishing activist who risked everything to ban salmon farms in Puget Sound, and the American researcher driven out of Norway for raising the alarm about dangerous contaminants in the fish. Frantz and Collins document how the industrialization of Atlantic salmon threatens this keystone species, endangers our health and environment, and lines the pockets of our generation's version of Big Tobacco. And they show how it doesn't need to be this way. Just as Eric Schlosser's *Fast Food Nation* forced a reckoning with the Big Mac, the vivid

stories, scientific research, and high-stakes finance at the heart of *Salmon Wars* will inspire readers to make choices that protect our health and our planet.

This Explains Everything
Penguin

From the creator of the popular website *Ask a Manager* and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called “the Dear Abby of the work world.” Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit “reply all” • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for *Ask a Manager* “A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even

when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work.”—Booklist (starred review) “The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience.”—Library Journal (starred review) “I am a huge fan of Alison Green's *Ask a Manager* column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor.”—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* “*Ask a Manager* is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way.”—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together* [An Introduction to the Mathematical Theory of Inverse Problems](#) Guilford Press

Redirect

Redirect Yale University Press

One of the world's most esteemed and influential psychologists, Roy F. Baumeister, teams with

New York Times science writer John Tierney to reveal the secrets of self-control and how to master it. "Deep and provocative analysis of people's battle with temptation and masterful insights into understanding willpower: why we have it, why we don't, and how to build it. A terrific read." —Ravi Dhar, Yale School of Management, Director of Center for Customer Insights Pioneering research psychologist Roy F. Baumeister collaborates with New York Times science writer John Tierney to revolutionize our understanding of the most coveted human virtue: self-control. Drawing on cutting-edge research and the wisdom of real-life experts, *Willpower* shares lessons on how to focus our strength, resist temptation, and redirect our lives. It shows readers how to be realistic when setting goals, monitor their progress, and how to keep faith when they falter. By blending practical wisdom with the best of recent research science, *Willpower* makes it clear that whatever we seek—from happiness to

good health to financial security—we won't reach our goals without first learning to harness self-control.

The Surprising Power of a Good Dumpling Henry Holt and Company

This is the second edition of this title, originally published in 1999. It is a companion book to Dr. Sarno's *Healing Back Pain*, *Mind Over Back Pain*, and *The Mind Body Prescription*.

The Stories We Live by

Springer Science &

Business Media

A NEW YORK TIMES

BESTSELLER An

essential exploration of women's sexuality that will radically transform your sex life into one filled with confidence and joy.

After all the books that have been written about sex, all the blogs and TV shows and radio Q&As, how can it be that we all still have so many questions? The frustrating reality is that we've been lied to — not deliberately, it's no one's fault, but still. We were told the wrong story. *Come as You Are* reveals the true story behind female sexuality, uncovering the little-known science of what makes us tick and, more importantly, how

and why. Sex educator Dr Emily Nagoski debunks the common sexual myths that are making women (and some men!) feel inadequate between the sheets. Underlying almost all of the questions we still have about sex is the common worry: 'Am I normal?' This book answers with a resounding Yes! We are all different, but we are all normal — and once we learn this, we can create for ourselves better sex and more profound pleasure than we ever thought possible. PRAISE FOR EMILY NAGOSKI 'As a literary work, Nagoski's book deserves plaudits for the rare achievement of merging pop science and the sexual self-help genre in prose that's not insufferably twee ... "You are normal!" doesn't sound much like a battlecry, but in a world keen to sexually homogenise women from the gap of their thighs to the shape of their mons pubis, the sentiment lands like a bomb.' The Guardian 'Come As You Are screams female empowerment loud and proud.' The Independent Harper Collins

<p>*Named a Best Business Book of 2020 by Fortune and Bloomberg* Full of empowering wisdom from one of Silicon Valley's first female African American CEOs, this inspiring leadership book offers a blueprint for how to achieve your personal and professional goals. Shellye Archambeau recounts how she overcame the challenges she faced as a young black woman, wife, and mother, managing her personal and professional responsibilities while climbing the ranks at IBM and subsequently in her roles as CEO. Through the busts and booms of Silicon Valley in the early 2000s, this bold and inspiring book details the risks she took and the strategies she engaged to steer her family, her career, and her company MetricStream toward success. Through her journey, Shellye discovered that ambition alone is not enough to achieve success. Here, she shares the practical strategies, tools, and approaches readers can employ right now, including concrete steps to most effectively: Dismantle impostor syndrome</p>	<p>Capitalize on the power of planning Take risks Developing financial literacy Build your network Establish your reputation Take charge of your career Integrate work, marriage, parenthood, and self-care Each chapter lays out key takeaways and actions to increase the odds of achieving your personal and professional goals. With relatable personal stories that ground her advice in the real world and a foreword by leading venture capitalist and New York Times bestselling author Ben Horowitz, Unapologetically Ambitious invites readers to move beyond the solely supportive roles others expect them to fill, to learn how to carefully tread the thin line between assertive and aggressive, and to give themselves permission to strive for the top. Make no apologies for the height of your ambitions. Shellye Archambeau will show you how.</p> <p>The Willpower Instinct Crown Preface -- Setting the meeting stage -- So many meetings and so much frustration -- Get rid of</p>	<p>meetings? no, solve meetings through science -- Evidence-based strategies for leaders -- The image in the mirror is likely wrong -- Meet for 48 minutes -- Agendas are a hollow crutch -- The bigger, the badder -- Don't get too comfortable in that chair -- Deflate negative energy from the start -- No more talking! -- The folly of the remote call-in meeting -- Putting it all together -- Epilogue: trying to get ahead of the science' using science -- Tool: meeting quality self-assessment -- Tool: sample engagement survey and 360 feedback questions on meetings -- Tool: good meeting facilitation checklist -- Tool: huddle implementation checklist -- Tool: agenda template -- Tool: guide to taking good meeting minutes/notes -- Tool: expectations assessment -- Acknowledgments -- References -- Index</p> <p><u>The Elephant in the Brain</u> Scholastic Inc. Based on Stanford University psychologist Kelly McGonigal's wildly popular course "The Science of Willpower," The Willpower Instinct is the first book to explain the science of self-control and how it can be harnessed to improve our health, happiness, and productivity. Informed by the latest research and combining cutting-edge insights from psychology, economics,</p>
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neuroscience, and medicine, The Willpower Instinct explains exactly what willpower is, how it works, and why it matters. For example, readers will learn: • Willpower is a mind-body response, not a virtue. It is a biological function that can be improved through mindfulness, exercise, nutrition, and sleep. • Willpower is not an unlimited resource. Too much self-control can actually be bad for your health. • Temptation and stress hijack the brain's systems of self-control, but the brain can be trained for greater willpower • Guilt and shame over your setbacks lead to giving in again, but self-forgiveness and self-compassion boost self-control. • Giving up control is sometimes the only way to gain self-control. • Willpower failures are contagious—you can catch the desire to overspend or overeat from your friends—but you can also catch self-control from the right role models. In the groundbreaking tradition of *Getting Things Done*, The Willpower Instinct combines life-changing prescriptive advice and complementary exercises to help readers with goals ranging from losing weight to more patient parenting, less procrastination, better health, and greater productivity at work.

The Emperor's New Mind
Farrar, Straus and Giroux
NEW YORK TIMES
EDITORS' CHOICE • An
"elegantly argued and
exuberantly narrated" (The

New York Times Book Review) look at the building of social movements—from the 1600s to the present—and how current technology is undermining them "A bravura work of scholarship and reporting, featuring amazing individuals and dramatic events from seventeenth-century France to Rome, Moscow, Cairo, and contemporary Minneapolis."—Louis Menand, author of *The Free World* We tend to think of revolutions as loud: frustrations and demands shouted in the streets. But the ideas fueling them have traditionally been conceived in much quieter spaces, in the small, secluded corners where a vanguard can whisper among themselves, imagine alternate realities, and deliberate about how to achieve their goals. This extraordinary book is a search for those spaces, over centuries and across continents, and a warning that—in a world dominated by social media—they might soon go extinct. Gal Beckerman, an editor at The New York Times Book Review, takes us back to the seventeenth century, to the correspondence that jump-started the scientific revolution, and then forward through time to examine engines of social change: the petitions that secured the right to vote in 1830s Britain, the zines that gave voice to women's rage in the early 1990s, and even the messaging apps used by epidemiologists fighting the pandemic in the shadow of an inept administration. In each

case, Beckerman shows that our most defining social movements—from decolonization to feminism—were formed in quiet, closed networks that allowed a small group to incubate their ideas before broadcasting them widely. But Facebook and Twitter are replacing these productive, private spaces, to the detriment of activists around the world. Why did the Arab Spring fall apart? Why did Occupy Wall Street never gain traction? Has Black Lives Matter lived up to its full potential? Beckerman reveals what this new social media ecosystem lacks—everything from patience to focus—and offers a recipe for growing radical ideas again. Lyrical and profound, *The Quiet Before* looks to the past to help us imagine a different future.

The Icepick Surgeon *Chicken House*

Adam Nicolson explores the marine life inhabiting seashore rockpools with a scientist's curiosity and a poet's wonder in this beautifully illustrated book. The sea is not made of water. Creatures are its genes. Look down as you crouch over the shallows and you will find a periwinkle or a prawn, a claw-displaying crab or a cluster of anemones ready to meet you. No need for binoculars or special stalking skills: go to the rocks and the living

will say hello. Inside each rock pool tucked into one of the infinite crevices of the tidal coastline lies a rippling, silent, unknowable universe. Below the stillness of the surface course different currents of endless motion—the ebb and flow of the tide, the steady forward propulsion of the passage of time, and the tiny lifetimes of the rock pool’s creatures, all of which coalesce into the grand narrative of evolution. In *Life Between the Tides*, Adam Nicolson investigates one of the most revelatory habitats on earth. Under his microscope, we see a prawn’s head become a medieval helmet and a group of “winkles” transform into a Dickensian social scene, with mollusks munching on Stilton and glancing at their pocket watches. Or, rather, is a wrinkle more like Achilles, an ancient hero, throwing himself toward death for the sake of glory? For Nicolson, who writes “with scientific rigor and a poet’s sense of wonder” (*The American Scholar*), the world of the rock pools is infinite and as intricate as our own. As

Nicolson journeys between the tides, both in the pools he builds along the coast of Scotland and through the timeline of scientific discovery, he is accompanied by great thinkers—no one can escape the pull of the sea. We meet Virginia Woolf and her *Waves*; a young T. S. Eliot peering into his own rock pool in Massachusetts; even Nicolson’s father-in-law, a classical scholar who would hunt for amethysts along the shoreline, his mind on Heraclitus and the other philosophers of ancient Greece. And, of course, scientists populate the pages; not only their discoveries, but also their doubts and errors, their moments of quiet observation and their thrilling realizations. Everything is within the rock pools, where you can look beyond your own reflection and find the miraculous an inch beneath your nose. “The soul wants to be wet,” Heraclitus said in Ephesus twenty-five hundred years ago. This marvelous book demonstrates why it is so. Includes *Color and Black-and-White Photographs* *Barking Up the Wrong*

Tree Oxford University Press, USA

"An Atlantic senior editor presents an investigation into the lucrative quality of popularity in the 21st century to share economic insights into what makes ideas, productions and products successful, "--NoveList.

Ageless Random House "Know thyself," a precept as old as Socrates, is still good advice. But is introspection the best path to self-knowledge? Wilson makes the case for better ways of discovering our unconscious selves. If you want to know who you are or what you feel or what you're like, Wilson advises, pay attention to what you actually do and what other people think about you. Showing us an unconscious more powerful than Freud's, and even more pervasive in our daily life, *Strangers to Ourselves* marks a revolution in how we know ourselves.

This Is Where You Belong

Scribe Publications

This book should be value for all those who are interested in enhancing their self-understanding. It should also serve as useful classroom text for undergraduates and advanced students in personality and social psychology, counselling and psychotherapy.

Rapid Recovery from Back and Neck Pain

Oxford Paperbacks

At once funny, wistful and

unsettling, Sum is a dazzling exploration of unexpected afterlives—each presented as a vignette that offers a stunning lens through which to see ourselves in the here and now. In one afterlife, you may find that God is the size of a microbe and unaware of your existence. In another version, you work as a background character in other people's dreams. Or you may find that God is a married couple, or that the universe is running backward, or that you are forced to live out your afterlife with annoying versions of who you could have been. With a probing imagination and deep understanding of the human condition, acclaimed neuroscientist David Eagleman offers wonderfully imagined tales that shine a brilliant light on the here and now.

Dragon Rider Little, Brown

A smart and funny book by a prominent Harvard psychologist, which uses groundbreaking research and (often hilarious) anecdotes to show us why we're so lousy at predicting what will make us happy – and what we can do about it. Most of us spend our lives steering ourselves

toward the best of all possible futures, only to find that tomorrow rarely turns out as we had expected. Why? As Harvard psychologist Daniel Gilbert explains, when people try to imagine what the future will hold, they make some basic and consistent mistakes. Just as memory plays tricks on us when we try to look backward in time, so does imagination play tricks when we try to look forward. Using cutting-edge research, much of it original, Gilbert shakes, cajoles, persuades, tricks and jokes us into accepting the fact that happiness is not really what or where we thought it was. Among the unexpected questions he poses: Why are conjoined twins no less happy than the general population? When you go out to eat, is it better to order your favourite dish every time, or to try something new? If Ingrid Bergman hadn't gotten on the plane at the end of *Casablanca*, would she and Bogey have been better off? Smart, witty, accessible and laugh-out-loud funny, *Stumbling on Happiness* brilliantly describes all that science has to tell us about the uniquely human ability to envision the future, and how likely we are to enjoy it when we get there.