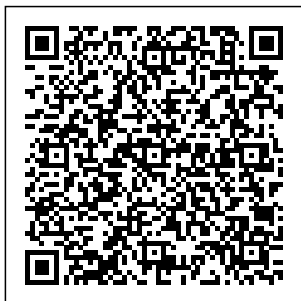

The Surprising Secrets Of Highly Happy Marriages Little Things That Make A Big Difference Shaunti Feldhahn

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sources of personal satisfaction. The Normal Bar Penguin
Have we ever needed kindness more? Learn which ways of acting, speaking, and thinking will improve your relationships and make the greatest difference for your life. “ This book has the potential to change the emotional climate of our culture. ” —Gary Chapman, New York Times bestselling author of The Five Love Languages Think of your toughest relationship. Think of a relationship that is good but could be

great. Think of a group of people that drives you nuts. You want to show more kindness and generosity, but sometimes you ’ re just tired, stretched, and frustrated. Besides, would small actions make that big a difference? Yes! After years of extensive research, Shaunti Feldhahn has concluded that kindness is a superpower. It can change any relationship, make your life easier and better, and transform our culture. But how does it work? And how can you show kindness when you don ’ t feel like it? In The Kindness Challenge, Shaunti explores . . . • Three

simple acts that make all the difference in any relationship (with a spouse, child, co-worker, brother-in-law . . .) • Whether kindness is ever the wrong approach • The seven ways you may be unkind and never realize it • Eight types of kindness—and which might be the best fit for you • Ten sneaky obstacles that get in the way of giving praise • Practical ways to persevere when kindness is tough • How kindness in marriage leads to benefits in the bedroom (yes, really!) • Why your acts of kindness today can help transform the world

With self-assessments, day-to-day tips, a 30-day challenge, and specific kindness ideas, The Kindness Challenge can make your toughest relationships better and your good relationships great—starting today.

What Makes a Marriage Last

Fremantle Press
Just when famed youth reporter Pollo di Nozi thinks she'll never find another news story she stumbles upon not one, but two very surprising secrets. With hidden treasure, cunning crooks,

mistaken identities and mysterious disappearances, unravelling them may be Pollo's greatest challenge yet. Real: The Surprising Secret to Deeper Relationships Multnomah Women: gain control and confidence in your love lives and find the relationship you want with this modern, life-changing guide from the certified sex educator, intimacy expert, and YouTube personality. For younger generations, dating is a complicated

mystery. Apps like Tinder and Bumble are supposed to foster connection, but instead serve as a reminder of how painfully single we are. Certified sexologist and intimacy coach Shan Boodram—the most sought-after sex educator on the internet—is about to change all that. In this essential how-to guide, she addresses the realities of life today—when the rules of love and attraction are fluid—and teaches a group of young women how to become master daters in just sixty days. It starts with you.

Shan makes clear that love and self-discovery go hand in hand—your dating life is just as much about you as it is about other people. She challenges you to look inside yourself for what you want out of a partner, a relationship and, most important, yourself. Once you figure out what you want from dating, she shows you exactly how to get it. *The Game of Desire* empowers you to take the lead, learn your strengths, and identify and correct your weaknesses, all the while getting inspired watching a group of women

learn how to succeed in today's dating pool. While many books tell women why they can't get a date, Shan teaches you the skills and techniques necessary to take charge in today's competitive and often confusing dating scene, providing the tools essential to attract—and retain—the partner(s) you want. From learning love languages to debunking dating myths, she helps women build knowledge and confidence. Featuring conversational case studies, comprehensive facts about the

psychology of sex and romance, and expert insight into sex culture, and written with her trademark humor and charm, *The Game of Desire* is a must for all of Shan's fans and for every woman struggling to feel loved and desired. *My Backyard Bird Book* Hachette Books Discover the birds that live all around us! Kids love learning about nature, and birds are a very important and amazing part of it! They come in all shapes, sizes, and colors. They live in trees, bushes, and skies of your town, park, and

even your own backyard. With the help of this beautiful book your child will learn: Where to spot birds How to identify them Their shapes and sizes Their favorite foods Helpful "spying" techniques And much more! All they'll have to do is look and listen to discover how amazing and beautiful these creatures are! So get ready for fun, and let's go see what we can find! Encourage your child's curiosity and help them discover all the wonders nature

has to offer! Whether you live in a small town or in the heart of a large city, "My Backyard Bird Book" will help your child to become a bird expert or even a "Junior Backyard Ornithologist" in no time! The Surprising, Secret Life of Beavers and Why They Matter Crown You ' ve probably heard the grim facts: Half of all marriages end in divorce. The divorce rate inside the church is the same as outside. Most marriages are just holding on. But what if these

" facts " are actually myths? --Publisher The Seven Principles for Making Marriage Work Crown The Surprising Secrets of Highly Happy Marriages The Little Things That Make a Big Difference Multnomah Pub A Straightforward Guide to the Inner Lives of Women BenBella Books, Inc. Over 90 percent of couples experience some level of tension around money. In fact, money issues are the number one stressor in relationships. So many books try to fix the surface problems, such as how to budget and

what to prioritize when it comes to finances, but the issues go much deeper than just a simple spreadsheet. How do men and women view money differently? What do most couples fight about? How can they get on the same page? What questions should men/women ask their significant others before marriage? There are emotional and spiritual components to finances that most couples ignore. How can you agree on a budget if you disagree with each other on the basic purpose of money? *Thriving in Love and Money* is based

on original research Shaunti and Jeff Feldhahn have conducted to get to the heart of these issues. And just as they did with their bestselling books *For Women Only* and *For Men Only*, they will use this research to provide the answers and insights you need to break the tension and provide the unity you're looking for. Let this book deepen your understanding of each other, leading to clear communication, peace as a couple, and better financial decision-making. Also available: video curriculum and workbook. [Eyeopening Insights about How the](#)

[Opposite Sex Thinks](#) Multnomah Winner of the National Outdoor Book Award for Natural History and a New York Times Editors Choice Pick "After reading *Super Fly*, you will never take a fly for granted again. Thank you, Jonathan Balcombe, for reminding us of the infinite marvels of everyday creatures." —Sy Montgomery, Author of *How to Be a Good Creature* From an expert in animal consciousness, a book that will turn the fly on the wall into the elephant in the room. For most of us, the only thing we know about flies is that they're annoying, and our usual reaction is to try to kill them. In *Super Fly*, the myth-busting biologist

Jonathan Balcombe shows the order Diptera in all of its diversity, illustrating the essential role that flies play in every ecosystem in the world as pollinators, waste-disposers, predators, and food source; and how flies continue to reshape our understanding of evolution. Along the way, he reintroduces us to familiar foes like the fruit fly and mosquito, and gives us the chance to meet their lesser-known cousins like the Petroleum Fly (the only animal in the world that breeds in crude oil) and the Chocolate Midge (the sole pollinator of the Cacao tree). No matter your outlook on our tiny buzzing neighbors, Super Fly will change the way you look at flies

forever. Jonathan Balcombe is the author of four books on animal sentience, including the New York Times bestselling *What A Fish Knows*, which was nominated for the PEN/E.O. Wilson Award for Science Writing. He has worked for years as a researcher and educator with the Humane society to show us the consciousness of other creatures, and here he takes us to the farthest reaches of the animal kingdom. *This Is What You Just Put in Your Mouth? Harmony Stressless Success* will leave you with the incredible ability to elevate your thoughts, emotions, and energy in a way that allows your life to flow with ease

instead of stress. The time is now to discover the surprising secrets that will change and improve your life forever. *Multnomah In Eager*, environmental journalist Ben Goldfarb reveals that our modern idea of what a healthy landscape looks like and how it functions is wrong, distorted by the fur trade that once trapped out millions of beavers from North America's lakes and rivers. The consequences of losing beavers were profound: streams eroded, wetlands dried up, and species from salmon to swans lost vital

habitat. Today, a growing coalition of "Beaver Believers"—including scientists, ranchers, and passionate citizens—recognizes that ecosystems with beavers are far healthier, for humans and non-humans alike, than those without them. From the Nevada deserts to the Scottish highlands, Believers are now hard at work restoring these industrious rodents to their former haunts. Eager is a powerful story about one of the world's most influential species, how North America was colonized, how our landscapes have changed over the

centuries, and how beavers can help us fight drought, flooding, wildfire, extinction, and the ravages of climate change. Ultimately, it's about how we can learn to coexist, harmoniously and even beneficially, with our fellow travelers on this planet. *Strange Bedfellows* Penguin
“ Heartfelt and ever-endearing—equal parts information and inspiration. This is a book to keep by your bedside and return to often. ” —Amy Dickinson, nationally syndicated advice columnist "Ask Amy"
More than one thousand extraordinary Americans share their stories and the

wisdom they have gained on living, loving, and finding happiness. After a chance encounter with an extraordinary ninety-year-old woman, renowned gerontologist Karl Pillemer began to wonder what older people know about life that the rest of us don't. His quest led him to interview more than one thousand Americans over the age of sixty-five to seek their counsel on all the big issues—children, marriage, money, career, aging. Their moving stories and uncompromisingly honest answers often surprised him. And he found that he consistently heard advice that pointed to these thirty lessons for living. Here he weaves their personal

recollections of difficulties overcome and lives well lived into a timeless book filled with the hard-won advice these older Americans wish someone had given them when they were young. Like *This I Believe*, *StoryCorps's Listening Is an Act of Love*, and *Tuesdays with Morrie*, *30 Lessons for Living* is a book to keep and to give. Offering clear advice toward a more fulfilling life, it is as useful as it is inspiring. *Lessons from the Prairie* HarperCollins From a renowned financial journalist who has written for *Time*, *Fortune*, *Forbes*, and *The New Yorker*, a fresh and unexpectedly profound book that draws on hundreds

of hours of exclusive interviews with many of the world's super-investors to demonstrate that the keys for building wealth hold other life lessons as well. Billionaire investors. If we think of them, it's with a mixture of awe and suspicion. Clearly, they possess a kind of genius—the proverbial Midas Touch. But are the skills they possess transferable? And do they have anything to teach us besides making money? In *Richer, Wiser, Happier*, William Green draws on interviews that he's conducted over twenty-five years

with many of the world's greatest investors. As he discovered, their talents extend well beyond the financial realm. The most successful investors are mavericks and iconoclasts who question conventional wisdom and profit vastly from their ability to think more rationally, rigorously, and objectively. They are master game players who consciously maximize their odds of long-term success in markets and life, while also minimizing any risk of catastrophe. They draw powerful insights from many different fields, are

remarkably intuitive about trends, practice fanatical discipline, and have developed a high tolerance for pain. As Green explains, the best investors can teach us not only how to become rich, but how to improve the way we think, reach decisions, assess risk, avoid costly errors, build resilience, and turn uncertainty to our advantage. Green ushers us into the lives of more than forty super-investors, visiting them in their offices, homes, and even their places of worship—all to share what they have to teach us. Richer, Wiser, Happier brings

together the thinking of many of the greatest investment minds, from Sir John Templeton to Charlie Munger, Jack Bogle to Ed Thorp, Will Danoff to Mohnish Pabrai, Bill Miller to Laura Geritz, Joel Greenblatt to Howard Marks. In explaining how they think and why they win, this landmark book provides gems of insight that will enrich you not only financially but also professionally and personally. Radical Candor Sanaview In this instant New York Times bestseller, Angela Duckworth shows anyone striving to

succeed that the secret to outstanding achievement is not talent, but a special blend of passion and persistence she calls “grit.” “Inspiration for non-genius everywhere” (People). The daughter of a scientist who frequently noted her lack of “genius,” Angela Duckworth is now a celebrated researcher and professor. It was her early eye-opening stints in teaching, business consulting, and neuroscience that led to her hypothesis about

what really drives success: not genius, but a unique combination of passion and long-term perseverance. In *Grit*, she takes us into the field to visit cadets struggling through their first days at West Point, teachers working in some of the toughest schools, and young finalists in the National Spelling Bee. She also mines fascinating insights from history and shows what can be gleaned from modern experiments in peak performance. Finally, she shares what she's

learned from interviewing dozens of high achievers—from JP Morgan CEO Jamie Dimon to *New Yorker* cartoon editor Bob Mankoff to Seattle Seahawks Coach Pete Carroll. “Duckworth’s ideas about the cultivation of tenacity have clearly changed some lives for the better” (*The New York Times Book Review*). Among *Grit*'s most valuable insights: any effort you make ultimately counts twice toward your goal; grit can be learned, regardless

of IQ or circumstances; when it comes to child-rearing, neither a warm embrace nor high standards will work by themselves; how to trigger lifelong interest; the magic of the Hard Thing Rule; and so much more. Winningly personal, insightful, and even life-changing, *Grit* is a book about what goes through your head when you fall down, and how that—not talent or luck—makes all the difference. This is “a fascinating tour of the psychological research on

success ” (The Wall Street Journal). The Cheapskate Next Door WaterBrook How do the rich get rich? An updated edition of the “ remarkable ” New York Times bestseller, based on two decades of research (The Washington Post). Most of the truly wealthy in the United States don ’ t live in Beverly Hills or on Park Avenue. They live next door. America ’ s wealthy seldom get that way through an inheritance or an advanced degree. They bargain-shop for used cars, raise children who don ’ t realize how rich their families are, and reject a lifestyle of flashy exhibitionism

and competitive spending. In fact, the glamorous people many of us think of as “ rich ” are actually a tiny minority of America ’ s truly wealthy citizens—and behave quite differently than the majority. At the time of its first publication, The Millionaire Next Door was a groundbreaking examination of America ’ s rich—exposing for the first time the seven common qualities that appear over and over among this exclusive demographic. This edition includes a new foreword by Dr. Thomas J. Stanley—updating the original content in the context of the financial crash and the twenty-first century. “ Their surprising results

reveal fundamental qualities of this group that are diametrically opposed to today ’ s earn-and-consume culture. ” —Library Journal

Be a Kick-Ass Boss Without Losing Your Humanity Multnomah

Every woman longs for authentic friendships with othersbut in a world of carefully-curated social media, most of us are merely keeping up appearances. Both online and offline, we're all prone to only presenting the best side of ourselves. This book shows us that the secret to growing the relationships we crave is in developing a biblical habit of repentance. By being honest about our sin before God and receiving his

forgiveness, we're freed be honest about our sin with others. When we drop the act and allow ourselves to be vulnerable by sharing our struggles, not only are we strengthened in our fight against sin, but we experience authentic fellowship and real friendship. Catherine Parks empowers women to fight side by side against their sin, and shows how by getting real about our struggles, we can create genuine community in an "I'm fine" culture. This book is great for reading with your book group, women's group, accountability partner, or one-to-one mentordiscussion questions are included for every chapter. Reshaping Marriage for Skeptics, Realists

and Rebels IdeaPress Publishing "I raced through RADICAL CANDOR--It ' s thrilling to learn a framework that shows how to be both a better boss and a better colleague. RADICAL CANDOR is packed with illuminating truths, insightful advice, and practical suggestions, all illustrated with engaging (and often funny) stories from Kim Scott ' s own experiences at places like Apple, Google, and various start-ups. Indispensable."--Gretchen Rubin author of NYT bestseller THE HAPPINESS PROJECT "Reading Radical Candor will help you build, lead, and inspire teams to do the best work of their lives. Kim

Scott's insights--based on her experience, keen observational intelligence and analysis--will help you be a better leader and create a more effective organization."--Sheryl Sandberg author of the NYT bestseller LEAN IN "Kim Scott has a well-earned reputation as a kick-ass boss and a voice that CEOs take seriously. In this remarkable book, she draws on her extensive experience to provide clear and honest guidance on the fundamentals of leading others: how to give (and receive) feedback, how to make smart decisions, how to keep moving forward, and much more. If you manage people?whether it be 1 person or a 1,000--you need RADICAL

CANDOR.

Now."--Daniel Pink author of NYT bestseller *DRIVE* From the time we learn to speak, we're told that if you don't have anything nice to say, don't say anything at all. When you become a manager, it's your job to say it--and your obligation. Author Kim Scott was an executive at Google and then at Apple, where she developed a class on how to be a good boss. She has earned growing fame in recent years with her vital new approach to effective management, *Radical Candor*. *Radical Candor* is a simple idea: to be a good boss, you have to Care Personally at the same time that you Challenge Directly. When you challenge

without caring it's obnoxious aggression; when you care without challenging it's ruinous empathy. When you do neither it's manipulative insincerity. This simple framework can help you build better relationships at work, and fulfill your three key responsibilities as a leader: creating a culture of feedback (praise and criticism), building a cohesive team, and achieving results you're all proud of. *Radical Candor* offers a guide to those bewildered or exhausted by management, written for bosses and those who manage bosses. Taken from years of the author's experience, and distilled clearly giving actionable lessons to the reader; it shows

managers how to be successful while retaining their humanity, finding meaning in their job, and creating an environment where people both love their work and their colleagues.

The Kindness Challenge
John Wiley & Sons
Can a wife single-handedly bring a boring or broken marriage back to life? This improved and expanded edition of Laura Doyle's acclaimed *First, Kill All the Marriage Counselors* features real-life success stories from empowered wives who have

done just that—and provides a step-by-step guide to revitalizing your own marriage. Laura Doyle's marriage was in trouble, and couples counseling wasn't helping. On the brink of divorce, she decided to talk to women who'd been happily married for over a decade, and their advice stunned her. From it, she distilled Six Intimacy Skills—woman-centric practices that ended her overwhelm and resentment, restoring the

playfulness and passion in her marriage. Now an internationally-recognized relationship coach, Doyle has shared her secrets with women around the globe, saving thousands of marriages with her fresh, revolutionary approach. Practical and counter-intuitive, the Six Intimacy Skills are about focusing on your own desires and transforming your own life—not bending over backwards to transform your husband. Incorporating

these skills will empower you to: Attract his attention like a magnet when you relax more and do less Receive affection not because you told him to make more of an effort, but because he naturally seeks you out Feel more like yourself—and like yourself more If you've been trying to "fix" your relationship and it's not working, maybe the problem was never you, or your husband, or even the two of you as a couple. Maybe the problem is that nobody ever

taught you the skills you need to foster respect, tenderness, and consideration. With humor and heart, *The Empowered Wife* shows you how to improve your relationship in ways you hadn't thought possible. You'll join a worldwide community of over 150,000 empowered wives who finally have the marriages they dreamed of when they said "I do." [The Seven Surprising Secrets of Successful Marriage](#)
BenBella Books, Inc.

So that's what she means! So that's what he's thinking! Discover surprising little things that have big impact in any relationship. See what the latest research reveals about differences between men and women. Master what is most important to the most important person in your life. Whether married or single, with a group or on your own, this all-in-one participant's guide offers you eye-opening insights and practical tips for understanding the

opposite sex. Use this participant's guide as a companion with any, or all of, the following: For Women Only (book and/or DVD study), For Men Only (book and/or DVD study), and For Couples Only (using both For Men Only and For Women Only books and/or the For Couples Only DVD) For years, men and women have seen great life change as they used these groundbreaking books in small groups, Bible studies, Sunday school classes, and

premarital or marriage counseling. Now this participant's guide makes the content even more illuminating. Get ready to know "the other half" in a whole new way!

The Surprising Secrets of Highly Happy Marriages Penguin

The essential guide to getting ahead once you've gotten in—proven strategies for making the most of your college years, based on winning secrets from the country's most successful students "Highly

recommended because it is full of practical tips that will help high school grads take the next step in life." —Money How can you graduate with honors, choose exciting activities, build a head-turning resume, gain access to the best post-college opportunities, and still have a life? Based on interviews with star students at universities nationwide, from Harvard to the University of Arizona, How to Win at College presents seventy-five simple rules

that will rocket you to the top of your class. These often surprising strategies include:

- Don't do all your reading
- Drop classes every term
- Become a club president
- Care about your grades, Ignore your GPA
- Never pull an all-nighter
- Take three days to write a paper
- Always be working on a "grand project"
- Do one thing better than anyone else you know

Proving you can be successful and still have time for fun, How to Win at College is the must-have guide for

making the most of
these four
important
years—and getting
and edge on life
after graduation.

“ This deliberately
provocative book is
a good way for a
smart student to
see how out-of-the-
box thinking can
lead to success in
college. ” —Seattle
Times