
Lying On The Couch

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Lying On The Couch

A Novel *Basic Books*

From the bestselling author of *Love's Executioner* and *When Nietzsche Wept* comes a provocative exploration of the unusual relationships three therapists form with their patients. Seymour is a therapist of the old school who blurs the boundary of sexual propriety with one of his clients. Marshal, who is haunted by his own obsessive-compulsive behaviors, is troubled by the role money plays in his dealings with his patients. Finally, there

is Ernest Lash. Driven by his sincere desire to help and his faith in psychoanalysis, he invents a radically new approach to therapy -- a totally open and honest relationship with a patient that threatens to have devastating results. Exposing the many lies that are told on and off the psychoanalyst's couch, *Lying on the Couch* gives readers a tantalizing, almost illicit, glimpse at what their therapists might really be thinking during their sessions. Fascinating, engrossing and relentlessly intelligent, it ultimately moves readers with a denouement of surprising humanity and redemptive faith.

Lying on the Couch

A Novel *Harper Collins*

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On the Couch

A Repressed History of the Analytic Couch from Plato to Freud *MIT Press*

How the couch became an icon of self-knowledge and self-reflection as well as a site for pleasure, transgression, and healing. The peculiar arrangement of the psychoanalyst's office for an analytic session seems inexplicable. The analyst

sits in a chair out of sight while the patient lies on a couch facing away. It has been this way since Freud, although, as Nathan Kravis points out in *On the Couch*, this practice is grounded more in the cultural history of reclining posture than in empirical research. Kravis, himself a practicing psychoanalyst, shows that the tradition of recumbent speech wasn't dreamed up by Freud but can be traced back to ancient Greece, where guests reclined on couches at the symposion (a gathering for upper-class males to discuss philosophy and drink wine), and to the Roman convivium (a banquet at which men and women reclined together). From bed to bench to settee to chaise-longue to sofa: Kravis tells how the couch became an icon of self-knowledge and self-reflection as well

as a site for pleasure, privacy, transgression, and healing. Kravis draws on sources that range from ancient funerary monuments to furniture history to early photography, as well as histories of medicine, fashion, and interior decoration, and he deploys an astonishing array of images—of paintings, monuments, sculpture, photographs, illustrations, New Yorker cartoons, and advertisements. Kravis deftly shows that, despite the ambivalence of today's psychoanalysts—some of whom regard it as “infantilizing”—the couch continues to be the emblem of a narrative of self-discovery. Recumbent speech represents the affirmation in the presence of another of having a mind of one's own.

The Schopenhauer Cure

A Novel *Harper Collins*

From the internationally bestselling author of *Love's Executioner* and *When Nietzsche Wept*, comes a novel of group therapy with a cast of memorably wounded characters struggling to heal pain and change lives. Suddenly confronted with his own mortality after a routine checkup, eminent psychotherapist Julius Hertzfeld is forced to reexamine his life and work -- and seeks out Philip Slate, a sex addict whom he failed to help some twenty years earlier. Yet Philip claims to be cured -- miraculously transformed by the pessimistic teachings of German philosopher Arthur Schopenhauer -- and is, himself, a philosophical counselor in

training. Philip's dour, misanthropic stance compels Julius to invite Philip to join his intensive therapy group in exchange for tutoring on Schopenhauer. But with mere months left, life may be far too short to help Philip or to compete with him for the hearts and minds of the group members. And then again, it might be just long enough.

Every Day Gets a Little Closer

A Twice-Told Therapy *Basic Books*

The many thousands of readers of the best-selling *Love's Executioner* will welcome this paperback edition of an earlier work by Dr. Irvin Yalom, written with Ginny Elkin, a pseudonymous patient whom he treated -- the first book to share the dual reflections of

psychiatrist and patient. Ginny Elkin was a troubled young and talented writer whom the psychiatric world had labeled as "schizoid." After trying a variety of therapies, she entered into private treatment with Dr. Irvin Yalom at Stanford University. As part of their work together, they agreed to write separate journals of each of their sessions. *Every Day Gets a Little Closer* is the product of that arrangement, in which they alternately relate their descriptions and feelings about their therapeutic relationship.

Trump on the Couch

Inside the Mind of the President

Penguin

"A great public service--critical for our

time." --Bandy X. Lee, M.D., M.Div., Yale psychiatrist, expert on violence, and editor of *The Dangerous Case of Donald Trump* The New York Times-bestselling author of *Bush on the Couch* shows that Donald Trump is mentally and emotionally unfit to execute the duties of President. No president in the history of the United States has inspired more alarm and confusion than Donald Trump. As questions and concerns about his decisions, behavior, and qualifications for office have multiplied, they point to one primary question: Does he pose a genuine threat to our country? The American Psychiatric Association's Goldwater Rule constrains psychiatrists from offering diagnoses on public figures who are not patients and who have not endorsed such statements. But in Trump

on the Couch Clinical Professor of Psychiatry Justin A Frank invokes the moral responsibility that compels him to speak out and present a full portrait of a man who presents us with a clear and present danger. Using observations gained from a close study of Trump's patterns of thought, action, and communication, Dr. Frank uncovers a personality riddled with mental health issues. His analysis is filled with important revelations about our nation's leader, including disturbing insights into his childhood, his family, his business dealings, and his unusual relationship with alternative facts, including how • The absence of a strong maternal force during childhood has led to Trump's remarkable lack of empathy and disregard for women's boundaries; • His

compulsion to polarize America has grown out of the way he perceives the world as full of deceitful and destructive persecutors; • His inability to tolerate the pain of frustration has triggered his belief that omnipotence will finally remove it; • His idiosyncratic use of language points to larger issues than even his tweets might suggest. With our country itself at stake, Dr. Frank calls attention to the underlying narcissism, misogyny, deception, and racism that drive the President who endangers it. A penetrating examination of how we as a nation got here and, more important, where we are going, Trump on the Couch sounds a call to action that we cannot ignore.

Becoming Myself

A Psychiatrist's Memoir *Basic Books*

Bestselling writer and psychotherapist Irvin D. Yalom puts himself on the couch in a lapidary memoir. Irvin D. Yalom has made a career of investigating the lives of others. In this profound memoir, he turns his writing and his therapeutic eye on himself. He opens his story with a nightmare: He is twelve, and is riding his bike past the home of an acne-scarred girl. Like every morning, he calls out, hoping to befriend her, "Hello Measles!" But in his dream, the girl's father makes Yalom understand that his daily greeting had hurt her. For Yalom, this was the birth of empathy; he would not forget the lesson. As *Becoming Myself* unfolds, we see the birth of the insightful thinker whose books have been a beacon to so many. This is not simply a man's life

story, Yalom's reflections on his life and development are an invitation for us to reflect on the origins of our own selves and the meanings of our lives.

Truth Games**Lies, Money, and Psychoanalysis** *Harvard University Press*

This book offers a rich philosophical and historical perspective on the mechanics, moral dilemmas, and rippling implications of psychoanalysis. Original, witty, incisive, these essays provide a new understanding of the uses and abuses and the ultimate significance of truth telling and lying, trust and confidence as they operate in psychoanalysis.

She Got Up Off the Couch

And Other Heroic Acts from Mooreland, Indiana *Simon and Schuster*

A continuation of the memoir "A Girl Named Zippy" follows the story of her mother, Delonda, who reinvents her life by returning to college and losing fifty pounds, while Zippy continues to work out the dynamic of their nuclear family.

On the Couch *Harper Collins*

After going for more than a year without a date -- a record in New York City -- Marlowe Riddle has finally met a broodingly sexy, sharply intelligent man who is clearly interested in making more than polite conversation. The only problem: Joseph Kain is an NYPD

detective clearly under the mistaken impression that Marlowe is a call girl. But while Marlowe does take money for spending time with strangers in her expensive Upper West Side apartment, she's a psychologist -- not Manhattan's answer to the Mayflower Madam! A fact she has no intention of telling Joe ... at least not until she finishes her research project on the "Behavioral Effects of Disguising Identity." But Marlowe's not the only one trying to secretly gain information ... and it's becoming increasingly unclear who is seducing whom. Because sometimes the only way to learn what a man really wants ... is to get him on the couch.

Writing the Talking Cure

Irvin D. Yalom and the Literature of Psychotherapy *SUNY Press*

Explores Yalom's profound contributions to psychotherapy and literature. A distinguished psychiatrist and psychotherapist, Irvin D. Yalom is also the United States' most well-known author of psychotherapy tales. His first volume of essays, *Love's Executioner*, became an immediate best seller, and his first novel, *When Nietzsche Wept*, continues to enjoy critical and popular success. Yalom has created a subgenre of literature, the "therapy story," where the therapist learns as much as, if not more than, the patient; where therapy never proceeds as expected; and where the therapist's apparent failure proves ultimately to be a success. Writing the *Talking Cure* is the first book to explore

all of Yalom's major writings. Taking an interdisciplinary approach, Jeffrey Berman comments on Yalom's profound contributions to psychotherapy and literature and emphasizes the recurrent ideas that unify his writings: the importance of the therapeutic relationship, therapist transparency, here-and-now therapy, the prevalence of death anxiety, reciprocal healing, and the idea of the wounded healer. Throughout, Berman discusses what Yalom can teach therapists in particular and the common (and uncommon) reader in general. "As a psychiatrist who has benefitted enormously not only from Yalom's writings but also from his mentorship, I admire Berman's relationship to his subject. They both write lucidly and imaginatively, inviting

the reader to accompany them on a personal journey that is intriguing but intellectually rigorous. Reading this book helps me to better understand Yalom's dual roles—as a brilliant psychotherapist/teacher and compelling novelist. Berman's book-by-book examination of Yalom's work illustrates how good therapy involves facing reality, and good fiction involves making stories come alive by resonating with the hard truths of life. He is the perfect guide to Yalom, capturing his wisdom and creativity with respect and clarity." — David Spiegel, author of *Living Beyond Limits: New Hope and Help for Facing Life-Threatening Illness* "This is a convincing celebration of and commentary on one of the most prominent psychotherapists of the last

century. For anyone interested in the popularization of an idiosyncratic form of existential psychotherapy for individuals and groups, this will be an important book." — Murray Schwartz, Emerson College "In this richly textured book, Berman takes us backstage in a warm and skillful exploration of Irvin Yalom's unmatched contributions as a psychotherapist, author, and educator. We are provided a transparent view of how human healing emerges from our talking, writing, and reading. Berman reminds us eloquently that psychotherapy is, at its essence, the process of human connection and the joint attribution of meaning to experience." — Melyn Leszcz, The University of Toronto

Horizontal Parenting

How to Entertain Your Kid While Lying Down *Chronicle Books*

Need a break . . . now? Horizontal Parenting offers 50 hilarious and effective activities designed to entertain kids while you lie down. Children are exhausting! In the marathon of modern parenting, everyone needs a break—just 10 precious minutes to rest your body and tune out the chaos. Enter Horizontal Parenting, the super-simple parenting hack for everyone, everywhere. With creative and practical advice for overworked parents and caretakers who "just need a minute," this book includes 50 fun, effective, and hilarious games to play with toddlers and children while lying down. Activities include: • What's

on My Butt • Hide and Seek-ish • Don't Wake the Giant • Railroad to Relaxation • And many more! Relax and let your little ones release some energy while you catch your breath (and maybe a few even a few z's). All you need is a comfortable surface, a few household items, and your child's imagination, and you too can master the sanity-saving art of horizontal parenting. • 50 activities to keep your kids engaged and keep you lying down • Entertaining ideas for children and toddlers • No endless supply lists, screens, or batteries needed • Perfect for long days at home • Great gift for new (or seasoned!) parents Perfect for: parents, grandparents, aunts, uncles, and caretakers of kids ages 2+

The Spinoza Problem

A Novel *Basic Books*

A haunting portrait of Arthur Rosenberg, one of Nazism's chief architects, and his obsession with one of history's most influential Jewish thinkers In *The Spinoza Problem*, Irvin Yalom spins fact and fiction into an unforgettable psycho-philosophical drama. Yalom tells the story of the seventeenth-century thinker Baruch Spinoza, whose philosophy led to his own excommunication from the Jewish community, alongside that of the rise and fall of the Nazi ideologue Alfred Rosenberg, who two hundred years later during World War II ordered his task force to plunder Spinoza's ancient library in an effort to deal with the Nazis' "Spinoza Problem." Seamlessly

alternating between Golden Age Amsterdam and Nazi Germany, Yalom investigates the inner lives of these two enigmatic men in a tale of influence and anxiety, the origins of good and evil, and the philosophy of freedom and the tyranny of terror.

Momma And The Meaning Of Life

Tales From Psychotherapy *Basic Books*

As the public grows disillusioned with therapeutic quick fixes, people are looking for a deeper psychotherapeutic experience to make life more meaningful and satisfying. What really happens in therapy? What promises and perils does it hold for them? No one writes about therapy - or indeed the dilemmas of the

human condition - with more acuity, style, and heart than Irvin Yalom. Here he combines the storytelling skills so widely praised in Love's Executioner with the wisdom of the compassionate and fully engaged psychotherapist. In these six compelling tales of therapy, Yalom introduces us to an unforgettable cast of characters: Paula, who faces death and stares it down; Magnolia, into whose ample lap Yalom longs to pour his own sorrows; Irene, who learns to seek out anger and plunge into it. And there's Momma, old-fashioned, ill-tempered, who drifts into Yalom's dreams and tramples through his thoughts. At once wildly entertaining and deeply thoughtful, Momma and the Meaning of Life is a work of rare insight and imagination.

The Yalom Reader

Selections from the Work of a Master Therapist and Storyteller

Basic Books

From one of the most celebrated and highly respected authorities in the field of psychotherapy comes a collection of his best works. In this anthology of Yalom's most influential work to date, readers experience the diversity of his writings, with pieces that range from the highly concrete and clinical to the abstract and theoretical.

The Sky Blues *Simon & Schuster Books for Young Readers*

Sky's small town turns absolutely claustrophobic when his secret promposal plans get leaked to the entire

school in this witty, heartfelt, and ultimately hopeful debut novel for fans of *What if it's Us?* and *I Wish You All the Best*. Sky Baker may be openly gay, but in his small, insular town, making sure he was invisible has always been easier than being himself. Determined not to let anything ruin his senior year, Sky decides to make a splash at his high school's annual beach bum party by asking his crush, Ali, to prom—and he has thirty days to do it. What better way to start living loud and proud than by pulling off the gayest promposal Rock Ledge, Michigan, has ever seen? Then, Sky's plans are leaked by an anonymous hacker in a deeply homophobic e-blast that quickly goes viral. He's fully prepared to drop out and skip town altogether—until his classmates give him

a reason to fight back by turning his thirty-day promposal countdown into a school-wide hunt to expose the e-blast perpetrator. But what happens at the end of the thirty days? Will Sky get to keep his hard-won visibility? Or will his small-town blues stop him from being his true self?

Couch Fiction

A Graphic Tale of Psychotherapy

Penguin UK

'A gem' - The Evening Standard 'Pure book joy. Deep thinking made digestible & doled up with lashings of wit' Bernardine Evaristo on Twitter 'So smart and interesting!' Fearne Cotton on Instagram

_____ Ever wanted to know what really happens in a therapist's consultation room? Bestselling author Philippa Perry (*The Book You Wish Your Parents Had Read*) turns her keen insights to the power of therapy. This compelling study of psychotherapy in the form of a graphic novel vividly explores a year's therapy sessions as a search for understanding and truth. Beautifully illustrated by Flo Perry, author of *How to Have Feminist Sex*, and accompanied by succinct and illuminating footnotes, this book offers a witty and thought-provoking exploration of the therapeutic journey, considering a range of skills, insights and techniques along the way.

_____ 'I

loved it. I smiled and laughed. And nodded. One to read' Susie Orbach, author of *In Therapy* '(Full of) wit and good sense (...) Philippa is a tonic' Rachel Cooke, *Observer*

On a Couch Somewhere in America *iUniverse*

Dr. Michael Berman is a workaholic psychiatrist who prays for a God and dreams for peace. As he struggles to define his own reality and answer the questions of his lucid nightmares, Dr. Berman sees patient after patient in his office, hoping he can help them more than he can help himself. But the truth is that Dr. Berman does not always have the answers. Between his appointments with his patients—who face a wide range of problems—Dr. Berman flips on his

office stereo and lies on his own couch, determined to nap his troubles away. But instead, he is plagued by visions that cause him to question everything in his life. Is he an existential pessimist? Why has he been lying to his patients lately? Is the beautiful woman he dreams about real? In this novel, a psychiatrist floats somewhere between sanity and insanity as the voice of his stereo leads him on an unstoppable path to his destiny.

Philosophical Practice *Elsevier*

This book provides a look at philosophical practice from the viewpoint of the practitioner or prospective practitioner. It answers the questions: What is philosophical practice? What are its aims and methods? How does philosophical counseling differ from

psychological counseling and other forms of psychotherapy. How are philosophical practitioners educated and trained? How do philosophical practitioners relate to other professions? What are the politics of philosophical practice? How does one become a practitioner? What is APPA Certification? What are the prospects for philosophical practice in the USA and elsewhere? Handbook of Philosophical Practice provides an account of philosophy's current renaissance as a discipline of applied practice while critiquing the historical, social, and cultural forces which have contributed to its earlier descent into obscurity.

A Matter of Death and Life *Stanford University Press*

A year-long journey by the renowned psychiatrist and his writer wife after her terminal diagnosis, as they reflect on how to love and live without regret. Internationally acclaimed psychiatrist and author Irvin Yalom devoted his career to counseling those suffering from anxiety and grief. But never had he faced the need to counsel himself until his wife, esteemed feminist author Marilyn Yalom, was diagnosed with cancer. In *A Matter of Death and Life*, Marilyn and Irv share how they took on profound new struggles: Marilyn to die a good death, Irv to live on without her. In alternating accounts of their last months together and Irv's first months alone, they offer us a rare window into facing mortality and coping with the loss of one's beloved. The Yaloms had

numerous blessings—a loving family, a Palo Alto home under a magnificent valley oak, a large circle of friends, avid readers around the world, and a long, fulfilling marriage—but they faced death as we all do. With the wisdom of those who have thought deeply, and the familiar warmth of teenage sweethearts who've grown up together, they investigate universal questions of intimacy, love, and grief. Informed by two lifetimes of experience, *A Matter of Death and Life* is an openhearted offering to anyone seeking support, solace, and a meaningful life.

The Lying Game *Simon & Schuster*

From the New York Times bestselling author of the “twisty-mystery” (Vulture) novel *In a Dark, Dark Wood*, The Woman

in Cabin 10, and *The Turn of the Key* comes Ruth Ware's *The Lying Game*. Isa Wilde knows something terrible has happened when she receives a text from an old friend. Why would Kate summon her and their two friends to the seaside town where they briefly attended the Salten House boarding school together seventeen years ago? The four friends had quickly bonded over the Lying Game—a risky contest that involved tricking fellow boarders and faculty with their lies. Now reunited, Isa, Kate, Thea, and Fatima discover that their past lies had far-reaching effects and criminal implications that threaten them all. In order to protect their reputations, and their friendship, they must uncover the truth about what really happened all those years ago. Atmospheric and

twisty, with just the right amount of chill, *The Lying Game* will have readers at the edge of their seats, not knowing who can be trusted in this tangled web of lies.

The Blue Book of Grammar and Punctuation

An Easy-to-Use Guide with Clear Rules, Real-World Examples, and Reproducible Quizzes *John Wiley & Sons*

The bestselling workbook and grammar guide, revised and updated! Hailed as one of the best books around for teaching grammar, *The Blue Book of Grammar and Punctuation* includes easy-to-understand rules, abundant examples, dozens of reproducible quizzes, and pre- and post-tests to help

teach grammar to middle and high schoolers, college students, ESL students, homeschoolers, and more. This concise, entertaining workbook makes learning English grammar and usage simple and fun. This updated 12th edition reflects the latest updates to English usage and grammar, and includes answers to all reproducible quizzes to facilitate self-assessment and learning. Clear and concise, with easy-to-follow explanations, offering "just the facts" on English grammar, punctuation, and usage Fully updated to reflect the latest rules, along with even more quizzes and pre- and post-tests to help teach grammar Ideal for students from seventh grade through adulthood in the US and abroad For anyone who wants to understand the major rules and subtle

guidelines of English grammar and usage, *The Blue Book of Grammar and Punctuation* offers comprehensive, straightforward instruction.

Lying on the Postcolonial Couch

The Idea of Indifference *U of Minnesota Press*

Lying on the Couch

Love's Executioner

& Other Tales of Psychotherapy
Basic Books

This collection of ten absorbing tales by master psychotherapist Irvin D. Yalom uncovers the mysteries, frustrations, pathos, and humor at the heart of the

therapeutic encounter. First published in 1989, this New York Times bestselling collection of ten tales has become a classic. Yalom not only gives us a rare and enthralling glimpse into his patients' personal desires and motivations, but also tells his own story as he struggles to reconcile his all-too-human response with his sensibility as a psychiatrist. Now with a new afterword, Love's Exectioner promises to inspire generations of readers to come.

When Nietzsche Wept

A Novel Of Obsession *Basic Books*

In nineteenth-century Vienna, a drama of love, fate, and will is played out amid the intellectual ferment that defined the era. Josef Breuer, one of the founding fathers

of psychoanalysis, is at the height of his career. Friedrich Nietzsche, Europe's greatest philosopher, is on the brink of suicidal despair, unable to find a cure for the headaches and other ailments that plague him. When he agrees to treat Nietzsche with his experimental "talking cure," Breuer never expects that he too will find solace in their sessions. Only through facing his own inner demons can the gifted healer begin to help his patient. In *When Nietzsche Wept*, Irvin Yalom blends fact and fiction, atmosphere and suspense, to unfold an unforgettable story about the redemptive power of friendship.

A Million Little Pieces *Anchor*

A story of drug and alcohol abuse and rehabilitation as it has never been told

before. Recounted in visceral, kinetic prose, and crafted with a forthrightness that rejects piety, cynicism, and self-pity, it brings us face-to-face with a provocative new understanding of the nature of addiction and the meaning of recovery. By the time he entered a drug and alcohol treatment facility, James Frey had taken his addictions to near-deadly extremes. He had so thoroughly ravaged his body that the facility's doctors were shocked he was still alive. The ensuing torments of detoxification and withdrawal, and the never-ending urge to use chemicals, are captured with a vitality and directness that recalls the seminal eye-opening power of William Burroughs's *Junky*. But *A Million Little Pieces* refuses to fit any mold of drug literature. Inside the clinic, James is

surrounded by patients as troubled as he is -- including a judge, a mobster, a one-time world-champion boxer, and a fragile former prostitute to whom he is not allowed to speak -- but their friendship and advice strikes James as stronger and truer than the clinic's droning dogma of *How to Recover*. James refuses to consider himself a victim of anything but his own bad decisions, and insists on accepting sole accountability for the person he has been and the person he may become--which runs directly counter to his counselors' recipes for recovery. James has to fight to find his own way to confront the consequences of the life he has lived so far, and to determine what future, if any, he holds. It is this fight, told with the charismatic energy and power of *One Flew over the*

Cuckoo's Nest, that is at the heart of *A Million Little Pieces*: the fight between one young man's will and the ever-tempting chemical trip to oblivion, the fight to survive on his own terms, for reasons close to his own heart. *A Million Little Pieces* is an uncommonly genuine account of a life destroyed and a life reconstructed. It is also the introduction of a bold and talented literary voice.

Beautiful Lies

A Novel *Crown*

If Ridley Jones had slept ten minutes later or had taken the subway instead of waiting for a cab, she would still be living the beautiful lie she used to call her life. She would still be the privileged daughter of a doting father and a loving

mother. Her life would still be perfect—with only the tiny cracks of an angry junkie for a brother and a charming drunk with shady underworld connections for an uncle to mar the otherwise flawless whole. But that's not what happened. Instead, those inconsequential decisions lead her to perform a good deed that puts her in the right place at the right time to unleash a chain of events that brings a mysterious package to her door—a package which informs her that her entire world is a lie. Suddenly forced to question everything she knows about herself and her family, Ridley wanders into dark territory she never knew existed, where everyone in her life seems like a stranger. She has no idea who's on her side and who has something to hide—even, and maybe

especially, her new lover, Jake, who appears to have secrets of his own. Sexy and fast-paced, *Beautiful Lies* is a true literary thriller with one of the freshest voices and heroines to arrive in years. Lisa Unger takes us on a breathtaking ride in which every choice Ridley makes creates a whirlwind of consequences that are impossible to imagine

Britain on the Couch

Why We're Unhappier Compared with 1950 Despite Being Richer : a Treatment for the Low-serotonin Society *Arrow Books*

POPULAR PSYCHOLOGY. Why we're unhappier compared with 1950, despite being richer - from bestselling author of *Affluenza*, Oliver James.

How to Rule the World from Your Couch *Simon and Schuster*

In her new book, *How to Rule the World from Your Couch*, Laura Day teaches you or your company how to create success in any area by using your brain in unique and compelling ways so that your innate intuition can propel you ahead to successful solutions. The step-by-step exercises included -- many of which can (and should!) be done from the comfort of your couch -- will show you how you can:

- Find and secure your dream job
- Maintain solid relationships, even at a distance
- Lose weight by reclaiming the body you were meant to have
- Know how to spot your perfect mate
- Make better investments and business decisions
- Negotiate differences in the workplace
- Have an understanding

relationship with your child • Identify which opportunities will pan out • Project a desirable image for yourself or your product • Anticipate and resolve difficult conflict before you walk into a situation

Laura's work has helped demystify intuition and demonstrate its practical, verifiable uses in the fields of business, science, medicine, and personal growth. Her list of clients and students includes doctors, financial investors, scientists, engineers, and celebrities. Day has shown that 98 percent of success is planning and that you, therefore, have the power to transform your life.

The Men on My Couch

True Stories of Sex, Love and Psychotherapy *Penguin*

WHAT MEN WANT. WHAT MEN FEEL. WHAT WOMEN NEED TO KNOW. When Dr. Brandy Engler opened her sex therapy practice for women in Manhattan, she got a big surprise. Most of the calls were from men. They wanted to talk about womanizing, porn addiction, impotence, prostitutes—and most of all, love. Her patients were everyday guys from all walks of life. Among them were David, the Wall Street hotshot and compulsive womanizer; Charles, an introvert who kept pushing away the fiancée he thought was too beautiful for him; Paul, the self-made man who visited massage parlors despite his sexy wife; and the men's group whose stark revelations about male anger and their search for the right woman will open your eyes. In *The Men*

on *My Couch*, Dr. Engler allows readers inside those private sessions to witness her exciting and evocative encounters with what men desire and fear. Dr. Engler tells her own story, too. At first her patients' revelations are painful and disconcerting, especially against the backdrop of her own difficult love affair. Yet Dr. Engler lets readers experience how she evolves both professionally and personally, from chagrin to compassion, and reconciles her idealized notions of love and sex with the unexpected and raw truths she hears in the office. *The Men on My Couch* is unlike books you've read before. There are no tired facile conclusions or pejorative generalizations. Here are fresh insights into modern sexual maladies, gleaned from real people having real struggles

and experiencing real epiphanies—in the real world. This book will change how both women and men think about love, sex, and desire.

Shrinks

The Untold Story of Psychiatry *Little, Brown*

"An astonishing book: honest, sober, exciting, and humane... [Shrinks] brings you to the very forefront of one of the most amazing medical journeys of our time." --Siddhartha Mukherjee *Psychiatry* has come a long way since the days of chaining "lunatics" in cold cells. But, as Jeffrey Lieberman, MD, reveals in his eye-opening book, the path to legitimacy for "the black sheep of medicine" has been anything but smooth. Dr.

Lieberman traces the field from its birth as a mystic pseudo-science to its late blooming maturity--beginning after World War II--as a science-driven profession that saves lives. With fascinating case studies and portraits of the field's luminaries--from Sigmund Freud to Eric Kandel--*SHRINKS* is a gripping read, and an urgent call-to-arms to dispel the stigma of mental illnesses by treating them as diseases rather than unfortunate states of mind.

Tales from the Couch

A Clinical Psychologist's True Stories of Psychopathology *Simon and Schuster*

Tales from the Couch is collection of actual case studies and a primer on

psychopathology, as well as a captivating reflection on the human condition. Drawn from Dr. Bob Wendorf's thirty-six-year career years as a clinical psychologist, the book examines the lives of some of his most troubled patients, in a project that aims to both educate and fascinate the reader. Clinical syndromes are described and dramatized by real-life case examples (altered only as necessary to protect patient confidentiality). Each of the sixteen chapters focuses on a particular psychiatric diagnosis, including Multiple Personality Disorder, Asperger's, and ADD. The clinical picture and symptoms are described and explained, then brought to life by case examples taken from the author's practice. Dr. Wendorf presents the cases as a series of

narratives—some dramatic, some humorous, most quite poignant. Along the way, the author offers his own reactions to the people and events described here and application to the general human condition as well. Tales from the Couch offers compelling stories of extraordinary people, clinical conditions, and events—both in and out of the therapy hour—while providing insights into the nature of human beings, mental illness, and the psychotherapeutic enterprise.

Snappsy the Alligator (Did Not Ask to Be in This Book) *Penguin*

Snappsy the alligator is having a normal day when a pesky narrator steps in to spice up the story. Is Snappsy reading a book ... or is he making CRAFTY plans? Is

Snappsy on his way to the grocery store ... or is he PROWLING the forest for defenseless birds and fuzzy bunnies? Is Snappsy innocently shopping for a party ... or is he OBSESSED with snack foods that start with the letter P? What's the truth? Snappsy the Alligator (Did Not Ask to Be in This Book) is an irreverent look at storytelling, friendship, and creative differences, perfect for fans of Mo Willems.

I'm Calling the Police *Basic Books*

"Something heavy is going on ... the past is erupting ... my two lives, night and day, are joining. I need to talk." Irv Yalom's old medical school friend was making a plea for help. In their fifty years of friendship, Bob Berger had never divulged his nocturnal terrors to

his close comrade. Now, finally, he found himself forced to. In *I'm Calling the Police*, Berger recounts to Yalom the anguish of a war-torn past: By pretending he was a Christian, Berger survived the Holocaust. But after a life defined by expiation and repression, a dangerous encounter has jarred loose the painful memory of those years. Together, they interpret the fragments of the horrific past that haunt his dreams. *I'm Calling the Police* is a powerful exploration of Yalom's most vital themes--memory, fear, love, and healing--and a glimpse into the life of the man himself.

The Kindest Lie

A Novel *HarperCollins*

Recommended by O Magazine * GMA * Elle * Marie Claire * Good Housekeeping * NBC News * Shondaland * Chicago Tribune * Woman's Day * Refinery 29 * Bustle * The Millions * New York Post * Parade * Hello! Magazine * PopSugar * and more! "The Kindest Lie is a deep dive into how we define family, what it means to be a mother, and what it means to grow up Black...beautifully crafted." —JODI PICOULT "A fantastic story...well-written, timely, and oh-so-memorable."—Good Morning America "The Kindest Lie is a layered, complex exploration of race and class." —The Washington Post Every family has its secrets... It's 2008, and the inauguration of President Barack Obama ushers in a new kind of hope. In Chicago, Ruth Tuttle, an Ivy-League educated Black

engineer, is married to a kind and successful man. He's eager to start a family, but Ruth is uncertain. She has never gotten over the baby she gave birth to—and was forced to leave behind—when she was a teenager. She had promised her family she'd never look back, but Ruth knows that to move forward, she must make peace with the past. Returning home, Ruth discovers the Indiana factory town of her youth is plagued by unemployment, racism, and despair. As she begins digging into the past, she unexpectedly befriends Midnight, a young white boy who is also adrift and looking for connection. Just as Ruth is about to uncover a burning secret her family desperately wants to keep hidden, a heart-stopping incident strains the town's already searing racial

tensions, sending Ruth and Midnight on a collision course that could upend both their lives. Powerful and unforgettable, *The Kindest Lie* is the story of an American family and reveals the secrets we keep and the promises we make to protect one another.

Henny on the Couch *Hachette UK*

Cathleen Schine meets Lucinda Rosenfeld in this wonderfully written debut novel about a woman struggling to make sense of her past in order to create a meaningful future. Kara Caine Lawson has worked hard to become the woman she is—wife, mother and successful shop owner. Having survived a turbulent childhood, Kara understands that life could've just as easily gone another way . . . and even if she isn't

gliding through the trials of lost library books, entitled customers and routine date nights, at least she's not sipping a Dewar's all day like her mother did. But then Kara unexpectedly encounters paintings by her now-famous college boyfriend just as she's beginning to suspect that her daughter Henny's difficulties may be the sign of something serious, and all of her past decisions are thrown into dramatic relief. Kara's narration, at turns heartbreaking and hilarious, captures the imperfect thoughts we have about ourselves and those around us. Rebecca Land Soodak's debut novel asks the difficult questions about the choices we make while revealing the minute details that end up defining our lives.

Franny and Zooey *Little, Brown*

"Perhaps the best book by the foremost stylist of his generation" (New York Times), J. D. Salinger's *Franny and Zooey* collects two works of fiction about the Glass family originally published in *The New Yorker*. "Everything everybody does is so--I don't know--not wrong, or even mean, or even stupid necessarily. But just so tiny and meaningless and--sad-making. And the worst part is, if you go bohemian or something crazy like that, you're conforming just as much only in a different way." A novel in two halves, *Franny and Zooey* brilliantly captures the emotional strains and traumas of entering adulthood. It is a gleaming example of the wit, precision, and poignancy that have made J. D. Salinger one of America's most beloved writers.

Climate Change and Food Security in Asia Pacific

Response and Resilience *Springer Nature*

Using an interdisciplinary approach, this book evaluates the complex nexus between climate change and regional food security in Asia Pacific. Feeding the planet puts a lot of stress on the environment. The fundamental challenges we are facing today include how to grow more from less in a sustainable manner; how to optimize the entire food value chain from field to fork to reduce the carbon footprint, protect the environment and support biological diversity, cause less water pollution and soil erosion, raise levels of nutrition, improve agricultural productivity, better

the lives of rural populations and contribute to the growth of the world economy. With a robust multi-site study in Southeast Asia, Pacific Island Forum and South Asia, this book examines the regional initiatives on, the current state of, and the future prospects for mitigations and resilience regarding climate change and food security vis-à-vis other regions of the world.

The Meaning of Anxiety *W. W. Norton & Company*

In this revised edition of his classic work—the first modern book on anxiety following Freud and Kierkegaard—psychologist Rollo May brings order and lucidity to the subject of anxiety. Rollo May challenges the idea that "mental health is living without

anxiety," believing it is essential to being human. He explores how it can relieve boredom, sharpen sensibilities, and produce the tension necessary to preserve human existence. May sees a link extending from anxiety to intelligence, creativity, and originality,

and guides the reader away from destructive ways to positive ways of dealing with anxiety. He convincingly proposes that anxiety can impel personal change, as it is only by confronting and coping with it that self-realization can occur.