"Stilling, that night after dinner, had surpassed himself. He always did, Wrayford reflected, when the small fry from Highfield came to dine. He, Cobham Stilling, who had to find his bearings and keep to his level in the big heedless ironic world of New York, dilated and grew vast in the congenial medium of Highfield. The Red House was the biggest house of the Highfield summer colony, and Cobham Stilling was its biggest man. No one else within a radius of a hundred miles (on a conservative estimate) had as many horses, as many greenhouses, as many servants, and assuredly no one else had three motors and a motor-boat for the
“Phenomenal! Immediately pulled me into the story and I couldn’t set the book down until I’d finished... This will be one of those books that I reach for time and again.” Goodreads reviewer ⭐⭐⭐⭐⭐ I don’t know what I’d expected to find. Pictures of her mother, maybe, or a locket. Instead, there was a letter. My breath came fast as I read the first few sentences... When Julie’s mother falls ill, she has no choice but to return to her parents’ Wisconsin resort, Wood Violet, for the summer. Away from the pressures of city life, Julie also hopes the trip will give her and husband Tristan the chance to heal after the heartbreak of another miscarriage. Back home, surrounded by nature and old friends, Julie starts to feel a sense of calm she’d thought she’d lost forever. But her fragile peace is shattered when she stumbles upon an eighteen-year-old girl hiding out in an abandoned cabin. The girl, Margaret, seems lost in the world and Julie wants to help her. But when she finds the letters in her backpack, Julie realizes she isn’t telling the whole truth about why she’s here. And if Margaret finds what she’s looking for, it could expose a long-buried secret that could destroy Julie’s family’s reputation and tear all their lives apart... A beautiful and emotional story about love, betrayal and finding your true home, from the bestselling author of The Lighthouse Keeper. Fans of Mary Ellen Taylor, Barbara O’Neal and This is Not How it Ends will adore Cynthia Ellingsen’s captivating novel. What readers are saying about The Choice I Made: “Kept me turning the pages... I couldn’t put it down and
finished it in a day!... feels like a warm hug.” Goodreads reviewer “Such a beautiful and emotional story... completely captured my heart and my sense of adventure.” Berit Talks Books “Hooked from the first page... I found myself wanting to read faster and know what happens next.” The Writer’s Workout “Will tug at readers’ heartstrings and make them laugh and cry... a stirring tale of love, loss and loyalty that manages to be life-affirming, heart-breaking and uplifting at the same time.” Bookish Jottings “Filled with memorable characters... I barely could put it down... There are plenty of twists and turns and the reader is pulled this way and that.” On the Shelf Books “The characters were so easy to relate to and the setting was beautiful... helped take me away like a book should... One of the best books I've read so far in 2021.” Book Dreamer, 5 stars “Terrific... I didn’t want to stop reading...The characters are so real I felt like I really got to know them.” The Book Lover’s Boudoir “Captivating... compulsive... packed full of emotion... all set against an exquisite rural backdrop.” Avid Reader’s Retreat “The characters feel like old friends. There's love for family, friends and husbands along with a bit of mystery and a beautiful setting.” Nicki’s Book Blog, 5 stars “I could very well picture a movie made out of this story... warms your heart and truly makes you escape.” Goodreads reviewer “I loved this book! It was heartwarming... exactly what I needed with everything going on in the world!” @aliciagoeser “Such a wonderful story to read!!” @oh.happy.reading

On the day my husband and I committed to each other, I didn’t wear a white
dress. We didn’t exchange rings. There was no audience or minister to witness our union. Only the two of us. We swore to put each other first, to take on the evils our families had perpetuated together. Side by side. But that was before the past returned to haunt us. Now everything has changed. Stefan can’t have both his past and my future. I can’t ask him to choose. And neither of us can do what has to be done without the other. It’s an impossible choice, but we’ve run out of time. Book Three in the Arranged Series.

THE AWARD-WINNING SUNDAY TIMES AND NEW YORK TIMES BESTSELLER
Even in hell, hope can flower 'I'll be forever changed by her story' - Oprah Winfrey
‘Extraordinary will stick with you long after you read it’ - Bill Gates 'One of those rare and eternal stories you don't want to end' - Desmond Tutu 'A masterpiece of holocaust literature. Her memoir, like her life, is extraordinary, harrowing and inspiring in equal measure' - The Times Literary Supplement 'I can’t imagine a more important message for modern times. Eger’s book is a triumph' - The New York Times
In 1944, sixteen-year-old ballerina Edith Eger was sent to Auschwitz. Separated from her parents on arrival, she endures unimaginable experiences, including being made to dance for the infamous Josef Mengele. When the camp is finally liberated, she is pulled from a pile of bodies, barely alive. The horrors of the Holocaust didn't break Edith. In fact, they helped her learn to live again with a life-affirming strength and a truly remarkable resilience. The Choice is her unforgettable story. It shows that hope can flower in the most unlikely places.
Find hope even in these dark times with this rediscovered masterpiece, a companion to his international bestseller Man’s Search for Meaning. Eleven months after he was liberated from the Nazi concentration camps, Viktor E. Frankl held a series of public lectures in Vienna. The psychiatrist, who would soon become world famous, explained his central thoughts on meaning, resilience, and the importance of embracing life even in the face of great adversity. Published here for the very first time in English, Frankl’s words resonate as strongly today—as the world faces a coronavirus pandemic, social isolation, and great economic uncertainty—as they did in 1946. He offers an insightful exploration of the maxim “Live as if you were living for the second time,” and he unfolds his basic conviction that every crisis contains opportunity. Despite the unspeakable horrors of the camps, Frankl learned from the strength of his fellow inmates that it is always possible to “say yes to life”—a profound and timeless lesson for us all.

“I have had the chance to meet Melissa and hear her amazing story in person. In this book, Melissa shares insight on how she became a warrior and fought back to become the champion she is today. She is a great example of perseverance in the face of what appears to be insurmountable hurdles. Her love of country is strong and carries through her joining the military and representing Team USA in the Paralympic Games. A true champion in many ways.”—Jackie Joyner Kersee

“Melissa’s story of strength and courage is not only incredibly moving, it is a must-read for anyone facing any challenge. Clearly her passion for country and sport
drives every one of her accomplishments. From a young gymnast like I was, to representing the United States in Paratriathlon, Melissa inspires us all with her story of overcoming unimaginable adversity and what it truly means to be unstoppable.”—Shannon Miller Melissa Stockwell has been a restless force of nature from the time she was a little girl speeding around her neighborhood on her bike, to her tumbles and spills as a high-level gymnast and Olympic hopeful, to joining the ROTC in college as an outlet for her patriotism and love of America. After 9/11, she was deployed to Iraq as a commissioned Army officer, where she suffered the injury that would change her life forever. After a long and challenging recovery at Walter Reed Hospital, she exercised her power of choice to channel her energy into competition, winning three Paratriathlon World Championships and medaling at the 2016 Rio Paralympics. Her journey weaves service to her country and the heartache of a painful divorce along with founding a successful nonprofit, launching a career in prosthetics, finding new love, and becoming a mother to two children. Along the way, she meets all the living American presidents and inspires others with disabilities—through a story that is riveting, moving, and an inspiration for anyone who would choose to live their life to the fullest.

For fifty years the abortion debate has remained stagnant, trapped in sterile categories and familiar rhetoric. Each side thinks they know what the other has to say, so they don't listen. Consequently, they have become deaf to each other's
Danielle D'Souza Gill, in a pathbreaking new book, blows the lid off the abortion debate, which is radically different than it was when the Supreme Court issued its landmark ruling of Roe v. Wade in 1973. Technology has transformed the landscape and allowed people to see development in the womb. Ultrasound has rendered many old assumptions about abortion obsolete. The Democratic Left has become radicalized on abortion. It is no longer a necessary evil, but a positive good. Consequently, the Left has legitimized a form of mass killing in this country that dwarfs the deaths caused by cancer, smoking, homicide, terrorism, and war. Writing with freshness, intelligence, and insight, Danielle explores the contours of the debate, taking into account new ideas, new technology, and new laws and putting forth a new vision for a life-affirming society. In Socratic style, Danielle builds her case in response to the strongest contentions of the pro-choice camp. She engages their most powerful arguments head-on, carefully examines them, and then dismantles them. The result is a pro-life argument so persuasive that it will reach into the heart of the most hardened opponent. While it is a heartbreaking book, it is in the end inspiring. No matter what you believe about abortion, this book will educate, astonish, and deeply move you. It may move you to a position different from what you now hold. If you read one book about abortion, make it this one, The Choice: The Abortion Divide in America.

A choice could tear a budding teen romance apart. Can a 17 year old nerd girl master the mystical staff WhipEye in time to defeat an evil monster called Gorgon,
who threatens everything and everyone she loves? In a vibrant parallel world, an intense battle of good vs evil is brewing between fantastic beasts, dragons, giant animals, and mysterious creatures. Samantha has a hidden supernatural power, and Jake has more strength than he knows. Yet each will be forced to choose: Save their parents or save two worlds. Can Sam and Jake's relationship survive their life or death choices? Even when you are willing to rise up and risk everything, sometimes love means watching your loved ones suffer and die.

Guardian: The Choice; Magical Beasts Book One is a whimsical fantasy thriller with humor, magical creatures, romance, action & adventure, and features an unlikely pair of teenage heroes who become powerful guardians. A gripping suspenseful thriller with twists and turns and pulse-pounding action and surprises. Readers are saying "Loved the book. It should be a movie." "a thrilling magical adventure with surprises at every turn" "a gripping, imaginative adventure from start to finish" "one of the most imaginative tales I have read in a very long timea majestically magical battle which trumps any fantasy tale I have ever read." If you like Fantastic Beasts or Rick Riordan, you will likely love Magical Beasts.

When an ancient woman approached Sandy with a mysterious prophecy and a warning about her pregnancy, she made the best choice she could. Now, 34 years later, another pregnant, unwed teen has come into her life, and Sandy's long-ago decision has come back to haunt her.
"Almost unbearably tense." --The New York Times Book Review "A Sliding Doors thriller with a moral dilemma at its heart. Brilliant." --Claire Douglas, author of Last Seen Alive A captivating, ingenious novel by the author of The Good Sister about a woman faced with an impossible choice after attacking an unknown assailant, urging readers to ask themselves: What would you do? It's the end of a night out and Joanna is walking home alone. Then she hears the sound every woman dreads: footsteps behind her, getting faster. She's sure it's him--the man from the bar who wouldn't leave her alone. So Joanna makes a snap decision. She turns, she pushes. Her pursuer tumbles down the steps and lies motionless, facedown on the ground. Now what? Addictive and compelling, The Choice follows the two paths Joanna's future might take, depending on the choice she makes. If she calls the police right away, she can save the man's life. Yet doing so puts her own innocence at risk, as she waits for judgment on a charge of assault and the hope that her husband and everyone she loves will stand by her. But if she runs and goes home as if nothing has happened, no one will ever know. No one saw her do it, and it's only up to Joanna to keep quiet forever.

One innocent. Two rivals. No compromise. Nursing student Heavenly Young is struggling to care for her ailing father, keep a roof over their heads, and start a new career. Romance isn't even on her radar. Then fate throws two tempting men in her path, forcing her to make a choice that will change her life forever. Dr. Ken Beckman has two rules: never date where he works and never touch virgins. He's

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sorely tested when he meets Heavenly. Since she’s too innocent for his dark desires, he resists claiming her—until Seth Cooper, manwhoring bastard, decides she’ll be his next conquest. But it isn’t long before the ex-cop turned private eye finds himself falling for the angel, too. Seth fights his feelings, but once he hears Beck also wants her, he vows to save her from the deviant. Beck and Seth, once good friends, become vicious adversaries in the battle for Heavenly’s heart. When they discover she’s been keeping dangerous secrets from them both, will they call a truce and work together...or lose her for good? *Previously published as DOHL: Heavenly Rising (Book 1) – The Choice The Unbroken Series: Heavenly Rising The Choice The Chase The Commitment

All you need to know about how to achieve a happy, fulfilling life is inside this book. It can change both your life and society as a whole. Read this story with its thrilling finale! Since July 2019 The Choice has constantly been among the 1000 best-selling books at Amazon UK (paperback). The book has already helped tens of thousands of people regain hope and control of their lives. You will think that you are the main character in this story and in the end you will actually find that you were! The book is full of spiritual lessons which can change your life forever. Discover power hidden within yourself; learn how to reconnect with your soul and finally become the person you always wanted to be. Tomáš is a young man in the prime of life. Though he appears to lack nothing, he is becoming increasingly depressed. At work things are going from bad to worse, and he gives up his vain
efforts to revive his relationship with Eliška, his wife. As if that weren’t enough he is haunted by post-apocalyptical dreams of despair. His depressive state does not lift until he gets to know the eccentric therapist Kohl, who shows him how to be a better, happier person, but that is just the start of Tomáš’s story. Key features - Combines elements of spiritual literature, science fiction, detective stories and love stories. - Summarizes all the essentials of personal development literature. - Describes the life of an ordinary person doing extraordinary things. - Shows the outcome of the current situation, if humanity does not change. - Its fusion of narrative and spiritual teachings makes it similar in some ways to The Alchemyst and The Celestine Prophecy. - The novel has been rendered into English by experienced translator Melvyn Clarke. What readers have said about the Choice: “All you need to know about a happy, fulfilling life is inside this book. The book is so simple, yet so complex, but above all, everyone will understand it. The author has put a piece of his soul into The Choice – which is why an odd, heart-warming feeling will last long after you have finished the book. We can be so much more than we realize…” Paula. About the author Jakub has a unique style of writing that grabs the reader from the first lines. His books are not only thrilling, but also full of spiritual messages that can change the lives of individuals and show how we can ultimately transform our society. “We all deserve to be happy,” he says. “I wrote The Choice to help people realize that. It's the best feeling in the world when I can see how it has helped somebody to finally wake up and become a better version of themselves.” - In the last 8 years he has written 100+ articles on
A comprehensive history of school choice in the US, from its birth in the 1950s as the most effective weapon to oppose integration to its lasting impact in reshaping the public education system today. Most Americans today see school choice as their inalienable right. In The Choice We Face, scholar Jon Hale reveals what most fail to see: school choice is grounded in a complex history of race, exclusion, and inequality. Through evaluating historic and contemporary education policies, Hale demonstrates how reframing the way we see school choice represents an opportunity to evolve from complicity to action. The idea of school choice, which emerged in the 1950s during the civil rights movement, was disguised by American rhetoric as a symbol of freedom and individualism. Shaped by the ideas of conservative economist Milton Friedman, the school choice movement was a weapon used to oppose integration and maintain racist and classist inequalities. Still supported by Democrats and Republicans alike, this policy continues to shape American education in nuanced ways, Hale shows—from the expansion of for-profit charter schools and civil rights–based reform efforts to the appointment of Betsy DeVos. Exposing the origins of a movement that continues to privilege middle- to upper-class whites while depleting the resources for students left...
behind, The Choice We Face is a bold, definitive new history that promises to challenge long-held assumptions on education and redefines our moment as an opportunity to save it—a choice we will not have for much longer.

How today's cornucopia of choices has transformed our lives and our culture, from the foundations of scientific theory to the anxiety of everyday decisions. Today most of us are awash with choices. The cornucopia of material goods available to those of us in the developed world can turn each of us into a kid in a candy store; but our delight at picking the prize is undercut by our regret at lost opportunities. And what's the criterion for choosing anything—material, spiritual, the path taken or not taken—when we have lost our faith in everything? In The Era of Choice Edward Rosenthal argues that choice, and having to make choices, has become the most important influence in both our personal lives and our cultural expression. Choice, he claims, has transformed how we live, how we think, and who we are. This transformation began in the nineteenth century, catalyzed by the growing prosperity of the Industrial Age and a diminishing faith in moral and scientific absolutes. The multiplicity of choices forces us to form oppositions; this, says Rosenthal, has spawned a keen interest in dualism, dilemmas, contradictions, and paradoxes. In response, we have developed mechanisms to hedge, compromise, and to synthesize. Rosenthal looks at the scientific and philosophical theories and cultural movements that choice has influenced—from physics (for example, Niels Bohr's theory that light is both
particle and wave) to postmodernism, from Disney trailers to multiculturalism. He also reveals the effect of choice on the personal level, where we grapple with decisions that range from which wine to have with dinner to whether to marry or divorce, as we hurtle through lives of instant gratification, accelerated consumption, trend, change, and speed. But we have discovered, writes Rosenthal, that sometimes, we can have our cake and eat it, too.

A truly inspirational cancer survivor's story of an ordinary woman who decided to have a child even though doctors had told her she probably wouldn't survive to raise her. Having twice defeated breast cancer, Irish Bernadette truly found her calling and now helps others win back their health, inspiring them to live life to the very fullest.

An incredible new psychological crime thriller from the USA Today bestselling author

A Kirkus Reviews Best Book of the Year A School Library Journal Best Book of the Year Garvey's father has always wanted Garvey to be athletic, but Garvey is interested in astronomy, science fiction, reading--anything but sports. Feeling like a failure, he comforts himself with food. Garvey is kind, funny, smart, a loyal friend, and he is also overweight, teased by bullies, and lonely. When his only friend encourages him to join the school chorus, Garvey's life changes. The chorus
finds a new soloist in Garvey, and through chorus, Garvey finds a way to accept himself, and a way to finally reach his distant father--by speaking the language of music instead of the language of sports. This emotionally resonant novel in verse by award-winning author Nikki Grimes celebrates choosing to be true to yourself.

The Choice is Bob Woodward's classic story of the quest for power, focusing on the 1996 presidential campaign as a case study of money, public opinion polling, attack advertising, handlers, consultants, and decision making in the midst of electoral uncertainty. President Bill Clinton is examined in full in the contest with Senate Majority Leader Bob Dole, the Republican presidential nominee. The intimacy and detail of Woodward's account of the candidates and their wives show the epic human struggle in this race for the White House.

The Choice, revised edition, by Eliyahu M. Goldratt and Efrat Goldratt-Ashlag Goldratt presents his thought provoking approach, this time through a conversation with his daughter Efrat, as he explains to her his fundamental system of beliefs. The revised edition includes Efrat's own notes and maps (charts) she made during her conversations with her father, helping the reader determine the true essence of the book. From the original publication: TOC has been successfully applied in almost every area of human endeavor, from industry to healthcare to education. And while Eli Goldratt is indeed a scientist, an educator and a business leader, he is first and foremost a philosopher; some say a
genius. He is a thinker who provokes others to do the same. Often characterized as unconventional, and always stimulating a slayer of sacred cows Dr. Goldratt exhorts his readers to examine and reassess their lives and business practices by cultivating a different perspective and a clear new vision.

'Electrifying' Christina Dalcher, Sunday Times Bestselling author of VOX 'A cleverly woven tale' The Times *WINNER OF THE EAST ANGLIAN BOOK AWARD FOR FICTION 2020* Imagine a world where Everything you ate was monitored by the government. Every step you took was counted. Your children were weighed every day at school. Neighbours reported on neighbours and no one was safe from judgement. Sugar was illegal, and baking was a crime. Imagine if that world was here What would you do? Toe the line or fight for your freedom 'A captivating and thought-provoking debut' Heidi Swain NetGalley reviewers are falling in love with The Choice: 'This story is amazing, well crafted, and truly makes you think' 'Gripping and original. A timely dystopian, feminist novel' 'A cleverly crafted, and chillingly current novel'

Access issues are pivotal to almost all charter school tensions and debates. How well are these schools performing? Are they segregating and stratifying? Are they public and democratic? Are they fairly funded? Can apparent successes be scaled up? Answers to all these core questions hinge on how access to charter schools is shaped. This book describes the incentives and pressures on charter schools to
restrict access and examines how charters navigate those pressures, explaining access-restricting practices in relation to the ecosystem within which charter schools are created. It also explains how charters have sometimes responded by resisting the pressures and sometimes by surrendering to them. The text presents analyses of 13 different types of practices around access, each of which shapes the school’s enrollment. The authors conclude by offering recommendations for how states and authorizers can address access-related inequities that arise in the charter sector. School’s Choice provides timely information on critical academic and policy issues that will come into play as charter school policy continues to evolve. Book Features: Examines how charter schools control who gains and retains access. Explores policies and practices that undermine equitable admission and encourage opportunity hoarding. Offers a set of policy recommendations at the state and federal level to address access-related issues.

Thirteen-year-old Jakob's family has hidden their true identity as Jews and are living as Catholics in Budapest during WWII. One day, in a burst of loyalty, Jakob decides to reveal that he is Jewish, a choice that puts his whole family in danger. Jakob hopes his best friend Ivan, a Christian whose father is a high-ranking military official, will help his family, but he comes to believe that Ivan has abandoned them. Sent as a prisoner to Auschwitz, Jakob is kept alive by his passion for revenge against Ivan. When Jakob is finally freed, he discovers that Ivan too made a choice that day, a choice that changes everything Jakob thought
was true.

This award-winning novel of love, survival, and agonizing regret in post-WWII Brooklyn “belongs on that small shelf reserved for American masterpieces” (The Washington Post Book World). Winner of the National Book Award and a modern classic, Sophie’s Choice centers on three characters: Stingo, a sexually frustrated aspiring novelist; Nathan, his charismatic but violent Jewish neighbor; and Sophie, an Auschwitz survivor who is Nathan’s lover. Their entanglement in one another’s lives will build to a stirring revelation of agonizing secrets that will change them forever. Poetic in its execution, and epic in its emotional sweep, Sophie’s Choice explores the good and evil of humanity through Stingo’s burgeoning worldliness, Nathan’s volatile personality, and Sophie’s tragic past. Mixing elements from Styron’s own experience with themes of the Holocaust and the history of slavery in the American South, the novel is a profound and haunting human drama, representing Styron at the pinnacle of his literary brilliance. This ebook features an illustrated biography of William Styron, including original letters, rare photos, and never-before-seen documents from the Styron family and the Duke University Archives.

Fear tells you, “I want to make you safe.” Love says, “you are safe.” Fear would walk you on a narrow path. Love says, “open your arms and fly with me.”
—Emmanuel Emmanuel’s great wisdom—coming to us through channel Pat
Rodegast—has illuminated thousands of lives. Emmanuel’s Book revealed deeply enriching truths about our place in the cosmos and the evolutionary destiny of the human soul. Now Emmanuel shines his light on the limitless power of love—and the prison house of fear. With startling directness and gentle wit, he confronts ageless questions such as “Why am I here?” and contemporary questions such as “How can we help the homeless?” Whether we struggle with personal confusion and pain or with the dilemmas of a troubled world, this wonderful new collection brings us singular comfort, assurance, and encouragement on our way to wholeness.

Bethany's devastation is complete. Secrets, lies and impossible choices have torn her world apart but it is not the first time she has had to rebuild her world. So she'll do it againshe has to. When Bethany meets Daniel, she is backed into a corner and with the threat of losing even more she comes out fighting. Daniel quickly learns there is nothing quite as intoxicating as a woman with nothing left to lose and nothing quite as irresistible as his Bethany. But there are more games being played than either of them are truly aware and the winning prize is a coveted Happy Ever After.

Lady Of Beauty . . . And Mystery A lovely young woman whose ethereal beauty has enchanted the London ton, Miss Gillian Giles can combat a suitor's unwanted embrace with deadly efficiency. But her talent for self-protection can't help her...
stave off the most proper advances of one Damon Ryder, the Season's most eligible bachelor. Caught in a compromising position with him—one that could irreparably ruin her reputation—Gilly is dismayed when Damon unhesitatingly offers marriage. Most young ladies would be thrilled to land such a handsome, wealthy husband. Gilly, however, has a mind of her own—and more than a few secrets to hide. She believes marriage to Damon to be impossible, but Damon is equally determined to convince her otherwise. And if he isn't enough trouble, two other suitors, both charmingly irresistible, have now set their sights on winning her, too. Pursued by three devilishly persuasive men, how can the headstrong Gilly possibly resist falling in love?

A New York Times Bestseller “I’ll be forever changed by Dr. Eger’s story...The Choice is a reminder of what courage looks like in the worst of times and that we all have the ability to pay attention to what we’ve lost, or to pay attention to what we still have.”—Oprah “Dr. Eger’s life reveals our capacity to transcend even the greatest of horrors and to use that suffering for the benefit of others. She has found true freedom and forgiveness and shows us how we can as well.”—Desmond Tutu, Nobel Peace Prize Laureate “Dr. Edith Eva Eger is my kind of hero. She survived unspeakable horrors and brutality; but rather than let her painful past destroy her, she chose to transform it into a powerful gift—one she uses to help others heal.”—Jeannette Walls, New York Times bestselling author of The Glass Castle Winner of the National Jewish Book Award and Christopher
At the age of sixteen, Edith Eger was sent to Auschwitz. Hours after her parents were killed, Nazi officer Dr. Josef Mengele, forced Edie to dance for his amusement and her survival. Edie was pulled from a pile of corpses when the American troops liberated the camps in 1945. Edie spent decades struggling with flashbacks and survivor’s guilt, determined to stay silent and hide from the past. Thirty-five years after the war ended, she returned to Auschwitz and was finally able to fully heal and forgive the one person she’d been unable to forgive—herself. Edie weaves her remarkable personal journey with the moving stories of those she has helped heal. She explores how we can be imprisoned in our own minds and shows us how to find the key to freedom. The Choice is a life-changing book that will provide hope and comfort to generations of readers.

Whether we're buying a pair of jeans, ordering a cup of coffee, selecting a long-distance carrier, applying to college, choosing a doctor, or setting up a 401(k), everyday decisions—both big and small—have become increasingly complex due to the overwhelming abundance of choice with which we are presented. As Americans, we assume that more choice means better options and greater satisfaction. But beware of excessive choice: choice overload can make you question the decisions you make before you even make them, it can set you up for unrealistically high expectations, and it can make you blame yourself for any and all failures. In the long run, this can lead to decision-making paralysis, anxiety, and perpetual stress. And, in a culture that tells us that there is no excuse for
falling short of perfection when your options are limitless, too much choice can lead to clinical depression. In The Paradox of Choice, Barry Schwartz explains at what point choice—the hallmark of individual freedom and self-determination that we so cherish—becomes detrimental to our psychological and emotional well-being. In accessible, engaging, and anecdotal prose, Schwartz shows how the dramatic explosion in choice—from the mundane to the profound challenges of balancing career, family, and individual needs—has paradoxically become a problem instead of a solution. Schwartz also shows how our obsession with choice encourages us to seek that which makes us feel worse. By synthesizing current research in the social sciences, Schwartz makes the counter intuitive case that eliminating choices can greatly reduce the stress, anxiety, and busyness of our lives. He offers eleven practical steps on how to limit choices to a manageable number, have the discipline to focus on those that are important and ignore the rest, and ultimately derive greater satisfaction from the choices you have to make.

You've probably heard of The Secret. Now it's time to make The Choice. There is a great shift coming in the near future. We can all feel it. But what does it truly herald for the planet we inhabit? Is there reason for concern about the apocalyptic prophecies of the Mayan calendar, and is there an underlying physics driving these changes? How do planetary alignments and astronomical events such as the ones predicted for 2012 affect your consciousness? And most importantly, what can each of us do to influence this coming shift in both
consciousness and physical reality? New York Times best-selling author Mike Bara examines all these questions and many more in The Choice, which also includes: How to use your own inner light—the power of your mind and spirit—to influence the physical world How governments the world over are preparing for the coming decade of change How to determine your place in the Next Age If we can truly can make this world into anything we want, which path will we choose?

Let go of unhealthy relationships with the book that more than 850K people have trusted. Best-selling doctors, Hemfelt, Minirth, and Meier, walk you through their ten proven stages to recovery from codependency that results from external circumstances. Humans are susceptible to codependency because of our sinful tendency to use defense mechanisms to fool ourselves. In codependent relationships, deceitful games are played, and important Christian principles are often taken out of context and abused. God wants us to have healthy relationships with a balance between being dependent and independent. The doctors describe how the most effective means of overcoming codependent relationships is to establish or deepen a relationship with Christ Himself. They describe the causes of codependency, pointing out the factors that perpetuate it, and lead readers through their ten stages of recovery. Continue a deeper study with the Love Is a Choice workbook, available separately.
In the Way of the SEAL, ex-Navy Commander Mark Divine reveals exercises, meditations and focusing techniques to train your mind for mental toughness, emotional resilience and uncanny intuition. Along the way you’ll reaffirm your ultimate purpose, define your most important goals, and take concrete steps to make them happen. A practical guide for businesspeople or anyone who wants to be an elite operator in life, this book will teach you how to:

- Lead from the front, so that others will want to work for you
- Practice front-sight focus, the radical ability to focus on one thing until victory is achieved
- Think offense, all the time, to eradicate fear and indecisiveness
- Smash the box and be an unconventional thinker so you’re never thrown off-guard by chaotic conditions
- Access your intuition so you can make “hard right” decisions
- Achieve twenty times more than you think you can
- and much more

Blending the tactics he learned from America’s elite forces with lessons from the Spartans, samurai, Apache scouts, and other great warrior traditions, Divine has distilled the fundamentals of success into eight powerful principles that will transform you into the leader you always knew you could be. Learn to think like a SEAL, and take charge of your destiny at work, home and in life.

A leader in decision-making research reveals how choices are designed—and why it’s so important to understand their inner workings Every time we make a choice, our minds go through an elaborate process most of us never even notice. We’re influenced by subtle aspects of the way the choice is presented that often make
the difference between a good decision and a bad one. How do we overcome the common faults in our decision-making and enable better choices in any situation? The answer lies in more conscious and intentional decision design. Going well beyond the familiar concepts of nudges and defaults, The Elements of Choice offers a comprehensive, systematic guide to creating effective choice architectures, the environments in which we make decisions. The designers of decisions need to consider all the elements involved in presenting a choice: how many options to offer, how to present those options, how to account for our natural cognitive shortcuts, and much more. These levers are unappreciated and we’re often unaware of just how much they influence our reasoning every day.

Eric J. Johnson is the lead researcher behind some of the most well-known and cited research on decision-making. He draws on his original studies and extensive work in business and public policy and synthesizes the latest research in the field to reveal how the structure of choices affects outcomes. We are all choice architects, for ourselves and for others. Whether you’re helping students choose the right school, helping patients pick the best health insurance plan, or deciding how to invest for your own retirement, this book provides the tools you need to guide anyone to the decision that’s right for them.

Choice! The key is Choice. You have options. You need not spend your life wallowing in failure, ignorance, grief, poverty, shame, and self-pity. But, hold on! If this is true then why have so many among us apparently elected to live in that
manner? The answer is obvious. Those who live in unhappy failure have never exercised their options for a better way of life because they have never been aware that they had any Choices!

The Millionaire Choice inspires and equips anyone with hopes for a better financial future. Tony Bradshaw grew up in a financially challenged home in a lower income area of Nashville, TN. In his mid 20s, he found himself following in his family’s footsteps of debt and financial struggle. Then at age 25, he experienced a financial wake-up call that changed his future forever: he decided to break his family’s cycle of financial mismanagement and become a millionaire by 40 years old. It’s what Tony calls making the millionaire choice. Regardless of circumstance or family background, everyone has the ability to make choices that affect their future positively or negatively. In The Millionaire Choice, Tony shares the principles and actions he applied during his journey to becoming a millionaire to reveal how, with the right financial knowledge and choices, anyone can become a millionaire.

This practical and inspirational guide to healing from the award-winning, New York Times bestselling author of The Choice shows us how to stop destructive patterns and imprisoning thoughts to find freedom and enjoy life. Edith Eger’s powerful first book The Choice told the story of her survival in the concentration camps, her escape, healing, and journey to freedom. Oprah Winfrey says, “I will
be forever changed by Dr. Eger’s story.” Thousands of people around the world have written to Eger to tell her how The Choice moved them and inspired them to confront their own past and try to heal their pain; and to ask her to write another, more “how-to” book. Now, in The Gift, Eger expands on her message of healing and provides a hands-on guide that gently encourages us to change the thoughts and behaviors that may be keeping us imprisoned in the past. Eger explains that the worst prison she experienced is not the prison that Nazis put her in but the one she created for herself, the prison within her own mind. She describes the twelve most pervasive imprisoning beliefs she has known—including fear, grief, anger, secrets, stress, guilt, shame, and avoidance—and the tools she has discovered to deal with these universal challenges. Accompanied by stories from Eger’s own life and the lives of her patients each chapter includes thought-provoking questions and takeaways, such as: -Would you like to be married to you? -Are you evolving or revolving? -You can’t heal what you can’t feel. Filled with empathy, insight, and humor, The Gift captures the vulnerability and common challenges we all face and provides encouragement and advice for breaking out of our personal prisons to find healing and enjoy life.

A powerful, moving memoir, and a practical guide to healing, written by Dr. Edie Eger, an eminent psychologist whose own experiences as a Holocaust survivor help her treat patients suffering from traumatic stress disorders.
The premise of this book is that our lives are simply an accumulation of the thousands of decisions, large and small, that we make every day. The Book of Choices consists of 77 short chapters, each on a fundamental life choice. The chapter consists of a meditation illuminating the nature of that choice, followed by carefully selected quotations from history's greatest thinkers, teachers, and doers. The Book of Choices also contains a biographical index of these great men and women.

Bethany Thorne has secrets and she's told a few lies but she's hurt no-one. She just wants a better life, she works hard for a better life, a life with choices but a chance encounter at her new University with disturbing stranger Daniel Stone makes her heart beat, her body tremble and rocks her very foundation. Reeling from the intensity of her unfathomable reactions to this man her world is sent further spiralling out of her control when on this first meeting he casually whispers that he knows she's a liar. Bethany begins to feel her hard earned choices start to disintergrate before her. Her innate and newly discovered submissive nature is highlighted further by her extreme reaction to each encounter with Daniel Stone. Dark and dominant he evokes an instant heat and desire she has never felt before, but he is dangerous, he is powerful and he seems to see right through her. Choosing to try and stay under his radar proves to be the first choice to slip through her fingers.
When Dublin footballer Philly McMahon lost his older brother John in 2012, it brought to an end a painful decade, during which John had slipped from the family circle into a deteriorating cycle of addiction. The effects were personally devastating, but amidst the loss there was a glimmer of hope, of opportunity, and what ultimately became the starting point for a journey of remarkable self-discovery. In this profound and inspirational memoir, McMahon traces his and John’s paths, from his earliest recollections of their childhood through the maelstrom of Ballymun’s heroin epidemic. He considers the relationships, tensions, arguments and chance occurrences that pushed them in very different directions: Philly to university, the boardroom and the hallowed turf of Croke Park; John to exile in London, heartbreak and, ultimately, tragedy. Raw, vivid and intensely moving, The Choice is many things – an epic story of triumph in the face of adversity and loss, a family saga, a tribute to the redemptive power of sport – but above all it’s a stirring meditation on the roles compassion and resilience can play in shaping our lives, and those around us, for the better.