

The Elephant In The Brain

The Elephant In The Brain

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The Elephant in the Brain

Hidden Motives in Everyday Life *Oxford University Press*

Human beings are primates, and primates are political animals. Our brains, therefore, are designed not just to hunt and gather, but also to help us get ahead socially, often via deception and self-deception. But while we may be self-interested schemers, we benefit by pretending otherwise. The

less we know about our own ugly motives, the better - and thus we don't like to talk or even think about the extent of our selfishness. This is "the elephant in the brain." Such an introspective taboo makes it hard for us to think clearly about our nature and the explanations for our behavior. The aim of this book, then, is to confront our hidden motives directly - to track down the darker, unexamined corners of our psyches and blast them with floodlights. Then, once everything is clearly visible, we can work to better understand ourselves: Why do we laugh? Why are artists sexy? Why do we brag about travel? Why do we prefer to speak rather than listen? Our unconscious motives drive more than just our private behavior; they also infect our venerated social institutions such as Art, School, Charity, Medicine, Politics, and Religion. In fact, these institutions are in many ways designed to accommodate our hidden motives, to serve covert agendas alongside their "official" ones. The existence of big hidden motives can upend the usual political debates, leading one to question the legitimacy of these social institutions, and of standard policies designed to favor or discourage them. You won't see yourself - or the world - the same after confronting the elephant in the brain.

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Elephant Sense and Sensibility Academic Press

Elephant Sense and Sensibility is a comprehensive treatment of the full range of elephant behavior. Beginning with chapters on evolution and the elephant’s brain, this book is an integrated presentation of the elephant’s capacity for memory, morality, emotion, empathy, altruism, language, intelligence, learning and teaching. Grounded primarily in scientific research, the book also draws upon anecdotal and visual evidence showing elephants thinking, acting, feeling and behaving in ways that we, as humans, recognize. This complete treatment of elephant behavior supported by the extensive literature, along with anecdotal and photographic material, provides an overview not available in any other text. Covers a variety of aspects that relate to behavior, ranging from brain function and sensory input to communication, learning, and intelligence Features a comprehensive treatment of elephant behavior supported by the extensive literature, anecdotal information, and striking photographic material, providing an overview not available in any other text Features an interdisciplinary approach to behavior, with vital information included and integrated from several key disciplines

The Age of Em

Work, Love, and Life when Robots Rule the Earth Oxford University Press

Many thinkers believe that the next transformational change in human organization will be the onset of human-level artificial intelligence (the 'singularity'), and that the most likely method of achieving this will come through brain emulations or "ems": the ability to scan human brains and program their connections into ever faster computers. Taking this as his starting point, Hanson describes what a world dominated by these ems will be like.

The Elephant in the Room

One Fat Man's Quest to Get Smaller in a Growing America Simon & Schuster

ONE OF NPR'S BEST BOOKS OF 2019 A “warm and funny and honest...genuinely unputdownable” (Curtis Sittenfeld) memoir chronicling what it’s like to live in today’s world as a fat man, from acclaimed journalist Tommy Tomlinson, who, as he neared the age of fifty, weighed 460 pounds and decided he had to change his life. When he was almost fifty years old, Tommy Tomlinson weighed an astonishing—and dangerous—460 pounds, at risk for heart disease, diabetes, and stroke, unable to climb a flight of stairs without having to catch his breath, or travel on an airplane without buying two seats. Raised in a family that loved food, he had been aware of the problem for years, seeing doctors and trying diets from the time he was a preteen. But nothing worked, and every time he tried to make a change, it didn’t go the way he planned—in fact, he wasn’t sure that he really wanted to change. In The Elephant in the Room, Tomlinson chronicles his lifelong battle with weight in a voice that combines the urgency of Roxane Gay’s Hunger with the intimacy of Rick Bragg’s All

Over but the Shoutin’. He also hits the road to meet other members of the plus-sized tribe in an attempt to understand how, as a nation, we got to this point. From buying a Fitbit and setting exercise goals to contemplating the Heart Attack Grill in Las Vegas, America’s “capital of food porn,” and modifying his own diet, Tomlinson brings us along on a candid and sometimes brutal look at the everyday experience of being constantly aware of your size. Over the course of the book, he confronts these issues head-on and chronicles the practical steps he has to take to lose weight by the end. “What could have been a wallow in memoir self-pity is raised to art by Tomlinson’s wit and prose” (Rolling Stone). Affecting and searingly honest, The Elephant in the Room is an “inspirational” (The New York Times) memoir that will resonate with anyone who has grappled with addiction, shame, or self-consciousness. “Add this to your reading list ASAP” (Charlotte Magazine).

The Elephant in the Room Penguin

From the New York Times bestselling author of Counting by 7s comes a heartfelt story about "the importance of compassion and bravery when facing life’s challenges” (Kirkus) for fans of The One and Only Ivan and Front Desk. It's been almost a year since Sila's mother traveled halfway around the world to Turkey, hoping to secure the immigration paperwork that would allow her to return to her family in the United States. The long separation is almost impossible for Sila to withstand. But things change when Sila accompanies her father (who is a mechanic) outside their Oregon town to fix a truck. There, behind an enormous stone wall, she meets a grandfatherly man who only months before won the state lottery. Their new alliance leads to the rescue of a circus elephant named Veda, and then to a friendship with an unusual boy named Mateo, proving that comfort and hope come in the most unlikely of places. A moving story of family separation and the importance of the connection between animals and humans, this novel has the enormous heart and uplifting humor that readers have come to expect from the beloved author of Counting by 7s. “I couldn’t stop reading—I had to find out what would happen. An unusual and lovely real-life fairy tale.” —Linda Sue Park, New York Times Bestselling author of A Long Walk to Water “A gorgeous and emotional novel. I loved every page.” —Cynthia Kadohata, Newbery Medal-winning author of Kira-Kira

Beating Boredom as the Secret to Managing ADHD

The Elephant in the ADHD Room Jessica Kingsley Publishers

Boredom and boredom avoidance drive the behaviours of inattention, impulsivity, and hyperactivity - the diagnostic criteria of ADHD. This is the first ADHD resource to thoroughly explore the connection between the two. Full of innovative approaches, the book introduces a wide range of strategies for professionals working in clinical, educational and therapeutic settings to help those with ADHD beat boredom and engage with tasks and goals they want or need to achieve. Approaches specifically designed for toddlers, children, teenagers and adults are included, which can then be incorporated into schoolwork, jobs, relationships and everyday life. This practical resource will provide professionals who diagnose, treat, coach, and teach those with ADHD or those who suffer from frequent or pervasive boredom, with the tools to alleviate boredom in order to improve both concentration and mood.

Switch

How to Change Things When Change Is Hard Currency

Why is it so hard to make lasting changes in our companies, in our communities, and in our own lives? The primary obstacle is a conflict that's built into our brains, say Chip and Dan Heath, authors of the critically acclaimed bestseller Made to Stick. Psychologists have discovered that our minds are ruled by two different systems - the rational mind and the emotional mind—that compete for control. The rational mind wants a great beach body; the emotional mind wants that Oreo cookie. The rational mind wants to change something at work; the emotional mind loves the comfort of the existing routine. This tension can doom a change effort - but if it is overcome, change can come quickly. In Switch, the Heaths show how everyday people - employees and managers, parents and nurses - have united both minds and, as a result, achieved dramatic results: • The lowly medical interns who managed to defeat an entrenched, decades-old medical practice that was endangering patients • The home-organizing guru who developed a simple technique for overcoming the dread of housekeeping • The manager who transformed a lackadaisical customer-support team into service zealots by removing a standard tool of customer service In a compelling, story-driven narrative, the Heaths bring together decades of counterintuitive research in psychology, sociology, and other fields to shed new light on how we can effect transformative change. Switch shows that successful changes follow a pattern, a pattern you can use to make the changes that matter to you, whether your interest is in changing the world or changing your waistline.

Ellie the Elephant (Photo Version)

A World Adventurers for Kids Book (#2) Michael Edwards

A young elephant named Ellie living in Thailand dreams of joining the elephant polo team and playing in the Elephant Cup polo tournament, but her parents want her to work in the rice fields. Will she realize her dream of playing elephant polo? Book two in the World Adventurers for Kids Series, “Ellie the Elephant” is an illustrated picture book that encourages children to follow their dreams. Inspired by the author’s adventures in Thailand and real elephant polo matches, the story features Ellie the Elephant and her family, Monk the Monkey, and human boys Wasan and Wattana. Fun for kids and adults alike, the story will introduce them to the amazing game of elephant polo and inspire children to dream big.

Elephant Brain

A Collection

Dealing with the Elephant in the Room

Moving from Tough Conversations to Healthy Communication Revell

Most people want to avoid tough conversations. Whether it's with a spouse, a friend, a boss, a coworker, or a child, tough conversations create high anxiety--and often lingering resentments. Communication expert Dr. Mike Bechtle offers practical help. He equips readers with the skills they need in order to handle conflict with the important people in their lives. Readers learn to be better prepared for hard conversations by learning to listen, to give and receive genuine feedback, and to saturate relationships with kindness. With the right skills and tools, anyone can feel more confident handling the elephant in the room and other conversational quicksand.

Elephants in Space

The Past, Present and Future of Life and the Universe *Springer*

This book is about the history and future of life and the universe, written at a level that any educated lay-person can understand and enjoy. It describes our place in time and space, how we got here and where we are going. It will take you on a journey from the beginning of time to the end of the universe to uncover our origins and reveal our destiny. It will explain how mankind acquired this knowledge starting from the beginning of civilization when the ancient Greeks first began to ask questions about the nature of the world around them. Ben Moore takes us on a path of discovery that connects astrophysics with subjects as varied as biology, neuroscience and evolution; from the origin of atoms to how stars shine and die, from ants and elephants to space travel and extra-terrestrial life. But as our universe grows older and its stars fade away and stop shining, can life continue for eternity or is all life destined for complete extinction? And what is the purpose of all of this anyway?! On the German edition: "With his public talks and his new book "Elefanten im All" the Brit is on his way of becoming a popstar of science. Moore has a story to tell. The story of everything. From the beginning to the end of our existence. And he does so with esprit and catching passion." Rico Bandle, Weltwoche, 1. November 2012 "The kind of book you come across only every few years." Artur K. Vogel, Der Bund, September 2012.

The Executive and the Elephant

A Leader's Guide for Building Inner Excellence *John Wiley & Sons*

Lessons for leaders on resolving the ongoing struggle between instinct and the creative mind Kings, heads of government, and corporate executives lead thousands of people and manage endless resources, but may not have mastery over themselves. Often leaders know that right action is important, but have little (if any) understanding of what prevents them from acting in accordance with their intentions. In this important book, leadership expert Richard Daft portrays this dilemma as a struggle between instinct (elephant) and intention (the executive) using the most current research on the intentional vs. the habitual mind to explain how this phenomenon occurs. Based on current research and real-life examples Offers leaders a method for directing themselves more productively Written by an expert in leadership, organizational performance, and change management Through real-life examples and recent studies in psychology, management and Eastern spirituality Daft provides guidance to all of us who struggle finding our own balance and cultivating the behavior of others.

Elvin

the elephant who forgets *Lash & Associates Pub./Training Incorporated*

The story of Elvin the elephant who has a brain injury. The story follows Elvin to school where he has learning difficulties. Shows the social and behavioural changes common among children with head injury.

The Happiness Hypothesis

Finding Modern Truth in Ancient Wisdom *Basic Books*

The bestselling author of The Righteous Mind and The Coddling of the American Mind draws on philosophical wisdom and scientific research to show how the meaningful life is closer than you think The Happiness Hypothesis is a book about ten Great Ideas. Each chapter is an attempt to savor one idea that has been discovered by several of the world's civilizations -- to question it in light of what we now know from scientific research, and to extract from it the lessons that still apply to our modern lives and illuminate the causes of human flourishing. Award-winning psychologist Jonathan Haidt, the author of The Righteous Mind and The Coddling of the American Mind, shows how a deeper understanding of the world's philosophical wisdom and its enduring maxims -- like "do unto others as you would have others do unto you," or "what doesn't kill you makes you stronger" -- can enrich and even transform our lives.

Elephant in the Room

How Relationships Make or Break the Success of Leaders and Organizations *John Wiley & Sons*

A systematic look at how relationships determine the success of leaders and their enterprises, along with tools to help strengthen and change them Since time immemorial, relationships have determined the fate of leaders. But today they are more critical to success than ever. No longer can leaders count on long time horizons or sloppy competition to make up for the inefficiencies that poor relationships create. Leaders must make decisions and take actions quickly and well with others, even those with whom they share very little?perhaps not even a time zone. This new world puts relationships at the center of what leaders must understand and master to succeed. Uses in-depth observational studies and clinical research to explore how relationships at the top of organizations work, develop, and change Shows how to understand, strengthen, and transform these relationships, so they can withstand the most intense pressures and conflicts This important book features a Foreword by Peter Senge, author of The Fifth Discipline.

The Ant and the Elephant

Leadership for the Self : a Parable and 5-step Action Plan to Transform Workplace Performance *Vince Poscente - Author*

Of all the animals the elephant rescues, only the tiny ant returns the favor.

Don't Think of an Elephant!

Know Your Values and Frame the Debate *Scribe Publications*

Don't Think of An Elephant is the antidote to decades of conservative strategising and the right's stranglehold on political dialogue. More specifically, it is the definitive handbook for understanding and communicating effectively about key social and political issues. George Lakoff explains in detail exactly how the right has managed to co-opt traditional values in order to popularise its political agenda. He also provides examples of how the centre-left can address the community's core values and re-frame political debate to establish a civil discourse that reinforces progressive positions. Don't Think of An Elephant provides a compelling linguistic analysis of political campaigning. But, more importantly, it demonstrates that real political values and ideas must provide the foundation for political progress by the centre-left.

Culturally Responsive Teaching and The Brain

Promoting Authentic Engagement and Rigor Among Culturally and Linguistically Diverse

Students *Corwin Press*

A bold, brain-based teaching approach to culturally responsive instruction To close the achievement gap, diverse classrooms need a proven framework for optimizing student engagement. Culturally responsive instruction has shown promise, but many teachers have struggled with its implementation—until now. In this book, Zaretta Hammond draws on cutting-edge neuroscience research to offer an innovative approach for designing and implementing brain-compatible culturally responsive instruction. The book includes: Information on how one’s culture programs the brain to process data and affects learning relationships Ten “key moves” to build students’ learner operating systems and prepare them to become independent learners Prompts for action and valuable self-reflection

The ALL NEW Don't Think of an Elephant!

Know Your Values and Frame the Debate *Chelsea Green Publishing*

What's Math Got to Do with It?

Helping Children Learn to Love Their Most Hated Subject--and why It's Important for America *Penguin*

Discusses how to make mathematics for children enjoyable and why it is important for American children to succeed in mathematics and choose math-based career paths in the future.

The Berlin Project *Simon and Schuster*

New York Times bestselling author Gregory Benford creates an alternate history about the creation of the atomic bomb that explores what could have happened if the bomb was ready to be used by June 6, 1944. Karl Cohen, a chemist and mathematician who is part of The Manhattan Project team, has discovered an alternate solution for creating the uranium isotope needed to cause a chain reaction: U-235. After convincing General Groves of his new method, Cohen and his team of scientists work at Oak Ridge preparing to have a nuclear bomb ready to drop by the summer of 1944 in an effort to stop the war on the western front. What ensues is an altered account of World War II in this taut thriller. Combining fascinating science with intimate and true accounts of several members of The Manhattan Project, The Berlin Project is an astounding novel that reimagines history and what could have happened if the atom bomb was ready in time to stop Hitler from killing millions of people.

The Elephant in the Office

Super-Simple Strategies for Difficult Conversations at Work

"A practical approach to difficult conversations in the workplace, with lots of real-life examples to keep the reader investing their time and - can you believe it? - it's actually fun to read." - Yvonne Mann, President, LeaderShifts "Helpful, concrete examples written in practical lay terms. This book will help anyone who chooses to read it." - Chris Dragseth, Director (retired), Service Canada, Human Resources and Skills Development Difficult Conversations at Work: Go from "Nightmare" to "No Problem" As a former lawyer, Diane A. Ross thought she was a difficult conversations expert... so why was she still struggling through those dreaded "tough talks" with her coworkers and colleagues? So began her revelation: the communication skills that knocked 'em dead at the negotiating table were actually destructive to her workplace relationships. Conflicts went unresolved, productivity was stifled, and communication suffered - big time. Sound familiar? The Elephant in the Office: Super-Simple Strategies for Difficult Conversations at Work is the answer for anyone who has ever wrestled with managing difficult conversations in the workplace. It's full of real-life, easy-to-implement strategies that have stood the test of time. Diane A. Ross' breezy writing style and upbeat sense of humor make this book a fun and informative read that promises to help you create real and lasting change in the workplace (so if you're looking for a dry, bore-me-to-tears-yawn-fest academic-style textbook, please look elsewhere!). Learn to: - Talk so that you are heard - Overcome the "difficult conversation jitters" - Disarm hostile coworkers - and even your boss - Boost communication within your team - Get what you want at work Handling Difficult Conversations Is About to Get a Whole Lot Less Scary/Stressful/Panic-Attack-Inducing If you have ever struggled with a coworker who wasn't pulling their weight or gotten butterflies asking for time off, this book is for you. If you have ever been faced with an unmotivated employee or a team leader who takes credit for your work, this book is for you. Whether you're dealing with a cubicle-mate with B.O., an employee stealing office supplies, a whole department getting laid off, or a team-member who always flies off the handle, The Elephant in the Office is going to get your difficult conversations moving in the right direction. Each chapter is full-to-overflowing with simple step-by-step tips backed by real-life examples, so you can see these strategies in action. Who Should Buy This Book? If you have ever had to cope with: - Anxiety asking for a raise or vacation time - Stress over having to fire someone, discuss employee performance, or give bad news - An overbearing boss - A coworker not pulling his or her weight - A smelly, dirty, crude, rude (or otherwise icky) team-member - Passive-aggressive, antagonistic, or just plain difficult coworkers or employees ...then you need this book! The Elephant in the Office is ideal for individuals hoping to achieve more in the workplace as well as executive teams and HR managers who want the very best from their employees. Handling difficult conversations is about to become a heck of a lot less painful, my friends! You're one good read away from better workplace dynamics, increased productivity, less stress, and more of what you want - out of work and out of life.

The Folly of Fools

The Logic of Deceit and Self-deception in Human Life *Basic Books (AZ)*

Explores the author's theorized evolutionary basis for self-deception, which he says is tied to group conflict, courtship, neurophysiology, and immunology, but can be negated by awareness of it and its results.

Dementia

Mind, Meaning, and the Person *Oxford University Press, USA*

This study juxtaposes philosophical analysis and clinical experience to present an overview of the issues surrounding dementia. It conveys a strong ethical message, arguing in favour of treating people with dementia with all the dignity they deserve as human beings.

The Elephant in the Room

Skyler has a hearing loss. And he doesn't feel much like talking today. No wonder-he keeps missing what his parents and siblings have to say, and it's frustrating. Skyler's little sister, Maizy, tags along on his morning routine and, with the help of her special friend, we learn that it takes more than

hearing aids to help Skyler feel like talking again.

The Shadow Elephant

A gentle story about sadness showing that sometimes all you need to feel better is the openness of someone who accepts you as you are.

Keep Sharp

Build a Better Brain at Any Age *Simon and Schuster*

Keep your brain young, healthy, and sharp with this science-driven guide to protecting your mind from decline by neurosurgeon and CNN chief medical correspondent Dr. Sanjay Gupta. Throughout our life, we look for ways to keep our minds sharp and effortlessly productive. Now, globetrotting neurosurgeon Dr. Sanjay Gupta offers “the book all of us need, young and old” (Walter Isaacson, #1 New York Times bestselling author of The Code Breaker) with insights from top scientists all over the world, whose cutting-edge research can help you heighten and protect brain function and maintain cognitive health at any age. Keep Sharp debunks common myths about aging and mental decline, explores whether there’s a “best” diet or exercise regimen for the brain, and explains whether it’s healthier to play video games that test memory and processing speed, or to engage in more social interaction. Discover what we can learn from “super-brained” people who are in their eighties and nineties with no signs of slowing down—and whether there are truly any benefits to drugs, supplements, and vitamins. Dr. Gupta also addresses brain disease, particularly Alzheimer’s, answers all your questions about the signs and symptoms, and shows how to ward against it and stay healthy while caring for a partner in cognitive decline. He likewise provides you with a personalized twelve-week program featuring practical strategies to strengthen your brain every day. Keep Sharp is the “must-read owner’s manual” (Arianna Huffington) you’ll need to keep your brain young and healthy regardless of your age!

Let the Elephants Run

Unlock Your Creativity and Change Everything *House of Anansi*

A national bestseller, Let the Elephants Run is the essential guidebook for anyone looking to reignite their creativity. Creativity is in everyone’s DNA, not a select few. Award-winning musician and founder of CloudID Creativity Lab David Usher believes we just need the right tools to help us reconnect with our imaginations in our day-to-day lives, whether in the head office, the home office, or the artist’s studio. Using a mix of personal anecdotes and professional examples from the worlds of industry, technology, science, music, and art, he shows us that creativity is not magic; it is a learnable skill that any person or business can master. The dynamic full-colour design includes photographs, artwork, and illustrations, as well as action pages to help readers start cultivating the habit of documenting their ideas for future execution. Based on his wildly popular speaking engagements, Let the Elephants Run is the essential guidebook to reigniting and nurturing our creativity in accessible and productive ways.

The Daily Show (The Book)

An Oral History as Told by Jon Stewart, the Correspondents, Staff and Guests *Grand Central Publishing*

NEW YORK TIMES BESTSELLER The complete, uncensored history of the award-winning The Daily Show with Jon Stewart, as told by its correspondents, writers, and host. For almost seventeen years, The Daily Show with Jon Stewart brilliantly redefined the borders between television comedy, political satire, and opinionated news coverage. It launched the careers of some of today's most significant comedians, highlighted the hypocrisies of the powerful, and garnered 23 Emmys. Now the show's behind-the-scenes gags, controversies, and camaraderie will be chronicled by the players themselves, from legendary host Jon Stewart to the star cast members and writers-including Samantha Bee, Stephen Colbert, John Oliver, and Steve Carell - plus some of The Daily Show's most prominent guests and adversaries: John and Cindy McCain, Glenn Beck, Tucker Carlson, and many more. This oral history takes the reader behind the curtain for all the show's highlights, from its origins as Comedy Central's underdog late-night program to Trevor Noah's succession, rising from a scrappy jester in the 24-hour political news cycle to become part of the beating heart of politics-a trusted source for not only comedy but also commentary, with a reputation for calling bullshit and an ability to effect real change in the world. Through years of incisive election coverage, passionate debates with President Obama and Hillary Clinton, feuds with Bill O'Reilly and Fox, and provocative takes on Wall Street and racism, The Daily Show has been a cultural touchstone. Now, for the first time, the people behind the show's seminal moments come together to share their memories of the last-minute rewrites, improvisations, pranks, romances, blow-ups, and moments of Zen both on and off the set of one of America's most groundbreaking shows.

She Leads

The Elephant Matriarch *Workman Publishing*

She is the Queen. The matriarch. She leads her daughters and their daughters. Inspiring text and striking illustrations follow the empowering journey of an elephant matriarch as she leads her family through the wilds of Africa. With facts about African elephants on every spread and a message that will encourage young girls to be the trailblazers of their generation, She Leads offers an incredible story and an unforgettable tribute to the strength of a true leader. Open your eyes, princess. One day you will lead.

Teaching The Elephant To Dance

Empowering Change in Your Organization *Crown*

"But, we've always done it that way." This is a warning sign, a symptom of impending disaster for any organization. Shackled, like powerful elephants, to the past, organizations rob themselves of the ingenuity required to meet new competitive challenges and escape the "re" dimension trap of "re-engineering, re-organization and re-structuring that concentrate on short term fixes rather than long term solutions. Teaching the Elephant to Dance is a practical, hands-on guide for creating the right change in any organization, large or small, corporate or governmental, manufacturing or service based. Filled with illuminating case studies, it shows how to devise new corporate visions and strategies... how to overcome inertia .. and how to form labor-management partnerships. Clear, authoritative, practical and inspiring, Teaching the Elephant to Dance provides a step-by-step guide for making the impossible happen.

Black Elephants in the Room

The Unexpected Politics of African American Republicans *Univ of California Press*

What do you think of when you hear about an African American Republican? Are they heroes fighting against the expectation that all blacks must vote democratic? Are they Uncle Toms or sellouts, serving as traitors to their race? What is it really like to be a black person in the Republican Party? Black Elephants in the Room considers how race structures the political behavior of African American Republicans and discusses the dynamic relationship between race and political behavior in the purported “post-racial” context of US politics. Drawing on vivid first-person accounts, the book sheds light on the different ways black identity structures African Americans' membership in the Republican Party. Moving past rhetoric and politics, we begin to see the everyday people working to reconcile their commitment to black identity with their belief in Republican principles. And at the end, we learn the importance of understanding both the meanings African Americans attach to racial identity and the political contexts in which those meanings are developed and expressed.

The Lonely American

Drifting Apart in the Twenty-first Century *Beacon Press*

In today's world, it is more acceptable to be depressed than to be lonely-yet loneliness appears to be the inevitable byproduct of our frenetic contemporary lifestyle. According to the 2004 General Social Survey, one out of four Americans talked to no one about something of importance to them during the last six months. Another remarkable fact emerged from the 2000 U.S. Census: more people are living alone today than at any point in the country's history—fully 25 percent of households consist of one person only. In this crucial look at one of America's few remaining taboo subjects—loneliness—Drs. Jacqueline Olds and Richard S. Schwartz set out to understand the cultural imperatives, psychological dynamics, and physical mechanisms underlying social isolation. In The Lonely American, cutting-edge research on the physiological and cognitive effects of social exclusion and emerging work in the neurobiology of attachment uncover startling, sobering ripple effects of loneliness in areas as varied as physical health, children's emotional problems, substance abuse, and even global warming. Surprising new studies tell a grim truth about social isolation: being disconnected diminishes happiness, health, and longevity; increases aggression; and correlates with increasing rates of violent crime. Loneliness doesn't apply simply to single people, either—today's busy parents "cocoon" themselves by devoting most of their non-work hours to children, leaving little time for friends, and other forms of social contact, and unhealthily relying on the marriage to fulfill all social needs. As a core population of socially isolated individuals and families continues to balloon in size, it is more important than ever to understand the effects of a culture that idealizes busyness and self-reliance. It's time to bring loneliness—a very real and little-discussed social epidemic with frightening consequences-out into the open, and find a way to navigate the tension between freedom and connection in our lives.

The Elephant of Belfast

A Novel *Catapult*

Inspired by true events, this vivid and moving story of a young woman zookeeper and the elephant she's compelled to protect through the German blitz of Belfast during WWII speaks to not only the tragedy of the times, but also to the ongoing sectarian tensions that still exist in Northern Ireland today—perfect for readers of historical and literary fiction alike. Belfast, October 1940. Twenty-year-old zookeeper Hettie Quin arrives at the city docks in time to meet her new charge: an orphaned three-year-old Indian elephant named Violet. As Violet adjusts to her new solitary life in captivity and Hettie mourns the recent loss of her sister and the abandonment of her father, new storm clouds gather. A world war rages, threatening a city already reeling from escalating tensions between British Loyalists and those fighting for a free and unified Ireland. The relative peace is shattered by air-raid sirens on the evening of Easter Tuesday 1941. Over the course of the next five hours, hundreds of bombs rain down upon Belfast, claiming almost a thousand lives and decimating the city. Dodging the debris and carnage of the Luftwaffe attack, Hettie runs to the zoo to make sure that Violet is unharmed. The harrowing ordeal and ensuing aftermath set the pair on a surprising path that highlights the indelible, singular bond that often brings mankind and animals together during horrifying times. Inspired by a largely forgotten chapter of World War II, S. Kirk Walsh deftly renders the changing relationship between Hettie and Violet, and their growing dependence on each other for survival and solace. The Elephant of Belfast is a complicated and beguiling portrait of hope and resilience--and how love can sustain us during the darkest moments of our lives.

To the Elephant Graveyard *Grove Press*

“Introduces us to the darker side of the Asian elephant. It is more of a thriller than a straightforward travel book . . . insightful and sensitive.” —Literary Review On India’s northeast frontier, a killer elephant is on the rampage, stalking Assam’s paddy fields and murdering dozens of farmers. Local forestry officials, powerless to stop the elephant, call in one of India’s last licensed elephant hunters and issue a warrant for the rogue’s destruction. Reading about the ensuing hunt in a Delhi newspaper, journalist Tarquin Hall flies to Assam to investigate. To the Elephant Graveyard is the compelling account of the search for a killer elephant in the northeast corner of India, and a vivid portrait of the Khasi tribe, who live intimately with the elephants. Though it seems a world of peaceful coexistence between man and beast, Hall begins to see that the elephants are suffering, having lost their natural habitat to the destruction of the forests and modernization. Hungry, confused, and with little forest left to hide in, herds of elephants are slowly adapting to domestication, but many are resolute and furious. Often spellbinding with excitement, like “a page-turning detective tale” (Publishers Weekly), To the Elephant Graveyard is also intimate and moving, as Hall magnificently takes us on a journey to a place whose ancient ways are fast disappearing with the ever-shrinking forest. “Hall is to be congratulated on writing a book that promises humor and adventure, and delivers both.” —The Spectator “Travel writing that wonderfully hits on all cylinders.” —Booklist “A wonderful book that should become a classic.” —Daily Mail

Beyond Words

What Animals Think and Feel *Macmillan*

In a world where we usually measure animals by human standards, prize-winning author and MacArthur Fellow Carl Safina takes us inside their lives and minds, witnessing their profound capacity for perception, thought and emotion, showing why the word "it" is often inappropriate as we discover who they really are. Weaving decades of observations of actual families of free-living creatures with new discoveries about brain functioning, Carl Safina's narrative breaches many commonly held boundaries between humans and other animals. InBeyond Words, readers travel the wilds of Africa to visit some of the last great elephant gatherings, then follow wolves of Yellowstone National Park sort out the aftermath of their personal tragedy, then plunge into the astonishingly peaceful society of killer whales living in waters of the Pacific Northwest. We spend quality time, too, with dogs and falcons and ravens; and consider how the human mind originated. In his wise and

passionate new book, Safina delivers a graceful examination of how animals truly think and feel, which calls to question what really does—and what should—make us human.

Dancing with Elephants

Mindfulness Training for Those Living with Dementia, Chronic Illness, Or an Aging Brain

Based on the popular blog of the same name, Dancing With Elephants includes insightful interviews with chronic disease experts Toni Bernhard, Lucy Kalanithi, and Patch Adams. Sawatsky's landmark book provides support that only a fellow traveler down this road can offer. If you like touching stories, mindful wisdom, and a touch of irreverent humor, then you'll love Sawatsky's life-changing book.

A Million Miles in a Thousand Years

What I Learned While Editing My Life Thomas Nelson

After writing a successful memoir, Donald Miller's life stalled. During what should have been the height of his success, he found himself unwilling to get out of bed, avoiding responsibility, even questioning the meaning of life. But when two movie producers proposed turning his memoir into a movie, he found himself launched into a new story filled with risk, possibility, beauty, and meaning. A Million Miles in a Thousand Years chronicles Miller's rare opportunity to edit his life into a great story, to reinvent himself so nobody shrugs their shoulders when the credits roll. Through heart-wrenching honesty and hilarious self-inspection, Donald Miller takes readers through the life that emerges when it turns from boring reality into meaningful narrative. Miller goes from sleeping all day to riding his bike across America, from living in romantic daydreams to fearful encounters with love, from wasting his money to founding a nonprofit with a passionate cause. Guided by a host of outlandish but very real characters, Miller shows us how to get a second chance at life the first time around. A Million Miles in a Thousand Years is a rare celebration of the beauty of life.