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*Tina Turner Cbs Sunday Morning
Interview*

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guest*

MIDDLETON NATHEN

Baggage Flatiron Books

As seen in the sensational TINA documentary

_____ 'Astonishing, soul-baring - the must-read
memoir by rock's greatest survivor' DAILY MAIL ***The full,
dramatic story of one of the most remarkable women in music
history, celebrating Tina Turner's 60th year in the industry***
'Unbearably poignant' THE TIMES, Book of the Week

_____ Love's got everything to do with it. Tina
Turner is the Queen of Rock 'n' Roll, a musical icon celebrating
her 60th year in the industry. In this dramatic autobiography, she
tells the story of a truly remarkable life in the spotlight. From her

early years picking cotton in Nutbush, Tennessee to her rise to
fame alongside Ike Turner, and finally to her phenomenal success
in the 1980s and beyond, Tina candidly examines her personal
history, from her darkest hours to her happiest moments and
everything in between. In her honest and heart-felt voice, Tina
reveals: · How (love) and a kidney transplant saved her life - and
how her new husband made an incredible personal sacrifice ·
How she has coped with the tragic suicide of her son · How ex-
husband Ike Turner forced her to go to a brothel on their wedding
night... and why she tried to kill herself because of Ike's
mistresses · The Cinderella moment when David Bowie made
Tina a star ... · ...and the day Mick Jagger ripped her skirt off! AND
MUCH MORE Brimming with her trademark blend of strength,
energy, heart and soul, My Love Story is a gripping, surprising
memoir, as memorable and entertaining as any of her greatest

hits. _____ 'The book is written with a warm heart and a generous spirit... It is a thoughtful, moving reflection on a life of spectacular achievement' DAILY EXPRESS 'Turner comes across as courageous, optimistic, big-hearted and generous' SUNDAY TIMES 'Fascinating, dramatic, surprising' OK! MAGAZINE 'An honest, thoughtful and touching reflection on a full and fulfilling life' SUNDAY EXPRESS

Tina Turner: My Love Story (Official Autobiography) W. W. Norton & Company

What is the smartest, most celebrated game show of all time? In this insider's guide, discover the rich history of Jeopardy! -- the beloved game show that has shaped our culture and entertained audiences for years. Jeopardy! is a lot of things: record-setting game show, beloved family tradition, and proving ground for many of North America's best and brightest. Nearly four decades into its current edition, Jeopardy! now finds itself facing unprecedented change. This is the chronicle of how the show became a cross-generational touchstone and where it's going next. **ANSWERS IN THE FORM OF QUESTIONS** dives deep behind the scenes, with longtime host Alex Trebek talking about his life and legacy and the show's producers and writers explaining how they put together the nightly game. Readers will travel to bar trivia showdowns with the show's biggest winners and training sessions with trivia whizzes prepping for their shot onstage. And they'll discover new tales of the show's most notable moments--like the time the Clue Crew almost slid off a glacier--and learn how celebrity cameos and Saturday Night Live spoofs built a television mainstay. **ANSWERS IN THE FORM OF QUESTIONS** looks to the past -- and the future -- to explain what Jeopardy! really is: a

tradition unlike any other.

Get Good with Money Anchor

Three sisters return to their southern hometown after the death of their difficult, demanding mother, in a novel by the author of *Baby of the Family*. In life, Esther Lovejoy was an intolerable mother. She raised her daughters with an iron fist, browbeat her husband into submission, and insisted they call her Mudear (an abbreviation of Mother Dear). As adults with successful careers, Betty, Emily, and Annie Ruth have scattered across the country to avoid Mudear's influence. But now it's time to lay her to rest, and the Lovejoy sisters have returned to Mulberry, Georgia, to pay their last respects. What they discover is that while Mudear may be dead, she is far from gone. With a large dose of compassion and a generous splash of humor, Tina McElroy Ansa serves up a powerful tale of family secrets and the ways our scars make us stronger. "A voice that is fresh and strong and just quirky enough to stand out from the crowd." —The Boston Sunday Globe "An entertaining read . . . The author, like a good small-town gossip . . . paints a vivid picture of three bright, beautiful and emotionally scarred African-American sisters." —Los Angeles Times

Billboard Penguin

From a legendary music journalist with four decades of unprecedented access, an insider's behind-the-scenes look at the major personalities of rock and roll. Lisa Robinson has interviewed the biggest names in music—including Led Zeppelin, the Rolling Stones, John Lennon, Patti Smith, U2, Eminem, Lady Gaga, Jay Z, and Kanye West. She visited the teenage Michael Jackson many times at his Encino home. She spent hours talking to John Lennon at his Dakota apartment—and in recording studios

just weeks before his murder. She introduced David Bowie to Lou Reed at a private dinner in a Manhattan restaurant, helped the Clash and Elvis Costello get their record deals, was with the Rolling Stones on their jet during a frightening storm, and was mid-flight with Led Zeppelin when their tour manager pulled out a gun. A pioneering female journalist in an exclusive boys' club, Lisa Robinson is a preeminent authority on the personalities and influences that have shaped the music world; she has been recognized as rock journalism's ultimate insider. A keenly observed and lovingly recounted look back on years spent with countless musicians backstage, after-hours, and on the road, *There Goes Gravity* documents a lifetime of riveting stories, told together here for the first time.

Beautiful Things Clarkson Potter

Chronicles five epochal years of music in the Big Apple against a backdrop of the period's high crime, limited government resources and low rents, tracing the formations of key sounds while evaluating the contributions of such artists as Willie Colón, Bruce Springsteen and Grandmaster Flash.

[Alice By Heart](#) Tina Turner: My Love Story (Official Autobiography) World-renowned neuroscientist, Wendy Suzuki, explains how to harness the power of anxiety to your advantage - to think better, feel better and DO better. We are living in the age of anxiety, a situation that often makes us feel as if we are locked into an endless cycle of stress, sleeplessness, and worry. But what if we had a way to leverage our anxiety to help us solve problems and fortify our wellbeing? What if, instead of seeing anxiety as a curse, we could recognize it for the unique gift that it is? Dr Wendy Suzuki has discovered a paradigm-shifting truth about

anxiety: yes, it is uncomfortable, but it is also essential for our survival. In fact, anxiety is a key component of our ability to live optimally. Every emotion we experience has an evolutionary purpose, and anxiety is designed to draw our attention to vulnerability. If we simply approach it as something to avoid, get rid of, or dampen, we actually miss an opportunity to improve our lives. Listening to our anxieties from a place of curiosity, and without fear, can actually guide us onto a path that leads to joy. Drawing on her own experiences and based on the latest cutting-edge research, Dr Suzuki has developed an inspiring guide that shows us how to turn anxiety on its head! "Anxiety isn't a weakness-it's your brain telling you that it's time for a change. And in this incredibly insightful book, Dr Wendy Suzuki breaks down the exact whats, whys, and hows to flipping your perspective, and turning anxiety into the secret weapon you can use to get the life you want. She will transform your kryptonite into your super power!" -- Lisa Bilyeu, co-founder of Impact Theory

Major Labels St. Martin's Press

An Instant New York Times Bestseller! A memoir of love and loss, of being in the right place at the right time, and of the mysterious ways a beloved pet can bring people together, from CBS Sunday Morning News correspondent and multi-E Emmy-Award-winning Martha Teichner. There are true fairy tales. Stories that exist because impossible-to-explain coincidences change everything. Except in real life, not all of them have conventional, happily-ever-after endings. When Harry Met Minnie is that kind of fairy tale, with the vibrant, romantic New York City backdrop of its namesake, the movie *When Harry Met Sally*, and the

bittersweet wisdom of Tuesdays with Morrie. There's a special camaraderie among early-morning dog walkers. Gathering at dog runs in the park, or strolling through the farmer's market at Union Square before the bustling crowd appears, fellow pet owners become familiar—as do the personalities of their beloved animals. In this special space and time, a chance encounter with an old acquaintance changed Martha Teichner's world. As fate would have it, her friend knew someone who was dying of cancer, from exposure to toxins after 9/11, and desperate to find a home for her dog, Harry. He was a Bull Terrier—the same breed as Martha's dear Minnie. Would Martha consider giving Harry a safe, loving new home? In short order, boy dog meets girl dog, the fairy tale part of this story. But there is so much more to this book. After Martha agrees to meet Harry and his owner Carol, what begins as a transaction involving a dog becomes a deep and meaningful friendship between two women with complicated lives and a love of Bull Terriers in common. Through the heartbreak and grief of Carol's illness, the bond that develops changed Martha's life, Carol's life, Minnie's life, Harry's life. As it changed Carol's death as well. In this rich and touching narrative, Martha considers the ways our stories are shaped by the people we meet, and the profound love we can find by opening our hearts to unexpected encounters.

Variety Presents the Complete Book of Major U.S. Show Business Awards It Books

A young girl takes refuge in a London Tube station during WWII and confronts grief, loss, and first love with the help of her favorite book, *Alice in Wonderland*, in the debut novel from Tony Award-winning playwright Steven Sater. London, 1940. Amidst

the rubble of the Blitz of World War II, fifteen-year-old Alice Spencer and her best friend, Alfred, are forced to take shelter in an underground tube station. Sick with tuberculosis, Alfred is quarantined, with doctors saying he won't make it through the night. In her desperation to keep him holding on, Alice turns to their favorite pastime: recalling the book that bonded them, and telling the story that she knows by heart—the story of Alice in Wonderland. What follows is a stunning, fantastical journey that blends Alice's two worlds: her war-ravaged homeland being held together by nurses and soldiers and Winston Churchill, and her beloved Wonderland, a welcome distraction from the bombs and the death, but a place where one rule always applies: the pages must keep turning. But then the lines between these two worlds begin to blur. Is that a militant Red Cross Nurse demanding that Alice get BACK. TO. HER. BED!, or is it the infamous Queen of Hearts saying...something about her head? Soon, Alice must decide whether to stay in Wonderland forever, or embrace the pain of reality if that's what it means to grow up. In this gorgeous YA adaption of his off-Broadway musical, the Tony Award-winning co-creator of *Spring Awakening* encourages us all to celebrate the transformational power of the imagination, even in the harshest of times.

Answers in the Form of Questions Rowman & Littlefield

In this intimate book of inspiration, Tyler Perry writes of how his faith has sustained him in hard times, centered him in good times, and enriched his life. *Higher Is Waiting* is a spiritual guidebook, a collection of teachings culled from the experiences of a lifetime, meant to inspire readers to climb higher in their own lives and pull themselves up to a better, more fulfilling place.

Beginning with his earliest memories of growing up a shy boy in New Orleans, Perry recalls the moments of grace and beauty in a childhood marked by brutality, deprivation, and fear. With tenderness he sketches portraits of the people who sustained him and taught him indelible lessons about integrity, trust in God, and the power of forgiveness: his aunt Mae, who cared for her grandfather, who was born a slave, and sewed quilts that told a story of generations; Mr. Butler, a blind man of remarkable dignity and elegance, who sold penny candies on a street corner; and his beloved mother, Maxine, who endured abuse, financial hardship, and the daily injustices of growing up in the Jim Crow South yet whose fierce love for her son burned bright and never dimmed. Perry writes of how he nurtured his dreams and discovered solace in nature, and of his resolute determination to reach ever higher. Perry vividly and movingly describes his growing awareness of God's presence in his life, how he learned to tune in to His voice, to persevere through hard times, and to choose faith over fear. Here he is: the devoted son, the loving father, the steadfast friend, the naturalist, the philanthropist, the creative spirit—a man whose life lessons and insights into scripture are a gift offered with generosity, humility, and love.

Ugly Ways HarperCollins

NEW YORK TIMES, WALL STREET JOURNAL, AND USA TODAY BESTSELLER • A ten-step plan for finding peace, safety, and harmony with your money—no matter how big or small your goals and no matter how rocky the market might be—by the inspiring and savvy “Budgetnista.” “No matter where you stand in your money journey, *Get Good with Money* has a lesson or two for you!”—Erin Lowry, bestselling author of the *Broke Millennial*

series Tiffany Aliche was a successful pre-school teacher with a healthy nest egg when a recession and advice from a shady advisor put her out of a job and into a huge financial hole. As she began to chart the path to her own financial rescue, the outline of her ten-step formula for attaining both financial security and peace of mind began to take shape. These principles have now helped more than one million women worldwide save and pay off millions in debt, and begin planning for a richer life. Revealing this practical ten-step process for the first time in its entirety, *Get Good with Money* introduces the powerful concept of building wealth through financial wholeness: a realistic, achievable, and energizing alternative to get-rich-quick and over-complicated money management systems. With helpful checklists, worksheets, a tool kit of resources, and advanced advice from experts who Tiffany herself relies on (her “Budgetnista Boosters”), *Get Good with Money* gets crystal clear on the short-term actions that lead to long-term goals, including:

- A simple technique to determine your baseline or “noodle budget,” examine and systemize your expenses, and lay out a plan that allows you to say yes to your dreams.
- An assessment tool that helps you understand whether you have a “don't make enough” problem or a “spend too much” issue—as well as ways to fix both.
- Best practices for saving for a rainy day (aka job loss), a big-ticket item (a house, a trip, a car), and money that can be invested for your future.
- Detailed advice and action steps for taking charge of your credit score, maximizing bill-paying automation, savings and investing, and calculating your life, disability, and property insurance needs.
- Ways to protect your beneficiaries' future, and ensure that your financial wishes will

stand the test of time. An invaluable guide to cultivating good financial habits and making your money work for you, *Get Good with Money* will help you build a solid foundation for your life (and legacy) that's rich in every way.

When Harry Met Minnie Penguin

"A thrilling page-turner about the pursuit of justice" (New York Post), this is the definitive story of the case against Jeffrey Epstein, Ghislaine Maxwell, and the corrupt system that supported them, told in thrilling detail by the lawyer who has represented their victims for more than a decade. In June 2008, Florida-based victims' rights attorney Bradley J. Edwards was thirty-two years old and had just started his own law firm when a young woman named Courtney Wild came to see him. She told a shocking story of having been sexually coerced at the age of fourteen by a wealthy man in Palm Beach named Jeffrey Epstein. Edwards, who had never heard of Epstein, had no idea that this moment would change the course of his life. Over the next ten years, Edwards devoted himself to bringing Epstein to justice, and came close to losing everything in the process. Edwards tracked down and represented more than twenty of Epstein's victims, shined a light on his shadowy network of accomplices, including Ghislaine Maxwell, and uncovered the scope of his sexually exploitative organization, which reached into the highest levels of American society. In this "revelatory exploration of the long fight to bring a monstrous man to justice" (Kirkus Reviews, starred review), Edwards gives his riveting, blow-by-blow account of battling Epstein on behalf of his clients, and provides stunning details never shared before. Epstein and his cadre of high-priced lawyers were able to manipulate the FBI and the Justice

Department, but despite making threats and attempting schemes straight out of a spy movie, Epstein couldn't stop Edwards, his small team of committed lawyers, and, most of all, the victims, who were dead-set on seeing their abuser finally put behind bars.

Good Anxiety Simon and Schuster

The beloved owner of the wildly popular Sweetie Pie's restaurant, and star of the OWN reality television show *Welcome to Sweetie Pie's* shares recipes for her renowned soul food and the lessons she's learned on the path to success. Growing up in Mississippi and St. Louis, Robbie Montgomery, the oldest of nine children, was often responsible for putting meals on the family table. Working side by side with her mother in their St. Louis kitchen, Robbie learned to prepare dozens of classic soul food dishes. Now, at seventy-two, Miss Robbie passes down those traditions for generations of fans to enjoy in *Sweetie Pie's Cookbook*. Robbie takes you into the kitchen to prepare her most favored meals—smothered pork chops, salmon croquettes, baked chicken—and tells you heartfelt and humorous stories, including amazing tales from her life at the restaurant and on the road as a back-up singer. Miss Robbie began her culinary career on the road—in the segregated America of the 1960s, finding welcoming restaurants in small cities and towns was often challenging for African-Americans. When a collapsed lung prematurely ended her singing career, Miss Robbie returned to St. Louis, using her formidable cooking talent to open a soul food restaurant that would make her legend. Through her show and this special cookbook, Miss Robbie hopes to maintain the place of soul food cooking—its recipes, history, and legacy—in American culture for decades to come. *Sweetie Pie's Cookbook* includes 75-100

gorgeous color photos and an Index.

Relentless Pursuit Penguin

One of Oprah Daily's 20 Favorite Books of 2021 • Selected as one of Pitchfork's Best Music Books of the Year “One of the best books of its kind in decades.” —The Wall Street Journal An epic achievement and a huge delight, the entire history of popular music over the past fifty years refracted through the big genres that have defined and dominated it: rock, R&B, country, punk, hip-hop, dance music, and pop Kelefa Sanneh, one of the essential voices of our time on music and culture, has made a deep study of how popular music unites and divides us, charting the way genres become communities. In *Major Labels*, Sanneh distills a career’s worth of knowledge about music and musicians into a brilliant and omnivorous reckoning with popular music—as an art form (actually, a bunch of art forms), as a cultural and economic force, and as a tool that we use to build our identities. He explains the history of slow jams, the genius of Shania Twain, and why rappers are always getting in trouble. Sanneh shows how these genres have been defined by the tension between mainstream and outsider, between authenticity and phoniness, between good and bad, right and wrong. Throughout, race is a powerful touchstone: just as there have always been Black audiences and white audiences, with more or less overlap depending on the moment, there has been Black music and white music, constantly mixing and separating. Sanneh debunks cherished myths, reappraises beloved heroes, and upends familiar ideas of musical greatness, arguing that sometimes, the best popular music isn’t transcendent. Songs express our grudges as well as our hopes, and they are motivated by greed

as well as idealism; music is a powerful tool for human connection, but also for human antagonism. This is a book about the music everyone loves, the music everyone hates, and the decades-long argument over which is which. The opposite of a modest proposal, *Major Labels* pays in full.

The Sound of the Sea: Seashells and the Fate of the Oceans
Simon and Schuster

The story of Motown Records and how it changed the course of American music, as told by its founder—“an African American culture hero of historic stature” (The New York Times). Berry Gordy Jr., who once considered becoming a boxer, started a record company with a family loan of \$800 in 1959. Gordy’s company, Motown Records, went on to create some of the most popular music of all time. By the time he sold the company nearly thirty years later, it was worth \$61 million and had produced musical legends including Jackie Wilson, Smokey Robinson and the Miracles, the Temptations, Marvin Gaye, Diana Ross and the Supremes, Stevie Wonder, and the Jackson 5. Here, the revolutionary who shattered the color barrier in the American entertainment industry and forever changed the way the world hears music, shares his story of ambition and vision. From humble beginnings, Gordy amassed a fortune and became a musical kingmaker in the cultural heydays of the 1960s and ’70s. Quelling rumors and detailing his relationships with the artists he managed, Gordy pens “a vivid recreation of a great period and a seminal company in popular music” (Kirkus Reviews).

Not Dead Yet Rodale Books

The Genesis front man and successful solo artist presents a reflective memoir that shares insights into the remarkable

experiences behind many of his iconic songs and performances, discussing his early years, relationships with fellow artists, and struggles with addiction.

Catalog of Copyright Entries Random House

Amid the grandeur of the remote Pacific Northwest stands Kingcome, a village so ancient that, according to Kwakiutl myth, it was founded by the two brothers left on earth after the great flood. The Native Americans who still live there call it Quee, a place of such incredible natural richness that hunting and fishing remain primary food sources. But the old culture of totems and potlatch is being replaced by a new culture of prefab housing and alcoholism. Kingcome's younger generation is disenchanted and alienated from its heritage. And now, coming upriver is a young vicar, Mark Brian, on a journey of discovery that can teach him—and us—about life, death, and the transforming power of love.

TV Guide Scholarly Title

Hunter Biden recounts his descent into substance abuse and his tortuous path to sobriety. The story ends with where Hunter is today

The American Spirit Twelve

“Weller rivetingly recounts these gutsy ladies' time on the front lines... an inspiration for future generations of journalists.” -- Vanity Fair For decades, women battered the walls of the male fortress of television journalism. After fierce struggles, three women—Diane Sawyer, Katie Couric, and Christiane Amanpour—broke into the newsroom's once impenetrable “boys' club.” These women were not simply pathbreakers, but wildly gifted journalists whose unique talents enabled them to climb to

the top of the corporate ladder and transform the way Americans received their news. Drawing on exclusive interviews with their colleagues and intimates from childhood on, *The News Sorority* crafts a lively and exhilarating narrative that reveals the hard struggles and inner strengths that shaped these women and powered their success. Life outside the newsroom—love, loss, child rearing—would mark them all, complicating their lives even as it deepened their convictions and instincts. Life inside the newsroom would include many nerve decisions and back room power plays previously uncaptured in any media account. Taken together, Sawyer's, Couric's, and Amanpour's lives as women are here revealed not as impediments but as keys to their success. Raised in Louisville, Kentucky, Diane Sawyer was a young woman steering her own unique political course in a time of societal upheaval. Her fierce intellect, almost insuperable work ethic, and sophisticated emotional intelligence would catapult Sawyer from being the first female on-air correspondent for 60 Minutes, to presenting anchoring the network flagship ABC World News. From her first breaks as a reporter all the way through her departure in 2014, Sawyer's charisma and drive would carry her through countless personal and professional changes. Katie Couric, always conveniently underestimated because of her “girl-next-door” demeanor, brazened her way through a succession of regional TV news jobs until she finally hit it big. In 1991, Couric became the cohost of *Today*, where, over the next fifteen years, she transformed the “female” slot from secondary to preeminent while shouldering devastating personal loss. Couric's greatest triumph—and most bedeviling challenge—was at CBS Evening News, as the first woman to solo-anchor a nighttime network

news program. Her contradictions—seriously feminist while proudly sorority-girlish—made her beyond easy typecasting, and as original as she is relatable. A glamorous, unorthodox cosmopolite—raised in pre-revolution Iran amid royalty and educated in England—Christiane Amanpour would never have been picked out of a lineup as a future war reporter, until her character flourished on catastrophic soil: her family’s exile during the Iranian Revolution. Once she knew her calling, Amanpour shrewdly made a virtue of her outsider status, joining the fledgling CNN on the bottom rung and then becoming its “face,” catalyzing its rise to global prominence. Amanpour’s fearlessness in war zones would make her the world’s witness to some of its most acute crises and television’s chief advocate for international justice. Revealing the tremendous combination of ambition, empathy, and skill that empowered Sawyer, Couric, and Amanpour to reach stardom, *The News Sorority* is a detailed story of three very particular lives and a testament to the extraordinary character of women everywhere.

No Logo Penguin

“A celebration of African American cuisine right now, in all of its abundance and variety.”—Tejal Rao, *The New York Times* JAMES BEARD AWARD WINNER • IACP AWARD WINNER • IACP BOOK OF THE YEAR • TONI TIPTON-MARTIN NAMED THE 2021 JULIA CHILD AWARD RECIPIENT NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY *The New York Times Book Review* • *The New Yorker* • NPR • *Chicago Tribune* • *The Atlantic* • BuzzFeed • Food52 Throughout her career, Toni Tipton-Martin has shed new light on the history, breadth, and depth of African American cuisine. She’s introduced us to black cooks, some long forgotten, who

established much of what’s considered to be our national cuisine. After all, if Thomas Jefferson introduced French haute cuisine to this country, who do you think actually cooked it? In *Jubilee*, Tipton-Martin brings these masters into our kitchens. Through recipes and stories, we cook along with these pioneering figures, from enslaved chefs to middle- and upper-class writers and entrepreneurs. With more than 100 recipes, from classics such as Sweet Potato Biscuits, Seafood Gumbo, Buttermilk Fried Chicken, and Pecan Pie with Bourbon to lesser-known but even more decadent dishes like Bourbon & Apple Hot Toddlies, Spoon Bread, and Baked Ham Glazed with Champagne, *Jubilee* presents techniques, ingredients, and dishes that show the roots of African American cooking—deeply beautiful, culturally diverse, fit for celebration. Praise for *Jubilee* “There are precious few feelings as nice as one that comes from falling in love with a cookbook. . . . New techniques, new flavors, new narratives—everything so thrilling you want to make the recipes over and over again . . . this has been my experience with Toni Tipton-Martin’s *Jubilee*.”—Sam Sifton, *The New York Times* “Despite their deep roots, the recipes—even the oldest ones—feel fresh and modern, a testament to the essentiality of African-American gastronomy to all of American cuisine.”—*The New Yorker* “*Jubilee* is part-essential history lesson, part-brilliantly researched culinary artifact, and wholly functional, not to mention deeply delicious.”—*Kitchn* “Tipton-Martin has given us the gift of a clear view of the generosity of the black hands that have flavored and shaped American cuisine for over two centuries.”—*Taste Tumult!* Macmillan

World-renowned neuroscientist and author of *Healthy Brain*,

Happy Life explains how to harness the power of anxiety into unexpected gifts. We are living in the age of anxiety, a situation that often makes us feel as if we are locked into an endless cycle of stress, sleeplessness, and worry. But what if we had a way to leverage our anxiety to help us solve problems and fortify our wellbeing? What if, instead of seeing anxiety as a curse, we could recognize it for the unique gift that it is? Dr. Wendy Suzuki has discovered a paradigm-shifting truth about anxiety: yes, it is uncomfortable, but it is also essential for our survival. In fact, anxiety is a key component of our ability to live optimally. Every emotion we experience has an evolutionary purpose, and anxiety

is designed to draw our attention to vulnerability. If we simply approach it as something to avoid, get rid of, or dampen, we actually miss an opportunity to improve our lives. Listening to our anxieties from a place of curiosity, and without fear, can actually guide us onto a path that leads to joy. Drawing on her own intimate struggles and based on cutting-edge research, Dr. Suzuki has developed an inspiring guidebook for managing unwarranted anxiety and turning it into a powerful asset. In the tradition of Quiet and Thinking, Fast and Slow, Good Anxiety has the power to permanently change how we understand anxiety and, more importantly, how we can use it to improve our lives for the better.

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