



compendium of short articles on a variety of subjects, written in a humorous, accessible style, and larded with intriguing trivia . . . Dr. Joe skewers food myths, opposition to GMOs, Dr. Oz, and Vani Hari, aka the Food Babe.” —Science-Based Medicine “Ultimately, the author successfully demonstrates how claims should be queried and analyzed before they are accepted . . . Recommended for readers of health, nutrition, and popular science.” —Library Journal “The book is chock-full of captivating anecdotes . . . The author engages readers with his wit and wisdom.” —The Canadian Jewish News

**Practicing Christians, Practical Atheists** Crown

“Essa ideia – de transformar a dor em criatividade, transcendência e amor – é a essência deste livro.” – Susan Cain

Apontada como uma das dez pessoas mais influentes do mundo pelo LinkedIn, Susan Cain é autora do premiado *O poder dos quietos*, que já vendeu mais de 3 milhões de exemplares. “Este livro abre seus olhos, toca seu coração e canta para sua alma. É a cura para a positividade tóxica e uma ode à beleza da condição humana.” – Adam Grant “Este livro trata da personalidade melancólica, que chamo de ‘agridoce’: a tendência a estados de nostalgia, pungência e tristeza; uma consciência aguçada da passagem do tempo; e uma alegria curiosamente intensa diante da beleza do mundo. O caráter agridoce das coisas também se refere ao reconhecimento de que luz e escuridão, nascimento e morte, amargura e doçura estão para sempre unidos. Mas o que isso significa, exatamente? Passei anos pesquisando essa questão, seguindo uma trilha deixada por artistas, escritores, pensadores, psicólogos, cientistas e até analistas da área de administração. Concluí que o caráter agridoce não é apenas um sentimento momentâneo. É um modo de ser, uma resposta autêntica ao problema de estar vivo em um mundo profundamente imperfeito e teimosamente belo. Acima de tudo, o agridoce nos mostra como responder à dor: reconhecendo-a e tentando transformá-la em arte, em cura, inovação ou qualquer outra coisa capaz de nutrir a alma. Se não elaborarmos nossas tristezas e ansiosos, podemos acabar impondo-os aos outros por meio de maus-tratos, dominação, negligência. Mas se percebemos que todos os humanos conhecem a perda e o sofrimento, podemos nos voltar uns para os outros. Essa ideia – de transformar a dor em criatividade, transcendência e amor – é a essência deste livro.” – Susan Cain

**The Nature of the Beast** □□□□

Make small changes to your surroundings and create extraordinary happiness in your life with groundbreaking research from designer and TED star Ingrid Fetell Lee. Next Big Idea Club selection—chosen by Malcolm Gladwell, Susan Cain, Dan Pink, and Adam Grant as one of the “two most groundbreaking new nonfiction reads of the season!” “This book has the power to change everything! Writing with depth, wit, and insight, Ingrid Fetell Lee shares all you need to know in order to create external environments that give rise to inner joy.” —Susan Cain, author of *Quiet* and founder of Quiet Revolution Have you ever wondered why we stop to watch the orange glow that arrives before sunset, or why we flock to see cherry blossoms bloom in spring? Is there a reason that people—regardless of gender, age, culture, or ethnicity—are mesmerized by baby animals, and can’t help but smile when they see a burst of confetti or a cluster of colorful balloons? We are often made to feel that the physical world has little or no impact on our inner joy. Increasingly, experts urge us to find balance and calm by looking inward—through mindfulness or meditation—and muting the outside world. But what if the

natural vibrancy of our surroundings is actually our most renewable and easily accessible source of joy? In *Joyful*, designer Ingrid Fetell Lee explores how the seemingly mundane spaces and objects we interact with every day have surprising and powerful effects on our mood. Drawing on insights from neuroscience and psychology, she explains why one setting makes us feel anxious or competitive, while another fosters acceptance and delight—and, most importantly, she reveals how we can harness the power of our surroundings to live fuller, healthier, and truly joyful lives.

**Joyful** Berrett-Koehler Publishers

#1 NEW YORK TIMES BESTSELLER • OPRAH’S BOOK CLUB PICK • The author of the bestselling phenomenon *Quiet* explores the power of the bittersweet personality, revealing a misunderstood side of mental health and creativity while offering a roadmap to facing heartbreak in order to live life to the fullest. “Bittersweet has the power to transform the way you see your life and the world.”—OPRAH “Grabs you by the heart and doesn’t let go.”—BRENÉ BROWN, author of *Atlas of the Heart* “Susan Cain has described and validated my existence once again!”—GLENNON DOYLE, author of *Untamed* “The perfect cure for toxic positivity.”—ADAM GRANT, author of *Think Again*

LONGLISTED FOR THE PORCHLIGHT BUSINESS BOOK AWARD • ONE OF THE BEST BOOKS OF THE YEAR: *The Wall Street Journal*, *Mashable* Bittersweetness is a tendency to states of longing, poignancy, and sorrow; an acute awareness of passing time; and a curiously piercing joy at the beauty of the world. It recognizes that light and dark, birth and death—bitter and sweet—are forever paired. If you’ve ever wondered why you like sad music . . . If you find comfort or inspiration in a rainy day . . . If you react intensely to music, art, nature, and beauty . . . Then you probably identify with the bittersweet state of mind. With *Quiet*, Susan Cain urged our society to cultivate space for the undervalued, indispensable introverts among us, thereby revealing an untapped power hidden in plain sight. Now she employs the same mix of research, storytelling, and memoir to explore why we experience sorrow and longing, and how embracing the bittersweetness at the heart of life is the true path to creativity, connection, and transcendence. Cain shows how a bittersweet state of mind is the quiet force that helps us transcend our personal and collective pain, whether from a death or breakup, addiction or illness. If we don’t acknowledge our own heartache, she says, we can end up inflicting it on others via abuse, domination, or neglect. But if we realize that all humans know—or will know—loss and suffering, we can turn toward one another. At a time of profound discord and personal anxiety, *Bittersweet* brings us together in deep and unexpected ways.

**Monkeys, Myths, and Molecules** Profile Books

The bestselling guide on empowering introverted leaders to thrive in an extroverted world. Now updated with 20% new content, including strategies for remote and hybrid workplaces. In this expanded third edition of the bestselling *The Introverted Leader*, Jennifer Kahnweiler equips introverted leaders with essential tools for success in an extrovert-centric business world. With over 120,000 copies sold across multiple languages, this timely update addresses the evolving needs of introverted leaders, including in navigating remote and hybrid work environments such as:

- Navigating the challenges of Zoom calls
- Getting noticed when working remotely
- Applying innovative meeting techniques for engaging introverts

Kahnweiler’s proven four-step strategy based on lessons from thousands of introverted leaders—Prepare,

Presence, Push, and Practice—provides a concrete framework for introverts to leverage their natural strengths and overcome challenges in key areas such as public speaking, project management, and networking. The book includes:

- Practical applications of the 4 Ps approach in six crucial workplace scenarios
- A new chapter on leading effectively in remote and hybrid spaces
- The “Quiet Wrap-Up Journal” An action-oriented study guide for ongoing development
- Customized hiring and coaching strategies for introverts

Drawing from extensive research and over 100 interviews, Kahnweiler demonstrates how introversion can be a leadership asset, particularly in listening and written communication. This essential guide empowers introverted leaders to embrace their authentic selves while advancing their careers and making meaningful contributions to their organizations.

**Intentional Integrity** Sextante

You don’t have to be an extrovert—or pretend to be one—to succeed: “Finally, a book that recognizes the immense value that introverts bring to the workplace.” —Daniel H. Pink, New York Times bestselling author of *The Power of Regret* Business author and international speaker Jennifer Kahnweiler points to Mark Zuckerberg, Arianna Huffington, and Warren Buffett as prime examples of self-identified introverts who have done quite well for themselves. In this new, expanded edition of her pioneering book, she lays out a well-tested four-step strategy introverts can use to build on their quiet strength and make it a source of great power. The book also includes fresh information on: the unique challenges faced by introverted women how leaders can shape a more introvert-friendly workplace customized hiring and coaching strategies for introverts the positive correlation between introverted leadership and company performance

**Quiet Is a Superpower** Editeurs divers USA

This book explores the capacities and desires of academic women to reimagine and transform academic cultures. Embracing and championing feminist scholarship, the research presented by the authors in this collection holds space for a different way of being in academia and shifts the conversation toward a future that is hopeful, kind and inclusive. Through exploring lived experiences, building caring communities and enacting an ethics of care, the authors are reimagining the academy’s focus and purpose. The autoethnographic and arts-based research approaches employed throughout the book provide evocative conceptual content, which responds to the symbolic nature of transformation in the academy. This innovative volume will be of interest and value to feminist scholars, as well as those interested in disrupting and rejecting patriarchal academic structures.

**Never Enough** Goldmann Verlag

Als Susan Cain ein Teenager war, wurde sie oft gefragt, warum sie so still ist. Daraufhin zwang sie sich jahrelang, im Unterricht das Wort zu ergreifen und auf Partys zu gehen, auch wenn sie ihre freie Zeit lieber mit einer guten Freundin verbracht hätte. Im Laufe der Jahre erkannte Susan, dass ihre Introvertiertheit keine Schwäche, sondern eine Stärke war. Sie nahm sich Zeit zum Nachdenken, war ausgeglichen und eine gute Zuhörerin. Ihr erstes Buch »Still« wurde ein weltweiter Erfolg und ermutigte viele Introvertierte, zu sich selbst zu stehen. In ihrem zweiten Buch dreht sich alles um die Welt von Kindern und Jugendlichen. Sie „sind oft talentiert, einzigartig und liebevoll. Und trotzdem denken sie, dass etwas mit ihnen nicht stimmt. Das muss sich ändern“, beschreibt Susan Cain ihr Anliegen, das hinter diesem wichtigen Buch steckt.