

Enough Is Enough Building A Sustainable Economy In A World Of Finite Resources By Rob Dietz

The numerical and emotional aspects of planning for retirement This hands-on resource demystifies financial planning by giving the Enough number: an exact figure specific to personal goals, which can be a target number to aim for in retirement. It shows what changes will help to achieve the number, and offers an understanding of hidden motivations when it comes to spending money. It also provides an overview of the multitudes of investments available and provides conservative guidelines that will help make money, save taxes, and sleep at night. Offers a clear understanding of the different attitudes toward money and includes strategies to achieve goals Includes the tools needed to save for later and enjoy rewards today Contains a method for tracking money to help get your finances where you want them to be Covers the details of what it takes to work effectively with a financial advisor Written by Diane McCurdy, a noted financial planner, speaker, author, and founder of McCurdy Financial Planning This hands-on guide walks you through a proven program that is designed to keep you on the right track to financial success.

Former Congresswoman Gabrielle Giffords—disabled from an assassination attempt in Tucson, Arizona—and her husband, astronaut Mark Kelly, share their impassioned argument for responsible gun ownership and more responsible gun control laws, despite being gun owners and staunch supporters of the Second Amendment themselves.

Beyond Great will give readers everywhere the strategies they need to navigate a daunting new era of technological, economic, and social change. Supported by years of research and hands-on consulting practice, it will present a comprehensive framework for building a high performing, adaptive, and socially responsible global company. The book begins by taking an incisive look at the disruptive forces transforming globalization, including economic nationalism; the boom in data flows and digital commerce; the rise of China; heightened public concerns about capitalism and the environment; and the emergence of borderless communities of digitally connected consumers. The authors then offer nine core strategies that will help businesses today address and exploit these forces. Through compelling stories from real companies that have used these strategies to make change, Beyond Great argues that leaders today must evince a new kind of flexibility and light-footedness, constantly layering in new strategies and operational norms atop existing ones to allow for "always-on" transformation. Leaders must master a whole new set of rules about what it takes to be "global," becoming shapeshifters adept at handling contradiction, multiplicity, and nuance. This book will show them how.

Are your violence prevention and mental health efforts on campus coordinated? Are all your campus professionals aware of the system for reporting information about students who may be in distress or at-risk for harming themselves or others? Is the information reviewed and acted on? Recent campus crises have highlighted that campus administrators will be judged by three things: What the campus was doing before the crisis, its immediate response during the crisis, and the follow-up after the crisis. Born out of the call by Virginia Tech's Zenobia Hikes for urgent action to stem the tide of societal violence, and the NASPA "Enough is Enough" campaign (www.EnoughisEnoughcampaign.org) that she inspired, this book provides guidance on how to be proactive in preventing violence, and be prepared to provide a comprehensive response to a crisis. Enough is Enough presents first-hand accounts and experienced counsel from professionals who have lived through a violent incident, and continue to deal with its aftermath. They cover violence, suicide prevention, and mental health promotion in an integrated way, and offer a comprehensive plan to create a campus-wide system for collecting information about students at-risk for self-harm or violence toward others. The authors describe how to develop university-wide emergency plans, using the National Incident Management System template and involving a wide spectrum of campus services; how to create crisis response teams and victim liaison programs; offer recommendations about communication and the management of information; and address institutionally-appropriate and sensitive ways to achieve healing and recovery. The book is addressed to administrators, student affairs, services and mental health professionals, and counselors, on all the nation's campuses, elementary through post-secondary. A Joint ACPA & NASPA Publication

How the Soveya Solution is Revolutionizing the Diet and Weight-Loss World

The Unexpected Power of Selflessness

Scarcity

Public and Private Values for the 21st Century

Just Enough Software Architecture

The Economics of Place

Beyond Great

This powerful book sets out arguments and an agenda of policy proposals for achieving a sustainable and prosperous, but non-growing economy, also known as a steady-state economy. The authors describe a plan for solving the major social and environmental problems which face us today on a finite planet with a rapidly growing population. They show how we have to find ways to reverse the environmental crises, while at the same time, we have to eradicate poverty and erase the divide between the haves and the have-nots. They argue that the economic orthodoxy... Mike Hayes has lived a lifetime of once-in-a-lifetime experiences. He has been held at gunpoint and threatened with execution. He's jumped out of a building rigged to explode, helped amputate a teammate's leg, and made countless split-second life and death decisions. He's written countless emails to his family, telling them how much he loves them, just in case those were the last words of his they'd ever read.

Outside of the SEALs, he's run meetings in the White House Situation Room, negotiated international arms treaties, and developed high-impact corporate strategies. Over his many years of leadership, he has always strived to be better, to contribute more, and to put others first. That's what makes him an effective leader, and it's the quality that he's identified in all of the great leaders he's encountered. That continual striving to lift those around him has filled Mike's life with meaning and purpose, has made him secure in the knowledge that he brings his best to everything he does, and has made him someone others can rely on. In *Never Enough*, Mike Hayes recounts dramatic stories and offers battle- and boardroom-tested advice that will motivate readers to do work of value, live lives of purpose, and stretch themselves to reach their highest potential.

From award-winning author Michelle Roehm McCann comes a young activist's handbook to joining the fight against gun violence—both in your community and on a national level—to make schools safer for everyone. Young people are suffering the most from the epidemic of gun violence—as early as kindergarten students are crouching behind locked doors during active shooter drills. Teens are galvanizing to speak up and fight for their right to be safe. They don't just want to get involved, they want to change the world. *Enough Is Enough* is a call to action for teens ready to lend their voices to the gun violence prevention movement. This handbook deftly explains America's gun violence issues—myths and facts, causes and perpetrators, solutions and change-makers—and provides a road map for effective activism. Told in three parts, *Enough Is Enough* also explores how America got to this point and the obstacles we must overcome, including historical information about the Second Amendment, the history of guns in America, and an overview of the NRA. Informative chapters include interviews with teens who have survived gun violence and student activists who are launching their own movements across the country. Additionally, the book includes a Q&A with gun owners who support increased gun safety laws.

In this revelatory, authoritative portrait of Donald J. Trump and the toxic family that made him, Mary L. Trump, a trained clinical psychologist and Donald's only niece, shines a bright light on the dark history of their family in order to explain how her uncle became the man who now threatens the world's health, economic security, and social fabric. Mary Trump spent much of her childhood in her grandparents' large, imposing house in the heart of Queens, New York, where Donald and his four siblings grew up. She describes a nightmare of traumas, destructive relationships, and a tragic combination of neglect and abuse. She explains how specific events and general family patterns created the damaged man who currently occupies the Oval Office, including the strange and harmful relationship between Fred Trump and his two oldest sons, Fred Jr. and Donald. A firsthand witness to countless holiday meals and interactions, Mary brings an incisive wit and unexpected humor to sometimes grim, often confounding family events. She recounts in unsparing detail everything from her uncle Donald's place in the family spotlight and Ivana's penchant for regifting to her grandmother's frequent injuries and illnesses and the appalling way Donald, Fred Trump's favorite son, dismissed and derided him when he began to succumb to Alzheimer's. Numerous pundits, armchair psychologists, and journalists have sought to parse Donald J. Trump's lethal flaws. Mary L. Trump has the education, insight, and intimate familiarity needed to reveal what makes Donald, and the rest of her clan, tick. She alone can recount this fascinating, unnerving saga, not just because of her insider's perspective but also because she is the only Trump willing to tell the truth about one of the world's most powerful and dysfunctional families.

Company of One

Breaking the Walls Between Teenagers and Parents

Nine Strategies for Thriving in an Era of Social Tension, Economic Nationalism, and Technological Revolution

Too Much and Never Enough

Ending Fossil Fuels

Why Net Zero is Not Enough

How My Family Created the World's Most Dangerous Man

Ending the fossil fuel industry is the only credible path for climate policy Around the world, countries and companies are setting net-zero carbon emissions targets. But what will it mean if those targets are achieved? One possibility is that fossil fuel companies will continue to produce billions of tons of atmospheric CO2 while relying on a symbiotic industry to scrub the air clean. Focusing on emissions draws our attention away from the real problem: the point of production. The fossil fuel industry must come to an end but will not depart willingly; governments must intervene. By embracing a politics of rural-urban coalitions and platform governance, climate advocates can build the political power needed to nationalize the fossil fuel industry and use its resources to draw carbon out of the atmosphere.

Lee LeFever and his co-founder and wife, Sachi LeFever, didn't know exactly what type of business they were setting out to build when they started Common Craft in the early 2000s. What they were sure of is that they would design the business in such a way that they prioritized their happiness and time—they wanted the

opportunity to go camping on Tuesdays if they felt like it, and make up the time later. While not sacrificing their vision for a business that values time over money, Lee and Sachi built a leading internet-based visual communications firm that includes Google, LEGO, Intel, Microsoft, Ford, and Dropbox as its clients. They paved the way for explainer videos that are now a mainstay of companies' marketing and communications strategy. They learned to pivot to different income streams, and say no to opportunities that would increase unhappiness and decrease autonomy. And they did it all while working from home, not taking on outside employees, and camping on Tuesdays. Like Paul Jarvis in *Company of One*, Lee shows how they did it, and offers his best tips for how you can build a business and a life you love. Sitting around pointing fingers and waiting for change to appear on the horizon—has it ever worked for you? Do you feel imbalance between who you are and who you think you should be? Do you see fulfillment, better relationships, and stronger teamwork as something to work for, but not possible now? In her breakthrough message, author and speaker Jessica Pettitt reveals the truth about how we can be the best versions of ourselves now! By being our authentic selves, we can immediately improve our companies, relationships, and communities. *Good Enough Now* is an innovative and practical guide to ridding yourself of self-doubt, self-limiting beliefs, and habitual excuses through: Being true to yourself Building on your strengths Supporting others in their strengths Building better teams Serving others Read this revolutionary book and discover that you already have what is necessary to begin shifting the paradigm!

Enough is an ancient 'master concept', which today finds renewed expression in a variety of proposals for a transition to a better world. Each one of us has an innate sense of enough; everybody can play a part in the movement of enough and at the same time improve daily well being. The book is a unique blend of ideas, practice and resources, integrating philosophy, morality, ecology, spirituality, self-help, citizenship, leadership, economics and politics.

Building a Business that Scales with Your Lifestyle

The True Cost of Not Having Enough

Enough is Enough

Prosperity without Growth

Balancing Today's Needs with Tomorrow's Retirement Goals

Never Enough

The Good-Enough Life

Molly Caro May grew up as part of a nomadic family, one proud of their international sensibilities, a tribe that never settled in one place for very long. Growing up moving from foreign country to foreign country, just like her father and grandfather, she became attached to her identity as a global woman from nowhere. But, on the verge of turning thirty years old, everything changed. Molly and her fiancé Chris suddenly move to 107 acres in Montana, land her family owns but rarely visits, with the idea of staying for only a year. Surrounded by tall grass, deep woods, and the presence of predators, the young couple starts the challenging and often messy process of building a traditional Mongolian yurt from scratch. They finally finish just on the cusp of winter, in a below-zero degree snowstorm. For Molly it is her first real home, yet a nomadic one, this one concession meant to be disassembled and moved at will. Yurt-life gives her rare exposure to nature, to the elements, to the wildlife all around them. It also feels contrary to the modern world, and this triggers in Molly an exploration of what home means to the emergent generation. In today's age, has globalization and technology taught us that something better, the next best thing, is always out there? How does any young adult establish roots, and how do we decide what kind of life we want to lead? How much, ever, is enough?

Why technology is not an end in itself, and how cities can be “smart enough,” using technology to promote democracy and equity. Smart cities, where technology is used to solve every problem, are hailed as futuristic urban utopias. We are promised that apps, algorithms, and artificial intelligence will relieve congestion, restore democracy, prevent crime, and improve public services. In *The Smart Enough City*, Ben Green warns against seeing the city only through the lens of technology; taking an exclusively technical view of urban life will lead to cities that appear smart but under the surface are rife with injustice and inequality. He proposes instead that cities strive to be “smart enough”: to embrace technology as a powerful tool when used in conjunction with other forms of social change—but not to value technology as an end in itself. In a technology-centric smart city, self-driving cars have the run of downtown and force out pedestrians, civic engagement is limited to requesting services through an app, police use algorithms to justify and perpetuate racist practices, and governments and private companies surveil public space to control behavior. Green describes smart city efforts gone wrong but also smart enough alternatives, attainable with the help of technology but not reducible to technology: a livable city, a democratic city, a just city, a responsible city, and an innovative city. By recognizing the complexity of urban life rather than merely seeing the city as something to optimize, these *Smart Enough Cities* successfully incorporate technology into a holistic vision of justice and equity.

This is a practical guide for software developers, and different than other software architecture books. Here's why: It teaches risk-driven architecting. There is no need for meticulous designs when risks are small, nor any excuse for sloppy designs when risks threaten your success. This book describes a way to do just enough architecture. It avoids the one-size-fits-all process tar pit with advice on how to tune your design effort based on the risks you face. It democratizes architecture. This book seeks to make architecture relevant to all software developers. Developers need to understand how to use constraints as guiderails that ensure desired outcomes, and how seemingly small changes can affect a system's properties. It cultivates declarative knowledge. There is a difference between being able to hit a ball and knowing why you are able to hit it, what psychologists refer to as procedural knowledge versus declarative knowledge. This book will make you more aware of what you have been doing and provide names for the concepts. It emphasizes the engineering. This book focuses on the technical parts of software development and

what developers do to ensure the system works not job titles or processes. It shows you how to build models and analyze architectures so that you can make principled design tradeoffs. It describes the techniques software designers use to reason about medium to large sized problems and points out where you can learn specialized techniques in more detail. It provides practical advice. Software design decisions influence the architecture and vice versa. The approach in this book embraces drill-down/pop-up behavior by describing models that have various levels of abstraction, from architecture to data structure design.

What can prosperity possibly mean in a world of environmental and social limits? The publication of Prosperity without Growth was a landmark in the sustainability debate. Tim Jackson's piercing challenge to conventional economics openly questioned the most highly prized goal of politicians and economists alike: the continued pursuit of exponential economic growth. Its findings provoked controversy, inspired debate and led to a new wave of research building on its arguments and conclusions. This substantially revised and re-written edition updates those arguments and considerably expands upon them. Jackson demonstrates that building a 'post-growth' economy is a precise, definable and meaningful task. Starting from clear first principles, he sets out the dimensions of that task: the nature of enterprise; the quality of our working lives; the structure of investment; and the role of the money supply. He shows how the economy of tomorrow may be transformed in ways that protect employment, facilitate social investment, reduce inequality and deliver both ecological and financial stability. Seven years after it was first published, Prosperity without Growth is no longer a radical narrative whispered by a marginal fringe, but an essential vision of social progress in a post-crisis world. Fulfilling that vision is simply the most urgent task of our times.

When Peace Is Not Enough

The Economics of Enough

A Student Affairs Perspective on Preparedness and Response to a Campus Shooting

Good Enough Now

The Value of Building Communities Around People

Why Staying Small Is the Next Big Thing for Business

The 7 Laws of Enough

We've outpaced our planet. It's a truth we can no longer escape or ignore. Signs are everywhere. Of the 7 billion people who live on the earth, 2.7 billion struggle to live on less than \$2 per day. Many are completely devoid of life, with one dead zone in the Gulf of Mexico estimated to be the size of New Jersey. We use eleven times as much energy as we did just fifty years ago. More of the sea is dead. But what can we do? In "Enough Is Enough," Rob Dietz and Dan O'Neill urge us to shift our focus from the symptoms to the cause: the pursuit of never-ending economic growth. Since we live in a world of finite resources, we must change our economic goal from the madness of more to the wisdom of enough. What sets this book apart is its focus on the solution: a prosperous and stable steady-state economy. The authors describe the features of this economy and explain how to achieve it. They explore specific strategies to limit resource use, stabilize population, achieve a fair distribution of income and wealth, reduce unemployment, and more--all with the aim of maximizing long-term well-being instead of short-term profits. They also provide advice for changing consumer behavior and shifting the political focus from the misguided pursuit of economic growth and toward the things that really matter to people. Ultimately, this book offers more than just a survival strategy. By eliminating the waste and excess that put us in peril, people can lead healthier and happier lives. Filled with fresh ideas and surprising optimism, "Enough Is Enough" is the primer for achieving genuine prosperity and a hopeful future for all. It's not about ketosis, calculating calories, or counting points. It's about the courage to step outside your comfort zone and get off the dieting rollercoaster. Enough is finally enough.

If you really want to meet your goal to actually maintain a healthy body size, then you must stop focusing on changing your weight and start focusing on changing yourself and your relationship with food. This is the underlying message of the Soveya Solution.

The Soveya Solution is a proven and practical system developed by Eli Glaser after his struggles with morbid obesity and the life-changing turnaround 17 years ago that enabled him to shed 130 pounds. Eli has mastered a unique and extremely effective approach to weight loss and lifestyle change and walks you step-by-step through this transformative process, providing highly innovative and pragmatic and concrete guidelines--all positioned atop a platform infused with positivity, humor and endless encouragement. Eli's vulnerability and raw honesty lend a richness and relatability that penetrate the heart. Eli has shared the battle of the bulge. This groundbreaking program has impacted thousands of people around the world. It's not just a weight changer and it's not even a game changer. It's a life changer. "How an acceptance of our limitations can lead to a more fulfilling life and a more harmonious society"--

Why our economy is cheating the future—and what we can do about it The world's leading economies are facing not just one but many crises. The financial meltdown may not be over, climate change is a disruption, economic inequality has reached extremes not seen for a century, and government and business are widely distrusted. At the same time, many people regret the consumerism and social inequality of the past. What these crises have in common, Diane Coyle argues, is a reckless disregard for the future—especially in the way the economy is run. How can we achieve the financial growth we need today while ensuring a bright future for our children, our societies, and our planet? How can we realize what Coyle calls "the Economics of Enough"? Running the economy for tomorrow as well as today will require a wide range of changes. The top priority must be ensuring that we get a true picture of long-term economic prospects, with the development of official statistics on national wealth in its broadest sense, including natural resources. Saving and investment will need to be encouraged over current consumption. Above all, governments will need to engage citizens in a process of debate about the difficult choices that lie ahead and a firm commitment to the future of our societies. Creating a sustainable economy—having enough to be happy without cheating the future—won't be easy. But The Economics of Enough starts a profound conversation about how we can begin—and the first steps we need to take.

Cultivating a Life of Sustainable Abundance

Enough

The Smart Enough City

Undefining My Masculinity

When Good Enough Isn't Enough

Will I Ever be Good Enough?

How Much Is Enough?

Why can we never seem to keep on top of our workload, social diary or chores? Why does poverty persist around the world? Why do successful people do things at the last minute in a sudden rush of energy? Here, economist Sendhil Mullainathan and psychologist Eldar Shafir reveal that the hidden side behind all these problems is that they're all about scarcity. Using the new science of scarcity, they will change the way you think about both the little everyday tasks and the big issues of global urgency. 'It's the scarcity trap, and you need to know about it.' *New Scientist*, Books of the Year 'The finest combination of heart and head that I have seen.' Daniel Kahneman, author of *Thinking, Fast and Slow* 'A captivating book, overflowing with new ideas, fantastic stories, and simple suggestions that just might change the way you live.' Steven D. Levitt, coauthor of *Freakonomics* 'A highly original and easily readable book that is full of intriguing insights. What does a single mom trying to make partner at a major law firm have in common with a peasant who spends half her income on interest payments? The answer is scarcity. Read this book to learn the surprising ways in which scarcity affects us all.' Richard Thaler, co-author of *Nudge* 'Extraordinarily illuminating, important, novel and immensely creative.' Cass R. Sunstein, *New York Review of Books* 'Ultimately humane and very welcome.' Oliver Burkeman, *Guardian*

What does it truly mean to be enough? To be pretty enough, strong enough, smart enough ...good enough? In this day and age, teenagers are sent into the world with the idea that if they're not curing cancer or changing the world in some fundamental way, they're failing. They're labeled, misunderstood, and constrained. And what should they do when who they want to be clashes with who society tells them to be? *Being Enough* presents a refreshing, energetic approach to combatting common issues faced by teenagers during adolescence and constructing avenues of communication between generations. Written from a high schooler's perspective, this book redefines the meaning of "being enough" and works to tear down the walls between teens and their parents. Does taking advice from a teenager sound crazy? Yes. Is it worth it? Most definitely.

What if the real key to a richer and more fulfilling career was not to create and scale a new start-up, but rather, to be able to work for yourself, determine your own hours, and become a (highly profitable) and sustainable company of one? Suppose the better--and smarter--solution is simply to remain small? This book explains how to do just that. *Company of One* is a refreshingly new approach centered on staying small and avoiding growth, for any size business. Not as a freelancer who only gets paid on a per piece basis, and not as an entrepreneurial start-up that wants to scale as soon as possible, but as a small business that is deliberately committed to staying that way. By staying small, one can have freedom to pursue more meaningful pleasures in life, and avoid the headaches that result from dealing with employees, long meetings, or worrying about expansion. *Company of One* introduces this unique business strategy and explains how to make it work for you, including how to generate cash flow on an ongoing basis. Paul Jarvis left the corporate world when he realized that working in a high-pressure, high profile world was not his idea of success. Instead, he now works for himself out of his home on a small, lush island off of Vancouver, and lives a much more rewarding and productive life. He no longer has to contend with an environment that constantly demands more productivity, more output, and more growth. In *Company of One*, Jarvis explains how you can find the right pathway to do the same, including planning how to set up your shop, determining your desired revenues, dealing with unexpected crises, keeping your key clients happy, and of course, doing all of this on your own.

"A ... series of Christian daily reflections on learning to live with imperfection in a culture of self-help that promotes endless progress"--Provided by publisher.

How to Run the Economy as If the Future Matters

Man Enough

A Cookbook: Embracing the Joys of Imperfection and Practicing Self-Care in the Kitchen

The Difference

How Students Can Join the Fight for Gun Safety

Putting Technology in Its Place to Reclaim Our Urban Future

Being Enough

What if your path to a more successful, healthy, and satisfying life is actually not about you? *Enough About Me* equips you with practical tools to find meaning and compassion in even the smallest of everyday choices. When his father was diagnosed with Alzheimer's disease, Richard Lui made a tough decision. The award-winning news anchor decided to set aside his growing career to care for his family. At first, this new caregiving lifestyle did not come easily for Lui, and what followed was a seven-year exercise in what it really means to be selfless. *Enough About Me* also takes a behind-the-scenes look at some of the world's most difficult moments from a journalist's point of view. From survivors of terrorist attacks to victims of racial strife, Lui shares the lessons he learned from those who rose above the fray to be helpful, self-sacrificing, and generous in the face of monumental tragedy and loss. Lui shares practical tips, tools, and mnemonics learned along the way to help shift the way we think and live, including: Selfless decision methods and practices for work, home, relationships, and community Studies and research that show the personal benefits of being selfless The lasting impact of sharing your story Practical, bite-sized ways to be more engaging and inclusive in your day-to-day life How to train our decision-making muscles to choose others over ourselves Choice by choice, step by step, the path to a more satisfying and fulfilling journey is right here in the people around

us. Praise for Enough About Me: "Richard Lui underscores the importance of sharing stories to bring people together through selfless acts for the greater good." Beth Kallmyer, Vice President of Care and Support, Alzheimer's Association "Richard is living a life of service. This is a jewel of a book, a celebration of the best of the human spirit and of the good that emerges from sacrifice. Richard Lui is a beacon of light in these dark times." José Díaz-Balart, Anchor, NBC Nightly News Saturday; Anchor, Noticias Telemundo

Kelen Tamurian is a high school junior living in Washington state and an aspiring activist for human rights. She has struggled with her mental health and for most of her life felt that she wasn't good enough. Over the last year, she has found her writing style and she felt called to share the story of Hope, a young teenage girl in high school who doesn't feel good enough in any facet of her life. Through her book, SIMPLY Not ENOUGH, Kelen is demonstrating that this feeling is so universal as she believes that every single person on this earth has experienced the emotion of not feeling good enough, whether it was for a minute, a month, a year, or one's entire lifetime. When we believe that we are not good enough we engage in activities or habits that detract from our overall wellbeing because we are trying so desperately hard to feel that we are enough. We strive for that perfect grade, losing hours of sleep and missing out on fruitful relationships. We seek to shrink our physical bodies through over-exercising or restricting our food intake because we think that if we can just get to that size 0 we will be pretty enough, thin enough, and worthy enough of affection and attention. We avoid getting too intimate with others because we do not believe that we are good enough to have and sustain a relationship where we dive below the surface level and go deep with each other. When we believe that we are not good enough, all things surrounding wellness go out the door because nothing about believing that we are not good enough supports it. The foundation of our belief is rooted in the idea that we are unworthy, and by believing that we are not good enough we close ourselves off to the pathways of nourishment. That is why Kelen believes that mental health is the foundation of wellness because without it we can not engage in habits or activities that truly support our overall well-being. We can not live our fullest, happiest, most courageous lives if we don't take the first step to evaluate our mental state and take action to move toward a place of understanding within ourselves to know that we are worthy, we are capable, and we are good enough.

A #1 New York Times bestseller and Goodreads Choice Awards picture book winner! This is the perfect gift for mothers and daughters, baby showers, and graduation. This gorgeous, lyrical ode to loving who you are, respecting others, and being kind to one another comes from Empire actor and activist Grace Byers and talented newcomer artist Keturah A. Bobo. We are all here for a purpose. We are more than enough. We just need to believe it. Plus don't miss I Believe I Can—the next beautiful picture celebrating self-esteem from Grace Byers and Keturah A. Bobo! If you saw a toothpick on the floor, what would you do? This seemingly innocuous question was posed to Subir Chowdhury by one of his longtime clients, and ultimately lead him to a profound realization: good enough is not enough. The best processes in the world won't work without developing the kind of mindset – a caring mindset – that is needed to achieve real and sustainable change in both organizations and individuals. In his compelling new book, bestselling author and globally recognized management consultant Subir Chowdhury tackles an issue that has haunted him in his work with many of the world's largest organizations. Why is it that some improve only incrementally, while others improve 50 times that? The ideas and training are exactly the same. What is the difference? The difference, Chowdhury explains, is the ability to nurture the skills, loyalty and passion of the people who make up an organization. It is a culture built on straightforwardness, thoughtfulness, accountability and resolve. Organizations and individuals that embrace all of these "STAR" attributes—not just one or two of them—will shine. He goes further, showing us why having a caring mindset outside of work is integral to both personal and professional success. A powerful guide to living a successful life and career, The Difference will inspire you to be the difference – at work or home.

I Am Enough

Enough is Plenty

The Story of a Girl

The Map of Enough

Big Enough

How the Israeli Peace Camp Thinks about Religion, Nationalism, and Justice

Good Enough

We're overusing the earth's finite resources, and yet excessive consumption is failing to improve our lives. In Enough Is Enough, Rob Dietz and Dan O'Neill lay out a visionary but realistic alternative to the perpetual pursuit of economic growth—an economy where the goal is not more but enough. They explore specific strategies to conserve natural resources, stabilize population, reduce inequality, fix the financial system, create jobs, and more—all with the aim of maximizing long-term well-being instead of short-term profits. Filled with fresh ideas and surprising optimism, Enough Is Enough is the primer for achieving genuine

prosperity and a hopeful future for all.

The Republic of Ireland, which declared itself in 1949, allowed the Catholic Church to dominate its civil society and education system. Investment by American and European companies, and a welcoming tax regime, created the 'Celtic Tiger' of the 1990s. That brief burst of good fortune was destroyed by a corrupt political class which encouraged a wild property boom, leaving the country almost bankrupt. What Ireland needs now is a programme of real change. It needs to become a fully modern republic in fact as well as name. This disastrous economic collapse also allows us to think through the kind of multiculturalism that Ireland needs, and to build institutions that can accommodate the sudden influx of migrants who have come to Ireland in the past 15 years. The State should take over the entire education system, for which it pays already, and make it fit for the 21st century. The political system is dysfunctional and is one of the main causes of the debacle we have just experienced. Ireland needs constitutional reform. Politicians have been let get away with murder, and there is a fatalistic sense that nothing can change. The country needs to encourage participation in, and oversight and knowledge of politics, to make people feel that they have a right to challenge the old party machines and to make a difference. It is their country, after all.

You need to get to safety. Now. When the abuse starts, that's when you know enough is enough. It's time to find a haven somewhere else. There will be a chance down the road to assess where your marriage is headed in the long term. No one is saying divorce is the inevitable outcome. God can transform anyone. But He doesn't promise to do that. People choose to persist in sin. And that's why it's imperative for you to leave . . . so you can think clearly, take stock of the situation, and most of all, protect yourself and those whom you love. Dr. David Clarke, a licensed psychologist specializing in marital therapy for more than 30 years, wants to help you make the break from your abusive relationship. Whether or not divorce is on the horizon is beside the point. You need to get out so you can sort it out. Dr. Clarke understands this journey won't be easy. That's why he provides a step-by-step plan that includes practical advice as well as biblical guidance. But leave you must, because abuse is a sin that doesn't come from above. Let this book help you get away from your abuser so you can give your marriage the best chance to succeed. Because only with some distance will you be able to see what your loving, ever-faithful God has in store for you.

A resource for daughters of mothers with narcissistic personality disorder explains how to manage feelings of inadequacy and abandonment in the face of inappropriate maternal expectations and conditional love, in a step-by-step guide that shares recommendations for creating a personalized program for self-protection and recovery. 50,000 first printing.

Enough Is Enough

A Navy SEAL Commander on Living a Life of Excellence, Agility, and Meaning

The Art of Enough

One Woman's Search for Place

Building a Sustainable Economy in a World of Finite Resources

Simply Not Enough

All You Can Do Is All You Can Do But All You Can Do Is Enough!

You've got this! Good enough is a cookbook, but it's as much about the healing process of cooking as it is about delicious recipes. It's about acknowledging the fears and anxieties many of us have when we get in the kitchen, then learning to let them go in the sensory experience of working with food. It's about slowing down, honoring the beautiful act of feeding yourself and your loved ones, and releasing the worries about whether what you've made is good enough. It is. A generous mix of essays, stories, and nearly 100 dazzling recipes, Good Enough is a deeply personal cookbook. Its subject is more than Smoky Honey Shrimp Tacos with Spicy Fennel Slaw or Sticky Toffee Cookies; ultimately it's about learning to love and accept yourself, in and out of the kitchen.

The 7 Laws of Enough is about the most radical kind of change, at the personal, organizational, and societal level: a shift from scarcity to sustainable abundance. These seven principles, pioneered by leadership consultants Gina LaRoche and Jennifer Cohen, guide readers on a transformational journey of self-discovery, towards new leadership strategies and a renewed sense of fulfillment and purpose. It starts with law number one: stories matter. We are all living in the story of scarcity—the story that tells us we don't have enough. We want more and more, perpetuating a vicious cycle of consumption that lowers our own well-being and irreparably damages the Earth. This book is an invitation to live in another story, the story of sustainable abundance. The ripples from making this shift are profound—it will change your relation to your loved ones, your work, and the planet. Essential for spiritual seekers, business leaders, and environmentalists alike, The 7 Laws of Enough points the way towards a new way of living and leading.

A GRIPPING, FEARLESS EXPLORATION OF MASCULINITY The effects of traditionally defined masculinity have become one of the most prevalent social issues of our time. In this engaging and provocative new book, beloved actor, director, and social activist Justin Baldoni reflects on his own struggles with masculinity. With insight and honesty, he explores a range of difficult, sometimes uncomfortable topics including strength and vulnerability, relationships and marriage, body image, sex and sexuality, racial justice, gender equality, and fatherhood. Writing from experience, Justin invites us

to move beyond the scripts we've learned since childhood and the roles we are expected to play. He challenges men to be brave enough to be vulnerable, to be strong enough to be sensitive, to be confident enough to listen. Encouraging men to dig deep within themselves, Justin helps us reimagine what it means to be man enough and in the process what it means to be human.

The state of Israel is often spoken of as a haven for the Jewish people, a place rooted in the story of a nation dispersed, wandering the earth in search of their homeland. Born in adversity but purportedly nurtured by liberal ideals, Israel has never known peace, experiencing instead a state of constant war that has divided its population along the stark and seemingly unbreachable lines of dissent around the relationship between unrestricted citizenship and Jewish identity. By focusing on the perceptions and histories of Israel's most marginalized stakeholders—Palestinian Israelis, Arab Jews, and non-Israeli Jews—Atalia Omer cuts to the heart of the Israeli-Arab conflict, demonstrating how these voices provide urgently needed resources for conflict analysis and peacebuilding. Navigating a complex set of arguments about ethnicity, boundaries, and peace, and offering a different approach to the renegotiation and reimagination of national identity and citizenship, Omer pushes the conversation beyond the bounds of the single narrative and toward a new and dynamic concept of justice—one that offers the prospect of building a lasting peace.

Our Fight to Keep America Safe from Gun Violence

A Step-by-Step Plan to Leave an Abusive Relationship with God's Help

Healing the Daughters of Narcissistic Mothers

Enough About Me

Building a Sustainable Economy in a World of Finite Resources (Large Print 16pt)

A Risk-Driven Approach

Foundations for the Economy of Tomorrow

Ever feel like you aren't Enough? Overwhelmed by too many demands? Concerned about over-consumption and the climate crisis? You're not alone. The Art of Enough is the challenge of our age. In a world full of pressure to be more, do more and consume more, this practical guidebook will help you find your own version of Enough. Enough is a springboard for self-belief, a healthy work pace and sustainable living, so you can move from striving to thriving. Weaving together ideas, stories and practices, The Art of Enough offers seven ways to ease away from the pull of scarcity and excess, towards flourishing with Enough; finding the balance and boundaries we all need for ourselves and for our world. Becky Hall is a coach, facilitator and speaker and has worked for over 20 years with teams, organizations and leaders, helping busy people all over the world create their own Art of Enough. Filled with practical tools and techniques, The Art of Enough offers seven ways to free yourself to flourish in your life, your work and our world with abundance, flow and clarity. The Art of Enough invites us to find the balance we all need for ourselves and our world.

How Doing the Best We Can With What We Have is Better Than Nothing (Second Edition: Updated and Expanded)

40ish Devotionals for a Life of Imperfection

7 ways to build a balanced life and a flourishing world

How to Build a New Republic