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JP4PM2 - ISRAEL MAYS

The classic erotic memoir of an intense and haunting relationship that spawned the film. This is a love story so unusual, so passionate, and so extreme in its psychology and sexuality that it takes the reader's breath away. Unlike *The Story of O, Nine and a Half Weeks* is not a novel or fantasy; it is a true account of an episode in the life of a real woman. Elizabeth McNeill was an executive for a large corporation when she began an affair with a man she met casually. From the beginning, their sexual excitement escalates through domination and humiliation. As the affair progresses, woman and man play out ever more dangerous and

more elaborate sado-masochistic variations. By the end, she has relinquished all control over her body and mind. With a cool detachment that makes the experiences and sensations she describes all the more frightening in their intensity, Elizabeth McNeill beautifully unfolds her story and invites you to experience the mesmerizing, electrifying, and unforgettably private world of *Nine and a Half Weeks*.

As a creative force, student of the human heart and soul, and champion of living the life you want, Oprah Winfrey stands alone. Over the years, she has made history with a legendary talk show - the highest-rated program of its kind, launched her own television network, become the nation's only

African-American billionaire, and been awarded both an honorary degree by Harvard University and the Presidential Medal of Freedom. From all her experiences, she has gleaned life lessons—which, for fourteen years, she's shared in *O, The Oprah Magazine's* widely popular "What I Know For Sure" column, a monthly source of inspiration and revelation. Now, for the first time, these thoughtful gems have been revised, updated, and collected in *What I Know For Sure*, a beautiful cloth bound book with a ribbon marker, packed with insight and revelation from Oprah Winfrey. Organized by theme—joy, resilience, connection, gratitude, possibility, awe, clarity, and power—these essays offer a rare, power-

ful and intimate glimpse into the heart and mind of one of the world's most extraordinary women—while providing readers a guide to becoming their best selves. Candid, moving, exhilarating, uplifting, and frequently humorous, the words Oprah shares in *What I Know For Sure* shimmer with the sort of truth that readers will turn to again and again.

Explores the relationship of town librarian Lily Willard with wandering house builders Oren and Ian Pritchard from their childhood to Oren's marriage to Lily and Ian's return from World War I.

Dark, disturbing, and full of twists, this cleverly crafted mystery--a story of love, loyalty, and murder--is sure to delight readers craving a queer teenage girl antihero just as morally complicated as her male counterparts.

Sick of her abusive boyfriend and dead-end newspaper job, Elsie sets out for adventure, traveling from California to Brooklyn to Sri Lanka in search of experiences and human connections to help fill the perceived void in her life.

Designated a Doody's Core Title! "This is a valuable resource for readers seeking basic to advanced

information on measurement. It should be on the bookshelf of all researchers, and a requirement for graduate nursing students."Score: 100, 5 stars---Doody's Medical Reviews "...this book is a wonderful shelf reference for nurse researcher mentors and investigators who may need to explore content or use content to design, test, select, and evaluate instruments and methods used in measuring nurse concepts and outcomes."---Clinical Nurse Specialist This fourth edition presents everything nurses and health researchers need to know about designing, testing, selecting, and evaluating instruments and methods for measuring in nursing. Thoroughly updated, this fourth edition now contains only the latest, most cutting-edge measurement instruments that have direct applicability for nurses and health researchers in a variety of roles, including students, clinicians, educators, researchers, administrators, and consultants. Using clear and accessible language, the authors explain in detail, and illustrate by example, how to conduct sound measurement practices that have been adequately tested for reliability and validity.

This edition is enriched with topics on the leading edge of nursing and health care research, such as measurement in the digital world, biomedical instrumentation, new clinical data collection methods, and methods for measuring quality of care. Key features: Provides new and emerging strategies for testing the validity of specific measures Discusses computer-based testing: the use of Internet research and data collection Investigates methods for measuring physiological variables using biomedical instrumentation Includes information on measurement practices in clinical research, focusing on clinical data collection methods, such as clinimetrics Identifies the challenges of measuring quality of care and how to address them

From the New York Times and USA Today bestselling author of the *Driven* series. *ONE NIGHT. THAT'S ALL IT WAS SUPPOSED TO BE.* Reeling from the sudden loss of her sister, Haddie Montgomery has sworn off relationships. All she wanted from Beckett Daniels was a sexy distraction to help her escape her pain for just a little while....There weren't supposed to be any strings attached—so why can't she

shake the memory of that unforgettable night from her thoughts? Or the taste of his kiss from her lips? No matter how hard Hadie tries to forget about him, Becks relentlessly tries to prove that she should start living for today. But she is determined to avoid romantic commitment, and she can always use her ex-boyfriend's reappearance to help snuff out the slow burn within her that Becks has sparked.... Or will fate force her to realize that this kind of connection doesn't come along very often and a chance at love is worth the risk?

New York Times best-selling author Catherine Anderson explores the history of the beloved Coulter Family with this timeless tale that will make you believe in the power of love... The year is 1889, and Rachel Hollister hasn't set foot outside her house in five years. Ever since a savage attack left her family dead, she's cordoned herself off from the outside world, afraid to let anyone into her home—or into her heart. But now trouble has appeared on her doorstep—and suddenly she has no choice but to let a handsome rancher invade her well-guarded existence... Confirmed bachelor Joseph Paxton

grudgingly offers to take up temporary residence at the Hollister ranch—even though it's obvious that Rachel doesn't want his protection. But once he catches a glimpse of his beautiful young ward and her remarkable spirit, he'll do anything to make her see the refuge he's offering in his embrace—and the splendor that exists beyond her front door. Otherwise he'll just have to build a safe haven big enough for the both of them.

Spring Awakening is an extraordinary new rock musical with book and lyrics by Steven Sater and music by Grammy Award-nominated recording artist Duncan Sheik. Inspired by Frank Wedekind's controversial 1891 play about teenage sexuality and society's efforts to control it, the piece seamlessly merges past and present, underscoring the timelessness of adolescent angst and the universality of human passion.

The bestselling phenomenon and inspiration for the award-winning film. Earthy, magical, and utterly charming, this tale of family life in turn-of-the-century Mexico blends poignant romance and bittersweet wit. This classic love story takes place on

the De la Garza ranch, as the tyrannical owner, Mama Elena, chops onions at the kitchen table in her final days of pregnancy. While still in her mother's womb, her daughter to be weeps so violently she causes an early labor, and little Tita slips out amid the spices and fixings for noodle soup. This early encounter with food soon becomes a way of life, and Tita grows up to be a master chef, using cooking to express herself and sharing recipes with readers along the way.

The transition from silent to synchronized sound film was one of the most dramatic transformations in cinema's history, as it radically changed the technology, practices, and aesthetics of filmmaking within a few short years. In France, debates about sound cinema were fierce and widespread. In *French Musical Culture and the Coming of Sound Cinema*, author Hannah Lewis argues that the debates about sound film resonated deeply within French musical culture of the early 1930s, and conversely, that discourses surrounding a range of French musical styles and genres shaped audiovisual cinematic experiments during the transition to sound. Lewis' book focuses on

many of the most prominent directors and screenwriters of the period, from Luis Buñuel to Jean Vigo, as well as experiments found in lesser-known films. Additionally, Lewis examines how early sound film portrayed the diverse soundscape of early 1930s France, as filmmakers drew from the music hall, popular chanson, modernist composition, opera and operetta, and explored the importance of musical machines to depict and to shape French audiovisual culture. In this light, the author discusses the contributions of well-known composers for film alongside more popular music hall styles, all of which had a voice within the heterogeneous soundtrack of French sound cinema. By delving into this fascinating developmental period of French cinematic history, Lewis encourages readers to challenge commonly-held assumptions about how genres, media, and artistic forms relate to one another, and how these relationships are renegotiated during moments of technological change.

Definitive novel of the "Lost Generation" focuses on the coming of age of Amory Blaine, a handsome, wealthy Princeton student. Fitzgerald's first

novel and an immediate, spectacular success. Note.

In this sequel to *Wall-banger*, fan favorites Caroline Reynolds and Simon Parker negotiate the roller coaster of their new relationship while house-sitting in Sausalito. Playing house was never so much fun—or so confusing. With her boss on an extended honeymoon, Caroline's working crazy-long hours to keep the interior design company running—especially since she's also the lead designer for the renovation of a gorgeous old hotel. And with Simon, her hotshot photographer boyfriend, gallivanting all over the world for his job, the couple is heavy-duty into "absence makes the heart grow fonder" mode. No complaints about the great reunion sex, though! Then a trip back east to his childhood home has Simon questioning his nomadic lifestyle. He decides to be home more. A lot more. And he wants Caroline home more, too. Though their friends' romantic lives provide plenty of welcome distraction, eventually Caroline and Simon have to sort out their relationship. Sure, more togetherness is a good thing—but does less traveling and working have to mean the other

extreme? Apple pie and picket fences? With this second book in the *Cocktail* series, USA TODAY bestselling author Alice Clayton delivers another delicious, frothy confection of a book, shaking up her characters, stirring in laugh-out-loud humor, and serving sizzling romance straight up!

Proven ways to create a more loving family Research proves that happy families are good for health, longevity, peace of mind, productivity, and success. In *The Secrets of Happy Families*, Scott Haltzman offers an original approach to building family contentment that works for families of all ethnicities and make-ups—two-parent, single-parent, blended, childless, or same-sex couple. He provides a "positive psychology" way of solving family problems through strategy and leadership, including knowing and accepting who you are, taking a leadership role in loving and united relationships, building a network of support in extended families and communities, and making quality time for fun, adventures, holidays, and rituals.

Previously published *Wiltshire*, 1967. Guide to personal health and success *MadHatter: Why so blue Al-*

ice?Blue_Alice: I want to explore a part of me I've kept hidden.MadHatter: Why?Blue_Alice: Because I don't have anything to lose.MadHatter: That's dangerous.VioletAfter sacrificing years of my life on a cheating husband, I'd had enough. I set out to quench a thirst I had ignored for years. I gave myself one year to explore my sexuality-to delve into my deepest, darkest desires. With nothing to lose and everything to gain, I would have my sexual revolution. I would have my...awakening.Diving into the world of both pleasure and pain, I was sure with Rhys I had found what I'd been missing...until he took it away._____RhysI was on my way out of the life when she came barging in with her new appetite and unrealistic expectations of what a Dom should be. All I had left to do to break free was sell the club and walk away. Now I found I had something to walk toward. And for the first time in my life, I hoped I'd be enough for a woman.-Caring for a woman was easy for me. I had always cared for different women for different reasons. Loving a woman had always been quite a bit harder.-Doms don't have to say I love you.

This is Judith Earle's story - her solitary childhood, her awkward experiences at Cambridge rounded with passion and disillusionment, and her travels abroad with her socialite mother. Above all, this novel is about her consuming relationship with the Fyfe family, who each fall in love with her.

Hailed as one of the greatest novels of all time and a classic of world literature, War and Peace is a tale of strivers in a world fraught with conflict, social and political change, and spiritual confusion, Tolstoy's magnificent work continues to entertain, enlighten, and inspire readers around the world. Both an intimate study of individual passions and an epic history of Russia and its people, 'War and Peace' is nothing more or less than a complete portrait of human existence. Among its many unforgettable characters is Prince Andrey Bolkonsky, a proud, dashing man who, despising the artifice of high society, joins the army to achieve glory. Badly wounded at Austerlitz, he begins to discover the emptiness of everything to which he has devoted himself. His death scene is considered one of the greatest passages in Russian literature. Terror

swiftly engulfs the country as Napoleon's army marches on Russia, and the lives of three young people are changed forever. The stories of quixotic Pierre, cynical Andrey and impetuous Natasha interweave with a huge cast, from aristocrats and peasants, to soldiers and Napoleon himself. In War and Peace (1868-9), Tolstoy entwines grand themes—conflict and love, birth and death, free will and fate.

When seven knights of the castle are awakened by the noise from the Madcap Monster Ball, they decide to join the party, along with a little prince and a princess from a picture frame.

In an increasingly common phenomenon, women who once identified as straight are leaving men for women--and they have fascinating stories to tell. In this sequel to Lambda Literary Finalist Dear John, I Love Jane: Women Write About Leaving Men for Women, writers who come from a diverse array of perspectives open up and bare their souls. Essays on subjects such as repercussions, both bad and good; exes, both furious and supportive; bewildered and loyal family and friends; mind-blowing sexual and emotional

awakenings; falling in the deepest of love; and finding a sense of community fill the pages of this anthology. One story is as different from the next as one person is from another. With a foreword by AfterEllen and GO! Magazine editor Trish Bendix, and essays by acclaimed writers including BK Loren, Louise A. Blum, and Leah Lax, relax, sit back and take a journey into Janeland--a very special place where women search for, discover, and live their own personal truths.

Two teenagers must leave high school to meet the challenges of marriage and parenthood.

Are morals always relative? Are private actions--among consenting adults--always beyond the law? Or are there some behaviors which so weaken a society that common beliefs about right and wrong must be enforced to protect the common good? In opposing the decriminalization of private acts of homosexuality in Britain, Patrick Devlin maintained that not only is it reasonable to allow popular morality to influence lawmaking, it is imperative: ". . . For a society is not something that is kept together physical-

ly; it is held by the invisible bonds of common thought." Some sidestep this controversial issue by asserting that the law should not be used to enforce any morality. Others invoke John Stuart Mill's doctrine that the only purpose for laws governing any member of society is to prevent harm to others, chiefly physical harm. But, Devlin argued, while breaches of shared morality do not cause harm to other individuals in the way that murder and assault do, they do harm society by undermining its moral structure. Patrick Devlin (1905-1992) studied history and law at Cambridge University and became a successful lawyer.

Based on the advice she has provided throughout her twenty years of clinical practice as a sexual therapist, Dr. Sandra R. Scantling has written a new erotic guide to restoring the vital connections that bring couples together and make it possible for them to enjoy extraordinary sex. This is not a sex manual; it is a book about achieving true intimacy--both in and out of the bedroom. Through storytelling, anecdotes, and an easy-to-complete quiz, readers will learn to identify their own person-

alities and sexual styles--as well as those of their partners--and so to understand why they each behave as they do and--above all--how they can each modify their styles to achieve *Extraordinary Sex Now*. This is an inspirational, must-have guide for any couple seeking to rekindle their passion. Dr. Scantling proves that love-making need never grow dull--that it can be an ongoing, joyous event, now and for the rest of our lives.

From the mega-best-selling author of *White Oleander* and *Paint It Black*, a sweeping historical saga of the Russian Revolution, as seen through the eyes of one young woman St. Petersburg, *New Year's Eve, 1916*. Marina Makarova is a young woman of privilege who aches to break free of the constraints of her genteel life, a life about to be violently upended by the vast forces of history. Swept up on these tides, Marina will join the marches for workers' rights, fall in love with a radical young poet, and betray everything she holds dear, before being betrayed in turn. As her country goes through almost unimaginable upheaval, Marina's own coming-of-age unfolds,

marked by deep passion and devastating loss, and the private heroism of an ordinary woman living through extraordinary times. This is the epic, mesmerizing story of one indomitable woman's journey through some of the most dramatic events of the last century.

A newly revised text for *A Clockwork Orange's* 50th anniversary brings the work closest to its author's intentions. *A Clockwork Orange* is as brilliant, transgressive, and influential as when it was published fifty years ago. A nightmare vision of the future told in its own fantastically inventive lexicon, it has since become a classic of modern literature and the basis for Stanley Kubrick's once-banned film, whose recent reissue has brought this revolutionary tale on modern civilization to an even wider audience. Andrew Biswell, PhD, director of the International Burgess Foundation, has taken a close look at the three varying published editions alongside the original typescript to recreate the novel as Anthony Burgess envisioned it. We publish this landmark edition with its original British cover and six of Burgess's own illustra-

tions.

What does a romance novelist do when she loses her own happily ever after? Take a lover and travel to Paris, obviously. Or at least this is what Juliette Sobanet did upon making the bold, heart-wrenching decision to divorce the man she had loved since she was a teenager. This is the story of the passionate love affair that ensued during the most devastating year of Sobanet's life and how her star-crossed romance in the City of Light led to her undoing. *Meet Me in Paris* is a raw, powerful take on divorce and the daring choices that followed such a monumental loss from the pen of a writer who'd always believed in happy endings...and who ultimately found the courage to write her own.

Latest plays by the author of *The Baltimore Waltz*.

A NEW YORK TIMES BEST-SELLER A NEW YORK TIMES NOTABLE BOOK OF THE YEAR "A spectacular novel that only this legend can pull off." -Ibram X. Kendi, #1 New York Times bestselling author of *HOW TO BE AN ANTIRACIST*, in *The Atlantic* "An exquisite tale of family legacy....The power and poetry of Woodson's writing conjures up Toni Morrison." - *People* "In less

than 200 sparsely filled pages, this book manages to encompass issues of class, education, ambition, racial prejudice, sexual desire and orientation, identity, mother-daughter relationships, parenthood and loss....With *Red at the Bone*, Jacqueline Woodson has indeed risen — even further into the ranks of great literature." - NPR "This poignant tale of choices and their aftermath, history and legacy, will resonate with mothers and daughters." -Tayari Jones, bestselling author of *AN AMERICAN MARRIAGE*, in *O Magazine* An unexpected teenage pregnancy pulls together two families from different social classes and explores their histories - reaching back to the Tulsa race massacre of 1921 -- and exposes the private hopes, disappointments, and longings that can bind or divide us from each other, from the New York Times bestselling and National Book Award-winning author of *Another Brooklyn* and *Brown Girl Dreaming*. Moving forward and backward in time, Jacqueline Woodson's taut and powerful new novel uncovers the role that history and community have played in the experiences, decisions, and relationships of these families,

and in the life of the new child. As the book opens in 2001, it is the evening of sixteen-year-old Melody's coming of age ceremony in her grandparents' Brooklyn brownstone. Watched lovingly by her relatives and friends, making her entrance to the music of Prince, she wears a special custom-made dress. But the event is not without poignancy. Sixteen years earlier, that very dress was measured and sewn for a different wearer: Melody's mother, for her own ceremony-- a celebration that ultimately never took place. Unfurling the history of Melody's family - reaching back to the Tulsa race massacre in 1921 -- to show how they all arrived at this moment, Woodson considers not just their ambitions and successes but also the costs, the tolls they've paid for striving to overcome expectations and escape the pull of history. As it explores sexual desire and identity, ambition, gentrification, education, class and status, and the life-altering facts of parenthood, *Red* at the Bone most strikingly looks at the ways in which young people must so often make long-lasting decisions about their lives-- even before they have begun to figure out who they

are and what they want to be.

The Bluebeard fairy tale retold. . . . When seventeen-year-old Sophia Petheram's beloved father dies, she receives an unexpected letter. An invitation--on fine ivory paper, in bold black handwriting--from the mysterious Monsieur Bernard de Cressac, her godfather. With no money and fewer options, Sophie accepts, leaving her humble childhood home for the astonishingly lavish Wyndriven Abbey, in the heart of Mississippi. Sophie has always longed for a comfortable life, and she finds herself both attracted to and shocked by the charm and easy manners of her overgenerous guardian. But as she begins to piece together the mystery of his past, it's as if, thread by thread, a silken net is tightening around her. And as she gathers stories and catches whispers of his former wives--all with hair as red as her own--in the forgotten corners of the abbey, Sophie knows she's trapped in the passion and danger of de Cressac's intoxicating world. Glowing strands of romance, mystery, and suspense are woven into this breathtaking debut--a thrilling retelling of

the "Bluebeard" fairy tale. Where there's smoke, there's fire... Since 9/11, Brooklyn firefighter Griff Muir has wrestled with impossible feelings for his best friend and partner at Ladder 181, Dante Anastagio. Unfortunately, Dante is strictly a ladies' man, and the FDNY isn't exactly gay-friendly. For ten years, Griff has hidden his heart in a half-life of public heroics and private anguish. Griff's caution and Dante's cockiness make them an unbeatable team. To protect his buddy, there's nothing Griff wouldn't do... until a nearly bankrupt Dante proposes the worst possible solution: HotHead.com, a gay porn website where uniformed hunks get down and dirty. And Dante wants them to appear there--together. Griff may have to guard his heart and live out his darkest fantasies on camera. Can he rescue the man he loves without wrecking their careers, their families, or their friendship?

NINA When I was twenty-eight years old, I wrote my own winning lottery ticket. A simple idea thrust me onto the fast track to wealth, and into a world I had only ever dreamt about. I submerged myself in the unfamiliar, a life that seemed

all too alluring ... until it lost its appeal. I made my fortune, built my castle, and then exiled myself within its comforts once reality set in. Far too late, I discovered I was drowning in a sea of hungry sharks. Given the choice to sink or swim, I chose the latter ... and it cost me everything. Devin McIntyre, the most dangerous shark of them all, was the last nail in my naïve coffin. His beautiful smile and amazing cock tainted me in ways I could have never imagined. I craved him. I needed him. I loved him. Miserable with the outcome of my prosperity, I set out to change what disgusted me most--the first decision being to rid myself of Devin. Little did I know that taking that first step would make me a slave to a man far more tempting ... or that my addiction to Devin would threaten to ruin it all. DEVIN I was a prick, but I never hurt anyone that didn't deserve it. Well ... until Nina. I was a very smart man who made a very bad decision, but the mistakes I was paying for were not just my own. My behavior toward her, no matter how unforgivable, had always been about protecting her--from me, from my wife, and from the long line of mistakes I

would never be able to rectify. Nina was finally done with me, and I knew it was for the best. I could finally keep her safe from depraved people like me. I needed her as far removed from the situation as possible. I tried to force myself to be content with her decision to move on ... until I found out whom she was moving on with. Dangerous Seduction Maryanne Hamilton had expected to be shocked, but the wanton orgy she finds in Mrs. Master's salon makes her wonder if she has walked into hell. Desperate to escape, she comes upon the master of sin himself--Lord Swansborough. Fascinated by his nakedness, she longs to touch every inch of his long, hard body. And when he bids her come near, she quickly surrenders to his wicked promises of carnal pleasure and sensual ecstasy. . . Praise for Sharon Page and her novels. . . "Strong, character-driven romance. . . touching and emotional. . . extremely sensual and erotic." --Romantic Times "How do you have an orgasm without sex? Read Sin by Sharon Page. . . delicious, delightful, decadent, and dazzling."--Just Erotic Romance Reviews (Gold Star Award) "Sinfully delicious. Sharon Page

is a pure pleasure to read."--Sunny, New York Times bestselling author of Over the Moon (anthology) and Mona Lisa Awakening "Blends history, emotion and hot, hot, hot sex. . . blazing erotica within an amazing love story." --Kathryn Smith, USA TODAY bestselling author of Night of the Huntress "Scorching love scenes to make you sweat and an intriguing plot to hold it all together." --New York Times bestselling author Hannah Howell

Las Vegas...it's the town that lives up to the promise of its nickname, Sin City. A gamblers' paradise for innocent tourists, it conceals a darker, sexual world where the ethereal and wraithlike meet to play a different game... If there's one thing succubus Deitre understands it's revenge. That, and enticing men into arousing, exciting and, okay, perilous sex (for him). Beautiful on the outside, demon on the inside, she's going to get back at the naughty firefighter in Darkness...unless he plays his cards right... Bounty hunter Nell is a hell of a tracker. Now she's in Vegas on the tail of the witch who dared to steal from her clan. She's going to get to the unsavo-

ry harlot through the woman's ex-fiancé, and nothing about their charged encounters will be shallow, quick or friendly. When the half-blood fae male comes to club Darkness, Elena can't resist acting on the mind-blowing heat coursing between them. She might be betrothed to another, but fae culture says sex with other men until marriage is most definitely foretold. Tattoo artist Devi is the latent vampire the warlocks need to heal all wounds. But taking her power is a sexually exhausting and dangerous task requiring dark deception...and gambling on her life.

The general introduction to Ramtha and his teachings now revised and expanded with a Foreword by JZ Knight, a glossary of terms and concepts used by Ramtha, a detailed index and a commentary essay showing the significance of Ramtha's teachings. It addresses questions on the Source of all existence, our forgotten divinity, life after death, evolution, love, the power of consciousness and the mind, lessons from nature, and Ramtha's ascen-

sion. Foreword by JZ Knight, Glossary, Index and Significance of Ramtha's Teachings Essay Los Angeles Times best-seller • More than 1.5 million copies sold "Workers looking for more fulfilling positions should start by identifying their ikigai." —Business Insider "One of the unintended—yet positive—consequences of the [pandemic] is that it is forcing people to reevaluate their jobs, careers, and lives. Use this time wisely, find your personal ikigai, and live your best life." —Forbes *And from the same authors, don't miss The Book of Ichigo Ichie—about making the most of every moment in your life.* * * * Find your ikigai (pronounced ee-key-guy) and bring meaning and joy to all your days. "Only staying active will make you want to live a hundred years." —Japanese proverb According to the Japanese, everyone has an ikigai—a reason for living. And according to the residents of the Japanese village with the world's longest-living people, finding it is the key to a happier and longer life. Having a strong sense of ikigai—where what you

love, what you're good at, what you can get paid for, and what the world needs all overlap—means that each day is infused with meaning. It's the reason we get up in the morning. It's also the reason many Japanese never really retire (in fact there's no word in Japanese that means retire in the sense it does in English): They remain active and work at what they enjoy, because they've found a real purpose in life—the happiness of always being busy. In researching this book, the authors interviewed the residents of the Japanese village with the highest percentage of 100-year-olds—one of the world's Blue Zones. Ikigai reveals the secrets to their longevity and happiness: how they eat, how they move, how they work, how they foster collaboration and community, and—their best-kept secret—how they find the ikigai that brings satisfaction to their lives. And it provides practical tools to help you discover your own ikigai. Because who doesn't want to find happiness in every day? A PENGUIN LIFE TITLE