

Dangerous Instincts How Gut Feelings Betray Us Mary Ellen Otoole

Your Survival Instinct Is Killing You
 A Threat Assessment Perspective
 Berserk Style in American Culture
 The Gift of Fear
 Ten Reasons We're Wrong About the World--and Why Things Are Better Than You Think
 The Anxious Truth : A Step-By-Step Guide To Understanding and Overcoming Panic, Anxiety, and Agoraphobia
 AlphaBrain
 How Pioneering Leaders Make the Best Decisions and Avoid Business Disasters (Avoid Terrible Advice, Cognitive Biases, and Poor Decisions)
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 Psychopaths and Love
 The Voice in Our Head, why it Matters, and how to Harness it
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 The Spiritual Awakening Process
 Emotion, Reason, and the Human Brain
 The 5-Step Boundary Solution for Partners of Sex Addicts
 The Psychology of Abandon
 Use an FBI Profiler's Tactics to Avoid Unsafe Situations
 Instinct
 The Body Keeps the Score
 The Righteous Mind
 Dangerous Instincts
 How a Group of Iconoclasts Are Using Cognitive Science to Advance the Business of Alpha Generation
 Trust Your Intuition, Predict Dangerous Situations, and Defend Yourself from the Unthinkable
 Power Burn Just 2 Days a Week to Drop the Pounds
 The Love Gap
 Keeping Children and Teenagers Safe (and Parents Sane)
 Transforming Self-Sabotage Into Self-Mastery
 Rooney B. Moonie
 Why Good People are Divided by Politics and Religion
 How to Parent Your Anxious Toddler
 Risk Savvy
 Chronicles of Nick
 How The Behavioral Innovation™ Approach Drives Your Company Forward
 The Power to Unleash Your Inborn Drive
 How to Make Good Decisions
 Lost and Alone

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CARNEY FAULKNER

Your Survival Instinct Is Killing You Pan Macmillan

What makes a narcissist go from self-involved to terrifying? Joe Navarro, a leading FBI profiler, unlocks the secrets to the personality disorders that put us all at risk complete with new foreword in the paperback edition of this national bestseller. "I should have known." "How could we have missed the warning signs?" "I always thought there was something off about him." When we wake up to new tragedies in the news every day—shootings, rampages, acts of domestic terrorism—we often blame ourselves for missing the mania lurking inside unsuspecting individuals. But how could we have known that the charismatic leader had the characteristics of a tyrant? And how can ordinary people identify threats from those who are poised to devastate their lives on a daily basis—the crazy coworkers, out-of-control family members, or relentless neighbors? In *Dangerous*

Personalities, former FBI profiler Joe Navarro has the answers. He shows us how to identify the four most common "dangerous personalities" and how to analyze the potential threat level: the Narcissist, the Predator, the Paranoid, and the Unstable Personality. Along the way, he provides essential tips and tricks to protect ourselves both immediately and in the long-term, as well as how to heal the trauma of being exposed to the destructive egos in our world.

A Threat Assessment Perspective Central Recovery Press, LLC

THIS IS A BOOK ABOUT SELF-SABOTAGE. Why we do it, when we do it, and how to stop doing it-for good. Coexisting but conflicting needs create self-sabotaging behaviors. This is why we resist efforts to change, often until they feel completely futile. But by extracting crucial insight from our most damaging habits, building emotional intelligence by better understanding our brains and bodies, releasing past experiences at a cellular level, and learning to act as our highest potential future selves, we can step out of our own way and into our potential. For centuries, the mountain has been used as a metaphor for the big challenges we face, especially ones that seem impossible to overcome. To scale our mountains, we actually have to do the deep internal work of excavating

trauma, building resilience, and adjusting how we show up for the climb. In the end, it is not the mountain we master, but ourselves.

Berserk Style in American Culture Crown Publishing Group (NY)

Being a teen is never easy... Zombies, demons, vampires, shapeshifters-another day in the life of sixteen-year-old Nick Gautier-and those are just his friends. But now that he's accepted the demon that lives inside him, he must learn to control it and temper the very emotions that threaten the lives of everyone he cares for. Something that's hard to do while trying to stay off the menus of those who want his head on a platter. And no one wants him more than the dark gods who created his race. Now that they know where he is, they will stop at nothing to reclaim him. And without knowing it, Nick has just embraced the one person he should never have trusted. The one person who will hand him over to his enemies to get back the life they lost. Nick has finally accepted his fate, now he must learn to defy his destiny, and the dark, deadly forces that will stop at nothing to destroy everyone he loves so that they can again return to the world of man and own it, in the next *Chronicles of Nick* novel, *Instinct*, from #1 New York Times bestselling author Sherrilyn

Kenyon.

The Gift of Fear Grand Central Life & Style

Dangerous Instincts How Gut Feelings Betray Us Hudson st Press

Ten Reasons We're Wrong About the World--and Why Things Are Better Than You Think Flatiron Books

Based on Stanford University psychologist Kelly McGonigal's wildly popular course "The Science of Willpower," *The Willpower Instinct* is the first book to explain the science of self-control and how it can be harnessed to improve our health, happiness, and productivity. Informed by the latest research and combining cutting-edge insights from psychology, economics, neuroscience, and medicine, *The Willpower Instinct* explains exactly what willpower is, how it works, and why it matters. For example, readers will learn:

- Willpower is a mind-body response, not a virtue. It is a biological function that can be improved through mindfulness, exercise, nutrition, and sleep.
- Willpower is not an unlimited resource. Too much self-control can actually be bad for your health.
- Temptation and stress hijack the brain's systems of self-control, but the brain can be trained for greater willpower
- Guilt and shame over your setbacks lead to giving in again, but self-forgiveness and self-compassion boost self-control.
- Giving up control is sometimes the only way to gain self-control.
- Willpower failures are contagious—you can catch the desire to overspend or overeat from your friends—but you can also catch self-control from the right role models.

In the groundbreaking tradition of *Getting Things Done*, *The Willpower Instinct* combines life-changing prescriptive advice and complementary exercises to help readers with goals ranging from losing weight to more patient parenting, less procrastination, better health, and greater productivity at work.

The Anxious Truth : A Step-By-Step Guide To Understanding and Overcoming Panic, Anxiety, and Agoraphobia Penguin

A mother of small children trusts her 'gut feelings' and it saves her life. A young dad is able to grieve for his lost baby – using a song. What if there were parts of our minds which we never use, but if awakened, could make us so much happier, connected and alive? What if awakening those parts could bring peace to the conflicts and struggles we all go through? From the cutting edge, where therapy meets neuroscience, Steve Biddulph explores the new concept of 'supersense' – the feelings beneath our feelings – which can guide us to a more awake and free way of living every minute of our lives. And the Four-storey Mansion, a way of using your mind that can be taught to a five-year-old, but can also help the most damaged adult. In *Fully Human*, Steve Biddulph draws on deeply personal stories from his own life, as well of those of his clients, and from the frontiers of thinking about how the brain works with the body and the wisdom of the 'wild creature' inside all of us. At the peak of a lifetime's work, one of the world's best-known psychotherapists and educators shows how you can be more alive, more connected. More FULLY HUMAN. From the bestselling author of *Raising Boys*.

AlphaBrain Penguin

#1 New York Times bestseller “Essential reading for anyone interested in understanding and treating traumatic stress and the scope of its impact on society.” —Alexander McFarlane, Director of the Centre for Traumatic Stress Studies A pioneering researcher transforms our understanding of trauma and offers a bold new paradigm for healing in this New York Times bestseller *Trauma* is a fact of life. Veterans and their families deal with the painful aftermath of combat; one in five Americans has been molested; one in four grew up with alcoholics; one in three couples have engaged in physical violence. Dr. Bessel van der Kolk, one of the world's foremost experts on trauma, has spent over three decades working with survivors. In *The Body Keeps the Score*, he uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments—from neurofeedback and meditation to sports, drama, and yoga—that offer new paths to recovery by activating the brain's natural neuroplasticity. Based on Dr. van der Kolk's own research and that of other leading specialists, *The Body Keeps the Score* exposes the tremendous power of our relationships both to hurt and to heal—and offers new hope for reclaiming lives.

How Pioneering Leaders Make the Best Decisions and Avoid Business Disasters (Avoid Terrible Advice, Cognitive Biases, and Poor Decisions) Createspace Independent Publishing Platform

Smarter decision-making based on cognitive science AlphaBrain is the investor's guide to achieving more, doing better, and reaching higher. At its core, the magnitude of your success is

based on the quality of your decisions. The problem is that human beings are poor decision-makers; we tend to approach problems after they arise instead of planning for them in advance. We put too much weight on instinct, belief, and "gut feeling." We make the same mistakes over and over again—so reliably, in fact, that cognitive science can accurately predict exactly which mistakes we'll make and when. This book offers a way to understand and plan for the human mind's usual tendencies to help you make smarter investment decisions. Using a framework based on cognitive research, you'll learn how to approach decisions objectively, systematically, and constantly review your process; you'll take action based on evidence instead of intuition, and get ahead of potential problems before they get the best of you. With so much riding on the correctness of your choices, natural tendency can be a dangerous thing. This book shows you how to remove the bias and emotion to start making choices backed by hard evidence and objective data and lower your stress. Shift your processes from reactive to proactive Base decisions on reality over belief Eliminate cognitive bias and reduce common mistakes Make better decisions with a systematic, objective approach Why do we begin managing risk only once it becomes apparent? Why do we react to the market instead of making the big decisions before emotion takes over? Investing has always been a largely reactive field, but those who dominate it approach decision-making less like a human and more like a machine. AlphaBrain shows you how to get real about investing, with cognitive techniques that lead to smarter, evidence-based decisions.

Knowing Beyond Logic Illumination Arts Pub. Co.

When behavior becomes a cultural style, berserk abandon is terrifying yet also alluring. It promises access to extraordinary resources by overthrowing inhibitions. Berserk style has shaped many areas of contemporary American culture, from warfare to politics and intimate life. Focusing on post-Vietnam America and using perspectives from psychology, anthropology, and physiology, Farrell demonstrates the need to unpack the confusions in language and cultural fantasy that drive the nation's fascination with berserk style. “This book amazes me with its audacity, its clarity, and its scope. We usually think of ‘berserk’ behaviors—from apocalyptic rampage killings to ecstatic revels like Burning Man—as extremes of experience, outside ordinary lives. With rich evidence and fascinating detail, Farrell shows how contemporary culture has re-framed many varieties of the berserk into self-conscious strategies of sense-making and control. Beyond real but remote actions of the intoxicated or deranged, ‘berserk style’ has become a common lens for organizing modern experience and an often-troubling resource for mobilizing and rationalizing cultural and political action. This landmark analysis both enlightens and empowers us.” —Les Gasser, Professor of Information and Computer Science, University of Illinois, Urbana-Champaign “Drawing from a storehouse of cinema, news stories, ads, cartoons, literature, and lyrics from the post-Vietnam era, Farrell has painted a masterful, disturbing portrait of the American subconscious.” —James Aho, author of *Sociological Trespasses* “Farrell has undertaken yet another fascinating journey. He explores phenomena such as Columbine, Mike Tyson, ‘Going Postal,’ and Wall Street excesses to reveal an underlying style of thinking that is pervasive in American culture. As always, he is a provocative and highly readable cultural critic.” —Don Dutton, Professor of Psychology, University of British Columbia

Gut Feelings Penguin

‘This series just went through the roof. Ms. Pryor has kept her Blackthorn series dark, gritty and romantic, only now it's also an action packed thriller. Big Little Sister Blog 'I think what is inside of you triggers the worst of me' Sophia McKay has always had a reckless streak, but falling for lycan leader, Jask Tao, gave her something to live for. Now, cursed with a serryn bloodline, a darkness inside Phia is awakening. A darkness she knows could prove deadly to those she loves most. Approaching a blue moon, Jask Tao and his pack are living close to the edge, due to a delay getting the herbs required to stop their morphing. Worse still, the growing strength of Phia's serryn powers are dangerously provoking the lycan in Jask. At a time when Jask and Phia need each other more than ever, their very passion has become a poison that puts both their lives at risk. With Sirius Throme, leader of the Global Council, on the verge of invading Blackthorn – working together is the only chance of survival. But Jask is holding on to a secret that could just blow everything apart. And so is Phia. Will the truth destroy them all? A thrilling, action-packed and sinfully seductive paranormal read – where passions in Blackthorn ignite. The Blackthorn series reading order: 1.BLOOD SHADOWS 2.BLOOD ROSES 3.BLOOD TORN 4.BLOOD DEEP 5.BLOOD DARK 6. BLOOD INSTINCT 7. BLOOD BOUND What readers are saying about Blood Instinct 'Wow wow wow, she has done it again! ...If you haven't already read this series, and are a fan of paranormal books, I have just one question for you. Why haven't you read this series yet??!... my all time favourite book

series ever.’ Fiona’s Book Reviews ‘The highly anticipated sixth book in the Blackthorn series WILL HAVE YOUR MIND RACING AND YOUR HEART IN YOUR THROAT!’ My Bookworm Blogger 'I'm still kind of reeling from shock ... jaw-dropping!' Just Talking About Books 'The previous books had readers swimming in Lindsay J. Pryor's world, this time Blackthorn completely submerges you. Where her last book had my heart pounding and made me all sweaty, Blood Instinct is brain scrambling and gut wrenching. A week later, I'm still looking for the factory reset button. Big Little Sister Blog 'Quite frankly, open up a Lindsay J Pryor book, and you're opening up a three-dimensional feast for the senses and if you're going to step into that world, well, you'd better be prepared to start running because the action in Blackthorn never stops ... if you want an intoxicating read that will leave you breathless and reeling for days afterwards, then Blood Instinct is the book for you.' Lindsey Clarke 'If you enjoy dark paranormal tales, then the world of Blackthorn is where you'll want to visit with the latest novel in this series, Blood Instinct. I don't think I could recommend this story or this series highly enough. Once you've stepped into Blackthorn you're hooked for life.' What readers are saying about Lindsay J. Pryor 'I am completely enthralled with this paranormal series. You get so wrapped up in the story and characters that you lose track of time... This is one of my favorite series so far this year!' Paranormal Book Club 'I don't think I have read such a finely executed dark PNR world before ... The world-building is spectacular. The characters are enthralling and addicting... Plain fabulousness.' Gaga Over Books

Psychopaths and Love Bookouture

Technology and increasing levels of education have exposed people to more information than ever before. These societal gains, however, have also helped fuel a surge in narcissistic and misguided intellectual egalitarianism that has crippled informed debates on any number of issues. Today, everyone knows everything: with only a quick trip through WebMD or Wikipedia, average citizens believe themselves to be on an equal intellectual footing with doctors and diplomats. All voices, even the most ridiculous, demand to be taken with equal seriousness, and any claim to the contrary is dismissed as undemocratic elitism. Tom Nichols' *The Death of Expertise* shows how this rejection of experts has occurred: the openness of the internet, the emergence of a customer satisfaction model in higher education, and the transformation of the news industry into a 24-hour entertainment machine, among other reasons. Paradoxically, the increasingly democratic dissemination of information, rather than producing an educated public, has instead created an army of ill-informed and angry citizens who denounce intellectual achievement. When ordinary citizens believe that no one knows more than anyone else, democratic institutions themselves are in danger of falling either to populism or to technocracy or, in the worst case, a combination of both. An update to the 2017 breakout hit, the paperback edition of *The Death of Expertise* provides a new foreword to cover the alarming exacerbation of these trends in the aftermath of Donald Trump's election. Judging from events on the ground since it first published, *The Death of Expertise* issues a warning about the stability and survival of modern democracy in the Information Age that is even more important today.

The Voice in Our Head, why it Matters, and how to Harness it Luna & Sol Pty Ltd

Partners experience dire consequences as a result of being in a relationship with someone suffering from compulsive sexual behavior. Their emotional well-being requires developing new skill sets for self-care and self-protection as they confront the difficult and painful process of discovery, disclosure, and beyond. In other words—they need boundaries. This is the first book specifically for partners affected by addictive behavior that addresses, in detail, how to identify, create, and maintain boundaries as a vital component of self-care and an indispensable tool for healing and growth. *Moving Beyond Betrayal* guides partners to define the current problem(s); identify needs that aren't being met; find where they have the power to effect change; take action; and evaluate the results to determine if their goal has been accomplished. The author examines all aspects of effective boundary work, including what to do when boundaries are violated. Through working the 5-Step Boundary Solution partners will: Gain clarity Reduce the chaos inherent in relationships impacted by sex addiction Feel more empowered and in control of their lives Discover whether or not their relationship with the addict is salvageable Vicki Tidwell Palmer is a Licensed Clinical Social Worker (LCSW), Certified Sex Addiction Therapist (CSAT), and Somatic Experiencing Practitioner (SEP) in private practice in Houston, Texas. She is the author of the blog for partners *Survival Strategies for Partners of Sex Addicts*.

[A Minerva Novel](#) Simon and Schuster

Roonie B. Moonie, a baby bee, goes exploring in the woods and gets lost, but remembering his mother's advice, escapes the dangers of hungry predators and unsafe strangers.

Enchanted America Hudson st Press

A new eye-opener on how we can make better decisions—by the author of *Gut Feelings* In this age of big data we often trust that expert analysis—whether it’s about next year’s stock market or a person’s risk of getting cancer—is accurate. But, as risk expert Gerd Gigerenzer reveals in his latest book, *Risk Savvy*, most of us, including doctors, lawyers, and financial advisors, often misunderstand statistics, leaving us misinformed and vulnerable to exploitation. Yet there’s hope. In *Risk Savvy*, Gigerenzer gives us an essential guide to the science of good decision making, showing how ordinary people can make better decisions for their money, their health, and their families. Here, Gigerenzer delivers the surprising conclusion that the best results often come from considering less information and listening to your gut.

Moving Beyond Betrayal St. Martin's Griffin

Gigerenzer is one of the researchers of behavioral intuition responsible for the science behind Malcolm Gladwell's bestseller *Blink*. Gladwell showed how snap decisions often yield better results than careful analysis. Now, Gigerenzer explains why intuitio

Retrain Your Brain to Conquer Fear and Build Resilience Jessica Kingsley Publishers

"Adler's argument is illuminating and reveals that, when it comes to investing, we should always have second thoughts about our first impressions." --Publisher's Weekly **WHY YOUR INSTINCTS CAN BE YOUR #1 ENEMY-AND HOW TO DEFEAT THEM!** "David Adler's *Snap Judgment* is a well-written, entertaining review of human action in risky situations, including stock market behavior and other risk-facing situations. In particular, Adler recounts the conclusions of many practitioners and behavioral finance scholars who have studied such matters. This book is well worth reading, both

for its practical advice for the novice and its wealth of illustrations for the pro." – Harry Markowitz, Nobel Laureate in Economics and father of modern portfolio theory "David Adler has done a great public service by translating a dazzling array of research in economics and finance into practical terms that anyone can understand and profit from. This book should be required reading for every investor." – Andrew W. Lo, Professor of Finance, MIT Sloan School of Management "Investing and managing your money on the basis of emotion, instincts, and intuition is a road straight to the poorhouse. This book teaches you why—and how to rid yourself of the irrational impulses that torment your portfolio." – Peter Navarro, bestselling author of *If It's Raining in Brazil*, *Buy Starbucks* and *The Coming China Wars* "Adler's book makes a compelling case, illustrated through engaging examples, that the mind and the purse are well served by the triumph of analytic intelligence over intuition." – Gary Loveman, Chairman, President, & CEO, Harrah's Entertainment, Inc.

The Spiritual Awakening Process Oxford University Press

Shares guidelines for protecting oneself from physical, financial, legal, and professional harm, outlining methods for everything from responding to random threats and hiring babysitters to finding honest investment advisors and seeking employment.

Emotion, Reason, and the Human Brain St. Martin's Griffin

Since Descartes famously proclaimed, "I think, therefore I am," science has often overlooked emotions as the source of a person's true being. Even modern neuroscience has tended, until recently, to concentrate on the cognitive aspects of brain function, disregarding emotions. This attitude began to change with the publication of Descartes' Error in 1995. Antonio Damasio—"one of the world's leading neurologists" (*The New York Times*)—challenged traditional ideas about the connection between emotions and rationality. In this wondrously engaging book, Damasio takes

the reader on a journey of scientific discovery through a series of case studies, demonstrating what many of us have long suspected: emotions are not a luxury, they are essential to rational thinking and to normal social behavior.

The 5-Step Boundary Solution for Partners of Sex Addicts Rodale Books

Explains how to use the power of intuition to identify and avoid danger, and shares advice on restraining orders and self-defense tactics

The Psychology of Abandon Simon and Schuster

A research-based guide to navigating the newest dating phenomenon--"the love gap"--and a trailblazing action plan to help smart, confident, career-driven women find (and keep) their match. For a rising generation young women, the sky is the limit. Women can be anything and have everything. They are outpacing their male peers in higher education and earning the corner office at work. Smart, driven, assertive women are succeeding at just about everything they do--except romance. Why are so many men afraid to date smart women? Modern men claim to want smarts, success, and independence in romantic partners. Or so says the data collected by scientists and dating websites. If that's the case, why are so many independent, successful women winning in life, but losing in love? Journalist Jenna Birch has finally named the perplexing reason: "the love gap"--or that confusing rift between who men say they want to date and who they actually commit to. Backed by extensive data, research, in-depth interviews with experts and real-life relationship stories, *The Love Gap* is the first book to explore the most talked-about dating trend today. The guide also establishes a new framework for navigating modern relationships, and the tricky new gender dynamics that impact them. Women can, and should, have it all without settling.