

Russell Simmons Do You

The Art Album American Dirt (Oprah's Book Club) My Pocket Positivity Do You! Take Back Your Family The Wisdom of Sundays Def Jam, Inc. The Men Behind Def Jam: The Radical Rise Of Russell Simmons And Rick Rubin When We Free the World Russell Simmons I Ain't Scared of You Abundance Now Give and Take Russell Simmons Def Poetry Jam on Broadway and More Fabulosity Success Through Stillness Super Rich Old School Love Life and Def Success Affirmations Think Like a Monk Life and Def Stir it Up Young Men's Perspective Magazine, Volume 5 Russell Simmons Russell Simmons Def Jam Recordings Don't Rhyme For The Sake of Riddlin' Mercedes Ladies The Happy Vegan The No Meat Athlete Cookbook Adventure The Cosmic Power Within You Reach The Amazing Laws of Cosmic Mind Power Thought Economics Russell Simmons Beastie Boys Book Eat to Live The Student Success Manifesto

The Art Album

#1 New York Times Bestseller OPRAH'S BOOK CLUB PICK "Extraordinary."
—Stephen King "This book is not simply the great American novel; it's the great novel of las Americas. It's the great world novel! This is the international story of our times. Masterful." —Sandra Cisneros También de este lado hay sueños. On this side, too, there are dreams. Lydia Quixano Pérez lives in the Mexican city of Acapulco. She runs a bookstore. She has a son, Luca, the love of her life, and a wonderful husband who is a journalist. And while there are cracks beginning to show in Acapulco because of the drug cartels, her life is, by and large, fairly comfortable. Even though she knows they'll never sell, Lydia stocks some of her all-time favorite books in her store. And then one day a man enters the shop to browse and comes up to the register with a few books he would like to buy—two of them her favorites. Javier is erudite. He is charming. And, unbeknownst to Lydia, he is the jefe of the newest drug cartel that has gruesomely taken over the city. When Lydia's husband's tell-all profile of Javier is published, none of their lives will ever be the same. Forced to flee, Lydia and eight-year-old Luca soon find themselves miles and worlds away from their comfortable middle-class existence. Instantly transformed into migrants, Lydia and Luca ride la bestia—trains that make their way north toward the United States, which is the only place Javier's reach doesn't extend. As they join the countless people trying to reach el norte, Lydia soon sees that everyone is running from something. But what exactly are they running to? American Dirt will leave readers utterly changed. It is a literary achievement filled with poignancy, drama, and humanity on every page. It is one of the most important books for our times. Already being hailed as "a Grapes of Wrath for our times" and "a new American classic," Jeanine Cummins's American Dirt is a rare exploration into the inner hearts of people willing to sacrifice everything for a glimmer of hope.

American Dirt (Oprah's Book Club)

140 quick and effective exercises to help you achieve and maintain a positive mindset and face any challenge with optimism and confidence—the newest in the popular My Pocket series. It can be hard to maintain a positive attitude—especially

today, when the news and our social media feeds seem to be saturated in negativity and tragedy. But with My Pocket Positivity, you will find the good in any moment—and maintain an upbeat attitude through the day, no matter what life throws your way. My Pocket Positivity is full of uplifting thoughts to brighten your day and inspire hope. Through 140 quick and easy exercises, you will learn how to boost and strengthen feelings of confidence, resiliency, gratitude, and serenity. What's more, you will feel empowered to take positive action in your own life and the world around you to pay the feeling forward.

My Pocket Positivity

One of three classic reissues by the mega-selling author of *The Power of Your Subconscious Mind* to inaugurate TarcherPerigee's exciting new line, *The Joseph Murphy Library of Success!* In this practical guide, Joseph Murphy shows you a simple way to harness the cosmic power hidden within to achieve physical, spiritual, and career success. The secrets of this life-changing art are spelled out simply and clearly, drawing upon both Eastern and Western cultures for special techniques and prayers. You will discover how to tap into the power you already possess to heal, make decisions, and attain your life-long goals.

Do You!

Dr. Joseph Murphy, one of the world's best-known authorities on the power of the subconscious mind, shows readers not only how to unleash this power, but how to harness it and effectively use it to change their lives. Murphy provides revolutionary mind-focusing techniques that have helped countless thousands discover the laws of cosmic mind power and apply them to their daily lives. Combining the insights of world religion with the discoveries of modern psychology, readers will reach new levels of spiritual understanding that will allow them to bring forth new health, new happiness, new prosperity, and a wonderful new life of inner fulfillment. Packed with examples of actual success stories, readers learn how they can change themselves from within to overcome illness, find love, increase their business by 300%, and advance to executive career positions. Fully updated to reflect the sensibilities of the 21st century, this revised edition of a self-help classic is the key to overcoming the psychological barriers that stand in the way of greater material, spiritual, and emotional wealth.

Take Back Your Family

Mogul, Philanthropist, Yogi and New York Times Best Selling author (*The Happy Vegan: A Guide to Living a Long, Healthy, and Successful Life/ Russell Simmons' Laws of Success: 12 Proven Steps to Achieving Happiness and Empowerment/Super Rich: A Guide to Having it All/Success Through Stillness: Meditation Made Simple/Life and Def: Sex, Drugs, Money, + God*) Russell Simmons presents *Eat To Live: A Post- Pandemic Guide to Healthy Living*. Russell Simmons has transformed himself from an overweight/smoking/drug-using carnivore to a healthy, fit, vegan yogi. Distressed by watching his friends, community, and citizens of the world falling victim to COVID-19 at alarming rates, many with pre-existing conditions that put them at higher risk for death, Simmons decided to

write a guide detailing the easy changes we can all incorporate into our daily lives to create health (mentally and physically) from the inside out, with an emphasis on plant-based eating -delicious recipes included!

The Wisdom of Sundays

A popular entrepreneur explains that true happiness comes not from wealth but from inner contentment and shares personal stories of his own rise to success and how he never failed to remain grounded during the process. By the author of the New York Times best-seller Do You! Reprint.

Def Jam, Inc.

The Men Behind Def Jam: The Radical Rise Of Russell Simmons And Rick Rubin

RUN DMC.'s iconic rapper Joseph "Reverend Run" Simmons and his wife, Justine, share their secrets to lasting love and the guiding principles that have kept them together for more than twenty years. Written with Amy Ferris. This is a book about love. The kind of love that will keep you warm at night—that will keep you feeling safe and sound. The kind of love that will get you through some dark times; get you through some hard and yes, some tough times. The kind of love that will make you laugh, that will make you smile, that will make you nod knowingly. The kind of love that is nurtured and watered and grows—from a seedling to a flower. The kind of love that is desperately needed in the world right now, shared and sprinkled everywhere. Old School Love is a book to help you find the kind of soul-filling love you desire, written by a couple who has built a strong and joyful relationship amid the pressures, pitfalls, and temptations of the entertainment industry. Rev Run and his wife, Justine, have been blessed with a devoted partnership that has inspired others. In this homage to classic courtship, Rev and Justine reveal the secrets to their marriage's longevity and happiness. Each chapter of Old School Love offers stories, anecdotes, and memories of Rev and Justine's marriage, their family, their experiences, their passion, and their deep faith and belief in God. Some will make you laugh, some will make you think, and some will make you cry. Yet all will make you wiser—more beautiful for the wear—and encourage you to be a kinder, more generous, and better human. Their reflections are bookended by a verse or line from scripture, a saying, or a favorite quote and a sampling of personal wisdom. Over two decades strong, Rev and Justine's partnership is an inspiration. With Old School Love they are spreading their message of positivity, and creating a legacy for all of us to embrace and share. Powerful and life-changing, this little gem of a book is about magic, and miracles, and yes, the irrefutable power of love. Old School Love includes 8 pages of photos from Rev and Justine's personal collection.

When We Free the World

CHBiographies

Russell Simmons

Master entrepreneur, original hip-hop mogul, and three-time New York Times bestselling author Russell Simmons offers an inspiring guide to the benefits of conscious eating and veganism. In the New York Times bestseller *Success Through Stillness*, Russell Simmons shared how meditation can be used as a powerful tool to access potential in all aspects of life, having seen himself how achieving inner peace led to outward success. In *The Happy Vegan*, Simmons shares how once he started practicing yoga and meditation, he became more conscious of his choices, particularly the choices he made regarding his diet. Simmons first adopted a vegetarian and then vegan diet, and almost immediately began to experience the physical, mental, and emotional benefits of eating green and clean. He delves into research about mindful eating, the links between stress and poor eating habits, the importance of listening to your body, the well-documented problems associated with eating animal products and processed foods, along with tips on how to transition to a vegan diet. Drawing on his own experience, the experiences of others, and science and research on the health benefits of conscious eating and veganism, *The Happy Vegan* is an accessible and inspiring guide to help others make the move toward a vegan diet and a more successful, focused, and purposeful life. From the Hardcover edition.

I Ain't Scared of You

Learn the most basic tool for successful living: Meditation. In *Success Through Stillness*, Russell Simmons, the original hip-hop mogul, illustrates the intimate connection between inner peace and outward success. A meditator for the past fifteen years, Simmons has trained with an observed other highly successful fellow meditators and shares how meditation has contributed to the success of innovators like Oprah Winfrey, Ellen DeGeneres, and Russell Brand, as well as other leaders in business, art, and entertainment. Russell lays out the research that explores both the mind and body benefits of meditation, as well as how stillness has been instrumental in sustaining his own career. He also shows the simplest path to the tool that will help you find greater clarity and focus throughout your workday to increase your productivity; unlock your creativity by allowing your inspiration to be heard over life's distractions; reduce stress; break out of harmful cycles; and even lower your blood pressure. 'An easy-to-read guide that explains why meditation is such a powerful tool for success and happiness.' *San Francisco Examiner* 'Success Through Stillness marks Simmons's continued effort to teach people how the practices of yoga and meditation can change their lives.' *The Huffington Post*

Abundance Now

Fabulosity (n): 1: a state of everything that is fabulous 2: a quality ascribed to that which expresses glamour, style, charisma, power, and heart Kimora Lee Simmons knows what it means to have fabulosity -- and she wants to tell you how to get it. In this empowering new book, Kimora -- a top model, wife of hip-hop legend Russell Simmons, mother to two daughters, a national media presence, and president and creative director of the multimillion-dollar Baby Phat company -- shares her personal secrets of success and fabulosity. Kimora knows that in today's ultracompetitive world, it's not enough for women just to be smart or dress well. With too much to do and competition everywhere, the savvy woman must know

how to combine feminine glamour with professional power, business ambition with personal values, and confidence with heart. Kimora is the living picture of all these things. What are Kimora's secrets to achieving her goals, her signature fabulosity? One is her ability to identify and build upon her own unique talents and strengths. In Kimora's case, she brilliantly combined the two worlds she knows best -- the high fashion and hip-hop scenes -- to create Baby Phat, her ultrasuccessful hip-hop inspired lifestyle brand. How do you uncover and develop your own special talents? Kimora shares her step-by-step guide to achieving your wildest dreams, including her 16 laws of success, which cover everything you need to become the woman you want to be. Whether you're college-educated or street smart, just starting out or at the top of your game, Fabulosity has something to say to you. Learn how to cultivate Power, Independence, Confidence, and Positivity in everything you do, whether it's finding Mr. Right, snagging that corner office, or rocking the latest fashion trend. Packed with useful lessons and Kimora's personal tips, this book will be your instruction manual to empowering yourself, turning your individual talents into permanent success, and unleashing your inner fabulosity.

Give and Take

"A panoramic experience that tells the story of Beastie Boys by band members ADROCK and Mike D"--Provided by publisher.

Russell Simmons Def Poetry Jam on Broadway and More

In the early '80s, the music industry wrote off hip-hop as a passing fad. Few could or would have predicted that the improvised raps and raw beats busting out of New York City's urban underclass would one day become a multimillion-dollar business and one of music's most lucrative genres. Among those few were two visionaries: Russell Simmons, a young black man from Hollis, Queens, and Rick Rubin, a Jewish kid from Long Island. Though the two came from different backgrounds, their all-consuming passion for hip-hop brought them together. Soon they would revolutionize the music industry with their groundbreaking label, Def Jam Records. Def Jam, Inc. traces the company's incredible rise from the NYU dorm room of nineteen-year-old Rubin (where LL Cool J was discovered on a demo tape) to the powerhouse it is today; from financial struggles and scandals—including The Beastie Boys's departure from the label and Rubin's and Simmons's eventual parting—to revealing anecdotes about artists like Slick Rick, Public Enemy, Foxy Brown, Jay-Z, and DMX. Stacy Gueraseva, former editor in chief of Russell Simmons's magazine, *Oneworld*, had access to the biggest players on the scene, and brings you real conversations and a behind-the-scenes look from a decade—and a company—that turned the music world upside down. She takes you back to New York in the '80s, when late-night spots such as Danceteria and Nell's were burning with young, fresh rappers, and Simmons and Rubin had nothing but a hunch that they were on to something huge. Far more than just a biography of the two men who made it happen, *Def Jam, Inc.* is a journey into the world of rap itself. Both an intriguing business history as well as a gritty narrative, here is the definitive book on Def Jam—a must read for any fan of hip-hop as well as all popular-culture junkies.

Fabulosity

Based on a true story, this gripping account of hip hop's early years follows Sherri Sher, who, growing up in the South Bronx during the 1970s and caring for her eleven siblings, forms an all-girl rap group and discovers that it is hard to earn respect in a male-dominated world. Original.

Success Through Stillness

Jack Canfield is a master motivator, world-renowned teacher, and bestselling author of *The Success Principles*. In his latest book, *Success Affirmations*, he helps readers break through to new levels of passion, purpose, and prosperity with 52 affirmations and time-tested wisdom. In our 24/7 world, where we move at warp speed, sometimes we let life happen to us instead of taking control of our direction. Other times, we suffer from information overload, and we fail to consciously control our positive thoughts, and we allow negativity to take over. For those who want to rise above, to get unstuck, or to catapult to a new level success, Jack Canfield will show you how positive affirmations can transform your life in extraordinary ways. Canfield, with the help of esteemed coauthors Kelly Johnson and Ram Ganglani, explains what positive affirmations are (and what they are not), why they are so effective, and how to effortlessly integrate their practice into your life. Pulling the most effective tenets from his bestselling book *The Success Principles*, Canfield covers all areas of life, from financial prosperity and creative pursuits to your career and positive relationships. *Success Affirmations* reveals:

- How to avoid letting life just happen to you, and how to proactively go after your dreams
- How to use the power of deliberate thought to create the reality you want
- How to identify your true passions and purpose to direct your affirmations to concrete goals, not nebulous ideas or someone else's vision
- How to harness positive energy to attract what you want in your life through the Law of Attraction
- How to unplug from technology and plug into your true source of energy
- And much more!

Super Rich

"My granddaddy would get mad at all of us. He couldn't just get mad at one of us. 'Ain't nobody got You know what? Go to bed! All y'all, go to bed!' It'd be like two o'clock in the afternoon. 'Go to bed!'" Bernie Mac, the royal king of the Original Kings of Comedy, is salty and pissed off. The Chicago-bred performer has issues to get off his chest, and he doesn't mince words when he lets loose. No surprise, his live appearances have earned him a reputation as perhaps the truest voice of modern humor. Now, Mac has captured his comedic genius in print with his hilarious debut book. Tearing through a wide range of topics with equal parts insight and irreverence, Bernie Mac shares views that may not sit well with everyone -- especially if you're caught in the crosshairs of his rants ("Kids today don't get the kind of injuries we used to get as children -- cut, bruised. Now, these lil' muh'fuckas just continuously get shot"). Still, his way of looking at the world will probably make you think and it's all but guaranteed to make you laugh. Taking on superstar athletes, the movie business, his fellow comedians, his marriage, and his friends and family ("You always knew when your grandmother was at home

because her wig was on that little Styrofoam stand"), Mac unleashes side-splitting riffs on sex, religion, hygiene, money, and more. Nobody is safe; nothing is sacred. Not even Bernie himself. Throughout *I Ain't Scared Of You*, Mac turns his humor inward, firing off self-deprecating salvos about his golf game, his own personal hypocrisies, even his sexual prowess -- "Women got toys You can't compete with no dildo." Mac's insights have earned him critical acclaim and international popularity. Now, *I Ain't Scared Of You* captures Bernie Mac's humor whole -- unadorned, unpretentious, and unafraid.

Old School Love

In the last few decades, more and more people are going to college to further their education. It's hard to become a scientist, a professor, or a businessperson without getting some sort of college degree--but college isn't always necessary to achieve success. Some people are ready to enter the workforce right after high school. Russell Simmons was one of those people. The music mogul began his career promoting parties and concerts for rappers and DJs few people outside of New York City had ever heard of. Today, he's helped to spread hip-hop music and culture around the globe. Few people have changed music and business as much as Russell Simmons. And what's most amazing about his story is that the music business mogul has done it all without a college degree!

Life and Def

Since rising out of the New York City streets over twenty-five years ago, Russell Simmons has helped create such groundbreaking ventures as Def Jam Records, Phat Farm, and Def Comedy Jam. Russell might have helped introduce hip-hop to the world, but he credits his success to his belief in a strong set of principles—or laws. In twelve straightforward steps, Russell reveals a path that can be followed by anyone struggling to realize their dreams. Russell's laws stem from the belief that it's impossible to receive any sort of lasting success from the world without giving something of lasting value to the world first. Blending business insight, universal spiritual truths, and an inspired sense of purpose, *Do You!* crosses the lines of age, race, and background, with wisdom that will lift you up and motivate you to pursue your vision.

Success Affirmations

Presents the life and career of Russell Simmons, who helped found the rap group Run-D.M.C. and the pioneering label "Def Jam Recordings."

Think Like a Monk

One of the godfathers of rap music and hip-hop culture recalls his days as the co-founder of Def Jam Records--a groundbreaking recording company that worked with the Beastie Boys, Public Enemy, DMX, and other rap heavyweights. Reprint. 50,000 first printing.

Life and Def

A collection of rare and classic examples of album covers of reggae music

Stir it Up

The Def Jam label gave America hip hop. But who gave America Def Jam? Russell Simmons and Rick Rubin did. *The Men Behind Def Jam* examines the most unlikely history of the legendary label that started life in a student dorm and went on to introduce the world to LL Cool J, the Beastie Boys, Public Enemy, DMX and Jay-Z. Hustler-incarnate Russell Simmons and ex-punk Rick Rubin, the odd couple, fought and triumphed against all predictions to change the course of popular music forever. Here is an honest appraisal of these rival personalities, the quarrels, the successes and the failures of the spectacular Def Jam adventure. With Rubin and Simmons now pursuing other interests, the label continues with others at the helm, but the story of Def Jam's birth and coming of age makes for one of pop music's most feisty and fascinating legends.

Young Men's Perspective Magazine, Volume 5

Russell Simmons

Presents the life and career of Hip Hop star Russell Simmons.

Russell Simmons

Offers the text of the Broadway stage presentation featuring performances by a multicultural cast of youthful poets and introduces all the performers along with a selection of their other works. Reprint. 25,000 first printing.

Def Jam Recordings

Oprah Winfrey says Super Soul Sunday is the television show she was born to do. "I see it as an offering," she explains. "If you want to be more fully present and live your life with a wide-open heart, this is the place to come to." Now, for the first time, the aha moments of inspiration and soul-expanding insight that have enlightened millions on the two-time Emmy Award-winning Super Soul Sunday are collected in *The Wisdom of Sundays*, a beautiful, cherishable, deeply-affecting book. Organized into ten chapters—each one representing a powerful step in Oprah's own spiritual journey and introduced with an intimate, personal essay by Oprah herself—the *Wisdom of Sundays* features selections from the most meaningful conversations between Oprah and some of today's most-admired thought-leaders. Visionaries like Tony Robbins, Arianna Huffington, and Shonda Rhimes share their lessons in finding purpose through mindfulness and intention. World renowned authors and teachers like Eckhart Tolle, Thich Nhat Hahn, Marianne Williamson and Wayne Dyer, explain our complex relationship with the ego and the healing powers of love and connection; and award-winning and bestselling writers like Cheryl Strayed, Elizabeth Gilbert, and Elizabeth Lesser explore the beauty of forgiveness and spirituality. Paired with beautiful photographs, including many from Oprah's private property in California where

each episode of Super Soul Sunday is filmed, The Wisdom of Sundays promises to be a timeless keepsake that will help readers awaken to life's wondrous possibilities and discover a deeper connection to the natural world around them.

Don't Rhyme For The Sake of Riddlin'

The illustrated oral history of the greatest hip-hop hit-making machine in history.

Mercedes Ladies

The Happy Vegan

'Stimulating, intelligent and enjoyable discussions of the most important issues of our day.' STEVEN PINKER 'From entrepreneurs to athletes, and world leaders to entertainers, this is a fascinating collection of interviews with some of the world's most influential individuals.' MARK CUBAN 'Thought Economics is a fine rebuke to the soundbite culture; these interviews are driven by real curiosity, and there is a wealth of wisdom here.' EDWARD STOURTON Since 2007, entrepreneur and philanthropist Vikas Shah has been on a mission to interview the people shaping our century. Including conversations with Nobel prizewinners, business leaders, politicians, artists and Olympians, he has been in the privileged position of questioning the minds that matter on the big issues that concern us all. We often talk of war and conflict, the economy, culture, technology and revolutions as if they are something other than us. But all these things are a product of us - of our ideas, our dreams and our fears. We live in fast-moving and extraordinary times, and the changes we're experiencing now, in these first decades of the twenty-first century, feel particularly poignant as decisions are made that will inform our existence for years to come. What started out as a personal interest in the mechanisms that inform our views of the world, and a passion for understanding, has grown into a phenomenal compilation of once-in-a-lifetime conversations. In this incredible collection, Shah shares some of his most emotive and insightful interviews to date. Chapters include: Chapter 1. On Identity: Who We Are Chapter 2. On Culture: The Context of Humanity Chapter 3. On Leadership: Bringing Humanity Together Chapter 4. On Entrepreneurship: The Creators and the Makers Chapter 5. On Discrimination and Injustice: Them and Us Chapter 6. On Conflict: War, Peace and Justice Chapter 7. On Democracy: A 2,500-year Experiment in Power Interviewees: Marina Abramovic, Professor Jim Al-Khalili, Professor Kwame Anthony Appiah, Professor Justin Barrett, Professor Sean Carroll, Professor Deepak Chopra, Professor George Church, Dame Jane Morris Goodall DBE, Sir Antony Gormley, Bear Grylls OBE, Professor Yuval Noah Harari, Sir Anish Kapoor CBE, Rose McGowan, Sam Neill, Professor Steven Pinker, Dr Jordan B. Peterson, Sir Ken Robinson, Professor Carlo Rovelli, Sadhguru, Dr Carl Safina, Dr Elif Shafak, Philippe Starck, Professor Jack Szostak, Dr Maya Angelou (1928-2014), David Bailey CBE, Black Thought, Heston Blumenthal OBE, Ed Catmull, Alain Ducasse, Tracey Emin CBE, George the Poet, Paul Greengrass, Siddharth Roy Kapur, Lang Lang, Ken Loach, Yann Martel, Moby, Sir Andrew Motion, Rankin, Ritesh Sidhwani, Lemn Sissay MBE, Saul Williams, Hans Zimmer, Carlo Ancelotti OSI, Mark Cuban, Professor Stew Friedman, Professor Green, Commander Chris Hadfield, Gary Hamel, Tony Hsieh, Arianna Huffington,

Professor John Kotter, General Stanley McChrystal, General Richard Myers, Jacqueline Novogratz, Robert Bernard Reich, Nico Rosberg, Sheryl Sandberg, Stephen Schwarzman, General Sir Richard Shirreff, Hamdi Ulukaya, Jocko Willink, Sophia Amoruso, Steve Ballmer, Sir Richard Branson, Tory Burch, Stewart Butterfield, Steve Case, Dennis Crowley, Weili Dai, Sir James Dyson, Jamal Edwards MBE, Tony O. Elumelu, Scott Farquhar, Naveen Jain, Donna Karan, Kevin O'Leary, Robin Li, Kiran Mazumdar-Shaw, José Neves, Michael Otto, John Sculley, Gary Vaynerchuk, Jack Welch (1935-2020), will.i.am, Chip Wilson, Jerry Yang, Professor Muhammad Yunus, David Baddiel, Laura Bates, Lord John Bird MBE, Sir Philip Craven MBE, Dexter Dias QC, Melinda Ann Gates, Leymah Gbowee, Matt Haig, Afua Hirsch, Ruth Hunt, Jameela Jamil, L. A. Kauffman, Frederik Willem (F.W.) de Klerk, Iby Knill, Harry Leslie Smith (1923-2018), George Takei, Peter Tatchell, Ai Weiwei, Bertie Ahern, President Martti Ahtisaari, Professor Alexander Betts, Marina Cantacuzino, François Crépeau, Dr Shirin Ebadi, Ben Ferencz, Zeid Ra'ad Al Hussein, Gulwali Passarlay, Professor George Rupp, Lech Walesa, Jody Williams, Catherine Woolard, Alastair Campbell, Noam Chomsky, Vicente Fox, Professor A. C. Grayling, Toomas Hendrik Ilve, Susan Herman, Garry Kasparov, Michael Lewis, Ted Lieu, Moisés Naím, Admiral James Stavridis, Ece Temelkuran, Yanis Varoufakik, Guy Verhofstadt, Lord Woolf, Bassem Youssef

The No Meat Athlete Cookbook

In *WHEN WE FREE THE WORLD*, acclaimed writer and activist Kevin Powell presents a stunning and brutally honest survey of America, yesterday and today, and what he hopes for its future, through the window of his own very painful personal trials—as #MeToo, Black Lives Matter, mass shootings, immigration, and Donald Trump rotate in the background. The result is a deeply spiritual and emotional reminder of why freedom and justice and equality still remain so elusive for many, in this nation, on this planet. Inspired by the poetic dream montage of Langston Hughes, the prophetic letter sermon of James Baldwin, and Bobby Kennedy's raw and naked eulogy speech for Dr. King, Powell has created a fearless literary and political manifesto that is a town hall meeting for an America seemingly at war with its own soul. With a passion and sensitivity that few writers of his generation can match, Powell tackles leadership, history, family, community, parenting, education, the legal system, racism, sexism, love, hate, forgiveness, mental health, and violence in all forms. And he challenges us, from beginning to end, on what that word "freedom" means, or ought to mean, for all human beings.

Adventure

A Sports Illustrated Best Health and Wellness Book of 2017 Plant-powered recipes to power you—perform better, recover faster, feel great! A fast-growing global movement, No Meat Athlete (NMA) earns new fans every day by showing how everyone from weekend joggers to world-class competitors can become even healthier and fitter by eating whole plant foods. Now *The No Meat Athlete Cookbook*—written by NMA founder Matt Frazier and longtime health coach, yoga teacher, and food writer Stephanie Romine—showcases 125 delicious vegan recipes, many inspired by plant-based foods from around the world. Put nourishing, whole foods on the table quickly and affordably, with: Morning meals to power your day (Almond Butter-Banana Pancakes, Harissa Baked Tofu) Homemade sports

drinks to fuel your workouts (Cucumber-Lime Electrolyte Drink, Switchel: The Original Sports Drink) Nutrient-packed mains to aid recovery (Naked Samosa Burgers, Almost Instant Ramen) Sweets that work for your body (Two-Minute Turtles, Mango Sticky Rice) Oil-free options for every recipe; gluten-free and soy-free options throughout

The Cosmic Power Within You

New York Times bestselling author, Personal Transformation guru, and life coach for the Steve Harvey Show and Today, Lisa Nichols shares her journey from scarcity to abundance, outlining steps everyone can take to create abundance in career, relationships, self, and finances—while creating a legacy for others to follow. Twenty years ago, Lisa Nichols was a single mother dependent on public assistance and jumping from one dead end job to the next. Determined to break out of the defeatist mindset, negative behavior, and bad habits that were holding her back from success, she resolved to change her life. Today, she leads the life of her dreams. In *Abundance Now*, this icon in the field of personal transformation shares her secrets to creating a life that is rich in every way possible. Focusing on the four areas of life that must be refined to bring true abundance, or the 4 E's—Enrichment, Enchantment, Engagement, Endowment—Nichols identifies the framework upon which a fulfilled existence is built. *Abundance Now* offers provocative lessons, actionable plans and real-life case-studies, and makes clear what we must do every day to attract abundance, how to act as if we are already leading abundant lives, and how to open the door to a life of richness in our work, our relationships, our finances, and in our view of ourselves.

Reach

What do Russell Simmons, Shepard Fairey, and Jay-Z, have in common, besides being some of the most respected influential people in the world? They felt the need to come together to represent their art for the sake of this book. The objective of the project is to showcase the art behind the lyrics of hip-hop in juxtaposition of similar themes in contemporary art, to encourage readers to consider the meaning and value behind these works and themes at large. It celebrates the long-standing relationship between the visual arts and hip-hop music, and is the result of a collaboration between two giants of the American music scene. Each chapter of the book will have a theme: for example, the chapter about New York, titled "Empire State of Mind" after Jay-Z's epic single, which peaked within the top ten in ten countries in 2009. Lyrics from the song are presented beside contemporary art inspired by New York, an exclusive commentary from Russell and Danny Simmons, and a contextualizing text from legendary writer and activist Nikki Giovanni, as well as other academics. This concept of presenting songs, art, and interviews alongside each other offers an incomparable insight into the influence that hip-hop has on contemporary culture, and the unrivaled significance that this subculture has risen to. This collaboration between so many big names in music, art, and academia is a unique project.

The Amazing Laws of Cosmic Mind Power

Jay Shetty, social media superstar and host of the #1 podcast On Purpose, distills the timeless wisdom he learned as a monk into practical steps anyone can take every day to live a less anxious, more meaningful life. When you think like a monk, you'll understand: -How to overcome negativity -How to stop overthinking -Why comparison kills love -How to use your fear -Why you can't find happiness by looking for it -How to learn from everyone you meet -Why you are not your thoughts -How to find your purpose -Why kindness is crucial to success -And much more Shetty grew up in a family where you could become one of three things—a doctor, a lawyer, or a failure. His family was convinced he had chosen option three: instead of attending his college graduation ceremony, he headed to India to become a monk, to meditate every day for four to eight hours, and devote his life to helping others. After three years, one of his teachers told him that he would have more impact on the world if he left the monk's path to share his experience and wisdom with others. Heavily in debt, and with no recognizable skills on his résumé, he moved back home in north London with his parents. Shetty reconnected with old school friends—many working for some of the world's largest corporations—who were experiencing tremendous stress, pressure, and unhappiness, and they invited Shetty to coach them on well-being, purpose, and mindfulness. Since then, Shetty has become one of the world's most popular influencers. In 2017, he was named in the Forbes magazine 30-under-30 for being a game-changer in the world of media. In 2018, he had the #1 video on Facebook with over 360 million views. His social media following totals over 38 million, he has produced over 400 viral videos which have amassed more than 8 billion views, and his podcast, On Purpose, is consistently ranked the world's #1 Health and Wellness podcast. In this inspiring, empowering book, Shetty draws on his time as a monk to show us how we can clear the roadblocks to our potential and power. Combining ancient wisdom and his own rich experiences in the ashram, Think Like a Monk reveals how to overcome negative thoughts and habits, and access the calm and purpose that lie within all of us. He transforms abstract lessons into advice and exercises we can all apply to reduce stress, improve relationships, and give the gifts we find in ourselves to the world. Shetty proves that everyone can—and should—think like a monk.

Thought Economics

One of the godfathers of rap music and hip-hop culture recalls his days as the co-founder of Def Jam Records--a groundbreaking recording company that worked with the Beastie Boys, Public Enemy, DMX, and other rap heavyweights. Reprint. 50,000 first printing.

Russell Simmons

A timely collection of personal essays by black men from all walks of life shares their inspiring stories and views about better community engagement, offering contributions by such figures as Al Sharpton, John Legend and Isiah Thomas. Original.

Beastie Boys Book

The stars of MTV's Emmy-winning, top-rated "Run's House"--called a kind of hip-hop "Father Knows Best" ("Newsweek")--offer a vital rescue manual for modern parenting.

Eat to Live

Public Enemy are one of the greatest hip-hop acts of all time. Exploding out of Long Island, New York in the early 1980s, their firebrand lyrical assault, the Bomb Squad's innovative production techniques, and their unmistakable live performances gave them a formidable reputation. They terrified the establishment, and have continued to blaze a trail over a twenty year period up until the present day. Today, they are more autonomous and as determined as ever, still touring and finding more ingenious ways of distributing their music. Russell Myrie has had unprecedented access to the group, conducting extensive interviews with Chuck D, Flavor Flav, Terminator X, Professor Griff, the Shocklee brothers, and many others who form part of their legacy. He tells the stories behind the making of seminal albums such as their debut Yo! Bum Rush the Show, the breakthrough It Takes a Nation of Millions to Hold us Back, and multi-million selling Fear of a Black Planet. He tackles Professor Griff's alleged anti-semitic remarks which caused massive controversy in the late eighties, the complexities of the group's relationship with the Nation of Islam, their huge crossover appeal with the alternative audience in the early nineties, and the strange circumstances of Flavor Flav's re-emergence as a Reality TV Star since the turn of the millennium.

The Student Success Manifesto

A groundbreaking look at why our interactions with others hold the key to success, from the bestselling author of Think Again and Originals For generations, we have focused on the individual drivers of success: passion, hard work, talent, and luck. But in today's dramatically reconfigured world, success is increasingly dependent on how we interact with others. In Give and Take, Adam Grant, an award-winning researcher and Wharton's highest-rated professor, examines the surprising forces that shape why some people rise to the top of the success ladder while others sink to the bottom. Praised by social scientists, business theorists, and corporate leaders, Give and Take opens up an approach to work, interactions, and productivity that is nothing short of revolutionary.

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