
Tripping Over The Truth The Return Of The Metabolic Theory Of Cancer Illuminates A New And Hopeful Path To A Cure

Keto for Cancer

A Savage Journey to the Heart of the American Dream

How to Change Your Mind

Summary of Travis Christofferson's Tripping Over the Truth

Confrontations with a Body of Memory

Black-white Multiracial Families in a Racially Divided World

On the Origin, Management, and Prevention of Cancer

Including texts by Dominic D'Agostino and Travis Christofferson

Curable

This Is Your Mind on Plants

Freak the Mighty

Why We're Losing the War on Cancer-and How to Win It

One Renegade Cell

Ketogenic Metabolic Therapy as a Targeted Nutritional Strategy

Ketones, The Fourth Fuel

Tripping on the Color Line

The Origin (and future) of the Ketogenic Diet - by Dr. Dominic D'Agostino and Travis Christofferson

The Things They Carried

Charity Publication: In support of Dr. Thomas Seyfrieds cancer research

Merchants of Truth

A Memoir

Run Towards the Danger

Warburg to Krebs to Veech, the 250 Year Journey to Find the Fountain of Youth

The Gene That Cracked the Cancer Code

The Power of Moments

Time Enough for Drums

The Negro Motorist Green Book

Key Takeaways & Analysis

Fear and Loathing in Las Vegas

A Reckoning with the History of Slavery Across America

Color for Philosophers

The Dakota Winters

Islam, Drugs, and Writing

The Metabolic Approach to Cancer

Surprising New Science to Help Your Canine Companion Live Younger, Healthier, and Longer

RISK!

How the Word Is Passed

Tripping Over the Truth

Tripping Over the Truth

*Tripping Over The
Truth The Return Of
The Metabolic Theory
Of Cancer Illuminates A
New And Hopeful Path
To A Cure*

Downloaded from
business.itu.edu by guest

HANA GONZALES

Keto for Cancer Simon and Schuster

PLEASE NOTE: This is a summary,

analysis and review of the book and not the original book. In his controversial book, "Tripping Over the Truth," Travis Christofferson provides detailed and significant evidence that we have been looking at cancer all wrong for a very long time. This SUMOREADS Summary & Analysis offers supplementary material

to "Tripping Over the Truth" to help you distill the key takeaways, review the book's content, and further understand the writing style and overall themes from an editorial perspective. Whether you'd like to deepen your understanding, refresh your memory, or simply decide whether or not this book is for you, SUMOREADS Summary & Analysis is here to help. Absorb everything you need to know in under 20 minutes! What does this SUMOREADS Summary & Analysis Include? An Executive Summary of the original book Editorial Review Key takeaways & analysis Brief chapter summaries A short bio of the the author Original Book Summary Overview "Tripping Over the Truth" by Travis Christofferson is a book exposing the world of cancer research, the figures

influencing it, and the industry behind it. This is a short, but powerful, read full of insights about the triumphs and shortfalls behind the struggle against cancer. BEFORE YOU BUY: The purpose of this SUMOREADS Summary & Analysis is to help you decide if it's worth the time, money and effort reading the original book (if you haven't already). SUMOREADS has pulled out the essence- but only to help you ascertain the value of the book for yourself. This analysis is meant as a supplement to, and not a replacement for, "Tripping Over the Truth."

A Savage Journey to the Heart of the American Dream Chelsea Green Publishing
Tripping Over the Truth How the Metabolic Theory of Cancer Is

Overtuning One of Medicine's Most
Entrenched Paradigms Chelsea Green
Publishing Company

How to Change Your Mind Univ of
California Press

Former executive editor of The New York
Times and one of our most eminent
journalists Jill Abramson provides a
“valuable and insightful” (The Boston
Globe) report on the disruption of the
news media over the last decade, as
shown via two legacy (The New York
Times and The Washington Post) and
two upstart (BuzzFeed and VICE)
companies as they plow through a
revolution that pits old vs. new media.
“A marvelous book” (The New York
Times Book Review), *Merchants of Truth*
is the groundbreaking and gripping story
of the precarious state of the news

business. The new digital reality nearly
kills two venerable newspapers with an
aging readership while creating two
media behemoths with a ballooning and
fickle audience of millennials. “Abramson
provides this deeply reported insider
account of an industry fighting for
survival. With a keen eye for detail and a
willingness to interrogate her own
profession, Abramson takes readers into
the newsrooms and boardrooms of the
legacy newspapers and the digital
upstarts that seek to challenge their
dominance” (Vanity Fair). We get to
know the defenders of the legacy
presses as well as the outsized
characters who are creating the new
speed-driven media competitors. The
players include Jeff Bezos and Marty
Baron (The Washington Post), Arthur

Sulzberger and Dean Baquet (The New York Times), Jonah Peretti (BuzzFeed), and Shane Smith (VICE) as well as their reporters and anxious readers.

Merchants of Truth raises crucial questions that concern the well-being of our society. We are facing a crisis in trust that threatens the free press. "One of the best takes yet on journalism's changing fortunes" (Publishers Weekly, starred review), Abramson's book points us to the future.

Summary of Travis Christofferson's Tripping Over the Truth Rutgers University Press

The Optimal Terrain Ten Protocol to Reboot Cellular Health Since the beginning of the twentieth century, cancer rates have increased exponentially--now affecting almost 50

percent of the American population. Conventional treatment continues to rely on chemotherapy, surgery, and radiation to attack cancer cells. Yet research has repeatedly shown that 95 percent of cancer cases are directly linked to diet and lifestyle. The Metabolic Approach to Cancer is the book we have been waiting for--it offers an innovative, metabolic-focused nutrition protocol that actually works. Naturopathic, integrative oncologist and cancer survivor Dr. Nasha Winters and nutrition therapist Jess Higgins Kelley have identified the ten key elements of a person's "terrain" (think of it as a topographical map of our body) that are crucial to preventing and managing cancer. Each of the terrain ten elements--including epigenetics, the microbiome, the immune system, toxin

exposures, and blood sugar balance--is illuminated as it relates to the cancer process, then given a heavily researched and tested, non-toxic and metabolic, focused nutrition prescription. The metabolic theory of cancer--that cancer is fueled by high carbohydrate diets, not "bad" genetics--was introduced by Nobel Prize-laureate and scientist Otto Warburg in 1931. It has been largely disregarded by conventional oncology ever since. But this theory is resurging as a result of research showing incredible clinical outcomes when cancer cells are deprived of their primary fuel source (glucose). The ketogenic diet--which relies on the body's production of ketones as fuel--is the centerpiece of The Metabolic Approach to Cancer. Further, Winters and Kelley explain how

to harness the anticancer potential of phytonutrients abundant in low-glycemic plant and animal foods to address the 10 hallmarks of cancer--an approach Western medicine does with drug based therapies. Their optimized, genetically-tuned diet shuns grains, legumes, sugar, genetically modified foods, pesticides, and synthetic ingredients while emphasizing whole, wild, local, organic, fermented, heirloom, and low-glycemic foods and herbs. Other components of their approach include harm-reductive herbal therapies like mistletoe (considered the original immunotherapy and common in European cancer care centers) and cannabinoids (which shrink tumors and increase quality of life, yet are illegal in more than half of the United States). Through addressing the ten root

causes of cancer and approaching the disease from a nutrition-focused standpoint, we can slow cancer's endemic spread and live optimized lives.

Confrontations with a Body of Memory John Wiley & Sons

A classic work of American literature that has not stopped changing minds and lives since it burst onto the literary scene, *The Things They Carried* is a ground-breaking meditation on war, memory, imagination, and the redemptive power of storytelling. *The Things They Carried* depicts the men of Alpha Company: Jimmy Cross, Henry Dobbins, Rat Kiley, Mitchell Sanders, Norman Bowker, Kiowa, and the character Tim O'Brien, who has survived his tour in Vietnam to become a father and writer at the age of forty-three.

Taught everywhere—from high school classrooms to graduate seminars in creative writing—it has become required reading for any American and continues to challenge readers in their perceptions of fact and fiction, war and peace, courage and fear and longing. *The Things They Carried* won France's prestigious Prix du Meilleur Livre Etranger and the Chicago Tribune Heartland Prize; it was also a finalist for the Pulitzer Prize and the National Book Critics Circle Award.

[Black-white Multiracial Families in a Racially Divided World](#) Picador

Avoid mammograms. Switch off birth control drugs-and progestin menopausal drugs, too. Lose your excess fat NOW! Stop holding onto those highly stressful jobs and relationships. Counterintuitive

as these may seem, each is among Busting Breast Cancer's Five Simple Steps, documented to effectively prevent breast cancer, thanks to recent developments in our metabolic understanding of cancer. Each reduces your risk of breast cancer by 30 to 80 percent! Dr. Susan Wadia-Ells' shocking new book questions the presumed wisdom of most so-called authorities: National Academy of Medicine, American Cancer Society, Susan Komen, and mainstream cancer centers. And why wouldn't we question their wisdom? At least 30 percent of women treated for early-stage breast cancer go on to develop metastatic breast cancer—practically guaranteeing their early death. Physicians must report each recurrence to state registries. But you

may be surprised to learn the industry and its federal partners keep these numbers hidden. Perhaps they're just too embarrassing to share. Dr. Wadia-Ells does not pussyfoot around. A journalist with graduate degrees in political economy and women's studies, she aims to change US culture on women's behalf. Reviewing thousands of studies while researching this book, she discovered the 2012 landmark text, *Cancer as a Metabolic Disease*, by Boston College biologist Thomas Seyfried, PhD who lays out the complete biological explanation of how a person's first cancer cell develops. Effective prevention is now possible! Take off the pink ribbons. Stop running for the cure. Keep vitamin D3 above 60 ng/ml. Get rid of the carbs. Practice meditation. Stop

suffocating your breast cells' "batteries"- your fragile mitochondria. Take charge; stop that first breast cancer cell before it's ever born. Busting Breast Cancer also proposes political actions: demand the FDA allow affordable \$30 hormone-free IUDs; promote breast self-exams; mandate equal insurance coverage for ultrasound screenings and early-prevention thermography. Against a multibillion-dollar industry with too much financial incentive to abandon its failing direction, who can change the course of breast cancer prevention and treatment? YOU can! Only women have the self-interest to do it. And now, with Busting Breast Cancer, you'll have the knowledge, too.

On the Origin, Management, and Prevention of Cancer HarperCollins

A "fascinating" (MetroSource) collection of uncensored, confessional, and at times outrageously funny essays about coming of age, coming out, and the wildest experiences that define us. Collecting the most celebrated stories from the hit podcast RISK!, along with all-new true tales about explosive secrets and off-the-wall adventures, this book paints a spellbinding portrait of the transformational moments we experience in life but rarely talk about. No topics are off-limits in RISK!, no memories too revealing to share. From accidentally harboring a teen fugitive to being poisoned while tripping on LSD in the Mayan ruins, these stories transport readers into uncharted territory and show how your life can change when you take an extraordinary leap. In these jaw-

dropping stories, edited and introduced by RISK! host Kevin Allison, writers reveal how they pushed drugs for a Mexican cartel only to end up kidnapped and nearly killed, how they joined a terrifying male-empowerment cult and fought desperately for a way out, how they struggled with pregnancy complications and found a hero where they least expected it, and so much more. A lifelong construction worker shares the intimate details of transitioning to being a woman, a bestselling author discusses how he assumed the identity of his babysitter online in a social experiment gone awry, and a beloved comedian discusses how a blow job from a prostitute changed his life. By turns cautionary and inspiring, RISK! presents an extraordinary

panorama of the breadth of human experience and a stunning tribute to the power of the truth to set us free. Featuring essays by: Aisha Tyler A.J. Jacobs Michael Ian Black Marc Maron Lili Taylor Dan Savage Paul F. Tompkins TS Madison Jonah Ray And many more! Including texts by Dominic D'Agostino and Travis Christofferson Usborne Publishing Ltd

If Tripping with Allah is a road book, it's a road book in the tradition of 2001: A Space Odyssey, rather than On the Road. Amazonian shamanism meets Christianity meets West African religion meets Islam in this work of reflection and inward adventure. Knight, the "Hunter S. Thompson of Islamic literature" seeks reconciliation between his Muslim identity and his drinking of ayahuasca, a

psychedelic tea that has been used in the Amazon for centuries. His experience becomes an opportunity to investigate complex issues of drugs, religion, and modernity. Though essential for readers interested in Islam or the growing popularity of ayahuasca, this book is truly about neither Islam nor ayahuasca. Tripping with Allah provides an accessible look into the construction of religion, the often artificial borders dividing these constructions, and the ways in which religion might change in an increasingly globalized world. Finally, Tripping with Allah not only explores Islam and drugs, but also Knight's own process of creativity and discovery.

Curable Vintage
50th Anniversary Edition • With an introduction by Caity Weaver, acclaimed

New York Times journalist This cult classic of gonzo journalism is the best chronicle of drug-soaked, addle-brained, rollicking good times ever committed to the printed page. It is also the tale of a long weekend road trip that has gone down in the annals of American pop culture as one of the strangest journeys ever undertaken. Also a major motion picture directed by Terry Gilliam, starring Johnny Depp and Benicio del Toro.

This Is Your Mind on Plants

HarperCollins

#1 New York Times Bestseller In this pathbreaking guide, two of the world's most popular and trusted pet care advocates reveal new science to teach us how to delay aging and provide a long, happy, healthy life for our canine

companions. Like their human counterparts, dogs have been getting sicker and dying prematurely over the past few decades. Why? Scientists are beginning to understand that the chronic diseases afflicting humans—cancer, obesity, diabetes, organ degeneration, and autoimmune disorders—also beset canines. As a result, our beloved companions are vexed with preventable health problems throughout much of their lives and suffer shorter life spans. Because our pets can't make health and lifestyle decisions for themselves, it's up to pet parents to make smart, science-backed choices for lasting vitality and health. The Forever Dog gives us the practical, proven tools to protect our loyal four-legged companions. Rodney Habib and Karen Becker, DVM,

globetrotted (pre-pandemic) to galvanize the best wisdom from top geneticists, microbiologists, and longevity researchers; they also interviewed people whose dogs have lived into their 20s and even 30s. The result is this unprecedented and comprehensive guide, filled with surprising information, invaluable advice, and inspiring stories about dogs and the people who love them. The Forever Dog prescriptive plan focuses on diet and nutrition, movement, environmental exposures, and stress reduction, and can be tailored to the genetic predisposition of particular breeds or mixes. The authors discuss various types of food—including what the commercial manufacturers don't want us to know—and offer recipes, easy solutions, and tips for making sure our

dogs obtain the nutrients they need. Habib and Dr. Becker also explore how external factors we often don't think about can greatly affect a dog's overall health and wellbeing, from everyday insults to the body and its physiology, to the role our own lifestyles and our vets' choices play. Indeed, the health equation works both ways and can travel "up the leash." Medical breakthroughs have expanded our choices for canine health—if you know what they are. This definitive dog-care guide empowers us with the knowledge we need to make wise choices, and to keep our dogs healthy and happy for years to come. [Freak the Mighty](#) HarperCollins Journalist and healthcare advocate Christofferson looks at medicine through a magnifying glass and asks an

important question: What if the roots of the current U.S. healthcare crisis are psychological and systemic, perpetuated not just by corporate influence and the powers that be, but by citizens?

[Why We're Losing the War on Cancer and How to Win It](#) Simon and Schuster This book is a summary of Dr. Thomass Seyfrieds book "Cancer as a metabolic disease" and comprises transcripts of his talks and interviews, as well as texts by his colleague Dr. Dominic D'Agostiono and Travis Christofferson (whose foundation will be supported by this book). Here the original Book description: The book addresses controversies related to the origins of cancer and provides solutions to cancer management and prevention. It expands upon Otto Warburg's well-known theory that all cancer is a disease

of energy metabolism. However, Warburg did not link his theory to the "hallmarks of cancer" and thus his theory was discredited. This book aims to provide evidence, through case studies, that cancer is primarily a metabolic disease requiring metabolic solutions for its management and prevention. Support for this position is derived from critical assessment of current cancer theories. Brain cancer case studies are presented as a proof of principle for metabolic solutions to disease management, but similarities are drawn to other types of cancer, including breast and colon, due to the same cellular mutations that they demonstrate.

One Renegade Cell Penguin

"Pollan keeps you turning the pages . . . cleareyed and assured." —New York

Times A #1 New York Times Bestseller, New York Times Book Review 10 Best Books of 2018, and New York Times Notable Book A brilliant and brave investigation into the medical and scientific revolution taking place around psychedelic drugs--and the spellbinding story of his own life-changing psychedelic experiences When Michael Pollan set out to research how LSD and psilocybin (the active ingredient in magic mushrooms) are being used to provide relief to people suffering from difficult-to-treat conditions such as depression, addiction and anxiety, he did not intend to write what is undoubtedly his most personal book. But upon discovering how these remarkable substances are improving the lives not only of the mentally ill but also of healthy people

coming to grips with the challenges of everyday life, he decided to explore the landscape of the mind in the first person as well as the third. Thus began a singular adventure into various altered states of consciousness, along with a dive deep into both the latest brain science and the thriving underground community of psychedelic therapists. Pollan sifts the historical record to separate the truth about these mysterious drugs from the myths that have surrounded them since the 1960s, when a handful of psychedelic evangelists inadvertently catalyzed a powerful backlash against what was then a promising field of research. A unique and elegant blend of science, memoir, travel writing, history, and medicine, *How to Change Your Mind* is a triumph of

participatory journalism. By turns dazzling and edifying, it is the gripping account of a journey to an exciting and unexpected new frontier in our understanding of the mind, the self, and our place in the world. The true subject of Pollan's "mental travelogue" is not just psychedelic drugs but also the eternal puzzle of human consciousness and how, in a world that offers us both suffering and joy, we can do our best to be fully present and find meaning in our lives. [Ketogenic Metabolic Therapy as a Targeted Nutritional Strategy](#) Simon & Schuster

A New York Times Book Review Notable Book • Finalist for the Pulitzer Prize for Fiction • Longlisted for the Women's Prize for Fiction "Easily the funniest book I've read this year." —GQ "Masterly

funny debut novel . . . Erudite but never pretentious, *The Idiot* will make you crave more books by Batuman.”

—Sloane Crosley, *Vanity Fair* A portrait of the artist as a young woman. A novel about not just discovering but inventing oneself. The year is 1995, and email is new. Selin, the daughter of Turkish immigrants, arrives for her freshman year at Harvard. She signs up for classes in subjects she has never heard of, befriends her charismatic and worldly Serbian classmate, Svetlana, and, almost by accident, begins corresponding with Ivan, an older mathematics student from Hungary. Selin may have barely spoken to Ivan, but with each email they exchange, the act of writing seems to take on new and increasingly mysterious meanings. At the end of the school year,

Ivan goes to Budapest for the summer, and Selin heads to the Hungarian countryside, to teach English in a program run by one of Ivan's friends. On the way, she spends two weeks visiting Paris with Svetlana. Selin's summer in Europe does not resonate with anything she has previously heard about the typical experiences of American college students, or indeed of any other kinds of people. For Selin, this is a journey further inside herself: a coming to grips with the ineffable and exhilarating confusion of first love, and with the growing consciousness that she is doomed to become a writer. With superlative emotional and intellectual sensitivity, mordant wit, and pitch-perfect style, *Batuman* dramatizes the uncertainty of life on the cusp of adulthood. Her prose

is a rare and inimitable combination of tenderness and wisdom; its logic as natural and inscrutable as that of memory itself. The *Idiot* is a heroic yet self-effacing reckoning with the terror and joy of becoming a person in a world that is as intoxicating as it is disquieting. Batuman's fiction is unguarded against both life's affronts and its beauty--and has at its command the complete range of thinking and feeling which they entail. Named one of the best books of the year by Refinery29 • Mashable One • Elle Magazine • The New York Times • Bookpage • Vogue • NPR • BuzzFeed • The Millions

Ketones, The Fourth Fuel Penguin

The New York Times bestselling authors of *Switch* and *Made to Stick* explore why certain brief experiences can jolt us and

elevate us and change us—and how we can learn to create such extraordinary moments in our life and work. While human lives are endlessly variable, our most memorable positive moments are dominated by four elements: elevation, insight, pride, and connection. If we embrace these elements, we can conjure more moments that matter. What if a teacher could design a lesson that he knew his students would remember twenty years later? What if a manager knew how to create an experience that would delight customers? What if you had a better sense of how to create memories that matter for your children? This book delves into some fascinating mysteries of experience: Why we tend to remember the best or worst moment of an experience, as well as the last

moment, and forget the rest. Why “we feel most comfortable when things are certain, but we feel most alive when they’re not.” And why our most cherished memories are clustered into a brief period during our youth. Readers discover how brief experiences can change lives, such as the experiment in which two strangers meet in a room, and forty-five minutes later, they leave as best friends. (What happens in that time?) Or the tale of the world’s youngest female billionaire, who credits her resilience to something her father asked the family at the dinner table. (What was that simple question?) Many of the defining moments in our lives are the result of accident or luck—but why would we leave our most meaningful, memorable moments to chance when

we can create them? The Power of Moments shows us how to be the author of richer experiences.

Tripping on the Color Line Yale University Press

Investigates the lack of progress in the fight against cancer, citing misspent billions, non-collaboration among researchers, expensive drugs, and brain-drain.

The Origin (and future) of the Ketogenic Diet - by Dr. Dominic D'Agostino and Travis Christofferson Colchis Books

An evocative and wildly absorbing novel about the Winters, a family living in New York City’s famed Dakota apartment building in the year leading up to John Lennon’s assassination It’s the fall of 1979 in New York City when twenty-three-year-old Anton Winter, back from

the Peace Corps and on the mend from a nasty bout of malaria, returns to his childhood home in the Dakota. Anton's father, the famous late-night host Buddy Winter, is there to greet him, himself recovering from a breakdown. Before long, Anton is swept up in an effort to reignite Buddy's stalled career, a mission that takes him from the gritty streets of New York, to the slopes of the Lake Placid Olympics, to the Hollywood Hills, to the blue waters of the Bermuda Triangle, and brings him into close quarters with the likes of Johnny Carson, Ted and Joan Kennedy, and a seagoing John Lennon. But the more Anton finds himself enmeshed in his father's professional and spiritual reinvention, the more he questions his own path, and fissures in the Winter family begin to

threaten their close bond. By turns hilarious and poignant, *The Dakota Winters* is a family saga, a page-turning social novel, and a tale of a critical moment in the history of New York City and the country at large.

[The Things They Carried](#) CreateSpace
Sixteen-year-old Jem struggles to maintain the status quo at home in Trenton, New Jersey, when the family men join the war for independence. There are signs of rebellion in the Emerson household several years before the actual American Revolution hits in 1776! Brought up in a relatively liberal household, Jemima Emerson is quite a challenge for her tutor, John Reid, who is known as a Tory with strong ties to England. How could Jem's parents be friends with a man who opposes

American freedom? Jem longs for freedom on every level, in the home and her homeland--and John represents the forces that restrict her. Jem and her family soon find themselves fighting for freedom in whatever ways they can in the Revolutionary War. Before long, Jem discovers that there is much more to Mr. Reid than she ever imagined. Her feelings about him change when Jem realizes that John shares her love of freedom--and will risk his life to defend it.

Charity Publication: In support of Dr. Thomas Seyfrieds cancer research
Macmillan

The idea of "The Green Book" is to give the Motorist and Tourist a Guide not only of the Hotels and Tourist Homes in all of the large cities, but other classifications

that will be found useful wherever he may be. Also facts and information that the Negro Motorist can use and depend upon. There are thousands of places that the public doesn't know about and aren't listed. Perhaps you know of some? If so send in their names and addresses and the kind of business, so that we might pass it along to the rest of your fellow Motorists. You will find it handy on your travels, whether at home or in some other state, and is up to date. Each year we are compiling new lists as some of these places move, or go out of business and new business places are started giving added employment to members of our race.

Merchants of Truth Little, Brown
The social dynamics of "alternative facts": why what you believe depends on

who you know Why should we care about having true beliefs? And why do demonstrably false beliefs persist and spread despite consequences for the people who hold them? Philosophers of science Cailin O'Connor and James Weatherall argue that social factors, rather than individual psychology, are what's essential to understanding the spread and persistence of false belief. It might seem that there's an obvious reason that true beliefs matter: false beliefs will hurt you. But if that's right,

then why is it (apparently) irrelevant to many people whether they believe true things or not? In an age riven by "fake news," "alternative facts," and disputes over the validity of everything from climate change to the size of inauguration crowds, the authors argue that social factors, not individual psychology, are what's essential to understanding the persistence of false belief and that we must know how those social forces work in order to fight misinformation effectively.

Best Sellers - Books :

- [How To Win Friends & Influence People \(dale Carnegie Books\) By Dale Carnegie](#)
- [If He Had Been With Me By Laura Nowlin](#)
- [The Creative Act: A Way Of Being](#)
- [Feel-good Productivity: How To Do More Of What Matters To You By Ali Abdaal](#)
- [Saved: A War Reporter's Mission To Make It Home By Benjamin Hall](#)

- [Happy Place By Emily Henry](#)
- [The Wonderful Things You Will Be](#)
- [The Wonderful Things You Will Be By Emily Winfield Martin](#)
- [Guess How Much I Love You By Sam Mcbratney](#)
- [The Woman In Me](#)