I Just Graduated... Now What? - Honest Answers from Those Who Have Been There

Collects inspiration, wisdom and advice from such successful individuals as Anderson Cooper, Serena Williams and Jillian Michaels that will help recent and soon-to-be graduates find success and fulfillment in their work, relationships and lives. 75,000 first printing.

Rock What You've Got - Secrets to Loving Your Inner and Outer Beauty from Someone Who's Been There and Back

A hip, empowering, get-real guide to loving the body you're in. For young women today, developing a healthy body image can be a challenge. Yet Katherine Schwarzenegger has done just that. She has been there . . . and back, and has come not only to accept but to love her curvy, powerful, smart, sexy, and happy self. She wants to help other girls do the same- recognize their own beauty, both inside and out. An estimated 8 million Americans have an eating disorder. Seven million of those are young women, and more and more of them are girls. Girls are increasingly growing dissatisfied with their bodies, trying to change them and fit into some image or mold of perfection that is impossible to achieve. Where are they getting this from? The answer is clear: their moms, sisters, friends, frenemies, television, movies, magazines, and every other media outlet imaginable. When you open a magazine or watch a movie, what kind of girls do you see? Skinny ones! Impossibly perfect girls with immaculate bodies. Everywhere they look, girls are inundated with carefully airbrushed, highly inaccurate images of the female body. It's no wonder they feel something's wrong with them! In this down-to-earth, reassuring, and fun book, Katherine calls for a new way of seeing what is beautiful. Packed with informative facts, moving personal anecdotes from Katherine's life, and the voices of other Rock What You've Got women, her book celebrates the female form, whatever the size, and inspires girls to ROCK WHAT YOU'VE GOT!

The Gift of Forgiveness - Inspiring Stories from Those Who Have Overcome the Unforgivable

AN INSTANT NEW YORK TIMES BESTSELLER! “[The Gift of Forgiveness] will spark conversations across families, across friendships, at workplaces, everywhere.”—Maria Shriver A fresh, inspiring book on learning how to forgive, with firsthand stories from those who have learned to let go of resentment and find peace. "When we learn to embrace forgiveness, it opens us up to healing, hope, and a new world of possibility."—Katherine Schwarzenegger Pratt Written with grace and understanding and based on more than twenty in-depth interviews and
stories as well as personal reflections from Schwarzenegger Pratt herself, The Gift of Forgiveness is about one of the most difficult challenges in life—learning to forgive. Here, Katherine Schwarzenegger Pratt shows us what we can learn from those who have struggled with forgiveness, some still struggling, and others who have been able to forgive what might seem truly unforgivable. The book features experiences from those well-known and unknown, including Elizabeth Smart, who learned to forgive her captors; Sue Klebold, whose son, Dylan, was one of the Columbine shooters, learning empathy and how to forgive herself; Chris Williams, who forgave the drunken teenager who killed his wife and child; and of course Schwarzenegger Pratt's own challenges and path to forgiveness in her own life. All provide different journeys to forgiveness and the process—sometimes slow and thorny, sometimes almost instantaneous—by which they learned to forgive and let go. The Gift of Forgiveness is a perfect blend of personal insights, powerful quotations, and hard-won wisdom for those seeking a way to live with greater acceptance, grace, and peace. A PAMELA DORMAN BOOKS/PENGUIN LIFE TITLE

Choosing College - How to Make Better Learning Decisions Throughout Your Life

Cut through the noise and make better college and career choices This book is about addressing the college-choosing problem. The rankings, metrics, analytics, college visits, and advice that we use today to help us make these decisions are out of step with the progress individual students are trying to make. They don't give students and families the information and context they need to make such a high-stakes decision about whether and where to get an education. Choosing College strips away the noise to help you understand why you're going to school. What's driving you? What are you trying to accomplish? Once you know why, the book will help you make better choices. The research in this book illustrates that choosing a school is complicated. By constructing more than 200 mini-documentaries of how students chose different postsecondary educational experiences, the authors explore the motivations for how and why people make the decisions that they do at a much deeper, causal level. By the end, you'll know why you're going and what you're really chasing. The book: Identifies the five different Jobs for which students hire postsecondary education Allows you to see your true options for what’s next Offers guidance for how to successfully choose your pathway Illuminates how colleges and entrepreneurs can build better experiences for each Job The authors help readers understand not what job students want out of college, but what "Job" students are hiring college to do for them.

Maverick and Me

It is never too early to teach little ones about animal adoption. In this board book edition of Katherine Schwarzenegger's heartfelt book, children will learn about a puppy named Maverick in need of a home. Maverick and Me begins when Maverick is rescued by a kindhearted stranger after being left on the side of the road. The kind woman nurses him back to health and then brings him to an adoption event, where a young girl named Scarlett adopts him and gives him the forever home he has been looking for. A timeless tale of friendship, kindness, and second chances, Maverick and Me will teach little ones about the importance of adoption while
encouraging them to care for animals in need.

**Jump-Starting a Career in Ultrasound and Sonography**

Give your readers an essential guide to careers in ultrasound and sonography. Diagnostic medical sonographers perform ultrasound procedures that direct high-frequency sound waves into the body. The returning sound waves can be converted into an image of the body's internal structures. The most familiar use of ultrasound is in visualizing the fetus of a pregnant mother, but ultrasound has numerous medical applications. Many diagnostic medical sonographers specialize in particular areas of imaging, including neurosonography and musculoskeletal ultrasound. Sonographers can earn a good salary in this fulfilling career upon completion of a two-year program. Because ultrasounds are low-risk procedures that yield real-time images, sonography is an in-demand field with bright prospects for increased job growth.

**The Real Simple Guide to Real Life - Adulthood made easy.**

Created for smart, aspiring young women, The REAL SIMPLE Guide to Real Life offers REAL SIMPLE's clever solutions for navigating adulthood with ease, confidence, and style. This essential handbook helps to simplify (and demystify) landing a job, finding an apartment, decorating on the cheap, cooking for one, dressing for work, organizing a small space, picking a mentor, writing a thank-you note (yes, they're still a thing)-plus all the know-how you need to deal with 401(k)s, kitchen fails, epic hangovers, messy roommates, and even messier breakups. Packed with useful 'Life 101' tips, the book also features essays from bestselling writers (including Cristina Henriquez and J. Courtney Sullivan) and advice from relatable and successful women (like Jessica Alba and Emmy Rossum) about what they wish they had known when they were starting out. The REAL SIMPLE Guide to Real Life is full of wit, wisdom, and practical information--a trusted, must-have resource for making every crazy, colorful day easier. Gift it to a recent graduate or young woman who aspires to have it all or keep for yourself as a reference to help you thrive in the real world.

**Manhood - How to Be a Better Man-or Just Live with One**

From NFL player turned film and TV star Terry Crews comes a wise and warmhearted memoir chronicling his lifelong quest to become a good man, loving husband, and responsible father. What does it mean to be a man? Terry Crews, TV's iconic "Old Spice Guy" and co-star of the hit Golden Globe Award–winning series Brooklyn Nine-Nine, has spent decades seeking the answer to that question. In Manhood, he shares what he’s learned, telling the amazing story of his rise to fame and offering straight-talking advice for men and the women who love them. A self-described “super-driven superstar alpha male,” Terry Crews embodies the manly ideal for millions worldwide. But as he looks back on his difficult childhood and shares hard-learned lessons from the many humbling experiences he endured to get where he is today, he shows how his own conception of manhood is constantly evolving. Crews offers up a lively, clear-eyed account of the ups and downs of his twenty-five-year marriage, revealing the relationship secrets that have kept it going—and the one dark secret that nearly tore it apart. Along the way, he shares his evolving appreciation for looking good, staying fit, and getting it done for the
people you love. Being a man is about more than keeping your core strong. It's about keeping your core values stronger. With insightful observations on spirituality, work, and family, Terry Crews shows men how to face their inner demons, seek forgiveness from those they've wronged, and tear down the walls that prevent them from forging meaningful relationships with others. From the NFL gridiron to the Hollywood backlot, Terry Crews has survived it all with his sense of humor—and his marriage—intact. In Manhood he shows men everywhere that real strength is not measured in muscle mass—unless that muscle is the heart.

**Ten Things I Wish I'd Known - Before I Went Out Into the Real World**

Broadcast journalist Maria Shriver reveals the lessons that have guided her journey as a career woman, wife, and mother. Expanded from her highly praised commencement address and best-selling book, this Little Book offers wise and wonderful advice. This Little Book has been adapted from Ten Things I Wish I'd Known - Before I Went Out into the Real World by Maria Shriver, published by Warner Books, Inc., and is published by arrangement with Warner Books. All rights reserved.

**The Power of Habit - Why We Do What We Do in Life and Business**

NEW YORK TIMES BESTSELLER • This instant classic explores how we can change our lives by changing our habits. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Wall Street Journal • Financial Times In The Power of Habit, award-winning business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist and how they can be changed. Distilling vast amounts of information into engrossing narratives that take us from the boardrooms of Procter & Gamble to the sidelines of the NFL to the front lines of the civil rights movement, Duhigg presents a whole new understanding of human nature and its potential. At its core, The Power of Habit contains an exhilarating argument: The key to exercising regularly, losing weight, being more productive, and achieving success is understanding how habits work. As Duhigg shows, by harnessing this new science, we can transform our businesses, our communities, and our lives. With a new Afterword by the author “Sharp, provocative, and useful."—Jim Collins “Few [books] become essential manuals for business and living. The Power of Habit is an exception. Charles Duhigg not only explains how habits are formed but how to kick bad ones and hang on to the good.”—Financial Times “A flat-out great read."—David Allen, bestselling author of Getting Things Done: The Art of Stress-Free Productivity “You'll never look at yourself, your organization, or your world quite the same way.”—Daniel H. Pink, bestselling author of Drive and A Whole New Mind “Entertaining . . . enjoyable . . . fascinating . . . a serious look at the science of habit formation and change.”—The New York Times Book Review