

# Wasted World Horrible Science

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## DOMINIQUE KRUEGER

**You Are a Badass**® Simon & Schuster

You've been lifting for a few years. When you take your shirt off, do you look like a professional athlete? Do you even look like you work out? Many fitness "experts" defend weights and cardio like they are infallible, but where are the results? Why does almost nobody look even marginally athletic? Fitness may be the most failed human endeavor, and you are about to see how exercise science has missed some obvious principles that when enacted will turn you into the superhuman you always wanted to be. In *Weight Lifting is a Waste of Time*, Dr. John Jaquish and Henry Alkire explore the science that supports this argument and lay out a superior strength training approach that has been seen to put 20 pounds of muscle on drug-free, experienced lifters (i.e., not beginners) in six months.

*Bullshit Jobs* Horrible Science

An investigation into the damage wrought by the colossal clothing industry--and the grassroots, high-tech, international movement fighting to reform it from a bestselling journalist who has traveled the globe to discover the visionary designers and companies who are propelling the industry toward that more positive future.

*On Writing* Penguin Press

With only TAMMY - a slightly tearful computer with self-esteem issues - a software boss called Phil - Microsoft Middle Manager 3.0 - and an imaginary dog called Ed for company, fixing time machines is a lonely business and Charles Yu is stuck in a rut. He's spent the better part of a decade navel-gazing, spying on 39 different versions of himself in alternate universes (and discovered that 35 of them are total jerks). And he's kind of fallen in love with TAMMY, which is bad because she doesn't have a module for that. With all that's on his mind, perhaps it's no surprise that when he meets his future self, he shoots him in the stomach. And that's a beginner's mistake for a time machine repairman. Now he's stuck in a time loop, going in circles forever. All he has, wrapped in brown paper, is the book his future self was trying to press into his hands. It's called *How to Live Safely in a Science Fictional Universe*. And he's the author. And somewhere inside it is the information that could save him.

*Science...For Her!* Penguin

Claim your right to be rich! Live your dream Acquire wealth Learn a proven method for success Access your inner strength Realize your potential Rediscover the original version of Wallace D. Wattles's 1910 classic, "The Science of Getting Rich"-the forerunner of every personal finance and self-help book ever written. Explore the principles that have shown generations of readers the way to riches and fulfillment in life. Wallace D. Wattles was indeed a man before his time.

*Getting Wasted* NYU Press

By 1979, we knew all that we know now about the science of climate change - what was happening, why it was happening, and how to stop it. Over the next ten years, we had the very real opportunity to stop it. Obviously, we failed. Nathaniel Rich's groundbreaking account of that failure - and how tantalizingly close we came to signing binding treaties that would have saved us all before the fossil fuels industry and politicians committed to anti-scientific denialism - is already a journalistic blockbuster, a full issue of the New York Times Magazine that has earned favorable comparisons to Rachel Carson's *Silent Spring* and John Hersey's *Hiroshima*. Rich has become an instant, in-demand expert and speaker. A major movie deal is already in place. It is the story, perhaps, that can shift the conversation. In the book *Losing Earth*, Rich is able to provide more of the context for what did - and didn't - happen in the 1980s and, more important, is able to carry the story fully into the present day and wrestle with what those past failures mean for us in 2019. It is not just an agonizing revelation of historical missed opportunities, but a clear-eyed and eloquent assessment of how we got to now, and what we can and must do before it's truly too late.

*Tuxedo Park* Princeton University Press

Brad Thor's Summer 2018 Fiction Pick for THE TODAY SHOW! "Eerie, dark, and compelling, [The Book of M] will not disappoint lovers of *The Passage* (2010) and *Station Eleven* (2014)." --Booklist  
WHAT WOULD YOU GIVE UP TO REMEMBER? Set in a dangerous near future world, *The Book of M* tells the captivating story of a group of ordinary people caught in an extraordinary catastrophe who risk everything to save the ones they love. It is a sweeping debut that illuminates the power that memories have not only on the heart, but on the world itself. One afternoon at an outdoor market in India, a man's shadow disappears—an occurrence science cannot explain. He is only the first. The phenomenon spreads like a plague, and while those afflicted gain a strange new power, it comes at a horrible price: the loss of all their memories. Ory and his wife Max have escaped the Forgetting so far by hiding in an abandoned hotel deep in the woods. Their new life feels almost normal, until one day Max's shadow disappears too. Knowing that the more she forgets, the more dangerous she will become to Ory, Max runs away. But Ory refuses to give up the time they have left together. Desperate to find Max before her memory disappears completely, he follows her trail across a perilous, unrecognizable world, braving the threat of roaming bandits, the call to a new war being waged on the ruins of the capital, and the rise of a sinister cult that worships the shadowless. As they journey, each searches for answers: for Ory, about love, about survival, about hope; and for Max, about a new force growing in the south that may hold the cure. Like *The Passage* and *Station Eleven*, this haunting, thought-provoking, and beautiful novel explores fundamental questions of memory, connection, and what it means to be human in a world turned upside down.

*The Word for World is Forest* Hachette+ORM

Editor of the award-winning site *Feministing.com*, Maya Dusenbery brings together scientific and sociological research, interviews with doctors and researchers, and personal stories from women across the country to provide the first comprehensive, accessible look at how sexism in medicine harms women today. In *Doing Harm*, Dusenbery explores the deep, systemic problems that underlie women's experiences of feeling dismissed by the medical system. Women have been discharged from the emergency room mid-heart attack with a prescription for anti-anxiety meds, while others with autoimmune diseases have been labeled "chronic complainers" for years before being properly diagnosed. Women with endometriosis have been told they are just overreacting to "normal" menstrual cramps, while still others have "contested" illnesses like chronic fatigue syndrome and fibromyalgia that, dogged by psychosomatic suspicions, have yet to be fully accepted as "real" diseases by the whole of the profession. An eye-opening read for patients and health care providers

alike, *Doing Harm* shows how women suffer because the medical community knows relatively less about their diseases and bodies and too often doesn't trust their reports of their symptoms. The research community has neglected conditions that disproportionately affect women and paid little attention to biological differences between the sexes in everything from drug metabolism to the disease factors—even the symptoms of a heart attack. Meanwhile, a long history of viewing women as especially prone to "hysteria" reverberates to the present day, leaving women battling against a stereotype that they're hypochondriacs whose ailments are likely to be "all in their heads." Offering a clear-eyed explanation of the root causes of this insidious and entrenched bias and laying out its sometimes catastrophic consequences, *Doing Harm* is a rallying wake-up call that will change the way we look at health care for women.

*Voodoo Science* Harper Collins

Marcus Caldwell, an English widower and Muslim convert, lives in an old perfume factory in the shadow of the Tora Bora mountains in Afghanistan. Lara, a Russian woman, arrives at his home one day in search of her brother, a Soviet soldier who disappeared in the area many years previously, and who may have known Marcus's daughter. In the days that follow, further people arrive there, each seeking someone or something. The stories and histories that unfold, interweaving and overlapping, span nearly a quarter of a century and tell of the terrible afflictions that have plagued Afghanistan—as well of the love that can blossom during war and conflict.

*All the Rage* Random House India

Vander Ven argues that college students rely on "drunk support." Contrary to most accounts of alcohol abuse as being a solitary problem of one person drinking to excess, the college drinking scene is very much a social one where students support one another through nights of drinking games, rituals and rites of passage.

*Diary of an Oxygen Thief* Tor Books

View our feature on Dianne Sylvan's *Queen of Shadows* Meet Miranda Grey—music and magic are in her blood. Overwhelmed by her uncanny ability to manipulate people's emotions through her music, Miranda Grey comes to the attention of vampire lord David Solomon. Believing he can help bring her magic under control, David discovers that Miranda's powers may affect the vampire world too...

*Wasted World* HarperCollins

The author shares his insights into the craft of writing and offers a humorous perspective on his own experience as a writer.

*Fashionopolis* Oxford University Press, USA

This doomsday masterpiece from the author of *Eon* and *Hull Zero Three* was a finalist for the Hugo and Nebula awards. On July 26, Arthur Gordon learns that Europa, the sixth moon of Jupiter, has disappeared. Not hiding, not turned black, but gone. On September 28th, Edward Shaw finds an error in the geological records of Death Valley. A cinder cone was left off the map. Could it be new? Or, stranger yet, could it be artificial? The answer may be lying beside it—a dying Guest who brings devastating news for Edward and for Planet Earth. As more unexplained phenomena spring up around the globe—a granite mountain appearing in Australia, sounds emanating from the earth's core, flashes of light among the asteroids—it becomes clear to some that the end is approaching, and there is nothing we can do. In *The Forge of God*, award-winning author Greg Bear describes the final days of the world on both a massive, scientific scale and in the everyday, emotional context of individual human lives. Facing the destruction of all they know, some people turn to God, others to their families, and a few turn to saviors promising escape from a planet being torn apart. Will they make it in time? And who gets left behind to experience the last moments of beauty and chaos on earth? Nominated for the Nebula, Hugo, and Locus Awards, *The Forge of God* is an engrossing read, breathtaking in its scope and in its detail.

*Life as We Knew it* Regent College Pub

New York Times Bestseller A Crime That Shocked A City. . . In 1995, Austin, Texas was rocked by the brutal murder of a lesbian princess named Regina Hartwell. Even though Regina's body was burned beyond recognition, within days police had two suspects. One was the beautiful ex-cheerleader who was the object of Regina's desire. The other was a man who would take the fall for murder. . . A Killer's Heinous Acts . . . In this new edition of her bestselling book *Wasted*, true crime master Suzy Spencer chronicles a fatal love triangle--and lives driven out of control by sexual desire, drugs, and shocking childhood demons. A Twisted Road To Justice. . . Four years after Regina Hartwell's murder, a new charge was brought against one of her suspected killers. Now, Suzy Spencer adds a new chapter to *Wasted*--detailing a killer gone wild, a nerve-racking legal standoff, the shocking twists that would take place in a second, explosive trial. . . 16 pages of shocking photos!

**The Secret of Our Success** Wheatmark, Inc.

Award-winning author Chen Qiufan's *Waste Tide* is a thought-provoking vision of the future. Translated by Ken Liu, who brought Cixin Liu's Hugo Award-winning *The Three-Body Problem* to English-speaking readers, Mimi is drowning in the world's trash. She's a waste worker on Silicon Isle, where electronics -- from cell phones and laptops to bots and bionic limbs -- are sent to be recycled. These amass in towering heaps, polluting every spare inch of land. On this island off the coast of China, the fruits of capitalism and consumer culture come to a toxic end. Mimi and thousands of migrant waste workers like her are lured to Silicon Isle with the promise of steady work and a better life. They're the lifeblood of the island's economy, but are at the mercy of those in power. A storm is brewing, between ruthless local gangs, warring for control. Ecoterrorists, set on toppling the status quo. American investors, hungry for profit. And a Chinese-American interpreter, searching for his roots. As these forces collide, a war erupts -- between the rich and the poor; between tradition and modern ambition; between humanity's past and its future. Mimi, and others like her, must decide if they will remain pawns in this war or change the rules of the game altogether. "An accomplished eco-techno-thriller with heart and soul as well as brain. Chen Qiufan is an astute observer, both of the present world and of the future that the next generation is in danger of inheriting." - David Mitchell, New York Times bestselling author of *Cloud Atlas*

**American Wasteland** HarperCollins

UPDATED FOR 2020 WITH A NEW PREFACE BY NATE SILVER "One of the more momentous books of the decade." —The New York Times Book Review Nate Silver built an innovative system for predicting baseball performance, predicted the 2008 election within a hair's breadth, and became a national sensation as a blogger—all by the time he was thirty. He solidified his standing as the nation's foremost political forecaster with his near perfect prediction of the 2012 election. Silver is the founder and editor in chief of the website *FiveThirtyEight*. Drawing on his own groundbreaking

work, Silver examines the world of prediction, investigating how we can distinguish a true signal from a universe of noisy data. Most predictions fail, often at great cost to society, because most of us have a poor understanding of probability and uncertainty. Both experts and laypeople mistake more confident predictions for more accurate ones. But overconfidence is often the reason for failure. If our appreciation of uncertainty improves, our predictions can get better too. This is the "prediction paradox": The more humility we have about our ability to make predictions, the more successful we can be in planning for the future. In keeping with his own aim to seek truth from data, Silver visits the most successful forecasters in a range of areas, from hurricanes to baseball to global pandemics, from the poker table to the stock market, from Capitol Hill to the NBA. He explains and evaluates how these forecasters think and what bonds they share. What lies behind their success? Are they good—or just lucky? What patterns have they unraveled? And are their forecasts really right? He explores unanticipated commonalities and exposes unexpected juxtapositions. And sometimes, it is not so much how good a prediction is in an absolute sense that matters but how good it is relative to the competition. In other cases, prediction is still a very rudimentary—and dangerous—science. Silver observes that the most accurate forecasters tend to have a superior command of probability, and they tend to be both humble and hardworking. They distinguish the predictable from the unpredictable, and they notice a thousand little details that lead them closer to the truth. Because of their appreciation of probability, they can distinguish the signal from the noise. With everything from the health of the global economy to our ability to fight terrorism dependent on the quality of our predictions, Nate Silver's insights are an essential read.

**How to Live Safely in a Science Fictional Universe** St. Martin's Griffin

The Tall Book is a celebration of the tall-advantaged, which notes and explores the myriad benefits that come with living large—from the simple pleasures of being able to see over crowds at a parade, to the professional joys of earning more money, and having others perceive you as a natural leader. The Tall Book also offers well-researched explanations into the great unanswered questions of tallness, including: Why are people tall to begin with? How have tall people figured throughout history? Why are CEOs so tall? And how does tallness affect the dating game? Filled with illustrative graphics, charts, and piles of tall miscellanea and factoids, The Tall Book is a wonderful and much-

needed exploration of life from on high.

**Wasted Lust** Princeton University Press

Packed with humor, inspiration, and advice, *You Are a Badass* is the #1 New York Times bestselling self-help book that teaches you how to get better without getting busted. In this refreshingly entertaining how-to guide, bestselling author and world-traveling success coach, Jen Sincero, serves up twenty-seven bite-sized chapters full of hilariously inspiring stories, sage advice, easy exercises, and the occasional swear word, helping you to: Identify and change the self-sabotaging beliefs and behaviors that stop you from getting what you want, Create a life you totally love. And create it NOW, and Make some damn money already. The kind you've never made before. By the end of *You Are a Badass*, you'll understand why you are how you are, how to love what you can't change, how to change what you don't love, and how to use The Force to kick some serious ass.

**Chronicles of Wasted Time** Open Road Media

In a future where most people have computer implants in their heads to control their environment, a boy meets an unusual girl who is in serious trouble.

**Waste Tide** Jaquish Biomedical

A GIRL WITH REGRETS...Sasha Cherlin died the night she let Nick Tate walk out on her for a life of crime. Her very essence was destroyed when they broke their promise to one another. A MAN WITH REMORSE...Nick Tate made his choice with her future in mind. He loved Sasha enough to know that leaving her behind was the only way to keep her safe. A PATH TO REVENGE...Special Agent Jax Barlow understands the bond of love and he plans to use it to get justice. Nick and Sasha will do anything to rewrite their past. He's counting on that to bring them down. *Wasted Lust* is a 321 spin-off, full-length, romantic suspense filled with lies, secrets, and the power of redemption by the New York Times bestselling author, JA Huss.

**Weight Lifting Is a Waste of Time: So Is Cardio, and There's a Better Way to Have the Body You Want** Houghton Mifflin Harcourt

The first *Horrible Science* book to tackle the issues of global warming, and climate change: What are the sickening secrets of gruesome greenhouse gases? Which is the deadliest toxic waste? Will the Earth make it to the year 2100? Read on to found out the awful answers to these questions and many many more gruesome facts in this topical new title.