

Hustle And Heart

A powerful, poetic memoir of an Indigenous woman's coming of age on the Seabird Island Band in the Pacific Northwest—this New York Times bestseller and Emma Watson Book Club pick is “an illuminating account of grief, abuse and the complex nature of the Native experience . . . at once raw and achingly beautiful (NPR) Having survived a profoundly dysfunctional upbringing only to find herself hospitalized and facing a dual diagnosis of post traumatic stress disorder and bipolar II disorder, Terese Marie Mailhot is given a notebook and begins to write her way out of trauma. The triumphant result is *Heart Berries*, a memorial for Mailhot's mother, a social worker and activist who had a thing for prisoners; a story of reconciliation with her father?an abusive drunk and a brilliant artist?who was murdered under mysterious circumstances; and an elegy on how difficult it is to love someone while dragging the long shadows of shame. Mailhot trusts the reader to understand that memory isn't exact, but melded to imagination, pain, and what we can bring ourselves to accept. Her unique and at times unsettling voice graphically illustrates her mental state. As she writes, she discovers her own true voice, seizes control of her story, and, in so doing, reestablishes her connection to her family, to her people, and to her place in the world.

'Patricia Bright is killing it right now' *Glamour*'One of Britain's biggest YouTube stars' *Huffington Post*'I'm going to show you how to hustle like I do, using your head and heart. All it takes is three steps...'**YOUR BRAND:** how you can use who you are to smash it online**YOUR BUSINESS:** how to run your side hustle like a total boss**YOUR BELIEFS:** ditch the thinking that's holding you back From the early lessons she learned growing up in South London, to the

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moment she gave up the 9 to 5 to do what she loved, Patricia Bright's story will revolutionise how you think about work, life, and what it means to succeed. Packed with her trademark attitude, style and sense of fun, Heart & Hustle is an inspirational guide to taking control of your own future.

This New York Times bestselling business paperback chronicles the unlikely opportunities that transformed this unknown novelty label into an American icon. This is the story about how Barefoot Wines helped transform an entire industry from stuffy and intimidating to fun and socially aware.

"Exquisite. . . . Anchoring the story is a pair of Cairo-born sisters whose fates spin in radically different directions in the wake of the Egyptian revolution. . . . A lovely novel that does a remarkable job of bringing troubling realities to light, and life." --Vanity Fair A powerful novel about two Egyptian sisters--their divergent fates and the secrets of one family Sisters Rose and Gameela Gubran could not have been more different. Rose, an Egyptologist, married an American journalist and immigrated to New York City, where she works in the Metropolitan Museum of Art. Gameela, a devout Muslim since her teenage years, stayed in Cairo. During the aftermath of Egypt's revolution, Gameela is killed in a suicide bombing. When Rose returns to Egypt after the bombing, she sifts through the artifacts Gameela left behind, desperate to understand how her sister came to die, and who she truly was. Soon, Rose realizes that Gameela has left many questions unanswered. Why had she quit her job just a few months before her death and not told her family? Who was she romantically involved with? And how did the religious Gameela manage to keep so many secrets? Rich in depth and feeling, A Pure Heart is a brilliant portrait of two Muslim women in the twenty-first century and the decisions

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they make in work and love that determine their destinies. As Rose is struggling to reconcile her identities as an Egyptian and as a new American, she investigates Gameela's devotion to her religion and her country. The more Rose uncovers about her sister's life, the more she must reconcile their two fates, their inextricable bond as sisters, and who should and should not be held responsible for Gameela's death. Rajia Hassib's *A Pure Heart* is a stirring and deeply textured novel that asks what it means to forgive, and considers how faith, family, and love can unite and divide us.

Best-selling author Chris Guillebeau presents a full-color ideabook featuring 100 stories of regular people launching successful side businesses that almost anyone can do. This unique guide features the startup stories of regular people launching side businesses that almost anyone can do: an urban tour guide, an artist inspired by maps, a travel site founder, an ice pop maker, a confetti photographer, a group of friends who sell hammocks to support local economies, and many more. In *100 Side Hustles*, best-selling author of *The \$100 Startup* Chris Guillebeau presents a colorful "idea book" filled with inspiration for your next big idea. Distilled from Guillebeau's popular *Side Hustle School* podcast, these case studies feature teachers, artists, coders, and even entire families who've found ways to create new sources of income. With insights, takeaways, and photography that reveals the human element behind the hustles, this playbook covers every important step of launching a side hustle, from identifying underserved markets to crafting unique products and services that spring from your passions. Soon you'll find yourself joining the ranks of these innovative entrepreneurs--making money on the side while living your best life.

Akuba is a low-level hacker for the city's wealthy, making just enough to keep her bills paid and

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her booze flowing. Her job is to scrub the social feeds for faces who don't want to be seen, hanging out at parties to guard the elite from errant social media statuses and incriminating photo posts. Not the most glamorous job, but she's getting by. When an old debt comes due early, suddenly she is the one who needs to keep her face out of the drones' omnipresent eyes. Thrown into the high-stakes world of international cybercrime, Akuba will have to have to outmaneuver unlimited surveillance, high-tech con artists, and an international hacker kingpin if she wants to survive. Every identity has a price in Glitch Rain.

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The world promises recognition and promotion if we "hustle harder," but at what cost? Join the counter-cultural movement of choosing surrender over striving. Throughout scripture, we encounter individuals who had to face the hard reality that their dreams and time lines weren't

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God's best plan. By exploring these biblical narratives alongside her own personal stories of radical obedience, author Malinda Fuller encourages readers to respond to the questions God asks each of us: "Will you trust Me? . . . Will you do what I'm asking you to do?" Fuller's challenge to all of us is to yield to God's voice—no matter where He leads or what He asks, whether it's complicated or straightforward, accepted by others or challenging to understand, and regardless of how it makes us feel (even if it appears foolish). May we have the courage to surrender to His plan and His timing—to choose obedience over hustle.

For readers of empowering non-fiction such as *DARING GREATLY* and *GIRL, WASH YOUR FACE*, *Hello, Fears* is a growth mindset personal development book for those who are not only ready to achieve, but reckless enough to push out of their comfort zone. What's the best that can happen? As the Founder of Hello Fears, a social movement empowering millions to live with courage and tap into their full potential, Michelle Poler lives happily outside the comfort zone. Not, in this inspiring and motivational new book, Michelle is challenging others to say Hello! to their fears and find meaningful happiness outside the traditional definition of success. With kick-butt attitude and a humorous *wink*, Michelle breaks down each set-back she battled on the road towards joyful purpose. Her stories and practical strategies encourage readers to name, accept, and embrace what's holding them back so they can be the heroine in their own life, not the victim. *Hello, Fears!* is an honest, empowering guide to living alongside what scares you. Our fears reveal what we care about the most, so each and every challenge is an opportunity to grow, hustle, and be your authentic self — unapologetically.

For someone who is motivated strong woman! This would make a fantastic gift for family, friend or coworker

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BEAUTIFUL JOURNAL FOR WOMEN Inspires success and a positive attitude. A great gift idea for girls of all ages. Quality lined journal for writing in. 6X9 inch, 108 pages, lightly lined, matte softcover

Words of the heart must never be left unspoken. A Letter of Love reveals the innermost sentiments of love, life, and relationships as penned by New York Times Best Selling Author Kailyn Lowry. Best known as a cast member of MTV's Teen Mom 2, Kailyn was determined to apologize to her sons Isaac, Lincoln, and Lux for not giving them the ideal family. A profoundly moving, sensitive family portrait, uncovers her quest to redefine how love is given and received while leaving a carefully crafted legacy of words and declarations for the world. Through self-realization, we recognize that love has no boundaries and the ideal family is the one that we create in our hearts. A must-read for inspiration and a gentle reminder that love is all we need. 'Patricia Bright is killing it right now' Glamour 'One of Britain's biggest YouTube stars' Huffington Post 'I'm going to show you how to hustle like I do, using your head and heart. All it takes is three steps...'

Express yourself with this dot bullet notebook/journal. This travel-friendly book is perfect for all your writing, drawing and doodling needs. Make this the gift to give you your hardworking and kind friends and family for any occasion.

I've lost my wife, now it's time to come home and raise my two kids as a single father. When my son decides to play football on the very same team I started out on, I'm thrilled. I instantly sign up to coach, excited to share this time with him. I'm about to meet some of my team, but I'm not expecting to meet her too. The wind is practically knocked out of me when I spot Karen standing there in a line of parents all waiting for the same thing-football gear. The connection

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between us is instant, just as it was all those years ago, and I can tell from the smile on her face that she feels it too. I discover her husband has left her for another woman and it angers me but, I know it's time to make her mine. The cheating bastard is actual mad when he realizes I'm the man in her life, but that's too bad. I'll treat her right because if there's one thing I've learned from sports it's that, cheaters never win. In life and in sports you need to have... ..Hustle and Heart Walking away is hard, but things happen for a reason. Be patient, play fair and when the time is right things will go your way.

New York Times bestselling author Jefferson Bethke delivers a call to resist our cultural worship of connectivity and achievement before we lose the essentials that make us distinctly and deeply human. Our culture makes constant demands of us. Do more. Accomplish more. Buy more. Post more. Tweet more. And in following those demands, we have indeed become more--more anxious, more tired, more hurt, more depressed, more frantic. What we are doing isn't working because, Jefferson Bethke argues, we have forgotten the fundamentals that make us human, the things that anchor our lives, providing us with roots and meaning. In this highly anticipated new book, Jefferson Bethke delivers a wake-up call to resist our culture and embrace the slowness of Jesus. To stop doing and start becoming by proactively setting up boundaries in our lives and cultivating disciplines within them. He shows his readers how to find landmarks, anchors, and rhythms that provide depth and meaning and that push back against the demands of contemporary life. And he reveals that what the world teaches us to avoid at all costs--things such as silence, obscurity, solitude, and vulnerability--are the very

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things that can give us the meaning, depth, order, and the richness we are truly looking for.

"From the co-creators and co-hosts of the Peabody- and Pulitzer-nominated podcast comes this illuminating view of prison life, as told by presently and formerly incarcerated people. The United States locks up more people per capita than any other nation in the world--600,000 each year and 2.3 million in total. The acclaimed podcast Ear Hustle, named after the prison term for eavesdropping, gives voice to that ever-growing prison population. Co-created for the Radiotopia podcast network from PRX by visual artist Nigel Poor and inmate Earlonne Woods, who was serving thirty-one years to life before his sentence was commuted in 2018, Ear Hustle was launched in the basement media lab of California's San Quentin State Prison. As the first podcast created and produced entirely within prison, it has since been globally lauded for the rare access and perspective it contributes to the conversation about incarceration. Now, in their first book, Poor and Woods present unheard stories that delve deeper into the experiences of incarceration and share their personal paths to San Quentin as well as how they came to be co-creators. This unprecedented narrative, enhanced by forty original black-and-white illustrations, reveals the spectrum of humanity of those in prison and navigating post-incarceration. Bringing to the page the same insight, balance, and charismatic rapport that has distinguished their podcast, Poor and Woods illuminate the full--and often surprising--realities of prison life. With characteristic candor and humor,

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their portrayals include unexpected moments of self-discovery, unlikely alliances, and many ingenious work-arounds. One personal narrative at a time, framed by Poor's and Wood's distinct perspectives, *This Is Ear Hustle* tells the real lived experience of the criminal justice system"--

"Lean In for heart-centred businesses." Brigid Delaney author of *Wellmania: Misadventures in the search for wellness* When business strategist Polly McGee spent two months in an ashram becoming a yoga teacher, she hoped to learn enough about life and balance to help her stop falling on her asana. She didn't expect to discover a unique way of combining the spiritual pathway to happiness with the process of creating sustainable heart-centred businesses that so many of her clients had been searching for. The message of *The Good Hustle* is both revelation and revolution, combining the ancient wisdom of yoga with contemporary business practices in a compelling blend of mindfulness, spirituality and entrepreneurial action. If you've ever yearned to do something meaningful that matters and create a business with heart, *The Good Hustle* is your go-to handbook on the real-life path to enlightenment.

In his new book *H3 LEADERSHIP: Be Humble. Stay Hungry. Always Hustle.*, Brad Lomenick shares his hard-earned insights from more than two decades of work alongside thought-leaders such as Jim Collins and Malcom Gladwell, Fortune 500 CEOs and start-up entrepreneurs. He categorizes 20 essential leadership habits organized into three distinct filters he calls "the 3 Hs": Humble (Who am I?), Hungry

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(Where do I want to go?) and Hustle (How will I get there?). These powerful words describe the leader who is willing to work hard, get it done, and make sure it's not about him or her; the leader who knows that influence is about developing the right habits for success. Lomenick provides a simple but effective guide on how to lead well in whatever capacity the reader may be in.

Over the past several years scholars, activists, and analysts have begun to examine the growing divide between the wealthy and the rest of us, suggesting that the divide can be traced to the neoliberal turn. "I'm not a business man; I'm a business, man." Perhaps no better statement gets at the heart of this turn. Increasingly we're being forced to think of ourselves in entrepreneurial terms, forced to take more and more responsibility for developing our "human capital." Furthermore a range of institutions from churches to schools to entire cities have been remade, restructured to in order to perform like businesses. Finally, even political concepts like freedom, and democracy have been significantly altered. As a result we face higher levels of inequality than any other time over the last century. In *Knocking the Hustle: Against the Neoliberal Turn in Black Politics*, Lester K. Spence writes the first book length effort to chart the effects of this transformation on African American communities, in an attempt to revitalize the black political imagination. Rather than asking black men and women to "hustle harder" Spence criticizes the act of hustling itself as a tactic used to demobilize and disempower the communities most in need of empowerment.

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Who has a parking-lot fan club arriving at the butt crack of dawn to watch his handstands? A douchebag, that's who. Taylor is beyond miffed when another fitness studio moves in next door to her wildly successful one. The owner Malcolm Grant, with his stupid muscles, and his stupid tattoo, is like every other bro she's dated before. Only this time, she will not be a victim of his cocky grins and charm thicker than a protein shake. Malcolm has moved back to Lillyvale to open his dream business. He thought he could partner with Taylor as business allies, but that's plainly impossible. She's hot-tempered and stubborn, but damn, the sexual tension burns more calories than one of Taylor's high-energy spin classes. The competition to make the other bend has begun, and this ain't no yoga class. Limber up, say those personal mantras, and grab your water bottle because Hustle is a raging fun, energetic romantic comedy that will have Malcolm and Taylor realize: Love is worth the Hustle. Author's Note: If you like strong heroines, cinnamon rolls (both the food and the hero archetype), SUPPLY CLOSET SEX and whipsmart banter, this book is for you. While this is Book Two in the Here in Lillyvale series, it can be read as a complete STANDALONE, with no cliffhanger and guaranteed HEA. Trigger Warning: This book deals with themes of loss of a family member.

"Highly informative and remarkably entertaining." —Elle From forest trails in Korea, to islands in Finland, to eucalyptus groves in California, Florence Williams investigates the science behind nature's positive effects on the brain. Delving into brand-new research,

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she uncovers the powers of the natural world to improve health, promote reflection and innovation, and strengthen our relationships. As our modern lives shift dramatically indoors, these ideas—and the answers they yield—are more urgent than ever.

Work without Shame, Rest without Guilt Balance. It's what we long for in our lives as we hear shouts of "Work harder!" in one ear, and whispers to "rest more" in the other. What if God's plan for us isn't just one way or the other? Enter the holy hustle. Crystal Stine followed the path to success as she climbed the corporate ladder. Now she explores "hustle" in a new light as a self-employed, work-from-home mom. She invites you to join her in experiencing... renewed peace as you focus on serving, not striving reawakened potential as you ditch comparison and embrace community redefined purpose as you seek the roles God has for you You were created to work with enthusiasm for the right reasons—and you were also made with a need to rest. Discover the place where these two sides meet in a happy, holy hustle.

From the cofounder of the revolutionary brand Bulletin, a business book that demystifies the world of entrepreneurship in real-time, from the trenches Filled with heart and humor, How to Build a Goddamn Empire shares the real-world, hard-earned business wisdom of one female entrepreneur who transformed an idea into a massive, category-disrupting national brand. As a first-time and inexperienced founder, Ali Kriegsman felt like she couldn't relate to the glossy, glamorous entrepreneurs crowding her Instagram feed. In reality, Kriegsman learned, building something from nothing is a daily fight with your imposter syndrome, a crash course in venture-capitalist speak, and, as she learned in 2020, a constant battle to weather the storm of an ever-

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changing marketplace. While in the thick of scaling her business, making a stressful pivot, and managing a team of employees through an unprecedented global pandemic, Kriegsmann decided to write about her experience, in the hopes that it will act as a guidepost to future founders. With chapters ranging from “The Business You Start Isn’t the Business You’ll Run” to “Press ? Success,” Ali Kriegsmann demystifies the world of entrepreneurship in real time, from the trenches. In “Hard Decisions” Kriegsmann shares her experiences of managing the company through the COVID-19 crisis with heart and searing honesty. *How to Build a Goddamn Empire* also features words of wisdom from some of Kriegsmann’s fellow female founders who have built successful companies of radically different stages and sizes. By using the questions she’s most frequently asked as her blueprint, Kriegsmann offers candid insights into the nuts and bolts of building a brand from scratch—discussing early failures, picking the right cofounder, securing press, finding funding, and even staying afloat during a crisis—to give women the tools that will help take their ideas to the next level.

Inspiration for life’s challenges from New York Times bestselling author and Teen Mom Kailyn Lowry. Bestselling author Kailyn Lowry’s new book *Hustle and Heart* is packed with inspirational messages for those making their way through life’s challenging mix of joy and hardship. Now, in this companion coloring book, Kailyn shares some of her most inspirational thoughts and images. There’s nothing you can’t survive — with a little bit of hustle and heart. Kailyn Lowry is the feisty, unapologetic, tattooed beauty whose determination to raise her son on her own terms has been documented on MTV’s critically acclaimed, hit series *Teen Mom 2*. Across five seasons, fans have watched her grow from a vulnerable, pregnant teen into a fiercely independent young mother. Through the breakup with the father of her child and the

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ensuing custody battles, her struggle to come to terms with her troubled childhood, her diagnosis with bipolar disorder, and relentless online bullying, Kailyn has faced it all with her head held high and her spirit intact. But there is more to her story than what has been seen on television. In a moving effort to finally put the past behind her, Kailyn shares her troubled, often painful story and, for the first time, reveals the dark secrets she has so closely guarded. Guided by the single principle of helping other young girls like her, she takes the reader behind the scenes, writing candidly about her desperate stay at a homeless shelter to qualify for a program that would provide a safe home for her son, breaking her silence on the question of her sexuality, and sharing the traumatic sexual experiences that have left her deeply scarred. *Pride Over Pity* is a raw, brutally honest, and ultimately inspiring account of a young woman's resolve not only to survive but to succeed.

The experiment was dreamed up by two fathers, one white, one black. What would happen, they wondered, if they mixed white players from an elite Seattle private school - famous for alums such as Microsoft's Bill Gates - and black kids from the inner city on a basketball team? Wouldn't exposure to privilege give the black kids a chance at better opportunities? Wouldn't it open the eyes of the white kids to a different side of life? The 1986 season would be the laboratory. Out in the real world, hip-hop was going mainstream, Larry Bird and Magic Johnson ruled the NBA, and Ronald Reagan was president. In Seattle, the team's season unfolded like a perfectly scripted sports movie: the ragtag group of boys became friends and gelled together to win the league championship. The experiment was deemed a success. But was it? How did crossing lines of class, race, and wealth affect the lives of these ten boys? Two decades later, Doug Merlino, who played on the team, returned to find his teammates. His search ranges

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from a prison cell to a hedge fund office, street corners to a shack in rural Oregon, a Pentecostal church to the records of a brutal murder. The result is a complex, gripping, and, at times, unsettling story. An instant classic in the vein of Michael Apted's Up series, The Hustle tells the stories of ten teammates set before a background of sweeping social and economic change, capturing the ways race, money, and opportunity shape our lives. A tale both personal and public, The Hustle is the story a disparate group of men finding - or not finding - a place in America

"Hustle and Heart Will Set You Apart" is a blank lined journal that's a convenient size to take anywhere. Other features include: 55 sheets / 110 pages 6x9 inches Excellent and thick binding Durable paper Sleek, matte-finished cover for a professional look

I've lost my wife, now it's time to come home and raise my two kids as a single father. When my son decides to play football on the very same team I started out on, I'm thrilled. I instantly sign up to coach, excited to share this time with him. I'm about to meet some of my team, but I'm not expecting to meet her too. The wind is practically knocked out of me when I spot Karen standing there in a line of parents all waiting for the same thing-football gear. The connection between us is instant, just as it was all those years go, and I can tell from the smile on her face that she feels it too. I discover her husband has left her for another woman and it angers me but, I know it's time to make her mine. The cheating bastard is actually mad when he realizes I'm the man in her life, but that's too bad. I'll treat her right because if there's one thing I've learned from sports it's that, cheaters never win. In life and in sports you need to have.....Hustle and Heart

A dynamic, game-changing guide to finding success and fearlessly outsmarting the system

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Too often we feel like underdogs fighting a system that stacks the odds against us. We work hard, follow the rules, and dream of a better life. But these days, working harder doesn't always lead to fulfillment. In fact, according to Gallup research, nearly 90 percent of people feel disconnected from their jobs. So how do you break free from the drudgery and achieve more success on your own terms? You hustle. The secret lies in making manageable tweaks and placing small bets on pursuits that propel you from who you are today to the person you're destined to become. In *Hustle*, Neil Patel, Patrick Vlaskovits, and Jonas Koffler--three of the nation's top entrepreneurs and consultants--have teamed up to teach you how to look at work and life through a new lens--one based on discovering projects you enjoy and the people and opportunities that support your talents, growth, income, and happiness. The authors reveal their groundbreaking three-part framework of Heart, Head, and Habits. Along the way, you will learn to redefine hustle as the optimal path to success using powerful, often counterintuitive, advice, including:

- Why you must own your dreams, not rent dreams from others
- Ways to create your own luck and "POP"
- How to betray yourself to stay true to yourself--and develop your potential
- The four major career hustles and the path that's best for you

More than just an inspirational career guide, *Hustle* aims to fundamentally transform the way you work and live, and give yourself permission to thrive in today's uncertain world.

New York Times bestselling author and *Teen Mom* Kailyn Lowry shares stories from her own life and offers up inspiration and advice for life's challenges. As a small-town girl turned teen mom, reality TV star, bestselling author and social media celebrity Kailyn Lowry has been through some crazy ups and downs. Now she's sharing the inspiration that got her through it all. *Hustle and Heart* is packed with inspiring motivational messages, personal advice and

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relatable experiences for those making their way through life's challenging mix of joy and hardship. From bullying, sexual assault and body image to motherhood, marriage and career challenges, Kailyn wants you to know that there's nothing you can't survive—with a little bit of hustle and heart.

They inherited ultimate power ... Heir to the infamous DeLuca drug cartel fortune, Angel DeLuca walked away from it all for a normal life—until a wrenching betrayal shattered his belief in anything but saving his family's hard-won legacy. He's come back to lead the DeLuca empire—no matter the cost. But his most dangerous rival is the one woman whose fierce determination he can't resist ... How far will they go to keep it? Emilia East grew up in the game—virtually a daughter to Angel's mother. In fact, she's been the one enforcing the cartel rules and expanding the business, so she's not about to step aside for someone who threw everything away. But when two rival cartels put a target on her back, going on the run with Angel is her only chance to survive. And his unexpected strength—and concealed passion—sparks a love Emilia can't get enough of. Now they have one last shot to save their empire ... and themselves. Praise for A'zayler's *Passion of the Streets* “An explosive read.” —Kiki Swinson “A'zayler weaves a web of dramatic secrets and surprise twists.” —Booklist

Do you have a real relationship with God, or do you just have a religion? Do you know God, or do you just know about God? In *How Big Is Your God?* Paul Coutinho, SJ, challenges us to grow stronger and deeper in our faith and in our relationship with

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God—a God whose love knows no bounds. To help us on our way, Coutinho introduces us to people in various world religions—from Hindu friends to Buddhist teachers to St. Ignatius of Loyola—who have shaped his spiritual life and made possible his deep, personal relationship with God.

Designed by a Girl Boss for Girl Bosses! We understand the 9 to 5 is not always fun. That is where we come in! Keep your goals in sight and written down in our exclusive paperback journal/notebook. Now this particular journal was inspired by all of you Boss Ladies out there who pour their heart into their hustle. At 6"x9" and \$6.99, our notebook is both extra affordable and portable! Our exclusive journal (Diary, Notebook, Girl Boss gift) features the following: 6"x 9" College Rule 120 pages Motivational quote Thick Cardstock Matte Cover Please visit our MsDavisCreative Publishing author page for other products and updates! Thank you for visiting. ?

OUR CULTURE HAS BECOME OBSESSED WITH HUSTLING. As we struggle to keep up in a knowledge economy that never sleeps, we arm ourselves with life hacks, to-do lists, and an inbox-zero mentality, grasping at anything that will help us work faster, push harder, and produce more. There's just one problem: most of these solutions are making things worse. Creativity isn't produced on an assembly line, and endless hustle is ruining our mental and physical health while subtracting from our creative performance. Productivity and Creativity are not compatible; we are stuck between them, and like the opposite poles of a magnet, they are tearing us apart. When we're

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told to sleep more, meditate, and slow down, we nod our heads in agreement, yet seem incapable of applying this advice in our own lives. Why do we act against our creative best interests? WE HAVE FORGOTTEN HOW TO FLOAT. The answer lies in our history, culture, and biology. Instead of focusing on how we work, we must understand why we work—why we believe that what we do determines who we are. Hustle and Float explores how our work culture creates contradictions between what we think we want and what we actually need, and points the way to a more humane, more sustainable, and, yes, more creative, way of working and living.

The long-awaited, inspirational guide to life for a generation of black British women inspired to make lemonade out of lemons, and find success in every area of their lives. On September 4, 2012, Joseph Coleman, an eighteen-year-old aspiring gangsta rapper, was gunned down in the Englewood neighborhood of Chicago. Police immediately began investigating the connections between Coleman's murder and an online war of words and music he was having with another Chicago rapper in a rival gang. In Chicago Hustle and Flow, Geoff Harkness points out how common this type of incident can be when rap groups form as extensions of gangs. Gangs and rap music, he argues, can be a deadly combination. Set in one of the largest underground music scenes in the nation, this book takes readers into the heart of gangsta rap culture in Chicago. From the electric buzz of nightclubs to the sights and sounds of bedroom recording studios, Harkness presents gripping accounts of the lives, beliefs, and

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ambitions of the gang members and rappers with whom he spent six years. A music genre obsessed with authenticity, gangsta rap promised those from crime-infested neighborhoods a ticket out of poverty. But while firsthand experiences with gangs and crime gave rappers a leg up, it also meant carrying weapons and traveling collectively for protection. Street gangs serve as a fan base and provide protection to rappers who bring in income and help to recruit for the gang. In examining this symbiotic relationship, Chicago Hustle and Flow ultimately illustrates how class stratification creates and maintains inequalities, even at the level of a local rap-music scene. "A beloved worship leader and music artist invites women to let go of the striving for control that leaves them exhausted and instead learn to trust God with their deepest dreams and desires"--

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