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KENT GONZALES

Life 3.0 Penguin

Have you ever dreamed of superpowers? Your own innate talents, magnified. Entirely new talents, enhanced. You yourself hold the keys to unlocking these abilities. All you lack is the know-how. With *Superhuman by Design* as your guide, you'll learn how to tap the deep wells of creativity within you and how to use that creativity to fuel the life you want - not the path someone else has mapped out for you. Live a life of imagination and passion. A life full of meaning and purpose. A life of possibilities, headlined by game-changing results. Drawing on the insights of design thinking, the experience from a decade of creative leadership in Fortune 100 companies, and lessons learned in the volatile world of tech startups, designer and entrepreneur Donald Burlock lays out an inspired strategy for the journey to becoming your boldest and most successful self. Not just at work, but in every aspect of your life. Go ahead - hit the launch button and live the superhuman life!

Mind over Matter Simon and Schuster

Audisee® eBooks with Audio combine professional narration and sentence highlighting to engage reluctant readers! Natalie has never been a fast runner. She's only on the track team because her sister, a varsity runner, put in a good word with the coach. So Natalie's shocked when her speed suddenly increases on her sixteenth birthday. Soon she can run faster than humanly possible! But the more races she wins, the more arrogant she becomes. With this new attitude taking a toll on her relationship with her best friend on the team as well as her sister, Natalie must decide if the super speed is really worth it.

The Superhumanities HarperCollins

Break the rules, not the fast with world-renowned biohacker and Bulletproof Coffee founder Dave Asprey, author of *The Bulletproof Diet*, *Head Strong*, and other New York Times bestsellers. For more than a decade, Bulletproof founder Dave Asprey has shared his unique point of view and expertise to help fans become the best versions of themselves. From living longer to getting smarter, maximizing performance to practicing mindfulness, Dave's followers look to him for his take on the most effective techniques to become healthier and more powerful than most

doctors think is possible. Asprey has been fasting for years, long before it gained widespread popularity, and if you're a fan of Bulletproof coffee and The Bulletproof Diet, you have been enjoying some of the benefits of Intermittent Fasting too. In *Fast This Way*, Dave asks readers to forget everything they think they know about the ancient practice and takes them on a journey through cutting-edge science to examine the ways novice fasters and Intermittent Fasting loyalists can up-end their relationship with food and upgrade their fasting game beyond calorie restriction. What IF eating the right foods at the right time can actually enhance your fast? What IF how you work out and sleep could trick your body into thinking you are fasting? What IF it were easy to skip a meal, or two, or three? What IF fasting is different for women, can be personalized to your genes, and can impact your mental health? What IF all fasts could be created equal? *Fast This Way* is a compelling read through the latest thinking on fasting and gives readers the manual and toolkit to make the most of their fasts and their personal biology.

[Limitless](#) Createspace Independent Publishing Platform

Four thousand years ago the world's first super human walked the earth. Possessing the strength of one hundred men, skin impervious to attack, and the ability to read minds, this immortal being used his power to conquer and enslave nations. Now plans are in motion that will transport this super human to the present, where he'll usher in a new age of tyranny unlike anything the world has ever seen. Determined to stand against them, using powers they've only just begun to master, is a ragtag group of young heroes. For them this first test may be their greatest . . . and last. Watch a Video

Hunter Penguin

Could we create a real-life superhero by changing human biology itself? The form and function of the human body, once entirely delimited by nature, are now fluid concepts thanks to recent advances in biomedical science and engineering. Professor, author, and comic book enthusiast E. Paul Zehr uses Marvel's Captain America — an ordinary man turned into an extraordinary hero, thanks to a military science experiment — as an entry-point to this brave new world of science, no longer limited to the realm of fiction. With our ever-expanding scientific and technological prowess, human biological adaptability is now in our fallible human hands. Thanks to the convergence of biology, engineering, and technology, we can now alter our abilities through surgery, pharmaceutical enhancement, technological fusion, and genetic engineering. Written in an accessible manner, *Chasing Captain America* explores these areas and more, asking what the real limits of being human are, how far we should bend those limits, and how we may be forced to reshape human biology if we are to colonize planets like Mars.

The New Heroes Hay House, Inc

Our willpower is limited, yet we rely on it every day to get our tasks done. Even if we build willpower slowly over time, it's never enough to reach all of our goals. The solution lies in habit creation, the method by which we transform hard tasks into easy ones, making them automatic and independent of our will power. Each of us has millions of habits, in how we do our work, interact with others, perceive the world, and think about ourselves. Left unexamined, these habits are just as likely to hinder our progress as they are to push it along. Without a deliberate system for building habits, we become our own worst enemy. *Superhuman by Habit* examines habit building in depth. It covers the principles and philosophies of habit building, as well as the practical nuts and bolts implementing those habits. The second half of the book is dedicated to specific habits in every major area of life, covering the pros and cons of each, the path to implementing them, and specific notes about each one.

[Chasing Captain America](#) QuickRead.com

Audisee® eBooks with Audio combine professional narration and sentence highlighting to engage reluctant readers! On his sixteenth birthday, Parker discovers he's developed the power of telekinesis. He's excited to use his new ability to stop some high school bullies, forming a ragtag crew with his friends. But after almost hurting someone by accident, Parker questions whether or not he wants to use his powers at all. That is, until a bullying prank goes wrong and one of his friends needs his help. Then Parker will have to decide if interfering is a risk he's willing to take.

Superhuman Social Skills Createspace Independent Publishing Platform

Newbery Award-winning author Matt de la Peña's *We Were Here* is a "fast, funny, smart, and heartbreaking" novel [Booklist]. When it happened, Miguel was sent to Juvi. The judge gave him a year in a group home—said he had to write in a journal so some counselor could try to figure out how he thinks. The judge had no idea that he actually did Miguel a favor. Ever since it happened, his mom can't even look at him in the face. Any home besides his would be a better place to live. But Miguel didn't bet on meeting Rondell or Mong or on any of what happened after they broke out. He only thought about Mexico and getting to the border to where he could start over. Forget his mom. Forget his brother. Forget himself. Life usually doesn't work out how you think it will, though. And most of the time, running away is the quickest path right back to what you're running from. From the streets of Stockton to the beaches of Venice, all the way to the Mexican border, *We Were Here* follows a journey of self-discovery by a boy who is trying to forgive himself in an unforgiving world. "Fast, funny, smart, and heartbreaking...The contemporary survival adventure will keep readers hooked."-Booklist "This gripping story about underprivileged teens is a rewarding read."-VOYA "A furiously paced and gripping novel."-Publishers Weekly "A story of friendship that will appeal to teens and will engage the most reluctant readers."-Kirkus Reviews An ALA-YALSA Best Book for Young Readers An ALA-YALSA Quick Pick for Reluctant Readers A Junior Library Guild Selection

Get Smart! Vintage

New York Times Best Seller How will Artificial Intelligence affect crime, war, justice, jobs, society and our very sense of being human? The rise of AI has the potential to transform our future more than any other technology—and there's nobody better qualified or situated to explore that future than Max Tegmark, an MIT professor who's helped mainstream research on how to keep AI beneficial. How can we grow our prosperity through automation without leaving people lacking income or purpose? What career advice should we give today's kids? How can we make future AI systems more robust, so that they do what we want without crashing, malfunctioning or getting hacked? Should we fear an arms race in lethal autonomous weapons? Will machines eventually outsmart us at all tasks, replacing humans on the job market and perhaps altogether? Will AI help life flourish like never before or give us more power than we can handle? What sort of future do you want? This book empowers you to join what may be the most important conversation of our time. It doesn't shy away from the full range of viewpoints or from the most controversial issues—from superintelligence to meaning, consciousness and the ultimate physical limits on life in the cosmos.

Only Superhuman Springer

The revolutionary bulletproof plan to age backward and maybe even live forever. People have been searching for a secret to stop aging for centuries. From looking for the fountain youth to modern society's implementation of creams, serums, and

injections, Western society is obsessed with not only looking young but feeling young as well. Most people accept the aging process and assume they'll live long lives until they succumb to one of the four major killers: cancer, Alzheimer's, heart disease, or diabetes. But what if those diseases could be a thing of the past? Dave Asprey believes they can be. Through proper diet, exercise, and special treatments and supplements, you can fight the signs of aging and even begin aging backward. So, if you're lacking energy and wish you could reverse the wrinkles, gray hair, and other typical signs of aging, keep reading to find out how. Do you want more free book summaries like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. **DISCLAIMER:** This book summary is meant as a preview and not a replacement for the original work. If you like this summary please consider purchasing the original book to get the full experience as the original author intended it to be. If you are the original author of any book on QuickRead and want us to remove it, please contact us at hello@quickread.com

Architects of Intelligence Scholastic Inc.

A bold challenge to rethink the humanities as intimately connected to the superhuman and to "decolonize reality itself." What would happen if we reimagined the humanities as the superhumanities? If we acknowledged and celebrated the undercurrent of the fantastic within our humanistic disciplines, entirely new cultural worlds and meanings would become possible. That is Jeffrey J. Kripal's vision for the future—to revive the suppressed dimension of the superhumanities, which consists of rare but real altered states of knowledge that have driven the creative processes of many of our most revered authors, artists, and activists. In Kripal's telling, the history of the humanities is filled with precognitive dreams, evolving superhumans, and doubled selves. The basic idea of the superhuman, for Kripal, is at the core of who and what the human species has tried to become over millennia and around the planet. After diagnosing the basic malaise of the humanities—that the truth must be depressing—Kripal shows how it can all be done differently. He argues that we have to decolonize reality itself if we are going to take human diversity seriously. Toward this pluralist end, he engages psychoanalytic, Black critical, feminist, postcolonial, queer, and ecocritical theory. He works through objections to the superhumanities while also recognizing the new realities represented by the contemporary sciences. In doing so, he tries to move beyond naysaying practices of critique toward a future that can embrace those critiques within a more holistic view—a view that recognizes the human being as both a social-political animal as well as an evolved cosmic species that understands and experiences itself as something super.

The White Mountains Sourcebooks, Inc.

Unlock the full potential of your brain, learn faster, and achieve your goals with this instant New York Times and #1 Wall Street Journal bestseller from Jim Kwik, the world's #1 brain coach. This ultimate brain training book is packed with practical techniques to help you level-up your mental performance and transform your life. "There's no genius pill, but Jim gives you the process for unlocking your best brain and brightest future. Just like you want a healthy body, you want a flexible, strong, energized, and fit brain. That's what Jim does for a living—he is the personal trainer for the mind." — Mark Hyman, M.D., Head of Strategy and Innovation, Cleveland Clinic Center for Functional Medicine, author of 12 New York Times best-selling books For over 25 years, Jim Kwik has worked closely with successful men and women who are at the top in their fields as actors, athletes, CEOs, and business leaders from all walks of life to unlock their true potential. In *Limitless*, he reveals the science-based

practices and field-tested tips to accelerate self-learning, communication, memory, focus, recall, and speed reading, to create amazing results. *Limitless* is the ultimate transformation book and gives people the ability to accomplish more--more productivity, more transformation, more personal success and business achievement--by changing their Mindset, Motivation, and Methods. These "3 M's" live in the pages of *Limitless* along with practical techniques that unlock the superpowers of your brain and change your habits. Learn how to: **FLIP YOUR MINDSET** Identify and challenge the assumptions, habits, and procrastinations that limit you and expand the boundaries of what you believe is possible. **IGNITE YOUR MOTIVATION** By uncovering your passions, purposes, and sources of energy, you can stay focused and clear on your goals. Uncovering what motivates you is the key that opens up limitless mental capacity. This is where Passion + Purpose + Energy meet to move you closer to your goals, while staying focused and clear. **MASTER THE METHOD** Accelerate learning, improve memory, and enhance brain performance Jim Kwik applies the latest neuroscience for accelerated learning, and will help you finish a book 3x faster through speed reading (and remember every part of it), learn a new language in record time, and master new skills with ease. "What you'll get within these pages is a series of tools that will help you cast off your perceived restrictions. You're going to learn how to unlimit your brain. You're going to learn how to unlimit your drive. You're going to learn how to unlimit your memory, your focus, and your habits. If I am your mentor in your hero's journey, then this book is your map to master your mind, motivation, and methods to learn how to learn. And once you've done that, you will be limitless." -Jim Kwik Packed with tips and techniques to improve memory, focus, recall, and speed reading, this brain training book is the perfect gift for anyone looking to transform their life."

The Posthuman Body in Superhero Comics Simon and Schuster

Discover the secrets for how to think and act like the most successful people in the world and reap the rewards! In today's constantly changing world, you have to be smart to get ahead. But the average person uses only about two percent of their mental ability. How can we learn to unleash our brain's full potential to maximize our opportunities, like the most successful people do? In *Get Smart!*, acclaimed success expert and bestselling author Brian Tracy reveals simple, proven ways to tap into our natural thinking talents and abilities and make quantum leaps toward achieving our dreams. In this indispensable guide, you'll learn to: · Train your brain to think in ways that create successful results · Recognize and exploit growth opportunities in any situation · Identify and eliminate negative patterns holding you back · Plan, act, and achieve goals with greater precision and speed Whether you want to increase sales, bolster creativity, or better navigate life's unexpected changes, *Get Smart!* will help you tap into your powerful mental resources to obtain the results you want and reap the rewards successful people enjoy.

Superhuman by Habit Penguin

The fourth installment of the critically acclaimed *Super Human* series The defeat of the near-invincible villain Krodin has left a void in the superhuman hierarchy, a void that two opposing factors are trying to fill. The powerful telepath Max Dalton believes that the human race must be controlled and shepherded to a safe future, while his rival Casey Duval believes that strength can only be achieved through conflict. Caught in the middle is Lance McKendrick, a teenager with no special powers, only his wits and the tricks of a con artist. But Lance has a mission of his own: Krodin's ally, the violent and unpredictable supervillain Slaughter, murdered Lance's family, and he intends to make her

pay. For fans of Steelheart and The Avengers, Hunter is an action-packed superhero story that is hard to put down. Praise for HUNTER "No one writes superheroes as good as Michael Carroll. With Hunter, Michael takes his flawed, all-too-human superheroes to the next level. One of my favorite series."—Michael Scott, author of The Secrets of the Immortal Nicholas Flamel series "[HUNTER] is fast paced, exciting, and extremely difficult to put down . . . its unexpected, jaw-dropping ending guarantees anticipation for the next entry."—VOYA "A flurry of odd jobs (including time in a carnival), a brief romantic fling, and an intriguing epilogue make this appealing to all sorts of readers, and as always, Carroll delivers a super story."—Booklist

The Fear Factor Packt Publishing Ltd

The bestselling author of Head Strong and The Bulletproof Diet answers the question, "How can I kick more ass at life?" by culling the wisdom of world-class thought leaders, maverick scientists, and disruptive entrepreneurs to provide proven techniques for becoming happier, healthier, and smarter. When Dave Asprey started his Bulletproof Radio podcast more than five years ago, he sought out influencers in an array of disciplines, from biochemists toiling in unknown laboratories to business leaders changing the world to meditation masters discovering inner peace. His guests were some of the top performing humans in the world, people who had changed their areas of study or even pioneered entirely new fields. Dave wanted to know: What did they have in common? What mattered most to them? What made them so successful—and what made them tick? At the end of each interview, Dave asked the same question: "What are your top three recommendations for people who want to perform better at being human?" After performing a statistical analysis of the answers, he found that the wisdom gleaned from these highly successful people could be distilled into three main objectives: finding ways to become smarter, faster, and happier. Game Changers is the culmination of Dave's years-long immersion in these conversations, offering 46 science-backed, high performance "laws" that are a virtual playbook for how to get better at life. With anecdotes from game changers like Dr. Daniel Amen, Gabby Bernstein, Dr. David Perlmutter, Arianna Huffington, Esther Perel, and Tim Ferris as well as examples from Dave's own life, Game Changers offers readers practical advice they can put into action to reap immediate rewards. From taming fear and anxiety to making better decisions, establishing high-performance habits, and practicing gratitude and mindfulness, Dave brings together the wisdom of today's game-changers to help everyone kick more ass at life.

Superhuman YOU Getty Publications

From the creator of Bulletproof Coffee and author of the bestselling The Bulletproof Diet comes a revolutionary plan to upgrade your brainpower—in two weeks or less. For the last decade, Silicon Valley entrepreneur Dave Asprey has worked with world-renowned doctors and scientists to uncover the latest, most innovative methods for making humans perform better—a process known as "biohacking." In his first book, The Bulletproof Diet, he shared his biohacking tips for taking control of your own biology. Now, in Head Strong, Asprey shows readers how to biohack their way to a sharper, smarter, faster, more resilient brain. Imagine feeling like your mind is operating at its clearest and sharpest, and being able—possibly for the first time in your life—to do more in less time? What if it suddenly became easier to do the very hardest things you do? Or if you could feel 100% confident about your intellect, and never again fear being the person in the room who just isn't smart enough, or can't remember something important? How would you treat people if the mood swings, short temper, and food cravings that disrupt your day could simply disappear? In Head Strong, Asprey shows

us that all of this is possible—and more. Using his simple lifestyle modifications (or "hacks") to take advantage of how the structure of your brain works, readers will learn how to take their mental performance to the next level. Combining the latest findings in neuroscience and neurobiology with a hacker-inspired "get it done now" perspective, Asprey offers a program structured around key areas of brain performance that will help you: Power the brain with exactly what it needs to perform at its best all day long Eliminate the sources of "kryptonite," both nutritional and environmental, that make the brain slower. Supercharge the cellular powerhouses of our brains, the mitochondria, to eliminate cravings and turn up mental focus. Reverse inflammation to perform better right now, then stay sharp and energized well into your golden years. Promote neuron growth to enhance processing speed and reinforce new learning—hotwiring your brain for success. Asprey's easy to follow, two-week program offers a detailed plan to supercharge brain performance, including: which foods to eat and which ones to avoid, how to incorporate the right kinds of physical activity into your day, a detox protocol for your home and body; meditation and breathing for performance, recommended brain-boosting supplements; and how to adjust the lighting in your home and work space to give your brain the quality light it thrives on. A better brain—and a happier, easier, more productive life—is within reach. You just need to get Head Strong.

iGen Millbrook Press

Recounts the history of the misunderstood villain called Brawn. **Superhuman by Design (Black and White Version)** University of Chicago Press

A New York Times, USA Today, Wall Street Journal, and Amazon Charts Bestseller! For fans of Hidden Figures, comes the incredible true story of the women heroes who were exposed to radium in factories across the U.S. in the early 20th century, and their brave and groundbreaking battle to strengthen workers' rights, even as the fatal poison claimed their own lives... In the dark years of the First World War, radium makes gleaming headlines across the nation as the fresh face of beauty, and wonder drug of the medical community. From body lotion to tonic water, the popular new element shines bright. Meanwhile, hundreds of girls toil amidst the glowing dust of the radium-dial factories. The glittering chemical covers their bodies from head to toe; they light up the night like industrious fireflies. With such a coveted job, these "shining girls" are the luckiest alive — until they begin to fall mysteriously ill. And, until they begin to come forward. As the women start to speak out on the corruption, the factories that once offered golden opportunities ignore all claims of the gruesome side effects. And as the fatal poison of the radium takes hold, the brave shining girls find themselves embroiled in one of the biggest scandals of America's early 20th century, and in a groundbreaking battle for workers' rights that will echo for centuries to come. A timely story of corporate greed and the brave figures that stood up to fight for their lives, these women and their voices will shine for years to come. Written with a sparkling voice and breakneck pace, The Radium Girls fully illuminates the inspiring young women exposed to the "wonder" substance of radium, and their awe-inspiring strength in the face of almost impossible circumstances. Their courage and tenacity led to life-changing regulations, research into nuclear bombing, and ultimately saved hundreds of thousands of lives...

Stronger Penguin

Official U.S. edition with full color illustrations throughout. **NEW YORK TIMES BESTSELLER** Yuval Noah Harari, author of the critically-acclaimed New York Times bestseller and international phenomenon Sapiens, returns with an equally original, compelling, and provocative book, turning his focus toward

humanity's future, and our quest to upgrade humans into gods. Over the past century humankind has managed to do the impossible and rein in famine, plague, and war. This may seem hard to accept, but, as Harari explains in his trademark style—thorough, yet riveting—famine, plague and war have been transformed from incomprehensible and uncontrollable forces of nature into manageable challenges. For the first time ever, more people die from eating too much than from eating too little; more people die from old age than from infectious diseases; and more people commit suicide than are killed by soldiers, terrorists and criminals put together. The average American is a thousand times more likely to die from binging at McDonalds than from being blown up by Al Qaeda. What then will replace famine, plague, and war at the top of the human agenda? As the self-made gods of planet earth, what destinies will we set ourselves, and which quests will we undertake? *Homo Deus* explores the projects, dreams and nightmares that will shape the twenty-first century—from overcoming death to creating artificial life. It asks the fundamental questions: Where do we go from here? And how will we protect this fragile world from our own destructive powers? This is the next stage of evolution. This is *Homo Deus*. With the same insight and clarity that made *Sapiens* an international hit and a New York Times bestseller, Harari maps

out our future.

Homo Deus Tor Books

Starred reviews from Publishers Weekly and Booklist * YALSA Top Ten Quick Pick for Reluctant Readers * ALA Best Fiction for Young Adults List * 2017 Rainbow A sharply honest and moving debut perfect for fans of *The Perks of Being a Wallflower* and *Ask the Passengers*. Riley Cavanaugh is many things: Punk rock. Snarky. Rebellious. And gender fluid. Some days Riley identifies as a boy, and others as a girl. But Riley isn't exactly out yet. And between starting a new school and having a congressman father running for reelection in über-conservative Orange County, the pressure—media and otherwise—is building up in Riley's life. On the advice of a therapist, Riley starts an anonymous blog to vent those pent-up feelings and tell the truth of what it's really like to be a gender fluid teenager. But just as Riley's starting to settle in at school—even developing feelings for a mysterious outcast—the blog goes viral, and an unnamed commenter discovers Riley's real identity, threatening exposure. And Riley must make a choice: walk away from what the blog has created—a lifeline, new friends, a cause to believe in—or stand up, come out, and risk everything. From debut author Jeff Garvin comes a powerful and uplifting portrait of a modern teen struggling with high school, relationships, and what it means to be a person.

Best Sellers - Books :

- [Too Late: Definitive Edition By Colleen Hoover](#)
- [Guess How Much I Love You By Sam Mcbratney](#)
- [A Court Of Frost And Starlight \(a Court Of Thorns And Roses, 4\)](#)
- [Iron Flame \(the Empyrean, 2\)](#)
- [The Psychology Of Money: Timeless Lessons On Wealth, Greed, And Happiness By Morgan Housel](#)
- [Twisted Games \(twisted, 2\) By Ana Huang](#)
- [Why A Daughter Needs A Dad: Celebrate Your Father Daughter Bond This Father's Day With This Special Picture Book! \(always In](#)
- [The Alchemist, 25th Anniversary: A Fable About Following Your Dream By Paulo Coelho](#)
- [Fahrenheit 451 By Ray Bradbury](#)
- [November 9: A Novel](#)