

## Download File PDF Scientific Keys Volume 2 The Key Poses Of Yoga

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### 87B - CALI NEAL

An Informative & Interactive Way To Deepen & Solidify Your Understanding Of Yoga Anatomy! The Yoga Anatomy Coloring Book is designed to help you visualize how the body moves in yoga asanas and which muscles are stimulated within each exercise. This book aims to provide an entertaining way to learn about the human body with a focus on the muscles activated as well as the benefits of each pose. This book is perfect for yoga teachers and yoga practitioners who want to improve their practice and bring deeper meaning to the positioning of the asanas. This coloring book is beginner friendly and is perfect to help escalate your understanding of the location & functions of each muscle as you color them in. What's included: 50 detailed yoga asana illustrations to color in. Key benefits of each pose. Anatomy labels to help assist you in your learning. A list of the location & functions of all muscles included. It's a great combination of a coloring book & an informative guide to yoga anatomy! Get your copy today.

NATIONAL BESTSELLER "An optimistic view on why collective action is still possible—and how it can be realized." —The New York Times "As far as heroic characters go, I'm not sure you could do better than Katharine Hayhoe." —Scientific American "It's not an exaggeration to say that Saving Us is one of the more important books about climate change to have been written." —The Guardian United Nations Champion of the Earth, climate scientist, and evangelical Christian Katharine Hayhoe changes the debate on how we can save our future. Called "one of the nation's most effective communicators on climate change" by The New York Times, Katharine Hayhoe knows how to navigate all sides of the conversation on our changing planet. A Canadian climate scientist living in Texas, she negotiates distrust of data, indifference to imminent threats, and resistance to proposed solutions with ease. Over the past fifteen years Hayhoe has found that the most important thing we can do to address climate change is talk about it—and she wants to teach you how. In *Saving Us*, Hayhoe argues that when it comes to changing hearts and minds, facts are only one part of the equation. We need to find shared values in order to connect our unique identities to collective action. This is not another doomsday narrative about a planet on fire. It is a multilayered look at science, faith, and human psychology, from an icon in her field—recently named chief scientist at The Nature Conservancy. Drawing on interdisciplinary research and personal stories, Hayhoe shows that small conversations can have astonishing results. *Saving Us* leaves us with the tools to open a dialogue with your loved ones about how we all can play a role in pushing forward for change.

Volcanoes are unquestionably one of the most spectacular and awe-inspiring features of the physical

world. Our paradoxical fascination with them stems from their majestic beauty and powerful, sometimes deadly, destructiveness. Notwithstanding the tremendous advances in volcanology since ancient times, some of the mystery surrounding volcanic eruptions remains today. The Encyclopedia of Volcanoes summarizes our present knowledge of volcanoes; it provides a comprehensive source of information on the causes of volcanic eruptions and both the destructive and beneficial effects. The early chapters focus on the science of volcanism (melting of source rocks, ascent of magma, eruption processes, extraterrestrial volcanism, etc.). Later chapters discuss human interface with volcanoes, including the history of volcanology, geothermal energy resources, interaction with the oceans and atmosphere, health aspects of volcanism, mitigation of volcanic disasters, post-eruption ecology, and the impact of eruptions on organismal biodiversity. Provides the only comprehensive reference work to cover all aspects of volcanology Written by nearly 100 world experts in volcanology Explores an integrated transition from the physical process of eruptions through hazards and risk, to the social face of volcanism, with an emphasis on how volcanoes have influenced and shaped society Presents hundreds of color photographs, maps, charts and illustrations making this an aesthetically appealing reference Glossary of 3,000 key terms with definitions of all key vocabulary items in the field is included

"Microbiology covers the scope and sequence requirements for a single-semester microbiology course for non-majors. The book presents the core concepts of microbiology with a focus on applications for careers in allied health. The pedagogical features of the text make the material interesting and accessible while maintaining the career-application focus and scientific rigor inherent in the subject matter. Microbiology's art program enhances students' understanding of concepts through clear and effective illustrations, diagrams, and photographs. Microbiology is produced through a collaborative publishing agreement between OpenStax and the American Society for Microbiology Press. The book aligns with the curriculum guidelines of the American Society for Microbiology."--BC Campus website.

These insights from many years of Zen meditation practice appeal to a wide range of spiritual traditions and explore topics such as the difference between process and content, notions of right and wrong, ending self-punishment, and taking responsibility for one's experiences. Perfect for beginning Zen students and for those interested in Buddhism in general or eastern religion, it features deep spiritual insights and playful illustrations that add warmth and approachability to the topic.

A History of Science in Society is a concise overview that introduces complex ideas in a non-technical fashion. Andrew Ede and Lesley B. Cormack trace the history of science through its continually

changing place in society and explore the link between the pursuit of knowledge and the desire to make that knowledge useful. In this edition, the authors examine the robust intellectual exchange between East and West and provide new discussions of two women in science: Maria Merian and Maria Winkelmann. A chapter on the relationship between science and war has been added as well as a section on climate change. The further readings section has been updated to reflect recent contributions to the field. Other new features include timelines at the end of each chapter, 70 upgraded illustrations, and new maps of Renaissance Europe, Captain James Cook's voyages, the 2nd voyage of the Beagle, and the main war front during World War I.

AN INSTANT #1 NEW YORK TIMES BESTSELLER "How To will make you laugh as you learn...With How To, you can't help but appreciate the glorious complexity of our universe and the amazing breadth of humanity's effort to comprehend it. If you want some lightweight edification, you won't go wrong with How To." —CNET "[How To] has science and jokes in it, so 10/10 can recommend." —Simone Giertz The world's most entertaining and useless self-help guide from the brilliant mind behind the wildly popular webcomic xkcd, the bestsellers What If? and Thing Explainer, and What If? 2, coming September 13, 2022 For any task you might want to do, there's a right way, a wrong way, and a way so monumentally complex, excessive, and inadvisable that no one would ever try it. How To is a guide to the third kind of approach. It's full of highly impractical advice for everything from landing a plane to digging a hole. Bestselling author and cartoonist Randall Munroe explains how to predict the weather by analyzing the pixels of your Facebook photos. He teaches you how to tell if you're a baby boomer or a 90's kid by measuring the radioactivity of your teeth. He offers tips for taking a selfie with a telescope, crossing a river by boiling it, and powering your house by destroying the fabric of space-time. And if you want to get rid of the book once you're done with it, he walks you through your options for proper disposal, including dissolving it in the ocean, converting it to a vapor, using tectonic plates to subduct it into the Earth's mantle, or launching it into the Sun. By exploring the most complicated ways to do simple tasks, Munroe doesn't just make things difficult for himself and his readers. As he did so brilliantly in What If?, Munroe invites us to explore the most absurd reaches of the possible. Full of clever infographics and fun illustrations, How To is a delightfully mind-bending way to better understand the science and technology underlying the things we do every day.

The Yeasts: A Taxonomic Study is a three-volume book that covers the taxonomic aspect of yeasts. The main goal of this book is to provide important information about the identification of yeasts. It also discusses the growth tests that can be used to identify different species of yeasts, and it examines how the more important species of yeasts provide information for the selection of species needed for biotechnology. • Volume 1 discusses the identification, classification and importance of yeasts in the field of biotechnology. • Volume 2 focuses on the identification and classification of ascomycetous yeasts. • Volume 3 deals with the identification and classification of basidiomycetous yeasts, along with the genus Prototheca. High-quality photomicrographs and line drawings Detailed phylogenetic trees Up-to-date, clearly presented yeast taxonomy and systematic, easy-to-use reference sequence accession numbers to allow for correct identification

Smithells is the only single volume work which provides data on all key aspects of metallic materials. Smithells has been in continuous publication for over 50 years. This 8th Edition represents a major

revision. Four new chapters have been added for this edition. these focus on; \* Non conventional and emerging materials - metallic foams, amorphous metals (including bulk metallic glasses), structural intermetallic compounds and micr/nano-scale materials. \* Techniques for the modelling and simulation of metallic materials. \* Supporting technologies for the processing of metals and alloys. \* An Extensive bibliography of selected sources of further metallurgical information, including books, journals, conference series, professional societies, metallurgical databases and specialist search tools. \* One of the best known and most trusted sources of reference since its first publication more than 50 years ago \* The only single volume containing all the data needed by researchers and professional metallurgists \* Fully updated to the latest revisions of international standards

Yoga students and teachers alike appreciate the power and art of hands-on assists. Many teachers would like to assist more, but don't yet have the confidence or skills -- increasingly important as yoga and teacher training programs grow in popularity, and new generations of teachers are called to serve their communities. EXTRA LOVE: The Art of Hands-on Assists is a "MUST" for Yoga teachers, assistants and advanced students who want to assist more, but need a little extra confidence and technical insight. Based on 13 years of teaching experience and a popular workshop series taught on both coasts, the manual reveals how to assist, as well as what to look for - to optimize students' alignment/energy flow, ensure their safety, and deepen their experience and joy of Yoga. The manual covers general principles (AKA "golden rules") of assisting, crystal clear, detailed recommendations for assisting popular poses for students of all levels, including common misalignments for each pose, thumbnail photos to enhance your understanding, and practical ethics and safety considerations.

Explore the physiology of 30 key yoga poses, in-depth and from every angle, and master each asana with confidence and control. Did you know that yoga practice can help lower your blood pressure, decrease inflammation and prevent age-related brain changes? Recent scientific research now backs up what were once anecdotal claims about the benefits of yoga to every system in the body. Science of Yoga reveals the facts, with annotated artworks that show the mechanics, the angles, how your blood flow and respiration are affected, the key muscle and joint actions working below the surface of each pose, safe alignment and much more. With insight into variations on the poses and a Q&A section that explores the science behind every aspect of yoga, this easy-to-understand, comprehensive book is an invaluable resource to achieve technical excellence in your practice and optimize the benefits of yoga for your body and mind.

Presents a scientific approach to understanding the practice of hatha yoga: through full-color, three-dimensional illustrations of major muscles, tendons, and ligaments. This book describes the correct positioning of hatha yoga poses (asanas) and their benefits.

This book offers a scientific approach to understanding the practice of hatha yoga. Through four-colour, three-dimensional illustrations of major muscles, tendons, and ligaments, Ray Long describes the practice and benefits of hatha yoga. Specific anatomical and physiological descriptions highlight the agonist, antagonist, and synergist muscles that come into play with each pose. Volume I of the series describes the key muscles of hatha yoga and how they are utilised. From beginners to experts, this book will become a constant companion.

Yoga Sequencing: Designing Transformative Yoga Classes presents the essential principles and meth-

ods for planning and sequencing yoga classes. Addressing one of the most popular topics in the yoga profession, this book offers sixty-seven model sequences of yoga poses (asanas) that cover the broad range of yoga student experience, including multiple sequences for beginning, intermediate, and advanced students; yoga for kids, teens, women across the life cycle, and seniors; classes to relieve depression and anxiety; and sequences for each of the major chakras and ayurvedic constitutions. Each sequence provides guidance for teaching the different breathing (pranayama) and meditation techniques that give yoga its transformative power. Enhanced with over 2,000 instructional photos and an elaborate guide to the constituent elements of over 150 yoga asanas, the book draws equally from ancient yoga philosophy and contemporary insights into functional anatomy, biomechanics, and kinesiology. The nuanced interrelationships among asanas within and between the seven asana families are explored and the anatomy of opening and stabilizing each pose is explained for sequences designed around specific needs and intentions. A comprehensive appendix includes a glossary of yoga-related terms, an alphabetical asana index with thumbnail photographs of each asana, a class planning worksheet, representative sequences from several popular styles of hatha yoga, and a list of resources for further exploring sequencing and the larger practice of teaching yoga.

Yoga instructor, massage therapist, and anatomy teacher Kelly Solloway provides an entertaining journey through the human body, focusing on the bones, joints, and muscles used in yoga. Each anatomical feature is illustrated with a beautiful black-and-white drawing of a yoga posture, or asana, to color, making it easy to remember their location and function. Thirty-two flash cards enable readers to quiz themselves and study on the go.

Documents the troubling influence of a small group of scientists who the author contends misrepresented scientific facts to advance key political and economic agendas, revealing the interests behind their detractions on findings about acid rain, DDT, and other hazards.

Looks at fifty-five fundamental poses from an anatomical perspective to describe their function in the practice of hatha yoga.

A Turing Award-winning computer scientist and statistician shows how understanding causality has revolutionized science and will revolutionize artificial intelligence "Correlation is not causation." This mantra, chanted by scientists for more than a century, has led to a virtual prohibition on causal talk. Today, that taboo is dead. The causal revolution, instigated by Judea Pearl and his colleagues, has cut through a century of confusion and established causality -- the study of cause and effect -- on a firm scientific basis. His work explains how we can know easy things, like whether it was rain or a sprinkler that made a sidewalk wet; and how to answer hard questions, like whether a drug cured an illness. Pearl's work enables us to know not just whether one thing causes another: it lets us explore the world that is and the worlds that could have been. It shows us the essence of human thought and key to artificial intelligence. Anyone who wants to understand either needs *The Book of Why*.

*Sustainable Geoscience for Natural Gas SubSurface Systems* delivers many of the scientific fundamentals needed in the natural gas industry, including coal-seam gas reservoir characterization and fracture analysis modeling for shale and tight gas reservoirs. Advanced research includes machine learning applications for well log and facies analysis, 3D gas property geological modeling, and X-ray CT scanning to reduce environmental hazards. Supported by corporate and academic contributors, along with two well-distinguished editors, the book gives today's natural gas engineers both funda-

mentals and advances in a convenient resource, with a zero-carbon future in mind. Includes structured case studies to illustrate how new principles can be applied in practical situations Helps readers understand advanced topics, including machine learning applications to optimize predictions, controls and improve knowledge-based applications Provides tactics to accelerate emission reductions Teaches gas fracturing mechanics aimed at reducing environmental impacts, along with enhanced oil recovery technologies that capture carbon dioxide

In this instant New York Times bestseller, Angela Duckworth shows anyone striving to succeed that the secret to outstanding achievement is not talent, but a special blend of passion and persistence she calls "grit." "Inspiration for non-genius everywhere" (People). The daughter of a scientist who frequently noted her lack of "genius," Angela Duckworth is now a celebrated researcher and professor. It was her early eye-opening stints in teaching, business consulting, and neuroscience that led to her hypothesis about what really drives success: not genius, but a unique combination of passion and long-term perseverance. In *Grit*, she takes us into the field to visit cadets struggling through their first days at West Point, teachers working in some of the toughest schools, and young finalists in the National Spelling Bee. She also mines fascinating insights from history and shows what can be gleaned from modern experiments in peak performance. Finally, she shares what she's learned from interviewing dozens of high achievers—from JP Morgan CEO Jamie Dimon to New Yorker cartoon editor Bob Mankoff to Seattle Seahawks Coach Pete Carroll. "Duckworth's ideas about the cultivation of tenacity have clearly changed some lives for the better" (The New York Times Book Review). Among Grit's most valuable insights: any effort you make ultimately counts twice toward your goal; grit can be learned, regardless of IQ or circumstances; when it comes to child-rearing, neither a warm embrace nor high standards will work by themselves; how to trigger lifelong interest; the magic of the Hard Thing Rule; and so much more. Winningly personal, insightful, and even life-changing, *Grit* is a book about what goes through your head when you fall down, and how that—not talent or luck—makes all the difference. This is "a fascinating tour of the psychological research on success" (The Wall Street Journal).

Includes an excerpt from *Love on the brain*.

Yoga brings not only a suppleness to the body but also a sense of spiritual and physical well-being to those who practice it. Featuring over 170 postures from the main schools of yoga, *The Yoga Bible* is the ultimate, comprehensive guide to practicing yoga and finding a mental and physical balance in life. The book encourages yoga beginners and experts alike to find a yoga sequence that suits their personal needs and abilities.

*Behavioural Neuroscience* is a relatively recent discipline which unifies different fields encompassing Cognitive Psychology, Cognitive Science, Clinical Neurology, Neuroanatomy, and Neurophysiology. *Encyclopedia of Behavioral Neuroscience* is a comprehensive, multidisciplinary work written by the best experts in the field, addressing the relationship between the neurological and biological basis of behavior and models of cognition, spanning from perception to memory and covering phenomena that occur in human and other animals. Published in 2010, it comprised 212 articles and was a unique and essential resource for students and professionals in several fields including neuroscience, psychology, neurology, psychiatry, and cognitive science. It was by far the most comprehensive reference work available addressing the advances in all the field of behavioural neuroscience. It

does however, now need revising with the latest science. The new edition will again cover the relationship between brain and behaviour, both in humans and other animals, as well as mental and brain disorders. This new edition spans across three volumes, 250 chapters and approximately 2000 pages. It will build on the foundations of the first edition by thoroughly updating all current articles with the latest research that has developed in the last decade. In addition, 40 brand new articles on the hottest topics within behavioural neuroscience will be added, covering areas such as advances in behavioral genetics and epigenetics, cognitive ageing, neuroepidemiology, social neuroscience, as well as the upsurge of new technologies like diffusion tensor imaging or transcranial direct current stimulation. The result will be an all-encompassing one-stop interdisciplinary major reference work on how the brain and its disorders influence behavior, perfect for neuroscience students, clinicians and scientists interested in knowing more about behaviour from a biological perspective. Much-loved classic reference work fully revised with all the scientific advances of the last decade Comprehensive and authoritative articles on all aspects of behavioural neuroscience Offers readers a 'one-stop' resource for access to a wealth of information to fully support their research and activities in this area Chapters written by leading experts in neuroscience across the globe, thus ensuring the knowledge within is easily understood by and applicable to a large audience Articles intuitively and meticulously organized into 10 coherent sections on key topics, making it easier for the reader to access relevant information quickly Lists of key references and further reading for each article means that related content will be easier to find, and latest/key research in the field will be highlighted

Scientists today working on controversial issues from climate change to drought to COVID-19 are finding themselves more often in the middle of deeply traumatizing or polarized conflicts they feel unprepared to referee. It is no longer enough for scientists to communicate a scientific topic clearly. They must now be experts not only in their fields of study, but also in navigating the thoughts, feelings, and opinions of members of the public they engage with, and with each other. And the conversations are growing more fraught. In *Getting to the Heart of Science Communication*, Faith Kearns has penned a succinct guide for navigating the human relationships critical to the success of practice-based science. This meticulously researched volume takes science communication to the next level, helping scientists to see the value of listening as well as talking, understanding power dynamics in relationships, and addressing the roles of trauma, loss, grief, and healing.

An encyclopedia designed especially to meet the needs of elementary, junior high, and senior high school students.

Physicist Dr. Claude Swanson describes the latest discoveries in energy medicine. This is the "Secret of Life," how the body's trillions of cells grow, repair and heal, the scientific explanation for the "Aura" and "Chakras", how energy healers direct their power across thousands of miles to be measured in distant laboratories. Electromagnetism holds only part of the answer. There is a new force, unknown to Western science, which holds the key. We call it the Life Force.

The application of causal inference methods is growing exponentially in fields that deal with observational data. Written by pioneers in the field, this practical book presents an authoritative yet accessible overview of the methods and applications of causal inference. With a wide range of detailed, worked examples using real epidemiologic data as well as software for replicating the analyses, the

text provides a thorough introduction to the basics of the theory for non-time-varying treatments and the generalization to complex longitudinal data.

This scholarly work is the most comprehensive existing resource on human physical appearance—how people's outer physical characteristics and their inner perceptions and attitudes about their own appearance (body image) affect their lives. The encyclopedia's 117 full-length chapters are composed and edited by the world's experts from a range of disciplines—social, behavioral, and biomedical sciences. The extensive topical coverage in this valuable reference work includes: (1) Important theories, perspectives, and concepts for understanding body image and appearance; (2) Scientific measurement of body image and physical attributes (anthropometry); (3) The development and determinants of human appearance and body image over the lifespan; (4) How culture and society influences the meanings of human appearance; (5) The psychosocial effects of appearance-altering disease, damage, and visible differences; (6) Appearance self-change and self-management; (7) The prevention and treatment of body image problems, including psychosocial and medical interventions. Chapters are written in a manner that is accessible and informative to a wide audience, including the educated public, college and graduate students, and scientists and clinical practitioners. Each well-organized chapter provides a glossary of definitions of any technical terms and a Further Reading section of recommended sources for continued learning about the topic. Available online via ScienceDirect or in a limited-release print version. The *Encyclopedia of Body Image and Human Appearance* is a unique reference for a growing area of scientific inquiry It brings together in one source the research from experts in a variety of fields examining this psychological and sociological phenomenon The breadth of topics covered, and the current fascination with this subject area ensure this reference will be of interest to researchers and a lay audience alike

How America can rebuild its industrial landscape to sustain an innovative economy. America is the world leader in innovation, but many of the innovative ideas that are hatched in American start-ups, labs, and companies end up going abroad to reach commercial scale. Apple, the superstar of innovation, locates its production in China (yet still reaps most of its profits in the United States). When innovation does not find the capital, skills, and expertise it needs to come to market in the United States, what does it mean for economic growth and job creation? Inspired by the MIT Made in America project of the 1980s, *Making in America* brings experts from across MIT to focus on a critical problem for the country. MIT scientists, engineers, social scientists, and management experts visited more than 250 firms in the United States, Germany, and China. In companies across America—from big defense contractors to small machine shops and new technology start-ups—these experts tried to learn how we can rebuild the industrial landscape to sustain an innovative economy. At each stop, they asked this basic question: "When you have a new idea, how do you get it into the market?" They found gaping holes and missing pieces in the industrial ecosystem. Even in an Internet-connected world, proximity to innovation and users matters for industry. *Making in America* describes ways to strengthen this connection, including public-private collaborations, new government-initiated manufacturing innovation institutes, and industry/community college projects. If we can learn from these ongoing experiments in linking innovation to production, American manufacturing could have a renaissance.

"Unsettled is a remarkable book—probably the best book on climate change for the intelligent layper-

son—that achieves the feat of conveying complex information clearly and in depth." —Claremont Review of Books "Surging sea levels are inundating the coasts." "Hurricanes and tornadoes are becoming fiercer and more frequent." "Climate change will be an economic disaster." You've heard all this presented as fact. But according to science, all of these statements are profoundly misleading. When it comes to climate change, the media, politicians, and other prominent voices have declared that "the science is settled." In reality, the long game of telephone from research to reports to the popular media is corrupted by misunderstanding and misinformation. Core questions—about the way the climate is responding to our influence, and what the impacts will be—remain largely unanswered. The climate is changing, but the why and how aren't as clear as you've probably been led to believe. Now, one of America's most distinguished scientists is clearing away the fog to explain what science really says (and doesn't say) about our changing climate. In *Unsettled: What Climate Science Tells Us, What It Doesn't, and Why It Matters*, Steven Koonin draws upon his decades of experience—including as a top science advisor to the Obama administration—to provide up-to-date insights and expert perspective free from political agendas. Fascinating, clear-headed, and full of surprises, this book gives readers the tools to both understand the climate issue and be savvier consumers of science media in general. Koonin takes readers behind the headlines to the more nuanced science itself, showing us where it comes from and guiding us through the implications of the evidence. He dispels popular myths and unveils little-known truths: despite a dramatic rise in greenhouse gas emissions, global temperatures actually decreased from 1940 to 1970. What's more, the models we use to predict the future aren't able to accurately describe the climate of the past, suggesting they are deeply flawed. Koonin also tackles society's response to a changing climate, using data-driven analysis to explain why many proposed "solutions" would be ineffective, and discussing how alternatives like adaptation and, if necessary, geoengineering will ensure humanity continues to prosper. *Unsettled* is a reality check buoyed by hope, offering the truth about climate science that you aren't getting elsewhere—what we know, what we don't, and what it all means for our future.

Wall Street Journal bestseller "A welcome revelation." --The Financial Times Award-winning Wharton Professor and Choiceology podcast host Katy Milkman has devoted her career to the study of behavior change. In this ground-breaking book, Milkman reveals a proven path that can take you from where you are to where you want to be, with a foreword from psychologist Angela Duckworth, the

best-selling author of *Grit*. Change comes most readily when you understand what's standing between you and success and tailor your solution to that roadblock. If you want to work out more but find exercise difficult and boring, downloading a goal-setting app probably won't help. But what if, instead, you transformed your workouts so they became a source of pleasure instead of a chore? Turning an uphill battle into a downhill one is the key to success. Drawing on Milkman's original research and the work of her world-renowned scientific collaborators, *How to Change* shares strategic methods for identifying and overcoming common barriers to change, such as impulsivity, procrastination, and forgetfulness. Through case studies and engaging stories, you'll learn: • Why timing can be everything when it comes to making a change • How to turn temptation and inertia into assets • That giving advice, even if it's about something you're struggling with, can help you achieve more Whether you're a manager, coach, or teacher aiming to help others change for the better or are struggling to kick-start change yourself, *How to Change* offers an invaluable, science-based blueprint for achieving your goals, once and for all.

#1 NEW YORK TIMES BESTSELLER • Now a major motion picture directed by Steven Spielberg. "Enchanting . . . Willy Wonka meets *The Matrix*."—USA Today • "As one adventure leads expertly to the next, time simply evaporates."—Entertainment Weekly A world at stake. A quest for the ultimate prize. Are you ready? In the year 2045, reality is an ugly place. The only time Wade Watts really feels alive is when he's jacked into the OASIS, a vast virtual world where most of humanity spends their days. When the eccentric creator of the OASIS dies, he leaves behind a series of fiendish puzzles, based on his obsession with the pop culture of decades past. Whoever is first to solve them will inherit his vast fortune—and control of the OASIS itself. Then Wade cracks the first clue. Suddenly he's beset by rivals who'll kill to take this prize. The race is on—and the only way to survive is to win. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY Entertainment Weekly • San Francisco Chronicle • Village Voice • Chicago Sun-Times • iO9 • The AV Club "Delightful . . . the grown-up's Harry Potter."—HuffPost "An addictive read . . . part intergalactic scavenger hunt, part romance, and all heart."—CNN "A most excellent ride . . . Cline stuffs his novel with a cornucopia of pop culture, as if to wink to the reader."—Boston Globe "Ridiculously fun and large-hearted . . . Cline is that rare writer who can translate his own dorky enthusiasms into prose that's both hilarious and compassionate."—NPR "[A] fantastic page-turner . . . starts out like a simple bit of fun and winds up feeling like a rich and plausible picture of future friendships in a world not too distant from our own."—iO9