



CELADON
BOOKS



Permission to Feel

Unlocking the Power of Emotions to Help Our Kids, Ourselves, and Our Society Thrive
by Marc Brackett

The mental wellbeing of our children is shockingly poor. Marc Brackett, author of PERMISSION TO FEEL, knows why. And he knows what we can do.

We have a crisis on our hands, and its victims are our children.
Marc Brackett is a professor in Yale University's Child Study Center and founding director of the Yale Center for Emotional Intelligence. In his 25 years as an "emotion scientist," he has developed a remarkably effective plan to improve the lives of children and adults - a blueprint for understanding our emotions and using them wisely so that they help, rather than hinder, our success and well-being. The core of his approach is a legacy from his childhood, from an astute uncle who gave him permission to feel. He was the first adult who managed to see Marc, listen to him, and recognize the suffering, bullying, and abuse he'd endured. And that was the beginning of Marc's awareness that what he was going through was temporary. He wasn't alone, he wasn't stuck on a timeline, and he wasn't "wrong" to feel scared, isolated, and angry. Now, best of all, he could do something about it. In the decades since, Marc has led large research teams and raised tens of millions of dollars to investigate the roots of emotional well-being. His prescription for healthy children (and their parents, teachers, and schools) is a system called RULER, a high-impact and fast-effect approach to understanding and mastering emotions that has already transformed the thousands of schools that have adopted it. RULER has been proven to reduce stress (...)

Author Bio

Marc Brackett, Ph.D., author of *Permission to Feel*, is founding director of the Yale Center for Emotional Intelligence and Professor at the Child Study Center at Yale University. Marc has published 125 scholarly articles, received numerous awards, and is on the counsel of distinguished scientists for Aspen Institute's National Commission on Social, Emotional and Academic Development. Marc is lead developer of RULER and co-founder of Oji Life Lab, a corporate learning firm that builds innovative digital learning systems for developing emotional intelligence. He also regularly consults with large companies, including Facebook, Microsoft and Google on best practices for integrating emotional intelligence into training and product design.

Celadon Books
On Sale: Sep 3/19
6.12 x 9.25 • 320 pages
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Psychology / Emotions

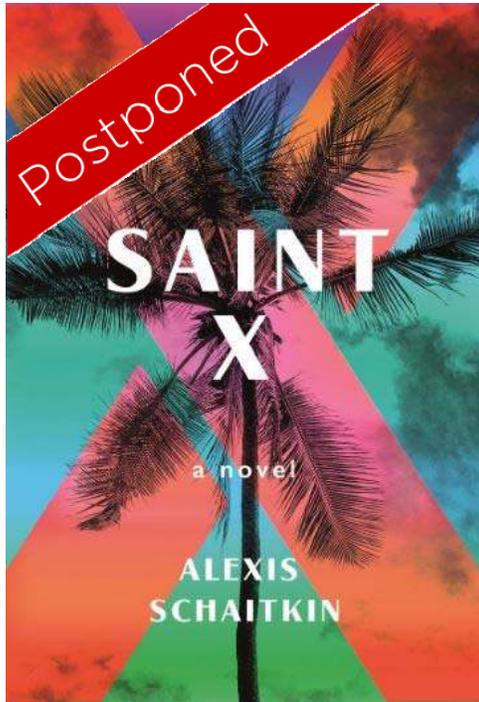
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Promotion



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Saint X

by Alexis Schaitkin

Alexis Schaitkin's *Saint X* is a gripping psychological drama straight from the headlines - about a young girl whose older sister vanishes on a luxury Caribbean vacation and, years later, a chance encounter with one of the suspects which spirals into obsession.

Claire is only seven years old when her college-age sister, Alison, disappears on the last night of their family vacation at a resort on the Caribbean island of Saint X. Several days later, Alison's body is found in a remote spot on a nearby cay, and two local men - employees at the resort - are arrested. But the evidence is slim, the timeline against it, and the men are soon released. It turns into national tabloid news, a lurid mystery that will go unsolved. For Claire and her parents, there is only the sad return home to broken lives. Years later, Claire is living and working in New York City when a brief but fateful encounter brings her together with Clive Richardson, one of the men originally suspected of murdering her sister. It is a moment that sets Claire on an obsessive pursuit of the truth - not only to find out what happened the night of Alison's death but also to answer the elusive question: Who exactly was her sister? At seven, Claire had been barely old enough to know her: a beautiful, changeable, provocative girl of eighteen at a turbulent moment of identity formation.

As Claire doggedly shadows Clive, hoping to gain his trust, waiting for the slip that will uncover the truth, an unlikely attachment develops between them, two people whose lives were forever marked by the same tragedy.

Saint X is a (...)

Author Bio

Alexis Schaitkin's stories and essays have appeared in *The Southern Review*, *Southwest Review*, *Ecotone*, *The New York Times*, and elsewhere. Her fiction has been anthologized in *The Best American Nonrequired Reading*, and her essays have been notable mentions in *The Best American Essays* and *The Best American Travel Writing*. She received her MFA in fiction from the University of Virginia, where she was a Henry Hoyns Fellow. She lives in Williamstown, Massachusetts, with her husband and son.

Celadon Books

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9781250219596 • \$36.50 • CL - With dust jacket

Fiction / Contemporary Women

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Here We Are

American Dreams, American Nightmares

by Aarti Namdev Shahani

NPR Silicon Valley Correspondent Aarti Shahani shares the story of her immigrant family: shopkeepers who got a taste of the American Dream, and the American nightmare.

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After arriving in New York City in the 1980s, the Shahani family opens a small electronics store. Aarti, their youngest child, wins a scholarship to one of Manhattan's most elite prep schools. They are well on their way to the American Dream, until their fortunes turn. When they mistakenly sell watches and calculators to the wrong people - members of the Cali drug cartel - the family gets caught in a legal case that destroys them, incrementally, over the course of 15 years.

Here We Are is the hearing the Shahani family never had, despite all the time they spent being judged. Aarti's father never recovers from the humiliation.

And she, who has the chance to leave and live a better life, forever feels singularly defined by his (and their) crisis. She's torn between moving on and looking back.

This family saga is full of colorful characters: a feisty mom who'll take sewing shears to anyone who threatens her blood; a big brother, caught between the Old World and New, who agrees to an arranged marriage; a big sister who refuses to lose her sense of humor, even in the notorious jail Rikers Island. As we follow the Shahanis' extreme ups and (...)

Author Bio

Aarti Namdev Shahani is the author of memoir *Here We Are: American Dreams, American Nightmares*. She is a correspondent for NPR based in Silicon Valley, covering the largest companies on earth. Her reporting has received awards from the Society of Professional Journalists, a regional Edward R. Murrow Award, and an Investigative Reporters & Editors Award. Before journalism, Shahani was a community organizer in New York City, helping prisoners and families facing deportation. Her activism was honored by the Union Square Awards and Legal Aid Society. She received a Master's in Public Policy from the Harvard Kennedy School of Government, with generous support from the university and the Paul and Daisy Soros Fellowship for New Americans. She completed her bachelor's degree in anthropology at the University of Chicago. She was among the youngest recipients of the Charles H. Revson Fellowship at Columbia University and is an alumna of A Better Chance, Inc. Shahani grew up in Flushing, Queens - in one of the most diverse zip codes in the country - and believes every

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Biography / Personal Memoirs

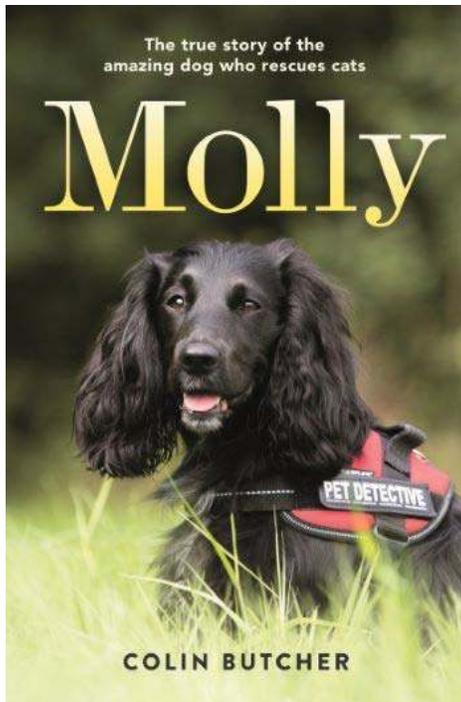
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Molly

The Amazing True Story of the Pet Detective Who Rescues Cats

by Colin Butcher and Joanne Lake

Think James Herriot meets MARLEY & ME. This heartwarming book tells the story of the man-and-dog team behind the United Kingdom Pet Detective Agency - how Colin, in need of a new lease on life, rescues Molly the dog, and how Molly in turn rescues many more beloved lost pets.

As a veteran of the Royal Navy and longtime police officer, Colin Butcher was no stranger to dangerous situations. But a career in uniform can wear anyone down, so, in 2005, Colin left the force to start his own private detective agency, specializing in helping reunite people with their lost loved ones. And yet despite his hundreds of successes, there were still heartbreaking cases where Colin couldn't find the missing on his own. He knew he needed a partner.

When Colin first met Molly, his friends doubted that she would be up for the job. Where Colin was battle-tested, Molly was young and inexperienced. Where Colin was known for his attention to detail, Molly had a reputation for bad behavior. She was willful, wayward, and stubborn. But Colin could tell that Molly was unusually charismatic and intelligent. As a big believer in second chances, Colin decided to take a risk and bring on Molly for training.

Yes, Molly is no ordinary deputy, but a black Cocker Spaniel, and this is no ordinary detective agency. Colin and Molly are the man-and-dog team behind "The UK Pet Detective Agency." Molly is now an expert in the art of finding lost animals - especially cats, who are uniquely skilled at eluding humans - and has (...)

Author Bio

Colin Butcher is the Company Director and Chief Investigator of the UKPD. Previously a Detective Inspector in Surrey Police, and a veteran of the Royal Navy, Colin was awarded a prestigious Chief Constables Commendation for his contributions to the advancement of the Criminal Investigation Department. He has been recovering stolen and missing pets for over twenty years and has a wealth of experience in the investigation of pet crime. His first successful assignment was back in 1994 when, serving as a Detective Sergeant with Surrey Police, he recovered two German Shepherd puppies stolen from a breeder's kennels. *Molly: The Amazing True Story of the Pet Detective Who Rescues Cats* is his first book.

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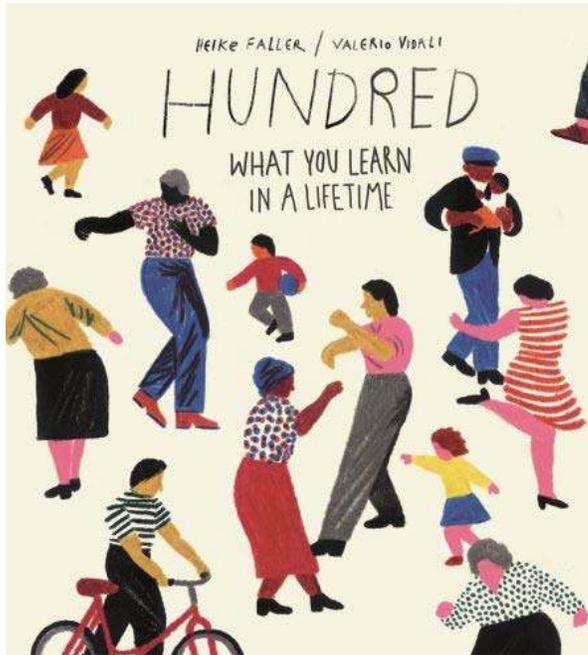
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Biography / Personal Memoirs

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Hundred

What You Learn in a Lifetime

by Heike Faller, illustrated by Valerio Vidali

Author Bio

HEIKE FALLER is an editor at the *Zeit* magazine in Germany. *Hundred* is her first book published in the United States. **VALERIO VIDALI** is an Italian illustrator who lives in Berlin. His work has received many awards, and two of his books have been selected by the *New York Times* for Best Illustrated Books, in 2013 for *Jemmy Button* and in 2018 for *The Forest*.

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