

Selfish Shallow And Self Absorbed Sixteen Writers On

A New York Times Book Review Notable Book “Whom to marry, and when will it happen—these two questions define every woman’s existence.” So begins Spinster, a revelatory and slyly erudite look at the pleasures and possibilities of remaining single. Using her own experiences as a starting point, journalist and cultural critic Kate Bolick invites us into her carefully considered, passionately lived life, weaving together the past and present to examine why she—along with over 100 million American women, whose ranks keep growing—remains unmarried. This unprecedented demographic shift, Bolick explains, is the logical outcome of hundreds of years of change that has neither been fully understood, nor appreciated. Spinster introduces a cast of pioneering women from the last century whose genius, tenacity, and flair for drama have emboldened Bolick to fashion her life on her own terms: columnist Neith Boyce, essayist Maeve Brennan, social visionary Charlotte Perkins Gilman, poet Edna St. Vincent Millay, and novelist Edith Wharton. By animating their unconventional ideas and choices, Bolick shows us that contemporary debates about settling down, and having it all, are timeless—the crucible upon which all thoughtful women have tried for centuries to forge a good life. Intellectually substantial and deeply personal, Spinster is both an unreservedly inquisitive memoir and a broader cultural exploration that asks us to acknowledge the opportunities within ourselves to live authentically. Bolick offers us a way back into our own lives—a chance to see those splendid years when we were young and unencumbered, or middle-aged and finally left to our own devices, for what they really are: unbounded and our own to savor.

First you marry a man who does not want children. He cheats and you divorce him. Then you marry the love of your life and find out he does not want to have children with you either. The three he has are more than enough. Although you always wanted to be a mother, you decide he is worth the sacrifice, expecting to have a long happy life together. But that's not what happens. This is the story of how a woman becomes childless by marriage and how it affects every aspect of her life. This is the book of my heart, the one I had to write. Ever since I realized I was not going to have children, I have felt recurring grief and an emptiness in my heart. I am different from most women, but I have found that I am not alone. There are many of us childless women, and I think it's important to share our stories about what it's like when you don't have children in a world where most girls grow up to become mothers. I hope this book offers comfort to those who are childless and understanding to those who are not. If it makes you smile here and there, even better.

National Bestseller and Winner of the PEN/Faulkner Award for Fiction Oscar Feldman, the renowned figurative painter, has passed away. As his obituary notes, Oscar is survived by his wife, Abigail, their son, Ethan, and his sister, the well-known abstract painter Maxine Feldman. What the obituary does not note, however, is that Oscar is also survived by his longtime mistress, Teddy St. Cloud, and their daughters. As two biographers interview the women in an attempt to set the record straight, the open secret of his affair reaches a boiling point and a devastating skeleton threatens to come to light. From the acclaimed author of *The Epicure's Lament*, a scintillating novel of secrets, love, and legacy in the New York art world. "Mischievous...funny, astute...As unexpectedly generous as it is entertaining.... Christensen is a witty observer of the art

universe." —The New York Times

Women who opt not to be mothers are frequently warned that they will regret their decision later in life, yet we rarely talk about the possibility that the opposite might also be true—that women who have children might regret it. Drawing on years of research interviewing women from a variety of socioeconomic, educational, and professional backgrounds, sociologist Orna Donath treats regret as a feminist issue: as regret marks the road not taken, we need to consider whether alternative paths for women currently are blocked off. She asks that we pay attention to what is forbidden by rules governing motherhood, time, and emotion, including the cultural assumption that motherhood is a “natural” role for women—for the sake of all women, not just those who regret becoming mothers. If we are disturbed by the idea that a woman might regret becoming a mother, Donath says, our response should not be to silence and shame these women; rather, we need to ask honest and difficult questions about how society pushes women into motherhood and why those who reconsider it are still seen as a danger to the status quo. Groundbreaking, thoughtful, and provocative, this is an especially needed book in our current political climate, as women's reproductive rights continue to be at the forefront of national debates.

Growing up with a parent who is self-absorbed is difficult, and they may become more difficult to deal with as they age. This essential book shows how to cope with your aging parent's narcissistic behavior, and provides tips to help protect yourself and your children from their self-absorbed, destructive actions. As your self-absorbed parent grows older and becomes more dependent on you, hurtful relationships may resurface and become further strained. In the tradition of *Children of the Self-Absorbed*, author Nina Brown offers the first book for adult children of aging narcissistic or self-absorbed parents. You will learn practical, powerful strategies for navigating the intense negative feelings that your parents can incite, as well as tips to protect your children from the criticism, blame, or hostility that may exist between you and their grandparent. In this book, you will gain greater awareness of how and why your parent's self-absorbed behaviors and attitudes get worse, and develop strategies to manage the negative feelings that can arise as a result. You'll also learn to reduce the shame and guilt that may be felt when you feel like you don't want to be a caretaker. Finally, you'll learn to set limits with your parent so you can stay sane during this difficult time. Having an aging parent can be stressful enough, but dealing with an aging narcissistic or self-absorbed parent is especially challenging. This essential guide will help you through. Meet Sheila Levine, she's smart and funny, and her mother tells her she's beautiful. . . . But her skirt's always a bit wrinkled, she's trying to lose 15—make that 25—pounds, she just turned 30 . . . and she's still single. She tries to date and mate, she really does, but disappointment turns to desperation, and after a flash of insight, Sheila calmly decides to kill herself. So she starts to get her affairs in order and writes a suicide note to her loving parents to explain it all.

"The funniest book of the year" Are you sick of a society that seems obsessed with children? Do you find modern parents insufferable? *Your Children Are Boring* is a uniquely humorous look at our culture's obsession with children, a world where virtually every advert has a squawking child in it, where pubs are full of wailing infants, and where every other Facebook post is tagged #ProudDad. Why do parents themselves behave like infants? Why having a child doesn't make you less selfish, why it's

extremely unlikely that your child is in fact, 'special', and why modern parenting is ruining everything, not least the kids themselves. All the answers lie within, and it's your duty to read it. Yes, *Your Children Are Boring* will make you laugh, but it's much more than that. Once consumed you must take its teachings into the world and fix society. Or something. Oh and if you put 'Dad' or 'Mum' in your social media bios, this book is aimed at you. An excerpt from *Your Children Are Boring*: "There are more radical solutions available to us of course. I take my lead from the way we've societally turned smokers into pariahs at pubs. Let's create family areas in the pubs! Imagine, roped off areas out the back, covered in sick, where the tables are made of plastic rather than wood, soundproofed so we don't have to listen to you loudly slow-talking, or the baby crying. Or you could just go to McDonalds, which is where the kids want to be anyway. And that's another thing; does anyone think these kids want to go to a pub? They're not renowned for their rides and pits of plastic balls. But perhaps that's just a matter of time. We'll inevitably infantilise getting smashed like we seem intent on doing to everything else. You want it all don't you, your spoilt little brain thinks, 'I've had a child, but that doesn't mean I should modify my life. I still want pub, so baby come to pub!' Kids should be, and probably are, bored out of their tiny minds at pubs. It's where grown-ups go to bitch about their friends' new kitchen or boyfriend / girlfriend, not a playground, that's why they're full of glass, fruit machines and sharp edges. If we can be a little melodramatic though, you're a virus. You're ruining pubs like you ruined football and the cinema, colonising it like the most boring invading army in history armed with iPhones and Kleenex."

Sixteen literary luminaries on the controversial subject of being childless by choice, in this critically acclaimed, bestselling anthology *One of the most provocative and talked-about books of the year*, *Selfish, Shallow, and Self-Absorbed* is the stunning collection exploring one of society's most vexing taboos. One of the main topics of cultural conversation during the last decade was the supposed "fertility crisis," and whether modern women could figure out a way to have it all—a successful career and the required 2.3 children—before their biological clocks stopped ticking. Now, however, the conversation has turned to whether it's necessary to have it all (see Anne-Marie Slaughter) or, perhaps more controversial, whether children are really a requirement for a fulfilling life. In this exciting and controversial collection of essays, curated by writer Meghan Daum, thirteen acclaimed female writers explain why they have chosen to eschew motherhood. Contributors include Lionel Shriver, Sigrid Nunez, Kate Christensen, Elliott Holt, Geoff Dyer, and Tim Kreider, among others, who will give a unique perspective on the overwhelming cultural pressure of parenthood. This collection makes a smart and passionate case for why parenthood is not the only path to a happy, productive life, and takes our parent-centric, kid-fixated, baby-bump-patrolling culture to task in the process. In this book, that shadowy faction known as the childless-by-choice comes out into the light.

Childfree Girls' COMFORT FOOD FOR THOUGHT features over 100 humorous, pointed, motivational, inspirational, and comforting thoughts, facts, and responses to "bingos," as well as some of the *Childfree Girls'* favorite memes from their Instagram account. And what would a book with "comfort food" in the title be without a few bonus comfort-food recipes? (Supplied by LeNora, a prolific home cook who, from Canada, makes stomachs rumble all the way in Colombia (Isabel) and the US (Kristen).)

When was the last time you listened to someone, or someone really listened to you? "If you're like most people, you don't listen as often or as well as you'd like. There's no one better qualified than a talented journalist to introduce you to the right mindset and skillset—and this book does it with science and humor." -Adam Grant, #1 New York Times bestselling author of *Originals* and *Give and Take* **Hand picked by Malcolm Gladwell, Adam Grant, Susan Cain, and Daniel Pink for Next Big Ideas Club** "An essential book for our times." -Lori Gottlieb, New York Times bestselling author of *Maybe You Should Talk to Someone* At work, we're taught to lead the conversation. On social media, we shape our personal narratives. At parties, we talk over one another. So do our politicians. We're not listening. And no one is listening to us. Despite living in a world where technology allows constant digital communication and opportunities to connect, it seems no one is really listening or even knows how. And it's making us lonelier, more isolated, and less tolerant than ever before. A listener by trade, New York Times contributor Kate Murphy wanted to know how we got here. In this always illuminating and often humorous deep dive, Murphy explains why we're not listening, what it's doing to us, and how we can reverse the trend. She makes accessible the psychology, neuroscience, and sociology of listening while also introducing us to some of the best listeners out there (including a CIA agent, focus group moderator, bartender, radio producer, and top furniture salesman). Equal parts cultural observation, scientific exploration, and rousing call to action that's full of practical advice, *You're Not Listening* is to listening what Susan Cain's *Quiet* was to introversion. It's time to stop talking and start listening.

Steven Mintz reconstructs the emotional interior of a life stage too often relegated to self-help books and domestic melodramas. He describes the challenges of adulthood today and puts them into perspective by exploring how past generations achieved intimacy and connection, raised children, sought meaning in work, and responded to loss.

SIXTEEN LITERARY LUMINARIES ON THE CONTROVERSIAL SUBJECT OF BEING CHILDLESS BY CHOICE, COLLECTED IN ONE FASCINATING ANTHOLOGY One of the main topics of cultural conversation during the last decade was the supposed "fertility crisis," and whether modern women could figure out a way to have it all—a successful, demanding career and the required 2.3 children—before their biological clock stopped ticking. Now, however, conversation has turned to whether it's necessary to have it all (see Anne-Marie Slaughter) or, perhaps more controversial, whether children are really a requirement for a fulfilling life. The idea that some women and men prefer not to have children is often met with sharp criticism and incredulity by the public and mainstream media. In this provocative and controversial collection of essays, curated by writer Meghan Daum, sixteen acclaimed writers explain why they have chosen to eschew parenthood. Contributors include Lionel Shriver, Sigrid Nunez, Kate Christensen, Elliott Holt, Geoff Dyer, and Tim Kreider, among others, who will give a unique perspective on the overwhelming cultural pressure of parenthood. *Selfish, Shallow, and Self-Absorbed* makes a thoughtful and passionate case for why parenthood is not the only path in life, taking our parent-centric, kid-fixated, baby-bump-patrolling culture to task in the process. What emerges is a more nuanced, diverse view of what it means to live a full, satisfying life.

"Are you having trouble deciding whether or not to become a parent? Are you under

pressure from family and friends? Unsettled by feelings of guilt or ambivalence? Unsure whether you will regret your decision in later years? The Baby Decision offers a clear path to finding the answers to all of these questions"--Back cover.

Women from all over the country share their experiences and offer insights into what it is like not having children, and describe what factors helped shape their decision to remain childless

Discusses the author's choice to not have children and how it shapes and affects her comedy career, and provides humorous advice to those making similiar choices on how to handle friends and family pressuring them to have a child.

In the movie The Matrix, the character Morpheus offers two pills to Neo—if he takes the blue pill, he will go on with life as he has before, believing what he has always believed. If he takes the red pill, he will find out what the “matrix” really is, and many of his earlier beliefs will be shattered. When it comes to taking a hard look at a specific set of beliefs about parenthood and reproduction that has driven our society for generations, The Baby Matrix is the red pill. The Baby Matrix looks at long-held beliefs about parenthood and reproduction, and unravels why we believe what we believe. It lays out: We commonly think our desire to have children boils down to our biological wiring, but author Laura Carroll says it's much more than that. Unlike other books on parenthood, The Baby Matrix: Why Freeing Our Minds From Outmoded Thinking About Parenthood & Reproduction Will Create a Better World takes a serious look at powerful social and cultural influences that drive the desire for the parenthood experience, and lays out why we need to be very aware of these influences to make the most informed decisions about parenthood. -the historical origins of beliefs about parenthood and reproduction -why many of these beliefs no longer work for society or were never true in the first place -why we continue to believe them anyway -the prices society pays as a result The Baby Matrix shows us how we got here, brings to light what is true, which includes knowing about the powerful influence of “pronatalism,” and explains why society can no longer afford to leave pronatalism unquestioned. “This is not a book about convincing people not to have children,” says Carroll. “I want people to be very aware of the long-held social and cultural pressures, and be able to free themselves from those pressures when making parenthood choices. This will result in more people making the best decisions for themselves, will foster a society in which those who are best suited to become parents are the ones who have children and one that knows what it means to bring a child into the world today.” This book will make you examine your own intentions and beliefs, will rile you, and might just change your mind. Whether you are already a parent, want to become a parent, are still making up your mind, or know you don't want children, you'll never think about parenthood in the same way. The Baby Matrix is a must-read for anyone interested in psychology, sociology, anthropology, parenting issues, environmentalism, and social justice. But most of all, it's for anyone, parent or not, who reveres the truth and wants the best for themselves, their families, and our world.

A savvy and validating guide to what might be in store for growing numbers of childfree and childless adults worldwide, Do You Have Kids? Life When the Answer is No takes on topics from the shifting meaning of family to what we leave behind when we die. Weaving together wisdom from women ages twenty-four to ninety-one with both her own story and a growing body of research, Kate brings to light alternate routes to lives of meaning, connection, and joy. Today about one in five American women will never have children, whether by choice or by

destiny. Yet few women talk much about what not having kids means to their lives and identities. Not that they don't want to; there just aren't obvious catalysts for such open conversations. In fact, social taboos preclude exploration of the topic—and since our family-centric culture doesn't know quite what to do with non-parents, there's potential for childless and childfree women to be sidelined, ignored, or drowned out. Yet there's widespread, pent-up demand for understanding and validating this perfectly normal way of being. In this straight-shooting, exhaustively researched book, women without kids talk candidly about the ways in which their lives differ from societal norms and expectations—the good, the bad, and the unexpected.

"Daum is her generation's Joan Didion." —Nylon Nearly fifteen years after her debut collection, *My Misspent Youth*, captured the ambitions and anxieties of a generation, Meghan Daum returns to the personal essay with *The Unspeakable*, a masterful collection of ten new works. Her old encounters with overdrawn bank accounts and oversized ambitions in the big city have given way to a new set of challenges. The first essay, "Matricide," opens without flinching: People who weren't there like to say that my mother died at home surrounded by loving family. This is technically true, though it was just my brother and me and he was looking at Facebook and I was reading a profile of Hillary Clinton in the December 2009 issue of *Vogue*. Elsewhere, she carefully weighs the decision to have children—"I simply felt no calling to be a parent. As a role, as my role, it felt inauthentic and inorganic"—and finds a more fulfilling path as a court-appointed advocate for foster children. In other essays, she skewers the marriage-industrial complex and recounts a harrowing near-death experience following a sudden illness. Throughout, Daum pushes back against the false sentimentality and shrink-wrapped platitudes that surround so much of contemporary American experience and considers the unspeakable thoughts many of us harbor—that we might not love our parents enough, that "life's pleasures" sometimes feel more like chores, that life's ultimate lesson may be that we often learn nothing. But Daum also operates in a comic register. With perfect precision, she reveals the absurdities of the New Age search for the "Best Possible Experience," champions the merits of cream-of-mushroom-soup casserole, and gleefully recounts a quintessential "only-in-L.A." story of playing charades at a famous person's home. Combining the piercing insight of Joan Didion with humor reminiscent of Nora Ephron's, Daum dissects our culture's most dangerous illusions, blind spots, and sentimentalities while retaining her own joy and compassion. Through it all, she dramatizes the search for an authentic self in a world where achieving an identity is never simple and never complete.

Chronicles the author's obsession with finding the perfect house, which culminated in her depleting her life savings to purchase a 900-square-foot bungalow with ancient plumbing and a junk-filled garage, in a book that explores the perils and pleasures of believing that only a house can make you whole. Reprint.

According to *American Demographics* magazine, by the year 2010 the number of married couples without children is expected to increase by nearly 50%, to nearly 31 million. The non-profit organization, *Childless By Choice*, reports that one in seven married couples in the United States is consciously deciding not to have children. For more married couples than ever before, their life plan together does not include raising a family. Yet, as these numbers grow, in many ways society continues to frown on the choice not to have children. Although more couples are making this decision, they often feel misunderstood, and face societal misperceptions about themselves, their marriage, and their choice not to have children. Through candid interviews and photographs, *Families of Two: Interviews with Happily Married Couples Without Children by Choice* takes us into the lives of happily married couples without children by choice. It dispels the myths often associated with this choice, helps couples who are deciding whether to have children, and offers insight to friends and family of couples who have chosen or may choose not to have children. *Families of Two* expands our ways of

understanding marriage in today's society, and gives examples of roadmaps for marriage without children. *Families of Two* celebrates the many people who are living lives that do not include parenthood, and the many ways to live happily ever after.

In *How to Be Childless: A History and Philosophy of Life Without Children*, Rachel Chrastil explores the long and fascinating history of childlessness, putting this often-overlooked legacy in conversation with the issues that childless women and men face in the twenty-first century. Eschewing two dominant narratives, that the childless are either barren and alone, or that they are carefree and selfish, *How to Be Childless* instead argues that the lives of childless individuals from the past can help all of us expand our range of possibilities for the good life. In uncovering the voices and experiences of childless women from the past five hundred years, Chrastil demonstrates that the pathways to childlessness, so often simplified as "choice" and "circumstance," are far more complex and interweaving. Balanced, deeply researched, and richly realized, *How to be Childless* will empower readers, parents and childless alike, to navigate their lives with purpose.

From the author of *How Should a Person Be?* ("one of the most talked-about books of the year"—*Time Magazine*) and the *New York Times* Bestseller *Women in Clothes* comes a daring novel about whether to have children. In *Motherhood*, Sheila Heti asks what is gained and what is lost when a woman becomes a mother, treating the most consequential decision of early adulthood with the candor, originality, and humor that have won Heti international acclaim and made *How Should A Person Be?* required reading for a generation. In her late thirties, when her friends are asking when they will become mothers, the narrator of Heti's intimate and urgent novel considers whether she will do so at all. In a narrative spanning several years, casting among the influence of her peers, partner, and her duties to her forbearers, she struggles to make a wise and moral choice. After seeking guidance from philosophy, her body, mysticism, and chance, she discovers her answer much closer to home. *Motherhood* is a courageous, keenly felt, and starkly original novel that will surely spark lively conversations about womanhood, parenthood, and about how—and for whom—to live.

Inside the Crips is the memoir of the author Colton Simpson's life as a Crip--beginning at the tender age of ten in the mid-seventies--and his prison turnaround nearly twenty-five years later. Colton ("C-Loc") Simpson calls himself the only gang member ever allowed to quit the Crips--and one of the few to survive into his thirties. Simpson--son of a ballplayer for the California Angels and a mother who was relentlessly rough with her sons after their fathers left her--became a gang member at ten. *Inside The Crips* tells the remarkable--and at the same time, all too common--story of gang life in the 1980s in immediate and descriptive prose that makes this book a gripping true-life read. *Inside The Crips* covers the rush that comes from participating in gang violence and the years-long wars between the Bloods and Crips. Simpson's story also puts the reader in the middle of the struggle between the Crips and corrections officers in Calipatria prison. It covers gang life from the mid-seventies to the mid-nineties, and introduces characters it's impossible not to care about: Simpson's fellow gangbanger Smile; and Gina, the long-suffering friend and mother of two sons who married Simpson in prison.

From Dr. Amy Blackstone, childfree woman, co-creator of the blog we're {not} having a baby, and nationally recognized expert on the childfree choice, comes a definitive investigation into the history and current growing movement of adults choosing to forgo parenthood: what it means for our society, economy, environment, perceived gender roles, and legacies, and how understanding and supporting all types of families can lead to positive outcomes for parents, non-parents, and children alike. As a childfree woman, Dr. Amy Blackstone is no stranger to a wide range of negative responses when she informs people she doesn't have--nor does she want--kids: confused looks, patronizing quips, thinly veiled pity, even outright scorn and condemnation. But she is not alone in opting out when it comes to children. More people than

ever are choosing to forgo parenthood, and openly discussing a choice that's still often perceived as taboo. Yet this choice, and its effects personally and culturally, are still often misunderstood. Amy Blackstone, a professor of sociology, has been studying the childfree choice since 2008, a choice she and her husband had already confidently and happily made. Using her own and others' research as well as her personal experience, Blackstone delves into the childfree movement from its conception to today, exploring gender, race, sexual orientation, politics, environmentalism, and feminism, as she strips away the misconceptions surrounding non-parents and reveals the still radical notion that support of the childfree can lead to better lives and societies for all.

"Deciding yes or not to motherhood can be fraught with confusion, pain, and loneliness. Many a woman is undecided about arguably the most important life-defining decision she'll make in her lifetime. With the 'Motherhood -- Is it for me?' program, the authors of this book, both dedicated and seasoned psychotherapists, created a process that has helped countless women over the last 25 years. Finally available in print, this program is the perfect resource for closely examining ambivalence around this crucial life choice. Through precise steps, readers are guided on their own personal journeys toward deeper understanding and learn what they really want. The process even allows a woman who is experiencing extremely painful immobilization to find her way through to her true desire. The authors know from their professional experience that an analytical pros-and-cons approach often fails to successfully answer this most personal question. Interspersed throughout this book are twenty diverse stories of women who made conscious choices, half deciding yes and half deciding no. Their stories -- and sometimes advice -- create a valuable community that provides support to every reader, breaking the isolation they may feel."--Book cover.

In *No Kidding*, comedy writer Henriette Mantel tackles the topic of actually not having kids. This fascinating collection features a star-studded group of contributors—including Margaret Cho, Wendy Liebman, Laurie Graff, and other accomplished, funny women—writing about why they opted out of motherhood. Whether their reasons have to do with courage, apathy, monetary considerations, health issues, or something else entirely, the essays featured in the pages of *No Kidding* honestly (and humorously) delve into the minds of women who have chosen what they would call a more sane path. Hilarious, compelling, and inspiring, *No Kidding* reveals a perspective that has too long been hidden, shamed, and silenced—and celebrates an entire population of women who have decided that kids are just not right for them. Additional contributors include Janette Barber, Cheryl Bricker, Valri Bromfield, Cindy Caponera, Bonnie Datt, Jeanne Dorsey, Nora Dunn, Jane Gennaro, Julie Halston, Debbie Kasper, Sue Kolinsky, Maureen Langan, Beth Lapidés, Bernadette Lockett, Merrill Markoe, Andrea Carla Michaels, Vanda Mikoloski, Judy Morgan, Judy Nielsen, Susan Norfleet, Suzanne O'Neil, Jennifer Prediger, Kathryn Rossetter, Betsy Salkind, Patricia Scanlon, Jeanette Schwaba Vigne, Nancy Shayne, Carol Siskind, Ann Slichter, Tracy Smith, Suzy Soro, Amy Stiller, and Nancy Van Iderstine.

An exploration of the self-fulfilling lives of people who, by chance or choice, have no children of their own • Investigates the life choices people make around having children and alternate ways of finding purpose in life • Based on a global survey and more than 50 in-depth interviews with childless and childfree women and men aged 19 to 91 from different cultures and walks of life • Enables readers to place their own circumstances in a larger context as they gain insight in the worldwide trend of people who lead a self-fulfilling, childless life Not having children is on the rise in many countries across the globe. August 1st has been named International Childfree Day, with a Childfree Woman and Man of the Year Award. Yet being childless is a subject not much talked about--the focus tends to be on having families and raising children, in rural, town, or city life. Let's talk about not having children, about what people like us do with our time, about how we spend our money, and--most of all--how we find

purpose and fulfilment in our lives. Never attracted to family life herself, Lisette Schuitemaker began openly discussing why people didn't have children and how that was for them, resulting in intimate conversations with childless women and men and surprising insights. Inspired to delve further, she interviewed non-parenting people aged 19 to 91 across the globe. She found that no story was like the other and that many had been waiting to be listened to with sensitivity. She heard stories across the spectrum, from exhilarating to painful, from people still on the fence to the childfree who have always known starting a family was not for them. Complementing her interview findings with a worldwide survey and recent research, the author paints a rich picture of the individual lives of childless and childfree women and men. This book is for everyone who has not gone the way of parenthood, who has close family or friends who lead self-directed lives without offspring, and for all those who are still contemplating this essential life choice. The stories in this book also testify that not having children of your own in no way means the joys (and trials) of children pass you by altogether. This book shows that it is ok to celebrate not only the parenting way of life and the children who come to those who love them, but also those who are brave enough to follow the lesser known path of non-parenting.

Movie stars establish themselves as brands--and Taylor's brand, in its most memorable outings, has repeatedly introduced a broad audience to feminist ideas. In her breakout film, "National Velvet" (1944), Taylor's character challenges gender discrimination; Forbidden as a girl to ride her beloved horse in an important race, she poses as a male jockey. Her next milestone, "A Place in the Sun" (1951), can be seen as an abortion rights movie--a cautionary tale from a time before women had ready access to birth control. In "Butterfield 8" (1960), for which she won an Oscar, Taylor isn't censured because she's a prostitute, but because she chooses the men: she controls her sexuality, a core tenet of the third-wave feminism that emerged in the 1990s. Even "Who's Afraid of Virginia Woolf?" (1966) depicts the anguish that befalls a woman when the only way she can express herself is through her husband's stalled career and children. The legendary actress has lived her life defiantly in public--undermining post-war reactionary sex roles, helping directors thwart the Hollywood Production Code, which censored film content between 1934 and 1967. Defying death threats she spearheaded fundraising for AIDS research in the first years of the epidemic, and has championed the rights of people to love whom they love, regardless of gender. Yet her powerful feminist impact has been hidden in plain sight. Drawing on unpublished letters and scripts as well as interviews with Kate Burton, Gore Vidal, Austin Pendleton, Kevin McCarthy, Liz Smith, and others, *The Accidental Feminist* will surprise Taylor and film fans with its originality and will add a startling dimension to the star's enduring mystique.

Examines the rewards and challenges childfree adults face living in a world that celebrates traditional families, offering advice on how to cope with the pressure of friends and family to have children, taking advantage of leisure time, and financial considerations.

A NEW YORK TIMES 100 NOTABLE BOOKS OF 2019 SELECTION From "one of the most emotionally exacting, mercilessly candid, deeply funny, and intellectually rigorous writers of our time" (Cheryl Strayed, author of *Wild*) comes a seminal new book that reaches surprising truths about feminism, the Trump era, and the Resistance movement. You won't be able to stop thinking about it and talking about it. In the fall of 2016, acclaimed author Meghan Daum began working on a book about the excesses of contemporary feminism. With Hillary Clinton soon to be elected, she figured even the most fiercely liberal of her friends and readers could take the criticisms in stride. But after the election, she knew she needed to do more, and her nearly completed manuscript went in the trash. What came out in its place is the most sharply-observed, all-encompassing, and unputdownable book of her career. In this gripping new work, Meghan examines our country's most intractable problems with clear-eyed honesty instead of exaggerated outrage. With passion, humor, and most importantly nuance, she tries to make

sense of the current landscape—from Donald Trump's presidency to the #MeToo movement and beyond. In the process, she wades into the waters of identity politics and intersectionality, thinks deeply about the gender wage gap, and tests a theory about the divide between Gen Xers and millennials. This signature work may well be the first book to capture the essence of this era in all its nuances and contradictions. No matter where you stand on its issues, this book will strike a chord.

Did you know there are some simple and highly effective, non-pharmaceutical ways to minimize your unwanted ADHD symptoms? Well, there are! You'll be amazed to discover that a few simple strategies can lead to significant changes in your ADHD symptoms. In this practical 'ADHD friendly' book, you'll discover the eleven specific and simple steps that help adults with ADHD flourish and reach their full potential. Rest assured, these strategies are so simple you can begin implementing them today, without feeling overwhelmed. You will discover How to make simple lifestyle changes that will minimize the negative aspects of ADHD How to create an environment that encourages you to focus. How to identify and begin achieving your life goals today! Untapped Brilliance does more than just explain what changes to make and why..it shows you how to make those changes forever

Citing a rise in such factors as cosmetic surgery, status-related debt and misrepresented Facebook profiles, a cautionary report on the increase of unhealthy ego-related behaviors examines its actual cost to families, organizations and societies. By the author of Generation Me.

Fall in love. Get married. Have children. For most couples, marriage and children go hand in hand. And yet, the number of people choosing childlessness is on the rise. These are the childless by choice—people who have actively decided not to have children—rather than the childless by circumstance. In *Two Is Enough*, Laura S. Scott explores the assumptions surrounding childrearing, and explores the reasons many people are choosing to forgo this experience. Scott, founder of the Childless by Choice Project, examines the personal stories of people who have faced this decision and explores the growing trend of childlessness. Scott's expert knowledge and analysis offer a picture of the childless by choice—who they are, why they've chosen to remain childless, and how they've had these conversations with loved ones. Honest and unapologetic, *Two Is Enough* recognizes the challenges of being childless in today's society and offers suggestions on how that same society can change to make room for the childless and the childfree.

This first collection from an acclaimed young essayist in the tradition of Joan Didion delves into the center of things while closely examining the detritus that spills out along the way. Daum speaks to questions at the root of the contemporary experience, from the search for authenticity and interpersonal connection in a society defined by consumerism and media to the disenchantment of working in a "glamour profession".

In her midforties and settled into the responsibilities and routines of adulthood, Dani Shapiro found herself with more questions than answers. Was this all life was—a hodgepodge of errands, dinner dates, e-mails, meetings, to-do lists? What did it all mean? Having grown up in a deeply religious and traditional family, Shapiro had no personal sense of faith, despite repeated attempts to create a connection to something greater. Feeling as if she was plunging headlong into what Carl Jung termed "the afternoon of life," she wrestled with self-doubt and a searing disquietude that would awaken her in the middle of the night. Set adrift by loss—her father's early death; the life-threatening illness of her infant son; her troubled relationship with her mother—she had become edgy and uncertain. At the heart of this anxiety, she realized, was a challenge: What did she believe? Spurred on by the big questions her young son began to raise, Shapiro embarked upon a surprisingly joyful quest to find meaning in a constantly changing world. The result is *Devotion*: a literary excavation to the core of a life. In this spiritual detective story, Shapiro explores the varieties of experience she has pursued—from the rituals

