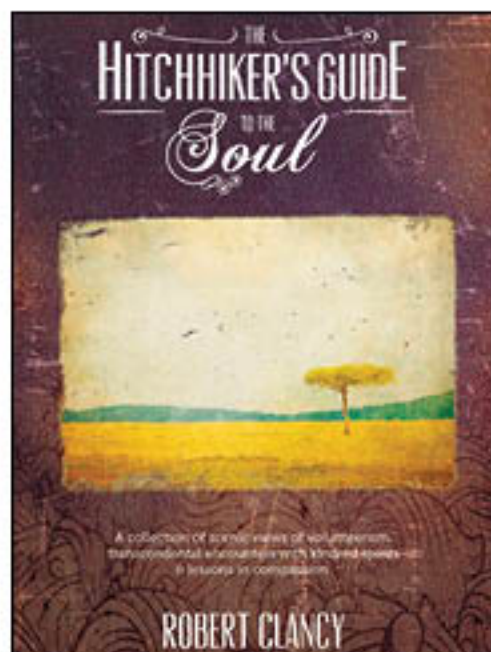# between the lines

The Hitchhiker's Guide to the Soul
Collection of Scenic Views of Volunteerism, Transcendental Encounters with Kindred Spirits and Lessons in Compassion.
By Robert Clancy

Paying-it-forward counts people whose lives are changed by random acts of kindness. Clancy's book takes things further on how reaching out to others can bring positive into our lives. Clancy says every day "soul hitches" occur via interactions with others, large or small, they alter how we view ourselves, an event or the world. Meeting a stranger, an intimate conversation... each creates an indelible imprint on our soul. When you hitch a ride on someone else's soul you're changed forever. Hitching a ride on the cosmic highway can bring life-altering experiences. Jump on the wagon by putting yourself out in the world to help others. Says Clancy, "The more you reach out and help others, the more you'll be guided on your highway naturally."
Available Amazon.com
BarnesandNobel.com
facebook.com/GuideToTheSoul

One Woman Three Men
A Novel About Modern Love And Sex
By Pouline Middleton

Middleton has a solution to women's gripes that men are inattentive, unromantic, and lazy around the house. Divorce, and bad break-up with a cheating man, put Middleton in gear and she came up with a recipe for romance females should have in their back pockets. Using humor and facts to back up her claims, she says uncomplicated "wants" women need to be happy are good conversation, great sex, and a handyman; *(may we humbly offer another for consideration... $$$ just asking)*. Middleton says the perfect man may not exist so a solution is to have THREE men sharing the chores and glory, instead of burdening one. "I'm not against marriage but generally things go wrong because people have too many expectations of each other, and their expectations are not very concrete. With this three-men model, everybody delivers only what they want to and agree to, and it's a win-win situation," says Middleton.
Amazon.com and bookstores nationwide.
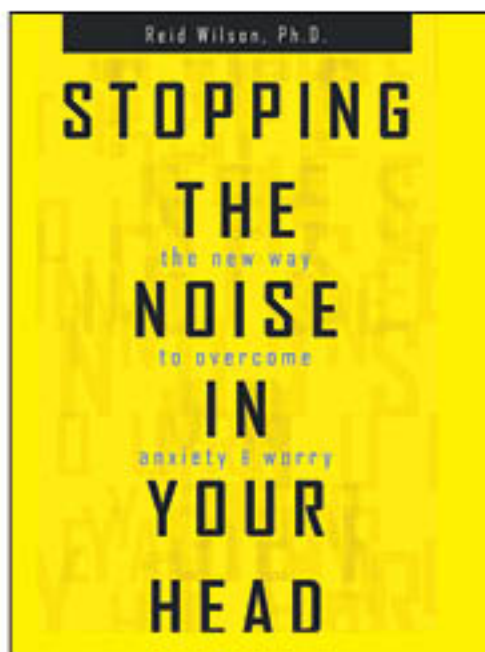
Stopping the Noise in Your Head:
New Way to Overcome Anxiety and Worry
By Reid Wilson, Ph.D.

Worry is a part of our daily lives as much as breathing and something most of us HATE. How can we stop it? Anxiety disorder expert, Dr. Wilson, says worry is not necessarily a bad thing and not all worry is negative, in fact, some is actually good. The trick is to distinguish between normal "worry" and "anxious worrying" — a noise in our head that never turns off or calms down. Wilson says "worry" can be an asset in our lives when it pushes us to focus on problem solving. But anxious worrying, can and does stop us from achieving a life of possibility, growth, and excitement. Dr. Wilson's cutting-edge and non-traditional book offers an intriguing guide to overcoming anxiety while empowering readers how to face challenges and regain control of their lives. It's an interesting push to survive and thrive.
Available book stores nationwide also at hcibooks.com 800.441.5569 for information.

favorite read

"If you think you're a really good programmer read (Knuth's) **The Art of Computer Programming.** You should definitely send me a résumé if you can read the whole thing. It took incredible discipline and several months for me to read it. I studied 20 pages, put it away for a week, and came back for another 20 pages. If somebody is so brash they think they know everything, Knuth will help them understand that the world is deep and complicated."
— Bill Gates

In Silicon Valley, few books are held in higher esteem than — The Art of Computer Programming by Stanford professor emeritus Donald Knuth. The initial volume in 1962 was the first book to take a deep look into the math/science of programming. Knuth has made this his life's work saying there will be a 7-volume set before it's done, "God willing." The latest volume was released in December 2015.

Donald Knuth